



Juniper Hill Ladies
Golf Club
www.jhlgc.org

The Tee Box Times Aug. 13, 2015

Get more distance out of the ground

By David Leadbetter and Ron Kaspriske
www.golfdigest.com (March 2011)

There are a lot of differences between the golf swing of an elite player and that of the average amateur, but what are the biggest? Let's look at what most golfers want more than anything: power. My work with biomechanics researcher Jean-Jacques Rivet has proved that most amateurs don't push into the ground effectively to create leverage in their swings. And leverage leads to power.

With the use of J.J.'s data, we've found three spots in the average golfer's swing where a lack of leverage is most evident: the takeaway, halfway back and the transition. I'm going to share our findings with you and give you some drills to fix these power leaks. Follow our advice, and you'll start hitting the ball better than ever.

Start of the Backswing

Ground force in the takeaway:

Pro: 125% of body weight

Amateur: 70% of body weight

Most amateurs tend to lose leverage early in the backswing by raising their bodies, which lightens the force they apply to the ground. The pros do the opposite and apply even more force, giving them a much more stable base to coil the upper body.

DRILL

Take a wood block or similarly weighted object such as a hardcover book and place it behind your 6-iron at address. Push the block away

from the target as you start your backswing (right). You should feel pressure building in your right heel as well as the ball of your left foot from the extra effort it takes to move the block.



Halfway Back

Ground force in the takeaway:

Pro: 125% of body weight

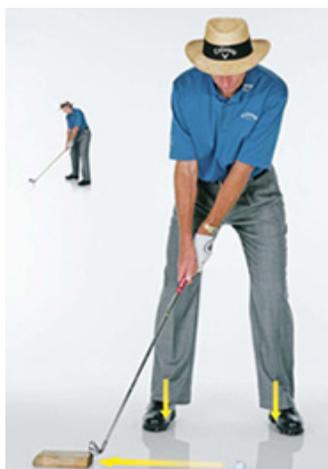
Amateur: 60% of body weight

Even if they had good ground force at the start of the swing, many amateurs lose that grounded feeling at this point. As that pressure decreases, they stop coiling and begin to lift their hands and arms as a compensatory move to finish the backswing. Pros continue to coil all the way to the top because they're still grounded.

DRILL

Place a club on the ground and stand on the shaft with

both feet as shown (left, shoes optional). Then swing a 6-iron while standing on the shaft. As you move past the halfway point in your backswing, you should feel a steady or increasing amount of force in your right heel and the middle of your left foot. Because of this force, you should be able to complete your upper-body turn just like the pros do.



The Transition

Ground force in the takeaway:

Pro: 145% of body weight

Amateur: 90% of body weight

As the club starts down, elite players increase the pressure under their feet -- it looks as if they're starting to squat

-- which shallows the swing plane and increases clubhead lag. It's a huge power move. Most amateurs swing down on too steep of a plane and release the clubhead lag early, usually resulting in a weak slice. They often have more ground-force pressure halfway down than at impact. The sequence of the downswing should be from the ground

up, but these players frequently do just the opposite, leading with the upper body.

DRILL

Set up with your feet and hips open to the target and take the club to the top. As you start to swing down (right), rotate your hips in a clockwise direction -- a feeling of closing them off to your target even more. This dynamic move will force you to push into the ground with your front leg. It also will keep your shoulders from unwinding early and will drop your arms and club onto a shallow plane. Those are keys to hitting a powerful shot that curves from right to left.

Juniper Cup Standings

See back page for weekly scores



**Juniper Hill Ladies
Golf Club**
www.jhlgc.org

The Juniper Hill Wednesday Ladies Golf League was established in the late 50s. Our goal is to promote competitive 18-hole play for ladies with an established USGA Handicap and to promote friendship and camaraderie. We have various formats of play each week and Match Play in the month of July. We participate in various tournaments sponsored by the Juniper Hill Ladies Golf Club. We also sponsor an invitational tournament, "The Juniper" which draws the best women golfers in Kentucky, Indiana and Southern Ohio.

The Late Swingers Ladies League was established in 1980 to promote and support women's golf in and around Frankfort. The league's goal was, and is, to have fun while playing golf.

The officers for both leagues 2015 season are listed below. If you would like to serve on any of their committees, please contact one of them:

Wednesday League

CHAIR: Aggie Hampton 502.330.3095
hampton12@aol.com

VICE CHAIR: Ruth Hinkle

SECRETARY: Susan Goins

TREASURER: Mary Rhodes

Late Swingers League

CHAIR: Lesa Hodge 502.319.5593
lesakhodge@gmail.com

Co-CHAIR: Allison Harrod 502.330.4148
crystalharrod@yahoo.com

LEAGUE NIGHT CHAIR: Ruth Hinkle 502.321.8998
hink5910@bellsouth.net

SPECIAL EVENTS CHAIR: Debbie Wash..... 502.320.1417
debbie.wash@fewpb.net

GOLF 101 CHAIR: Michele Brown 502.219.0562
michele.brown@fewpb.net

TOURNAMENT CHAIR: Donna McNeil 502.330.0015
dmcneil0324@gmail.com

NEWSLETTER: Gina Vaile-Nelson 502.773.1754
ginavn@gmail.com

Pro Shop 502.875.8559

Upcoming Events

Thursday August 13

DIV 1: Front
DIV 2/101: Back

AUG 13, 19, 20

Bring your scrap metal and e-scrap with you to league play for a club recycling fundraiser! See the next page for details.

AUG 19



If you haven't signed up for this event, please contact

Shirley Rodgers - srodgers120@gmail.com
Karen Liebman - klliebman512@gmail.com

Sept. 19-20

The Ladies Club Championship is September 19-20 for the members of our two ladies' leagues at Juniper Hill Golf Course. To participate, you must meet the following qualifications:

1. Be a member of either the Wednesday Ladies Day League or the Thursday Late Swingers League; AND
2. You must have played three times in the Wednesday Ladies Day League; OR
3. You must have played six times in the Late Swingers League; OR
4. You must have a combination of 2 or 3 above to equal three 18-hole league plays; AND
5. Those with a current handicap must have three 18-hole scores posted in the USGA Golf Handicap & Information Network (GHIN) for the current year (March 1 - September 15, 2015).
6. One 18-hole play in a JHLGC-sponsored tournament may be used toward the league play requirement (will count for one play in the Wednesday league and two plays in the Late Swingers league).
7. Any former Ladies Club Champion, as long as she is a current member in good standing of either the Wednesday Ladies Day League or the Late Swingers League, may qualify without having met the minimum number of league plays requirement.



Happy August Birthday



Trinta Cox (6);
Denise Wentz (8);
Connie Wiard (14);
Pam Rhodes (16);
Connie Page, Emily
Stevens (17); Cindy
McDonald (19);

Shauna
Hill (21);
Sue Wood
(25); Susan
Rodgers (31)



Drop or not?

JHLGC Situation #10

Steve and Ernie are playing in the club championship and are the first off the tee in the morning. They want to make sure they stay on pace, so they agree that if either of them hits a ball out of bounds, to save time, they will just drop a ball close to the spot where it went out, with a one-stroke penalty rather than proceed under stroke and distance according to Rule 27. They complete their round with neither of them hitting a ball out of bounds and sign and turn in their scorecards. Was any penalty incurred?

JHLGC Situation #10

Steve and Ernie are disqualified for a breach of Rule 1-3 for agreeing to waive Rule 27-1b. Even though they never acted on the agreement, they were in breach of the rule as soon as they started their stipulated round without canceling the agreement. (Decision 1-3/0.5)




Recycling E-Scrap

Club Fundraiser

A tarp will be behind the bag drop for you to leave your donations before play on the next two Wednesday and Thursday league days. Recycle everything scrap metal and electronic - except propane tanks, box type TVs or monitors, cardboard or paper.

This is a great opportunity to do something wonderful for the environment, to clean out your garage or shed and help the club earn some funds!

Volunteers Needed

Listen up ladies our younger gals need our help, so if you are able to serve as spotters for the Sept. 5, 2015 Gene Hilen Golf Tournament, please contact Crystal Harrod at 502-330-5084 or charrod@kyhousing.org.

Our girls need at least 5 volunteers to serve, starting at 1 p.m., Sept. 5.

Each time we assist our young high school players we are showing our community support and support for the game. If you can make the time, please volunteer.



Roll of the at Miss Dollie

There was great weather July 30 for the make-up Miss Dollie scramble. The ladies of the club came out in force, with 56 golfers assigned to teams with one dice each.

The annual scramble combines skill levels from Div. 1, Div. 2, and both Golf 101/102 on teams in an entertaining and fun setting.

It is an event that keeps our newest members encouraged and provides our experienced members the opportunity to help the newbies out with pointers and observation.

This year's format required each member to tee-off, but used the roll of a dice to determine the next two shots. If nothing else, the format made for a somewhat loud, and entertaining

evening on the links.

Thanks to Debbie Wash, Donna McNeil and Barbara Reynolds for all the hard work organizing the game.



Miss Dollie Results

July 30, 2015

1st Low Gross: Taylor Cammack, Julie Dawson, Carol Payton, Melinda Holbert, Sandy Moore

2nd Low Gross: Brenda Shipp, Natalie Britton, Natalie Highley, Gina Vaile-Nelson, Karen Jones

1st Low Net: Aggie Hampton, Becky Ebert, Susan Goins, Lori Elder, Eva Slusher

2nd Low Net: Connie Wiard, Debbie Wash, Billie Robinson, Renee Moss, Dottie Crocker, Jessica Beeson

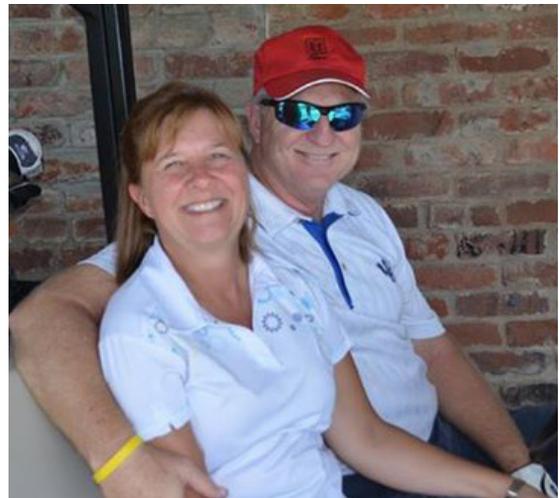




Fun on the hill



Several couples came out July 31, for our first couples night at Juniper. Stay tuned for the next fun night as a way to meet new couples or friends and have a great time.





Wednesday League

July 29, 2015

Out of 52 ladies in play

1F: Low Gross 1- Elaine Cloud; 2LG- Connie Wiard;
 Low Net 1- Barbara Reynolds; 2LN- Charlotte Pyles
 2F: 1LG- Paula Wells; 2LG- Audie Rodgers (SCP);
 1LN- Kathy Branham (SCP); 2LN- Barbara Terrell
 3F: 1LG- Jennifer Howard 2LG- Sherry White; 1LN-
 Mary Rhodes; 2LN-Sue Wood
 4F: 1LG- Pauline Carr; 2LG- Donna Grimes; 1LN-
 Jill Lancaster; 2LN- Sarah Wilding

Low Putts: Aggie Hampton and Shirley Rodgers

Chip Ins: Judy Trigg, Shirley Rodgers and Donna Grimes

Mary Rhodes shot a personal best 99

What's the point game winners with 17 points:
 Charlotte Pyles, Judy Trigg and Paula Wells

August 6, 2015



2:57 3:09 3:22 3:33 3:45

August 5, 2015

Out of 43 ladies in play

1F: Low Gross 1- Charlotte Nelson; 2LG- Elaine Cloud; Low Net 1- Donna McNeil; 2LN- Sandra Shelton
 2F: 1LG- Charlotte Pyles; 2LG- Susan Goins; 1LN- Audie Rodgers; 2LN- Shirley Wilhoite
 3F: 1LG- Sherry White; 2LG- Julie Ryan; 1LN- Mary Rhodes; 2LN- Dawn Redmon
 4F: 1LG- Glenda Wardrip; 2LG- Carol Wiard; 1LN- Jill Lancaster; 2LN- Donna Grimes

Low Putts: Congrats to Charlotte Nelson who had a low 28 putts!

Chip Ins: Elaine Cloud, Carol Payton, Barbara Reynolds and Fran Terhune

Mary Rhodes shot a personal best 99

Low Net Tournament

August 9, 2015

Out of 50 ladies in play

Div. 1:

1F: 1st- Connie Goins (63); 2nd- Connie Wiard (65); Brenda Shipp (68); 4th- Kim Wooldridge (69)

2F: 1st - Billie Robinson (62); 2nd- Pam Rhodes, Shirley Wilhoite, Rhoda Shaw (69)

3F: 1st - Trina Rhoads, Mary Rhodes (64); 3rd- Westher Wilhoyte (65), 4th Tammy McMichael, Melinda Holbert (66)

Div. 2: (9-holes)

1F: Gina Vaile-Nelson (30); 2nd - Lori Scottow (31); 3rd- Jill LeMaster (32); 4th- Donna Grimes (32.5)

Div. 3: 1st- Leitha Harris (26)

Chip-Ins: Mary Rhodes (#2); Glenda Abrams (#8); Karen Pilcher (#10) and Kim Wooldridge (#15)

Skins: Tara Purvis, Kim Wooldridge, Connie Wiard, Becky Ebert, Teresa Prather, Billie Robinson, Melinda Holbert, Tammy McMichael, Ester Wilhoyte, Jill LeMaster, Karen Jones, Jill Lancaster and Lori Scottow.

Juniper Cup Standings

Fifty Shades of Green - 1515; Bunker Babes (Black) - 1420; Summertime Blues - 1345; Pink- 1285; Purple People Eaters - 1215; Grateful Red - 1210; Yellow - 1170