



SWS Sisters Who Swing



SWS - Sisters Who Swing Golf Association

Newsletter April 2010 issue no. 3
www.swsgolfassoc.com

SWS Golf Association Inaugural year 2 – 2010

Indoor Golf Clinics
Beginners, Duffers, Hackers, Pros and
people who simply love to Play Golf



attended SWS Golf Association and
Unity of Washington, DC indoor Golf
Clinics held February 27 – April 10th,
2010 Each sessions lasted at least 1.5
hours of skills instruction, health &
fitness, rules & regulations, golf
etiquettes and lots of fun.

With the weather breaking the indoor
clinics was an answer to Golf "stir
crazy" that provided the practice of
your short game, putting and the
ability to loosen those memory
muscles for a full swing with the
hitting cages.

The class of 22 golfers will be heading
to the course on April 17, to take their
skills and talents. They are scheduled
to tee it up 9:00 am, East Potomac
Red Course.

SWS would like to thank our
instructors headed by the Head Golf
Professional from Langston Golf
Course, Washington, DC Nyles Smith,
assisted by Mr. George Dill and Mr.
John Coleman.

Have you always wanted to learn how
to play golf?

Are you looking to learn more about
playing golf?

Beginner Golfers we have a program
just for you. Duffers, Hackers and
Pros we have a program for you.
There are short game clinics, putting
lessons, video analysis as well as
swing analysis.



SWS has partner with the Pros at
Langston Golf Course for lessons.

Register: www.swsgolfassoc.com;
swsgolf@earthlink.net for lessons that
fit your schedule.



SWS Sisters Who Swing

Golf and Arthritis

Manicured fairways, blue sky, a slight
breeze that lifts your golf ball toward
the green. Many people relax this way
every year, enjoying hours of leisure
time on the links. But what if you
have arthritis? Whether you've played
golf for years or are interested in
trying it for the first time, arthritis
doesn't have to slow you down.

Golf is a very adaptable sport that can
be tailored to meet the physical
capabilities of almost anyone. It can
even have health-enhancing effects.



If you have arthritis,
playing golf can enhance
the strength and
mobility of your upper
extremities, spine, hips
and lower extremities.
Golf can help your range
of motion in your joints
or how well you can
move each joint through

its full capabilities. It also can help
improve balance and coordination.

Lower-intensity exercises - such as
walking on level ground or on a hilly
golf course at a moderate pace - can
provide health benefits for everyone,
including weight loss and improved
"good" cholesterol levels. (HDL, or
high density lipoprotein levels, also is
called "good" cholesterol.)

Adaptation is the key to playing golf if
you have arthritis. Grips, shoes, balls
and clubs can all be adjusted to fit
your specific needs and abilities. In
addition to the tips listed below, your
local pro shop or golf specialty store
can help you keep up-to-date on the

latest products to make golfing easier on your joints.

- Uses a lower compression ball (for example, a 90 instead of a 100) so there is more “gives” to the ball when you hit it.
- Use clubs with lightweight graphite shafts to help absorb shock better.
- Use a perimeter-weighted head on the club, also for better shock absorption.
- Build up the grip size on your clubs with athletic tape or a custom grip to help you hold them easier and to reduce stress and pain on your finger joints.
- If you have arthritis in your hands, try wearing wrist braces and gloves on both hands to stabilize your joints.
- Wear comfortable walking shoes or spikeless golf shoes.
- Preparing to Play
- Whether you’re a veteran golfer or a beginner, consult your doctor or physical therapist before hitting the greens. An occupational therapist also can help advise you about any special aids or adaptive tools. A good conditioning program is essential for all golfers, but especially if your joints need extra protection. Proper conditioning can help maintain as much range of motion as possible in the joints and help reduce your chances for injury.

If you’re a beginner to the game, consider taking lessons at a local golf course. Don’t be afraid to explain your physical limitations to the instructor. If you have trouble finding someone who caters to teaching people with arthritis, your local golf supplier may be able to recommend a program that assists anyone with physical limitations in starting or continuing to play golf.

Once you begin to play, other adaptations can help make your game more enjoyable and safer for your

joints. When making modifications, remember that the most important part of playing the game is enjoying yourself and preventing injury - not what your final score is. Keep these suggestions in mind as you play:

- Always loosen up before you play. Begin by walking for a few minutes. Spend five to 10 minutes stretching, then take 10 to 15 swings on the practice range before the first tee. Easy practice swings, trunk twists, hamstring (rear thighs) stretches and walking are good warm-up exercises (see Warm-Up Exercises on the next page). Start out by hitting higher lofted clubs (like a pitching wedge) and begin by swinging 50 percent to 75 percent.
- Use tees whenever you hit the ball - even on the practice range - to avoid striking the ground and jarring your joints.
- Keep your tension on the shaft consistent. Be careful not to let your arms and trunk become too rigid.
- If you have back pain, you may find that the “classic” swing is more comfortable for you than the modern or reverse-C swing.
- Always brush through the grass so you will hit the ball solidly and carry your momentum out to the target.
- Play from the 150-yard markers if you begin to get tired.
- Consider using energy-saving techniques while you’re on the course. Take only the clubs you use most frequently. Pull your golf bag instead of carrying it, or rent a motorized cart instead of walking.



Rules & Regulations Quiz:

1. How many clubs can you have in your bag during a golf tournament?
2. Do you have to use a golf tee every time you tee off or can you just play from the ground?
3. Can you move an obstruction while your ball is in motion? T or F
4. Are square golf drivers illegal?
5. Where do you tee off from while playing golf?
6. What is the circumference of a golf ball?
 - a. 3 minutes
 - b. 5 minutes
 - c. 10 minutes
7. What is the Max time to look for lost golf ball?
 - a. 3 minutes
 - b. 5 minutes
 - c. 10 minutes
8. When playing golf what order do you have to be in if you have a group of four and you are playing in the fairway?
9. When the ball lies near a water sprinkler can I make a drop without penalty just to have a better stance?
10. What are the rules regarding a golf ball landing in a puddle of water in a sand trap?

- Rules Quiz Answers:**
1. 14 clubs; more than 14 is a 2 shot penalty
 2. You don't always have to use a golf tee.
 3. NO
 4. YES
 5. It is call a tee box
 6. The diameter is 1.68 inches or greater.
 7. 5 minutes
 8. The player whose ball is farthest away from the green hits first, then move to the next players ball in order of distance to the green, etc.
 9. Check local rules for full ruling. But the official rule is, if the sprinkler head affects your stance, or is within two club length.
 10. This is known as casual water. You are allowed to take

Mark Your Calendar

June 10 – 13, 2010



**BMWGA "Ladies Only"
Annual Golf Tournament
In Myrtle Beach, SC**
Format: Individual Stroke Play
Competitive and Non-Competitive
As Well As Competition By State

Thursday – Sunday
June 10-13, 2010
The Legends Resort
1500 Legends Dr., Myrtle Beach, SC 29579
800-552-2660

Legends Golf Courses and Tee Times:
6/10/2010: Moorland / Parkland @ 1:00 PM*
6/11/2010: Moorland / Parkland @ 9:00 AM
6/12/2010: Moorland / Parkland / Heathland @ 9:00 AM
6/13/2010: Heathland / Parkland @ 9:00 AM

Golf Packages Cost start @ \$329.50

Cost includes:

Lodging – Thursday / Friday / Saturday

3 Rounds of Golf – Friday / Saturday / Sunday (cart and green fees)

*Golf on Thursday (8:15) – For ladies who cannot play on Sunday

Unlimited Range Balls / Daily Breakfast Buffet / Daily Soft Drink Voucher / Awards Night
Dinner Buffet

Additional Packages Available

How to register for the tournament:

(1) Complete BMWGA registration form. Make check for registration fee of (\$35.00)** payable to BMWGA.

(2) Mail form and check to: BMWGA, c/o Loretta Plekston, 3309 Thornbridge Dr., S.W., Powder Springs, GA 30127-3924

(3) BMWGA will confirm receipt of your registration form and \$35** fee. Your name will be given to the Legends Resort.

(4) You will then be notified by BMWGA that you can contact the Legends Resort to make your individual reservations and golf package payment.

**\$35.00 (Early registration postmark deadline – March 31, 2010)

Registration fee includes administrative costs, prize, and cart handling fee. Registration fee is non-refundable after May 31, 2010. Tournament dates are Friday (6/11/10) & Saturday (6/12/10).

For further information contact: Top Coordinator, Steve Evans (404)381-3322 / jaycewars@jpfornet.com

BROWNS MILL WOMEN GOLF ASSOC.



For more information and registration form go to:
www.swsgolfassoc.com/schedule

To see pictures of last year event, visit us, www.swsgolfassoc.com and click on Photos/Awards.

SEE YOU ON THE LINKS and at the BEACH.

INVITATION

African American Golfers Hall of Fame, Inc.
Cordially Invites You to its –
“6th Annual Conference & Induction Celebration”

May 27-31, 2010

Doubletree Palm Beach Gardens
Hotel & Executive Meeting Center,
4431 PGA Boulevard, Palm Beach
Gardens, FL (561) 622-2260

For more information contact:
africanamericangolfershalloffame.com



SWS Sisters Who Swing

SWS MEMBERS – it's time to
RENEW

GOLFERS – NEW MEMBERSHIP

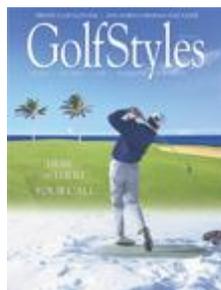
There is a place for you in SWS Golf Association, **JOIN NOW** and take advantage of the membership promotion. Go to www.swsgolfassoc.com and **JOIN**.

Benefits

New Membership 2010 - \$55.00

Renewing Membership 2010 – \$50.00

- **A USGA handicap service provided.**
- A USGA Rule Book, seminar on rules and regulations.
- **Waggle Golf Pass** (valued \$40)
- Golf lessons – 6 for \$99
- **Subscription to Golf Life Style Magazine**
- Discount for seminars and clinics sponsored by SWS
- **Discounts** at various vendors supporting SWS
- Eligibility for participation in selected SWS Tournaments
- Other entitlements as the season progresses



Contact SWS Golf Association

TODAY

What's NEW! SWS 2010 Mentor Program

For the 2010 season SWS will be implementing a NEW GOLFERS MENTOR PROGRAM with a tournament held at the year end.

All seasoned golfers will be paired with a newer golfer as their mentor. Each pair will establish on their own, playing time outside SWS functions. Each mentor will schedule outings to help their new golfer come abreast to the golfing environment and lifestyle. At year end, there will be a tournament to showcase each new golfer's advance golf skills, playing with their mentor. This is the time for a season golfer to showcase their knowledge and help a newer golfer.

Sign up to participate in this program to begin June 1, 2010. End of the season Tournament slated TBA.

Seasoned golfers as well as new golfers are needed.

Contact SWS @ www.swsgolfassoc.com or email us @ swsgolf@earthlink.net if you are interested in participating in this program.

SWS TOURNAMENT

Support the fight against

Breast Cancer



August 15, 2010

SWS will be holding its
Annual Pink Ball / Rally for
the Cure
Tournament
Langston Golf Course
Washington, DC

Breast cancer affects one in eight women during their lives. Breast cancer kills more women in the United States than any cancer except lung cancer. Plan to come out and support this event.



**Top Golf Alexandria
March 20, 2010**



35 golfers attended SWS "Ice Breaker" at Top Golf.



This event was opened to all participants. New members joined and enjoyed the golfing experience at Top Golf.



The event consisted of 2 hours of hitting balls with a food and beverage service. The food was missing due to an electrical mishap (no chicken). Beverages and fun was still had by all.

**March 28, 2010
SWS @ Top Golf**



A chilly day, but still 8 people showed to hit balls and enjoy the day of swing.

Thanks to all who participated and SWS looks forward to seeing you at the next outing.

WHO's up to WHAT!

Yolande Campbell, one of SWS's newest members has been selected as one of the seven 2010 Executive Women Golf Association (EWGA) National



Championship Committee volunteer members who provide support for over EWGA 120 Chapter Championship Directors and administering fifteen (15) Semi-Final Sectional Championships as well as the 2010 EWGA Championship Finals. Her term is from 2010 to 2012.

She'll be serving as an Assistant to the Semi-Final Tournament Directors her first year at three of the Semi-Final Sectional Championships; the Ohio Valley Sectional at "Brickyard Crossing Golf Club" in Indianapolis, IN, July 28-31, the Chesapeake Sectional at "Virginia Oaks Golf Club" in Gainesville, VA, August 11-14 and the Northeastern Sectional at "Ledges Golf Club" in South Hadley, MA, August 18-21. Her second and third years she will serve as a Semi-Final Tournament Director for two sectionals

The Championship Finals are a two-day, 36-hole tournament event to be held this year at Geneva National Resort & Golf Club in Lake Geneva, Wisconsin on October 1-2, 2010. Yolande is very excited about this learning opportunity and look forward to serving on the committee. She is the Immediate Past President of the EWGA Southern Maryland Tri-county serving on the Board of Directors as the Golf Events Chair responsible for planning tournament tour events for the chapter. And, serve as the 2010 President of the Langston Ladies Golf Association, whose mission is "Fellowship through Golf."

We look forward to having her share her experiences with SWS Golf Association and wish her all the best in her new golf responsibilities.

Mark your Calendars – 2010



- April 17 – **SWS Warm UP Swing** – MD White Plains Golf Course, White Plains
- April 24 – **SWS Warm UP Swing** – VA Reston Golf Course, Reston, VA
- April 26 -- EWGA Southern Maryland Tri-county Chapter / Two Jacks & Two Jills Charity Golf Tournament at Andrews AFB
- May 1 – **SWS Rules, Regulations, Etiquette & Short Game Clinic** – Luncheon / Langston Golf Course
- May 9 – **SWS "Mother's Day"** – Single Mother Golf outing.... TBA
- May 22 – **SWS Season "OPENER" 18-hole – competition 9:30 tee time**
- 9 -hole – social 12:30 tee time**
- 2009 – Championship Awards**
- May 26 – **SWS 9 hole league starts 5:30 Langston Golf Course, DC**
- June 10 – 13 BMWGA – Myrtle Beach
- June 15 – Helen Harris Web Scholarship Tournament
- Lake Presidential – Wake Robin Golf
- June 19 – **TEACHERS SWING** – **SWS** supports /recognizes teachers golf outing / event and luncheon
- July 22-25 **SWS** Beach Golf Swing
- August 6 – Unity @ Ft. Meade, MD
- August 15 – **SWS "Pink Ball"** Breast Cancer Awareness Tournament
- August 27 – **"Joy's Birthday Golf Classic"**
- September 17 – 19 Nemaocolin "Wake Robin Golf Challenge Classic

Check out all the latest Golfing Schedule and events on line @ www.swsgolfassoc.com

ENTREPRENEURS

Now is the time to join SWS Golf Association. SWS offer an associate membership for business owners who have not played the game of golf, but know how golf can gain their business by leaps and bounds.

It is so important to have a membership with associate members when starting a new venture. Through your participation and support, we are confident that we should be able to provide the best golf program for women skills and help your businesses.

Sisters Who Swing (SWS) Golf Organization is an amateur golfing association for women. SWS provides opportunities for women to focus on learning how to play better golf, focus on reducing handicaps, developing friendships, providing support in golfers' efforts to increase their skills, and team spirit in competition in the game of golf for business and for life. Our focus is to connect women with all the benefits that the golf lifestyle has to offer. Provide a network whereby "Women can grow professionally and personally through golf and great friendships." This environment will form lasting bonds and new relationships. We invite you to be part of this venture.

Membership - \$55.00 (which includes a SWS golf shirt)



SWS welcome this year member:

**Isabelle Williams,
Broker,**

ABR, CRS, RFS, GRI, SRES

E-mail: IWms4Real@yahoo.com

Web:

<http://www.IsabelleWilliamsandAssociates.com>

Office: 202-584-4663

Direct: 240-398-8408

Fax: 202-584-5626

**Isabelle Williams & Associates,
Realtors-Realists**

3211 Pennsylvania Avenue, SE
Washington, DC 20020

SWS GOLF APPAREL

SWS members it is time to order your SWS Golf Apparel. SWS have various colors and styles of golf shirts and hats.



In stock logo shirt colors:
Red, Blue, Butter, Orange, Lime Green, Pink, White

Sizes – Med, Lg, XL, 2XL

Cost: \$24.00

Golf logo hat colors:
Blue, Orange, Kahki, White, Stone, Butter

Size – one size fits all

Cost: \$13.00

SWS Golf logo towels
White color - \$15.00 (limited stock)

Contact SWS:
swsgolf@earthlink.net to place your order.

Make all checks payable to: SWS Golf
Mail: PO BOX 2566, Springfield, VA 22312



SWS Sisters Who Swing

LETTER FROM the PRESIDENT

Thank you for your membership in Sisters Who Swing (SWS) Golf Association!



As the President I am delighted to be a leader for this great association in the golf community. With your help we are fulfilling our mission to "promote and maintain the best interests and true spirit of the game of golf for women in DC, MD & VA." A special welcome to our new members, whether you are just beginning to play the game, or a seasoned golfer, please explore our website, talk with fellow members and enjoy the benefits of SWS. I hope all members will take advantage of the many opportunities we provide to learn, volunteer and play golf! (Did I mention volunteer? We have the most amazing volunteers!) We have added to improve our programs to make your membership in the SWS a valuable one. The information in this newsletter details the benefits of belonging to SWS. We enjoyed a very successful 2009! Here are just a few of the highlights. For the first time ever we held awareness for breast cancer tournament over 40 golfers. We introduced new golfers to the game through Get Golf Ready Program. The success of the program was made possible through the staff and course at Langston Golf Course. We held winter indoor golf clinics, rules and etiquette seminars, various 18-hole outings and a championship tournament with 10 players in competition. There's more ... but my editor says I am out of space!

I am looking forward to 2010. We will face some challenges in light of current economic conditions. Our new tax status as a charity we will begin fundraising efforts to expand programs to benefit our members. Please do not hesitate to call or stop me when you see me at one of our outings, seminars or tournaments. I value your input and look forward to seeing you soon.

Thank you for your support. Together we can and will make a difference in promoting the game of golf to women in DC, MD & VA. What better place could there be to enjoy a sport that encourages such a fun, active and healthy lifestyle! Speaking of fun is sure to join us May 22, 2010 as we hold our OPENER 2010 Season.

Check us out on line:
www.swsgolfassoc.com or drop us
 line: swsgolf@earthlink.net

See you on the links.

Joy D. Wolfe

PLAN for 2011



Hawaiian Golf Cruise
 NCL Pride of America
 June 11-18, 2011

Itinerary:
 Saturday, June 11: Depart Honolulu
 Sunday, June 12: Kahului (Maui) - Wailea - Gold Course
 Monday, June 13: Kahului (Maui) - Wailea - Emerald Course
 Tuesday, June 14: HILO
 Wednesday, June 15: Kona - Golf Mauna Lani Resort-South
 Thursday, June 16: Nawiliwili (Kauai) - The Prince Course
 Friday, June 17: Nawiliwili (Kauai) - The Prince Course
 Saturday, June 18: Honolulu

Super Inclusive Rate: Cruise, cruise gratuity, roundtrip airfare to Hawaii, airport transfers in Hawaii, for 3 rounds of golf, and complete coverage travel insurance.

	Cruise w/ 3 Rounds of Golf			Cruise w/ 4 Rounds of Golf		
	Inside	Ocean View	Balcony	Inside	Ocean View	Balcony
Double	\$3400	\$3600	\$3700	\$3920	\$3270	\$3370
Triple	\$3210	\$3410	\$3425	\$2850	\$2894	\$3045

First Come, First Served - Limited number of cabins at these rates **Ask about our non-golfer companion rate and Quad rates**

Deposit: \$100.00 per person due by August 1, 2009 (check or money order, non-refundable)
1st Payment: \$300 per person by October 1, 2009 (cash, check, credit card, bank card)
2nd Payment: \$500 per person by February 1, 2010 (cash, check, credit card, bank card)
3rd Payment: \$500 per person by June 1, 2010 (cash, check, credit card, bank card)
4th Payment: \$500 per person by October 1, 2010 (cash, check, credit card, bank card)
5th Payment: \$500 per person by February 1, 2011 (cash, check, credit card, bank card)
Final Payment: Remaining Balance by May 1, 2011
 Or
 \$200/month October 1, 2009 thru April 1, 2011 and Final Balance due May 1, 2011

Contact Jandie Smith Turner of Soulful Golf at
 410-365-4816 or info@soulfulgolfcruise.com
 for more information and to reserve your space.
 Travel Arrangements made by Far Moore Travel 443-791-1913

Contact: Jandie@soulfulgolf.com
 For more information



www.birdie-tree.com

Birdie Tree will offer unique, affordable, fashionable golf apparel and golf accessories. "One of our first items that we are proud to introduce to you is the latest European style golf shoes."



Eating Right to Extend Your Life

Maintaining a healthy diet and a focus on proper nutrition can add years to your life

To get some perspective on what proper **nutrition and diet** can mean for your health, think of your body like a car engine. The higher the octane of the fuel you put into it, the better it's going to run. By changing your diet and starting to eat right, you can increase your chances for enjoying a longer life. Here's how to start:

- **Load up on super foods**
 According to a study published in the *British Medical Journal*, eating seven "super" foods daily (red wine, dark chocolate, fruits, vegetables, garlic, fish, and nuts), in the appropriate portion sizes can reduce your heart disease risk by 75 percent and add an average of six years to your life.

"The dark chocolate and fruits and vegetables lower your blood pressure. Garlic and nuts lower LDL cholesterol. Fish helps protect against cardiac arrhythmias, blood clotting, and inflammation," "Together, these foods help protect the endothelium [the Teflon-like coating around your blood vessels] and reduce the risk of **heart disease**."

- **Slash your calorie intake**
 A study in the *Journal of the American Medical Association*, for instance, found that two markers of **longevity** (fasting insulin level and body temperature) were lowered in humans through prolonged calorie restriction.

It has long been known that keeping excess pounds off can stave off disease as well as add years to your life.

- Even if you're at a healthy **weight**, preliminary research shows that slashing your daily caloric intake by one-third can add years to your life. "The trick

isn't just to eat less but to make sure that what you do eat is loaded with nutrients," "If most of your diet is plant foods, you can eat a phenomenally healthy (and filling) diet on 1,400 to 1,500 calories a day." Eat seven cups of spinach, for example, and you've consumed only 100 calories.

- **Go Mediterranean**
 Nutritionists consistently report that a Mediterranean-style diet — including fruits, vegetables, whole grains, fish, and a daily glass of red wine — promotes longevity. In fact, studies show that this type of diet lowers blood pressure, reduces inflammation, and protects against serious health conditions ranging from cancer to stroke. In two separate studies, researchers found that "going Mediterranean" not only protects against Alzheimer's disease but also enables people who have the disease to live an average of four years longer. The more closely participants adhered to the diet, the greater the benefit they saw.
- **Emphasize a plant-based diet**
 You'd be hard pressed to find a nutrition expert who would argue against eating more fruits and vegetables. Plant foods are loaded with antioxidants, powerful disease-fighting chemicals that help counteract damage from free radicals, oxidation, stress, pollution, and other environmental toxins. "People who live a long time tend to eat a lot of plant foods". "These are the most nutrient-dense foods on the planet. They're loaded with flavonoids, phenols, polyphenols, and thousands of other chemicals we haven't even discovered yet — and all of them help prevent disease."



EXERCISES



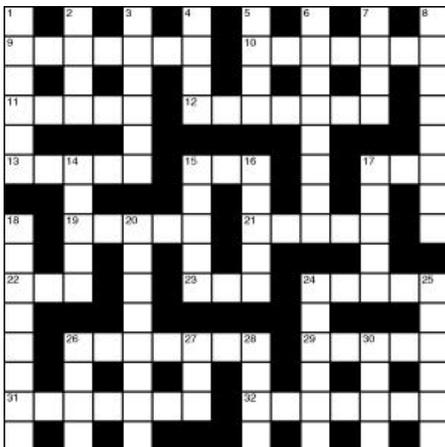
Turning Lunge

If you're looking for a new way to lunge, and I know you are, today's exercise will make all your lunging dreams come true. This lunge isn't just dynamic, it's functional, mimicking a movement we do on a regular basis (well, without the weights).

In this version, you basically turn and pivot, lunging at a diagonal behind you while taking the weights towards the floor. You'll engage your glutes and thighs, all while working your core, making this a great compound movement.

To keep it safe, make sure you pivot on the standing foot as you turn to avoid hurting your knees.

Turning Lunge: Begin the move facing forward, holding weights in each hand, if desired. Turn to the left at a diagonal, pivoting on the right foot while stepping forward with the left foot into a lunge. Take the weights towards the floor, keeping the abs engaged to protect the back. Your right leg should be straight. Push back up, turning so that you face forward again. Do the same thing on the other side, lunging with the right foot forward. Push back to start and



repeat, alternating sides, for 1-3 sets of 10-16 reps

LUNGE with a TWIST

Your body dictates your golfing ability. There is no way around it. You have to realize you're an athlete. A golfing athlete. Have you ever heard of an athlete not working on his/her body to prepare for optimal performance?

Golf weight training exercises are some of the quickest ways to improving your golf swing speed and power off the tee. Combining the golf strength of your lower body, core and upper body is an approach that will give you results rapidly.

"Lunge With a Twist." This golf strength exercise combines the power in your lower body with the core rotational movement needed for maximum golf swing speed and distance.

Step 1: Assume a standing position with your arms straight and hanging down in front of you, holding your medicine ball or dumbbell.

Step 2: As you step forward with one leg, rotate your upper body to that same side, holding the medicine ball or dumbbell chest high the whole time.

Step 3: Return to starting position and do the opposite leg.

Step 4: Repeat each side 10 times for 3 sets.

If you are consistent with this exercise, you will see improvement in your golf swing speed, power and distance in a very short period of time.

DOWN

1. X-outs. Not the standard but usable
2. To sink a three-footer under pressure knocks this
3. Each player has ___ their ball to avoid incurring penalty strokes
4. Important to keep arms and body in this during swing
5. For greenside bunker shot, stance and clubface are this
6. As the spirit of Harvey Penick was present, Crenshaw's 1995 Masters win had a heavenly or ___ quality to it
7. Playing a round from the back of back tees is from here
8. You almost have to have some of this excessive self confidence to be a champion golfer
14. Six of these have won PGA Tour events as of 2001
15. Worn by contestants during competitive play at some tourneys
16. Gusty winds can make club selection more of one of these conjectures
17. Popular animal putter of past
18. A player may leap up or ___ after hitting blind approach shot to see where ball ended up
20. Each player and each caddie on the PGA tours are also their own ___
24. To launch a high, long shot with the wind make sure you stay ___ ball until impact
25. Links, pinelands, mountain layouts are different ___ of golf courses
26. Another name for a four-ball match is the ___ ball
27. PGA Tour player nicknamed "all" because of his slow pace; winner of 1999 MCI Classic
28. Dean of golf journalism in 1920s, or a cereal grass which is a staple food
30. Duval plays off the course in winter with this type of board

SEE YOU on the LINKS



ACROSS

9. This 1967 PGA Championship winner is nicknamed "Bones" (hint-one of 12)
10. Longhurst once described this as the "Black Art"
11. Name for 4 wood, rhymes with geek
12. Fiery-tempered US Open champ in tennis who has passion for golf
13. Two-piece ball with this core was introduced by Spalding in 1968
15. Some golfers unfortunately have this type of head
17. When you're in the zone, you may be in this meditative state
19. Players in a tourney comprise this
21. A new club, which has been described as a fairway wood with an offset head and putter shaft, that is used for chipping and trouble shots; invented by Michael Bamberger
22. This "happy" 1967 Masters Champion lost the 1966 Masters to Nicklaus in a 3-way playoff (first name)
23. Theodore who won US Open in 1994 and 1997; he was runner up in 2000 Masters
24. Nickname for UGA women's golf coach Kelly who was 1998 National Coach of the Year and who led Bulldogs to 7 SEC Championships (retired in 2000); or a legume(s)
26. It is not fun to play with this golfer who excessively ponders each shot
29. When angry don't have this childish fit on the course (or off)
31. Golf, as life, is full of this wonder or enigma
32. A player's family and friends attempt to do this to him or her after a hard loss