

Welcome to the EWGA clinic offered by Anne Marie Goslak and Heather Hills Golf Course

I would like to thank you for attending the 2001 Spring clinic. This clinic is designed to help the brand new player feel more comfortable on the course and help the more advanced player play her best. It is impossible to cover the entire game in two hours, so additional lessons and clinics are available. Call me to schedule your next lesson or to purchase an instructional video which covers all the basics. A 15% discount will be offered to all members of EWGA.

For the true beginner, here's a couple of social tips...

Plan to get to the course 30 minutes before your tee time. Nothing is more unsettling than planning to tee off at 6pm, and at 5:55 your playing partner arrives, frazzled from a long day, still in her work clothes. You will need to have time to check in and pay the person behind the counter for green fees as well as a cart fee (if you intend to ride). I recommend that you check in at the pro shop, take time to get a beverage or snack to take with you on the course, get your cart, then go to the parking lot to get your bag.

It's a good idea to stretch, take a few practice swings, do a few drills, and hit a few putts before you play. This gives your body a chance to loosen up, and your mind the opportunity to let go of all the work thoughts in your head. People that show up at the last minute, stretch on the first tee, top the first drive they hit, and then drop another ball to hit not only ruin their own day, but they hold up all the people playing behind them.

On the course, stand to the side of the player hitting. Standing directly behind them is considered rude, and standing in front of them is dangerous, no matter how good they are. (If Jack Nicklaus could shank an iron shot off the tee at the Masters in the late 60's, anybody can)

As a player is preparing to hit, you need to be silent. That means no whispering, crunching wrappers, or putting your clubs in your bag.

Around the green, it is important to not stand in someone's line of putt, and to stay out of their line of vision. These are two things I will explain on the course. The person who is farthest from the hole is the first one to putt. If you are unsure of who that person is, ask, "Who is away?" If it's too close to tell, then take the initiative and say, "I'll go."

While on the fairway, the person who is farthest away from the green should go first, but I recommend that you play "ready golf". That means whoever is ready should announce, "I'll go" then hit.

If there is more than one hole open in front of you and only one group behind you, let the group behind you play through. You do this by stepping off to the side, and waving the players through. If there are a number of groups behind you, just pick up the ball and skip ahead to the next hole.

Each golf group has their own rule on picking up, but for most folks, once you double the par score, it's time to put the ball in your pocket and move on. Don't feel bad. Each player improves at their own speed. If you are really struggling, you can always just carry the ball to within twenty yards of the green, and play in from there. That way you can learn to chip and putt, then develop your long game later.

I hope this helps. If you have any questions, or are in need of additional instruction, feel free to call me at 785-3139.

Best Wishes and Good Golf!

Anne Marie

Beginner Swing Tips

Posture

Bow at hip
Bend at knee
Let arms hang

Grip

Space at top
Left thumb down middle
Cover left thumb up with right palm
Right thumb on side
Light grip

Back Swing

Turn back, keeping left shoulder low, to the “shake hands” position
Feel weight on a bent right knee
Hinge up with wrist, keeping arms long

Down Swing

Let club drop down
Turn back , keeping right shoulder low, to the “shake hands” position
Hinge up with wrists
Keep head down 5 seconds, then look up
Point right knee at target when finished
Feel weight on your left foot.

You can remember this by thinking, “Turn back, hinge up, drop down, turn through.”

Tips for Advanced Players

Your body already has a good idea how to swing the golf club. It just needs to be reminded. First off, you need to stretch for at least three minutes. Next, do drills where you get in a perfect position, then hold it for five seconds, then repeat. This gives a clear message to your body as to how you want to swing. Finally, swing at tees or pieces of grass so you can feel the perfect swing in motion.

Good positions to hold would be...

Keeping the shoulders tilting properly, while allowing the weight to shift. Place a club across your shoulder line and turn back and through.

Maintaining a right angle with your right arm.

Keeping your head down and your right heel up at the finish position.

Checking the slope of your hinge using a club on the ground as a target line and a club in your hand as a hinge point.

Making sure you are keeping the club in front of your at all times, using the cart or a wall as a reference point.

When you are out on the course, think of one or two swing cues. A cue is not a technical position. It is a feeling. An example would be, don't try and keep your right arm 90 degrees at the top. You can't see it while swinging. Rather feel like you are reaching out with your arms while keeping the elbows low.

If one cue is not working, try something else until you find something that does work for that day. When in doubt, shorten your swing and slow it down.

EWGA Putting Clinic

Putting is a state of mind...

To be a good putter, you first have to believe you are. Many beginners accept two and three putting greens, and treat putting as a secondary issue in their golf game. They want to learn to hit the ball off the tee, far. More than half of every stroke you will take in your life time will be within five yards of the green or on the green. If you want to score low, learn to putt well. If you want to putt well, start with your mind. Tell yourself you always one and two putt. Expect it.

Putting is an art form, not a science...

OK, I am going out on a limb here and declaring that I believe women are better putters than men. Why, because to putt well, you need to be creative and see the line. You need to visualize, and I believe women are more talented at that task. To read a putt is to stand behind the ball and imagine how it will roll to the hole. Ask yourself, "At what speed will this putt roll?" Fast, slow, like a turtle, like a freight train? Use your imagination to give your body a clear message as to how you want to hit this ball. Next, based on the speed you pick, select a line. Right edge of the cup, three balls out? See the line, feel the speed, then hit the putt. A good putt if missed, will only roll two feet by the hole. I recommend using a string to put a circle around the hole, then see how many out of five balls you can get in the circle. This will help you with feel.

Learning how hard to hit the putt...

Do the pre-putt routine I will teach you today, five minutes before each round, or at home. The key is to look at the hole while taking a practice stroke, while saying "10 feet 10 feet". This will train your body to feel how hard to hit a putt.

Technique tips...

Thought this would be listed first didn't you? Putting is an individual part of the game. The only things I recommend is to keep the putter flat on the ground, keep your eyes over the ball, keep your head still until the ball rolls three feet, and keep the tempo and distance as even as possible.

If you have any questions or wish to sign up for a short game clinic which will include putting, chipping, sand, bump and run shots, and more, call me and I will be happy to give you more information.

Thanks for letting me be a part of EWGA,

Anne Marie Goslak
785-3139