



**SWS** Sisters Who Swing



# SWS - Sisters Who Swing Golf Association

Newsletter February 2011 issue no. 1  
[www.swsgolfassoc.com](http://www.swsgolfassoc.com)



**SWS** Sisters Who Swing

## **SWS Golf Association**

### 2011 Winter *Indoor* Golf

### Classes and Clinics

January 29 – March 26, 2011

Fillmore Hall @ Unity of Washington DC



Are you packing away your golf gear? Are you looking to golf indoors in the winter? Even if you just do a drill in front of a mirror in your house a few times a week, you can make your golf game better. But with SWS Golf Association winter indoor golf program and facility, you can work on your whole game no matter how much snow is falling.

SWS Golf Association winter classes, clinics and workshops exist to serve those individuals that desire to learn the skills that relate to the golf swing and the game of golf. We are committed to bring excellence and integrity in our presentation as we seek to help others understand and appropriate their God-given talents in how to play the game of golf. Our desire is to bring FUN and CHARACTER into one golf swing for a person to appreciate and take with them as they live their life. There are four key components: discipline, integrity, respect, and honor.



For the second year – how lucky are we to have the facility at the Unity of Washington DC. Our indoor golf program is housed in 1,000 square foot indoor facility located in Fillmore Hall. It features variety of group, private and semi-private instruction for novice and accomplished golfers. Golf simulator, netted hitting stations and launch monitor bay that measures swing speed, launch angle and ball spin, are on site and available. We specialize in both beginner and advanced instruction and offer personalized training programs that will help you better your game and lower your score.



SWS Golf Association teaching professionals offer a wide array of talent and personalities, working with golfers of all levels to improve techniques, strategy and build confident mental attitudes.

Whether you decide to take a clinic or refresher course or go more in depth with a six week golf clinic, the curriculum covers everything. During instruction, the student will learn full swing fundamentals, how to chip and putt as well as video analysis of their swing. Just as importantly, handouts will provided and participants will learn on-course etiquette, golf terminology and how to properly conduct oneself in a golf environment.

Whether you're a seasoned golfer or just starting out, SWS Golf Association is the place to take your golf game to the next level.



Plan to attend Winter Golf Clinics / Classes. Classes and clinics start January 29, 2011.  
Go to our website: [www.swsgolfassoc.com](http://www.swsgolfassoc.com) for more information and for a schedule of events.

# SWS *Golf* Association – 2010 SWING for *BREAST* CANCER

## Family, Fun and Golf for Breast Cancer

All proceeds went to Susan G. Komen Foundation



Check out our photo album: [www.swsgolfassoc.com](http://www.swsgolfassoc.com). All photos by Joseph S. Brooks, Jr.

On Sunday, August 15, 2010 as the rain poured early that Sunday morning, some may have felt it was going to be a wet day. Some people chose to roll over and go back to sleep, some chose to go to church after all, even some try to get it in their game early before the clouds opened up, but there were the mighty 32 who dusted off rain gear, umbrella's and old shoes and made it out to Historical Langston Golf course, to swing for the cure.

### SWS Breast Cancer Pink Ball 2010



SWS held its annual Pink Ball Rally for the Cure tournament. While the clouds were challenging by the time 1:30pm tee time rolled around, it became a clear day for golf. There were 32 participants for the event, which included "Future Pro Golfers" our Jr. Golfers, from the golf programs at Langston Golf Course. Also participating in the event was members of the Langston Staff, Richard Jones, Janice Harrington, Ray Savoy, Anthony and Jimmy Garvin, General Manager of Historical Langston Golf Course. Practically every team had a "Future Pro" on their team, so we knew the competition would be close. The winning team was the Jr. Golfers named Dominique, Alex, Anthony & Adrian, but the other young golfers Chris, Dwight, Jackson, Telvin and Marcus prove themselves as well. We thank our Jr. Golfers for participating in such a worthwhile event, and giving back to the community. It was an honor to have them, look forward to playing with them next year and to know that we were and will be golfing with the future Tiger Woods, Sergio Garcia's, Phil Mickelson's, Zach Johnson's and those who have already made it in the Professional Golf World.

In support of the fight against **breast cancer**, Sisters Who Swing (SWS) Golf Association are proud to introduce their

annual golf event "Pink Ball / Rally for the Cure" golf event supporting Susan G. Komen Foundation. 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. No one knows why some women get breast cancer, and while there is no cure to date, *SWS* is **proud** to support the fight against breast cancer.

We thank our sponsors, Kenya Zambrano of State Farm Insurance. This was Kenya's second year in supporting SWS's efforts for breast cancer, and this year Kenya came out in the rain, and attempted to setup the Pink Flags and Balloons but got a little over whelmed by the light rain and wind at times. We thank you for your support and assistance and look forward to seeing her next year, and the support she brings with her.





Without great PR and announcements some events are unknown, big THANKS and we are grateful to Radio One family, and Program Director Ron Thompson, for vehicles through Winston Chaney and Bernie McCain shows to talk and make the announcement about the Breast Cancer Awareness event.



NO golf event is worth its salt without great prizes and snacks. Thanks to the partnership with Susan G. Komen, there were prizes from Golf Galaxy, Golf Smith, Titletist and Cleveland. Local golf courses, Meadows Farm Golf Course, Bryce Resort, The Shenvalee, The Gauntlet, Lee's Hill Golf Club, Bowling Green Country Club and Deer Run Golf Course contributed with rounds of golf for our winners and also there were snacks from Utz.



And most of all, we are unable to have an event without volunteers. We thank all the volunteers, and those who participated on the day of the event as well as those who participated before the event. Without you, there would be no success. Thank You.



Save the date, August 7, 2011. SWS Golf Association will be hosting "AWARENESS" – Golf Tournament. 2 Person Best Ball, for the cause and awareness of "Breast Cancer", "Prostate Cancer", "American Heart Association" "American Diabetes" and "AIDS/HIV". You will not want to miss this golf outing. Lots of fun, for great causes, be sure and reserve your spot to golf with a Future Pro, and the "CAUSES", is no better reason to swing and give back to the community. We'll see you – **AUGUST 7, 2011.**

**SWS Golf Association**  
**Season 2 – Championship**  
**Rounds**  
**September 11 – October 3**

SWS Golf Association held its 2<sup>nd</sup> Season Championship rounds starting at the Historical Langston Golf Course on September 11, 2010. There were rounds in both 9 holes and 18 holes of play.

Round 2 was played as a members choice, and a number of members played their round at Nemaocolin, Farmington, PA September 18 & 19.

Round 3 had great weather and produced some great scores at Westpark Golf Course, Leesburg, VA.

When Round 4 arrived October 3 & 4, the weather had become rainy and chilly as we finished at Enterprise Golf course, Mitcheville, MD.

The format of play was stroke play, no handicaps.

All members were eligible to participate in the championship rounds play.

Winners:

- 18 Hole CHAMPION – "Honey" Wade
- 1<sup>st</sup> Low Gross – June Taylor
- 2<sup>nd</sup> Low Gross – Donna Dabney
- 3<sup>rd</sup> Low Gross – Joan Lee

- 9 Hole CHAMPION – Breezy Bishop
- 1<sup>st</sup> Low Gross – Armeta Ross
- 2<sup>nd</sup> Low Gross – Dorothy Miller
- 3<sup>rd</sup> Low Gross – Jennifer Hardy

**Congratulations** to all the **WINNERS**

See you next Season



**WEDNESDAY – 9 HOLE LEAGUE**

The summer of 2010 proved to be a HOT HOT SUMMER.

The month of June on Wednesday's provided a lot of rain, and play was limited but we managed to get two good weeks in play.



The month of July on Wednesday's we had heat advisories and code Orange, and play was limited but we managed to get a couple good weeks of play.




Then the month of August, Wednesday's provided heat advisory's, rain and unsure at times, but we managed to get in a couple good days.



SWS's 9-hole golf development league for all golfers on Wednesday's provided the new golfer the experience from tee to green and how to play in different golf formats. It provided season golfer an opportunity to access their game and assist newer golfers from tee to green.


**LANGSTON GOLF COURSE  
July 16, 17, 18, 2010**

Langston Legacy  
Langston in the 21<sup>st</sup> Century Foundation  
Created on by: The Jimmy Garvin Legacy Foundation



**Grand Bahamas International Challenge**  
July 16, 17, 18, 2010

Nations Capitol  
Langston Golf Course  
Washington, D.C.



Students and Instructors  
Presented by:  
The Jimmy Garvin Legacy Foundation

*The 8th Annual Grand Bahamas International Challenge Golf Tournament presented by the Jimmy Garvin Legacy Foundation for the purpose of raising funds for Student College scholarships was a successful outing. The Jr Golfers from the Bahamas, Atlanta, Florida and the Langston's Jimmy Garvin Allstars had a golf exhibitions that no golfer should had missed.*

Was exciting and full of great food and music.

Check out the form of one of DC's up in coming golfer's, 12 years of age. Notice were she starts and how she finishes. This is one of the Future Pro's playing at Historical Langston Golf Course.



*Notice her finish ----*

**Watch for her in the future**



***This is a future "LPGA Pro"***

**LANGSTON GOLF COURSE  
July 26, 2010  
SCHOLARSHIP  
TOURNAMENT**



Langston Junior Boys and Girls Golf Club (LJRG) Annual Scholarship Golf Tournament was held at Langston Golf Course.

The Two Person Best Ball was the format awarding prizes to first and second place winners, women, men and mixed teams.

In support of this event, members of the Wake Robin Golf Club were out to participate.

Winners of the women Two Person Best Ball were Joy D Wolfe & Pandolla Hicks.

The Langston Junior Board of Directors inaugurated the scholarship program component in

2003. The program offers financial support to one or more graduating high school seniors who intend to pursue post-secondary studies. The scholarship program is funded through private gifts and grants as well as the proceeds from the annual outing. Scholarship awards are made annually at the Opening Ceremony for the Junior Golf Program.

Youngsters learn valuable life lessons through their participation in our LJRGC programs. Through their work in the Langston Legacy Educational Center, they learn about the importance of their academic pursuits.

Our junior members are our future. Everyone associated with Langston Junior believes in every one of these young people. Please join us in our belief by becoming involved in our organization. You won't regret it.

Ray Savoy, Founder/Director  
Shirley Washington, President

**Now is the time to join SWS**

**2011 SEASON**



SWS Sisters Who Swing

Check out our website:  
[www.swsgolfassoc.com](http://www.swsgolfassoc.com)

**SWS 2011 Indoor Winter Golf**

**SWS 2011 Pre Season Golf**

**SWS 2011 Golf Season**

**September 17-20, 2010**

**NEMACOLIN – WRGC CHALLENGE CLASSIC**

Wake Robin Golf Club held their 2<sup>nd</sup> annual outing at Nemacon Golf Course, Farmington, PA. Over 80 women gathered and competed. This year a team format was introduced and the women from Pittsburgh, PA, Alabama, Florida as well as MD, VA DC competed.



The golf at Nemacon was great and the idea of a Fore-caddy is awesome. If you have never played golf with caddy, you don't know what you missed in your game.



But when the scores were finally calculated, the winners were the WRGC team, Yolanda, Angie, Coach & Cheryl.



Great time, great golf, WRGC will be hosting an outing in 2011 for year 3 at Nemacon. Look early in 2011 for logistics or go to: [www.wake-robingolf.org](http://www.wake-robingolf.org)



**LESSONS**

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

Lessons are available that will fit your schedule.

Contact SWS today and get in the tee box.

**August 6, 2010**



At Fort Meade Golf Course

The course at Fort Meade is one of the finest golf facilities in the Washington Metropolitan area. Featuring two 18-hole championship courses, practicing facilities that include spacious putting greens, chipping area and lighted driving range, the courses are sure to provide a challenge to golfers of all skill levels.

The Unity "Whole and One" Golf Tournament is a Best Ball tournament and "Games Party" for all non golfer, held in the Clubhouse.

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place Winners

Contest:  
Hole in One  
Closest to Pin  
Longest Drive (Men & Women)

SWS Golf Association was represented with the team of Honey Wade, Breezy Bishop, Emma Clinkscales & Joy D. Wolfe. They placed 3<sup>rd</sup> under 2 other men teams. Congrats to all the winners. The women contest holes, Closest to the Pin and Longest Drive went to Joy D. Wolfe.

Challenging and exciting games – Bid Whist, Pinochle, Scrabble & more were played by NON Golfers. Make your plans to participate and attend Unity "Whole and One" 7<sup>th</sup> Annual event in 2011.



SWS Sisters Who Swing

**SWS MEMBERS** – It is time to **RENEW OR JOIN "GOLF 2011"**

**GOLFERS – NEW MEMBERSHIP**

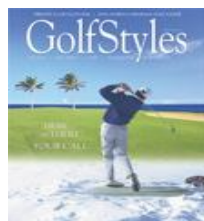
There is a place for you in SWS Golf Association, **JOIN NOW**  
[www.swsgolfassoc.com](http://www.swsgolfassoc.com) and **JOIN**.

SWS Golf Association is proud to announce the membership of over 50 women golfers for the Season 2, 2010. Join today, and be part of the premier golfing community.

#### **Benefits**

**New Members 2011 - \$60.00**  
**Renewing Members – \$55.00**

- **A USGA handicap service provided.**
- A USGA Rule Book, seminar on rules and regulations.
- Golf lessons – 6 for \$99
- Private lessons (too low to advertise- contact SWS)
- **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



If we do not take 10 strokes off your game, you get your membership money back.\*\*

*\*\*"Participation in Clinics, Workshops, and League Play must be considered before a full refund"*

## **What's NEW! SWS 2011 Mentor Program**

For the 2011 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 golfers 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 season is still young. End of the season a Tournament is slated TBA.

Seasoned golfers as well as new golfers are needed.

Contact SWS @ [www.swsgolfassoc.com](http://www.swsgolfassoc.com) or email us @ [swsgolf@earthlink.net](mailto:swsgolf@earthlink.net) if you are interested in participating in this program.



SWS Sisters Who Swing

## **Rules & Regulations:**

It's important as a golfer that you know the rules before you play. Because, the worst thing that could happen to a great ball striker, does not know the rules and how they apply.

The biggest infractions on the golf course are Out of Bounds and Lost Ball.

Let's review.

**Lost Ball:** A ball is deemed "lost" if:  
 a. It is not found or identified as his by the player within five minutes after the player's side or his or their caddies have begun to search for it; or

b. The player has made a stroke at a provisional ball from the place where the original ball is likely to be or from a point nearer the hole than that place (see Rule 27-2b); or

c. The player has put another ball into play under penalty of stroke and distance (see Rule 27-1a); or

d. The player has put another ball into play because it is known or

virtually certain that the ball, which has not been found, has been moved by an outside agency (see Rule 18-1), is in an obstruction (see Rule 24-3), is in an abnormal ground condition (see Rule 25-1c) or is in a water hazard (see Rule 26-1); or

e. The player has made a stroke at a substituted ball.

Time spent in playing a wrong ball is not counted in the five-minute period allowed for search.

**Out of Bounds Ball:**

If a ball is out of bounds, the player must play a ball, *under penalty of one stroke*, as nearly as possible at

the spot from which the original ball was last played (see Rule 20-5).

**Ball Not Found Within Five Minutes**  
 If a ball is lost as a result of not being found or identified as his by the player within five minutes after the player's side or his or their caddies have begun to search for it, the player must play a ball, under penalty of one stroke, as nearly as possible at the spot from which the original ball was last played (see Rule 20-5).

**Keep a rule book in your bag.**

JIMMY GARVIN LEGACY FOUNDATION

**Rally for the Cure**



Tickets available at the Club House



"DJ" Clarence



**Dance, Dance, Line Dancing & Hand Dancing**

*Buffet Affair  
 B.Y.O.L.*

*Soda's & Set up's  
 Provided*

**Cost:**

*\$13.00 in advance \$15.00 at door  
 \$23.00 couples in adv \$25.00 couples at door*



*Show your heart and support for the Junior Golfers of Jimmy Garvin All-stars Foundation and Susan G. Komen, Breast Cancer Awareness.*

*All proceeds benefit each program.*



## LPGA – News

By: Roscoe Nance, Special to BlackAmericaWeb.com



Former Jackson State golfer Shasta Averyhardt got an early Christmas gift – and a place in history – when she qualified for the LPGA Tour.

Averyhardt became the first African-American woman to qualify for the Tour through qualifying school when she finished in a tie for 22nd place in Qualifying School. She will be the fourth African-American woman in the 60-year history of the LPGA.

LaRee Sugg, Renee Powell and Althea Gibson previously held Tour cards. Averyhardt, 24, is the only African-American who currently holds a Tour card, albeit on a provisional basis.

Averyhardt's tie for 22nd place earned her status in priority list category 16, given to players who finish between 21st and 30th in qualifying school. Golfers in her category are exempt into the Monday qualifying tournaments for Tour events and could land a spot in a handful of LPGA tournaments.

"It has finally sunk in," says Averyhardt. "I can't say it's a relief. It's an accomplishment; it's something I dreamed about. Now I'm finally able to complete a milestone."

Averyhardt was positioned to finish in the fully exempt top 20 after shooting a fourth-round 67, which put her in a tie for eighth place. However, she struggled on the final round and shot a 79, giving her a 4-over par 364 for the five-day event. She would have tied for 20th, and

gained full exemption with a score of 362.

"Things didn't go my way that round," Averyhardt says. "I was a little fatigued. It's kind of lesson learned. I learned to never give up, to keep fighting and find that extra something to keep going."

Averyhardt made five bogeys and one double bogey on the final round; bogeyed three of the four par 5s and also doubled the par-3 third. Averyhardt wasn't the only golfer who had a difficult time on the final round. Only five of the 73 players in the field broke par.

Despite faltering in the final round, Averyhardt's showing is giant step forward. She is the first African-American to hold a Tour card since Sugg in 2001.

"I'm really am proud of her," says Jackson State golf coach Eddie Payton, the former NFL running back and kick return specialist. "There never was a doubt in my mind that she had the talent and drive to be successful."

Averyhardt spent Christmas with her family in Flint, Michigan, relaxing and plotting her next steps. She will continue competing on the Futures Tour in addition playing in qualifying rounds for an undetermined number of LPGA events.

Averyhardt was a four-time All-American at Jackson State and a four-time SWAC champion at Jackson State. She also won the 2004 Michigan Powerbilt Junior Tour Championship, the 2005 Golf Association of Michigan Women's Championship and the 2008 Michigan Women's State Amateur Stroke Play Championship. Averyhardt won the 2009 Suncoast Event before turning pro earlier this year and competing on the Duramed Futures Tour.

"When you get athletes like that, you hope you don't mess them up," says Payton, who first Averyhardt

play when she was an 10th-grader and mistook her for a senior because her game was so advanced. "I knew she had it. I knew if I could get her in our program, she would do great things for the program and herself and be role model for the next generation of females."

Payton predicts that Averyhardt will be a stellar performer on the LPGA Tour in the not too distant future.

"It's a different game than what she's used to," he says. "She will be playing with the best of best, players who have been playing for a living for years. She will have to adjust her competitive level to meet the competitive level of those who view it as a business. Biggest obstacle is upping her intensity. It has been a dream for her. Now she has to realize this is a job; winning is the objective. She has to take the approach that 'even if I don't win I have to approach it as this is what I do to make a living.' I predict that she will be a millionaire in three years. She should put herself in position to win by next year. In year three, she should be a fixture on the leader board. I wouldn't be surprised if it happened before then."

Averyhardt's first challenge is to find a sponsor. She wasn't successful in her efforts when she was playing on the Futures Tour because she didn't have a Tour card. The combination of having her Tour card and being the only African-American on the Tour should help her in her quest to secure a sponsor.

"Hopefully it will be an advantage now that I have my card," Averyhardt said. "It could be a selling point - absolutely. It could be a great opportunity. I hope companies can see that it would work to their advantage. I'm not going to shy away from it; I'm going to celebrate it and embrace it."

Payton says Averyhardt, who is a statuesque 6-foot-1 and has a degree in accounting, has the intangibles that make her an ideal product endorser.

"She is so intelligent, well-spoken and approachable," he says. "The endorsement money should equal or exceed what she makes playing."

Averyhardt became interested in golf at age 10. She picked the game up from her father, who is an avid golfer. She enjoyed spending time with him, and golf provided an opportunity to do that. Eventually, she became fascinated by the game.

Now she has put herself in position to become the first African-American ever to win an LPGA event. She understands that when she sets foot on a golf course, that she is not playing just for herself. However, she says she can't get caught in the historical aspect of her being on the Tour and the accompanying pressure of feeling that she is carrying the banner for all African-American female golfers.

"It could be a pressure," she says. "I see it; I know it; I'm aware of it. I'm proud of it, but I still got to go out and play like everybody else."

## 2011 LPGA Tour Schedule

Feb. 17-20 **Honda LPGA Thailand**  
Feb. 24-27 **HSBC Women's Champions 2011**

Mar. 18-20 **RR Donnelley LPGA Founders Cup**  
Mar. 24-27 **Kia Classic**  
Mar. 31-Apr 3 **Kraft Nabisco Championship**

Apr. 28-May 1 **Avnet LPGA Classic**

May 19-22 **Sybase Match Play Championship**  
May 28-29 **HSBC Brasil Cup 2011\*\*\***

Jun. 3-5 **ShopRite LPGA Classic**  
Jun. 9-12 **LPGA State Farm Classic**  
Jun. 23-26 **Wegmans LPGA Championship**

Jul. 7-10 **U.S. Women's Open\***  
Jul. 21-24 **Evian Masters Presented by Société Générale**  
Jul. 28-31 **RICOH Women's British Open**

Aug. 4-7 **Imperial Springs LPGA**  
Aug. 19-21 **Safeway Classic Presented by Coca-Cola**  
Aug. 25-28 **CN Canadian Women's Open**

Sept. 9-11 **Walmart NW Arkansas Championship**  
Sept. 15-18 **Navistar LPGA Classic**  
Sept. 23-25 **The Solheim Cup**

Oct. 6-9 **LPGA Hana Bank Championship**  
Oct. 14-16 **Sime Darby LPGA Malaysia**  
Oct. 20-23 **LPGA Taiwan Championship**

Nov. 4-6 **Mizuno Classic**  
Nov. 10-13 **Lorena Ochoa Invitational**  
Nov. 17-20 **The Titleholders**

Dec. 9 **Wendy's 3-Tour Challenge\*\*\***

### PGA NEWS

#### ***Black golfer Joseph Bramlett earns historic PGA card***



On the final hole of the final round of the final stage of the PGA Tour's qualifying school, Joseph Bramlett

delivered a putt that had him roaring, pumping his fist and high-fiving his caddie in celebration.

Sort of how Tiger Woods does it.

The former Stanford standouts now have even more in common.

Bramlett earned a PGA Tour card, joining Woods as the only players on tour of black descent.

"It's an honor. It truly is an honor," the 22-year-old Bramlett said, soaking in the moment. "Like I've said before, it's been a long time. I'm just thrilled to see it start to change."

Bramlett shot a 4-under 68 on the Crooked Cat Course at Orange County National, rallying from 33rd at the start of the day to make the cutoff for a tour card by two strokes. He finished 11 under at the grueling, six-round final stage of qualifying school to tie for 16th.

The top 25 scores and ties earned PGA Tour cards for 2011. The next 50 received cards on the Nationwide Tour.

"We're popping the champagne, baby," Bramlett's father, Marlo, said by phone from San Jose, Calif. "Unfortunately, he doesn't drink. So we'll give him a bunch of water bottles when he gets back."

Woods wrote on Twitter: "Congrats to Joe Bramlett for making it through Q School" and "Amazing feat considering he sat out a whole year with wrist injury. I can't wait to play with him next season."

Billy Mayfair shot a 2-under 70 to win the final stage, one shot ahead of William McGirt (68). Mayfair finished 18 under for the tournament, earning \$50,000 for first place. Those at 9 under or better received a PGA Tour card, including four Nationwide players who qualified earlier and were seeking to improve their position.

Among the notables who did not qualify out of Q-school: Brett Waldman (68), the caddie for Camilo Villegas; Erik Compton (73), a two-time heart transplant recipient; Briny Baird (71), who lost his card on the final hole of the year at Disney to finish No. 127 on the money list.

Waldman qualified for the Nationwide Tour and said he will have to "sit down with his family" and discuss his future.

Bramlett bogeyed his first two holes but rallied with incredible putting. He finished with seven birdies that included the 17th, where he missed the fairway, was forced to lay up and made a 25-foot putt.

And just for an exclamation point, Bramlett knocked in an 8-foot putt to save par on the 18th that avoided the agony of having to sweat out the final groups.

"He's so clutch. You almost expect it to go in every time," his caddie, Don Allio, said.

Bramlett grew up outside San Jose in a multiracial family - his father is black, his mother is white - and endured the odd stares at junior events when his parents followed him on the course. He plastered posters of Woods on his bedroom wall after the 1997 Masters, and he later competed in the Junior World Championship in San Diego with a team sponsored by the Tiger Woods Foundation.

When he was 14, he became the youngest player to qualify for the U.S. Amateur in 1992. He was All-America his freshman year at Stanford, when he helped lead the Cardinal to an NCAA title. Bramlett flew straight home to California to try to qualify for the U.S. Open, losing out in a playoff.

He also overcame two injuries to his wrist that nearly derailed his career at Stanford.

"I never doubted it would happen," he said. "This has been my dream since I was a little kid."

## How to Stay Golf Fit in the "Winter"

Cold weather doesn't mean you put away your golf game all together. It simply means you'll need to improvise and try new ways to enjoy and work on your golf skills.

By staying in shape during the winter months, you won't have to worry about starting all over again once spring comes around. You will be right on course and when summer comes along; you'll have an excellent body to prove it.

One important tip is to always stay warm when in the winter. Colder temperatures always make your muscles tighter and we all know that working out with tight muscles can create unwanted injuries. Also when exercising outdoors, always dress in layers. The hotter you get the easier it is to cool yourself down by peeling off a layer of clothing or two. The top layer of clothing should always be wind resistant and resistant to water as well.

Keeping fit, especially in the winter off-season, is a great way to improve your golfing. The key is to begin a golf fitness program that is geared both to your needs and to your current level of fitness.

Nearly every kind of exercise helps your golf game, because golfing uses every part of your body. There are also a few golf-specific exercises to work the muscles that you use to swing the club.

Flexibility is important for golfing, and that's why it is important to stretch. As you age, it is especially important to stretch your muscles before golfing. Just a little amount of golf oriented stretching will make a noticeable difference to your swing. If your legs feel tired after a day on the course, or you wake up the next morning with any

soreness, you need to stretch more before you golf.

When you swing, you are rotating your body. Stretching your torso and abdomen is important. Sit on the floor, and rise up one knee so that your foot is flat on the floor and your knee is pointing up. Then twist so that you are looking behind you, bracing the opposite elbow on the raised knee. After a few seconds, switch so that the other knee is off the ground, again bracing your opposite elbow on the knee as you turn to look behind you.

Exercising your core muscles can improve your overall strength, which in turn will improve your golf game. Crunches and other traditional exercises are great ways to do this. Balance is also important for golfing; try balancing on one leg at least once per day to improve your balance. Although you may not associate weight lifting with golf training, increased muscle strength means increased control over your movements. Use lighter weights when working out, and focus on the hamstrings in your legs, as well as the muscles in your lower back. Lifting light dumbbells can improve the strength in your arms and shoulders. Don't overdo weight lifting, especially if you have never tried it before. As you age, you naturally lose muscle mass, so it is important to build it back up through exercising.

Cardio exercises are often overlooked by those who think cardio isn't important to golfing. Low-impact cardio exercises include swimming, riding a bike, and even walking.

Many senior golfers will tell you that a decline in performance as you age is inevitable, but if you take good care of your body and get plenty of exercise, you can maintain your golf performance level. It takes just a few minutes per day to improve your golf game through exercising, no matter your age.

## Staying Warm while golfing in the winter

Cold weather cannot keep addicted golfers from the green! In order to continue playing your best all year long, be sure to dress appropriately for the changing seasons. Here are some great ways to stay warm on the course, no matter where you are-

**Hand Warmers:** A common trick among professional winter athletes, hand warmers are a great way to keep your circulation flowing out on the golf course. Hot hands are great for all winter sports, and come in many different brands and sizes. There are a few different types, but the most common uses crystallization to warm the packet for up to thirty minutes. That's just enough time to warm up your hands AND feet! Some varieties even come with adhesive sides to stick to your back, feet, arms, or other area.

**Thermos:** There's nothing quite like a warm beverage on a cool day. No matter what your drink of choice is – be it chamomile tea or a hot toddy – a thermos of this on the course will warm your body up in just a few seconds.

**Layers:** The best solution to unpredictable weather is to dress in layers. It is always a good idea to have the option of taking clothes off, or putting more clothes on, while still dressing fashionably. There are plenty of tank top and jacket sets that can help you with this part of your wardrobe. If temperatures get extremely low, do not hesitate to wear leggings under your golf pants!

**Jackets:** There are plenty of flexible, stylish golf jackets on the market that can keep you warm and stylish on the course. Whether you want a tight, athletic fit, or a loose fit with a fleece lining, you can easily find a comfortable jacket that allows mobility for your swing

**Pants:** Khakis and slacks are not the only options available for ladies on the golf course! You can wear golf pants now! They are generally similar to a yoga or UnderArmor material, but with a little less stretch and a little more warmth.

**Moisture-Wicking Fabrics:** One of the best ways to ensure warmth while golfing is the material you choose. Moisture-wicking fabrics are great for eliminating sweat in the summer and the winter! After a few holes of golf, you're bound to start sweating a little bit. If you are wearing traditional cotton clothing, it will absorb the sweat, and then you are simply wearing a wet outfit in cold temperatures! Moisture-wicking fabrics will keep your clothes dry, and your skin warm.

**Gloves:** Many of us wear gloves during our golf game, but you can now find styles that ensure a little added warmth as well. Whether you want full coverage gloves, or the type that leave your fingers free, wearing gloves of any style will increase your warmth on the course.

**Wind-Resistant Material:** Some areas of the country can get pretty windy on the open green. While this is obviously bad for a game of golf, it can also make for an uncomfortable experience for your body. When it gets windy out there, choose wind-resistant materials for your outerwear. You can wear wind slacks over golf pants and leggings, or on their own. You can also find plenty of wind-breaker style jackets that will protect you from the wind without making you too hot.

So there you have it! With so many warm-weather options, you have no excuse to sit at home during the chilly winter months. Get out and golf!

A common denominator for most golfers, especially senior golfers is "physical capabilities". This is your current level of golf-specific strength and flexibility. It is highly unlikely you have no physical limitations in your golf swing. 80% or more of amateur golfers play with an injury during the season. This would tell me there is a physical issue.

## Golf FITNESS

Golf fitness is a very popular topic these days among all the pros, teachers and even amateurs. It's no secret that if you get your body fitter, stronger and more flexible, you will swing better and hit longer drives that produce lower scores.

A golf fitness program covers four areas:

Golf-specific strength exercises

- Golf stretching exercises
- An aerobic conditioning plan to improve your endurance on the course
- A nutrition plan to give you energy and help you reduce unwanted pounds

Any golf fitness program that skips the above components will not be successful. Every golfer has strength, flexibility, endurance and nutrition issues that can be greatly improved. Below are some specific examples of things that might be included in a golf fitness program in each category.

### Strength

The strength-for-golf section of the program should address the core area, which means focusing on rotational strength and flexibility. An example would be doing seated twists with a single dumbbell to improve rotational range of motion and strength.

Sitting in a chair, hold a single dumbbell straight out in front of you, chest high with arms extended. Then rotate to the right as far as you can go, then to the

left. Do this continuously for approximately 20 repetitions. You will feel a sense of looseness in your backswing and follow through after doing this simple exercise.

### **Flexibility**

The flexibility-for-golf section should be specific to your golf swing. The backswing is always a focal point when it comes to drills and stretching exercises, but what about the follow through? This phase of the golf swing is equally important. A simple golf stretch for this phase is the Follow-Through Stretch:

- Extend right arm (for right-handers) out in front of you
- Take left hand and place under right wrist
- Pull with left hand against right wrist and make as big a turn on follow through as possible
- Hold for at least 15 seconds, repeat twice more

### **Aerobic conditioning**

With an aerobic conditioning for golf, you've got to look at the main activity: walking. Then devise a cardio program that incorporates a 20-30-minute walking program at an intensity of 10- to 15-percent higher than when you walk a golf course. This will give you an aerobic improvement, helping you maintain concentration without fatiguing.

### **Nutrition**

Nutrition for golf could be a separate, full report, let alone a single article. But the main thing to remember is to fuel your body with a meal of protein and carbs before you tee off, and then eat a couple of snacks (fruit, nuts, etc.) during the round to maintain blood sugar levels. This will provide you with more than enough fuel (energy) to get you easily through 18 holes.

So as you can see with this brief overview of a golf fitness program, there are many things to consider and put into place. But the bottom line is to get started on your golf

fitness program right away. You're giving up strokes if you delay.

You will be shocked at your progress if you stick with it through the entire winter. The first time you step on the range, you'll feel like a different golfer. It will be like an "out-of-body" experience. You'll soon realize this is what you've been missing all along.

## **To Perform Better Golf-**

1. **MANAGE YOUR WEIGHT.** One way to maintain or lose weight without going on a "fad" diet: When you fill your plate, make sure the portions of food you choose don't touch one another on the plate, and try not to go back for seconds, you're sure to get enough calories.
2. **STAY BALANCED.** To develop body control for better golf shots, try to stand on one leg for one minute without touching the opposite foot to the floor. Keep your belt line level to the horizon. Too easy? Do the same while counting backward from 100 by 3s with your eyes closed. It's called "dual-tasking" and has been associated with improving balance.
3. **STRETCH.** The less flexible you are, the shorter and quicker your swing becomes. You need to get taller, not literally, but try this stretch: While standing, reach both arms to the sky as you pull your belly button in toward your spine, hold for 20 seconds while breathing. Keep your chin tucked toward your throat. This should not cause shoulder pain. If it does, this one's not for you.
4. **LOVE YOUR HEART.** If you're 45 or older, get your doc's OK before starting with an aerobic program of 30 to 60 minutes four or five times a week. This could be as simple as walking or using aerobic equipment like treadmills, bikes and elliptical machines. If your joints allow for it, the treadmill is the best because it challenges your body with the walking motion used in golf.

Resistance exercises won't help aerobic capacity, but they'll improve your swing speed.

5. **PROGRAM YOUR MOTOR.** This is your mind's ability to make your body copy a movement by watching it. So watch good golf shots. Tape tournaments, and watch the players' movements, or get a computer screen-saver program that shows great swings over and over. your swing (any complex-movement pattern, for that matter) will improve by seeing it in your mind.

6. **SOOTHE THOSE KNEES.** Ask your doctor before taking supplements, but consider these two if you suffer from arthritis of the knees: glucosamine and celadrin. Glucosamine is available in a pill and might protect the cartilage that keeps arthritis from forming. Celadrin is the active ingredient in a topically applied ointment that has been shown to decrease knee pain. Research shows improvement with applications of once a day for 30 days. They're both over-the-counter health aids that are cheaper than drugs and have no known side effects.

7. **BE HIP.** Not only do you need strong hips for golf, flexibility in this area is important as you age. If the hips are tight, the lower back will become painful for a golfer. A way to loosen the hips is to try the "climber" position daily. Place one foot on a bench, or anything supportive that is close to waist height, while keeping your other leg straight. Lean forward as you reach toward the ceiling with the arm that is on the same side as the straight leg, hold for 30 seconds.

8. **GET STRONGER/LONGER.** Push-ups are one of the all-time best exercises. They improve abdominal, lower-back and upper-body strength. Do them, and you'll be able to gouge those shots out of the rough and gear up for extra-long par 5s. If a traditional position is too tough or gives you wrist or shoulder pain, do them from your

knees or hold onto a counter. Do two to three sets or until you're fatigued.

9. SNACK RIGHT. You're going to want to reach for those chips on a cold, rainy day in front of the TV. Instead, try fruits and vegetables. They've been shown to improve resistance to illness and decrease the risk of cancer, and you want to be healthy when it's time to play again. Assemble bags of carrot sticks to grab whenever you get the munchies. Throw blueberries in the

freezer for a healthy desert. Make it easier to not be tempted by junk food.

Remember: Maintain Golf Fitness and Conditioning, Practice/Work On Your Swing - work with a weighted club like the Momentum Swing Trainer over the winter months, Master Your Short Game attend Indoor Golf Centers - This is another way for you to keep your game sharp.

For a great winter indoor golf center, join SWS Golf Association Winter Clinics.



**SWS** Sisters Who Swing

[www.swsgolfassoc.com](http://www.swsgolfassoc.com)

## GOLF QUIZ

One over par for a hole

A piece of grass lifted when a ball is struck

Two under par for a hole

These mark where the holes are

The first 9 holes of an 18 hole course are called the \_\_\_ nine

The area of short grass surrounding a hole

Etiquette requires that observers remain \_\_\_ while play is on

A \_\_\_ happens when the ball is not struck squarely

A metal club designed to give height, not distance

One under par for a hole

A \_\_\_ is a hazard filled with grass or sand

One who carries a golfer's club and sometimes gives advice

The 1 wood club, usually used for teeing off

The \_\_\_ through is a very important part of a golfer's swing

Club mostly used on the greens

The playing area between the tee and the green

Ponds, lakes, and sand are all types of \_\_\_

A \_\_\_ stroke is added to a player's score when a rule is broken

A \_\_\_ player is someone who doesn't need a handicap

\_\_\_ is the scheduled start time for a round of golf

A golfer's \_\_\_ can be adjusted depending on the competition

A \_\_\_ is poor shot that is allowed to be retaken without penalty

The "19th hole" is at the \_\_\_ bar where golfers can sit and relax

An ace is a \_\_\_ \_\_\_

## ***Message from the President of SWS***

***Joy D. Wolfe***

Welcome to Sisters Who Swing Golf Association (SWS). We would be honored to have you as part of our association during the 3rd Golf Season 2011. SWS are committed to providing you with the best golfing environment in the Metro area. Our hope is that we form a partnership with you, to keep you as active as possible, no matter what your current skill level of golf. Through your participation in SWS golf activities, meetings, and networking events, we are confident that you will find SWS membership to be rewarding.

SAVE the DATE for our 18 & 9-hole Opener to be held on May 21, 2010 at Eisenhower Golf Course, Crownsville, MD. Please plan to attend our outings during the season; we look forward to seeing you on the links.

What's new for 2011, SWS Members – Mentorship Golf Program and Golf Reduced stroke program.

This year I (Joy D Wolfe) guarantee 10 strokes off your average score play if you attend our clinics and participate in our development league or your Membership Money Back. We want everyone to be involved in our SWS Golf program(s).

Join us TODAY. Go to our website: [www.swsgolfassoc.com](http://www.swsgolfassoc.com) and fill out your membership form.

# Campaign for Cognizance - Golf Tournament

Hosted by



**SWS** Sisters *Who* Swing

**AIDS / HIV**



## Two (2) Person Best Ball

Support an "AWARENES"

(Looking for a minimum of 20 golfers per "Awareness")

Flights: Men, Women & Mixed

Register your team early

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# AUGUST 7, 2011

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**SAVE THE DATE**

**PLAN TO PLAY**

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**REGISTER EARLY**

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