



**SWS** Sisters Who Swing



# SWS - Sisters Who Swing Golf Association

Newsletter JANUARY 2010 issue no. 1

## SWS Golf Association Inaugural year 2 - 2010



SWS Golf Association the **NEW** women's golf organization in the Metro Area of Washington, DC is designed to support and promotes all facets of women's golf.

We are avid golfers, who enjoy the game of golf, and understand how golf can be a vehicle for ones businesses and for life. We invite you to become part of a new women's golf organization.

Are you looking to learn more about the game of golf and to become a better player?

Are you looking to make new friends with the same love of golf that you have?

Have you taken lessons and found yourself with no environment to play?

You are at the right place for Women's Premiere Golf, regardless what skill level.

New golfers, occasional golfers and avid golfers each will find "Sisters Who Swing" (SWS) programs geared in their interest and demanding time schedule. SWS membership is open to all interested women golfers. Women of today supporting the women of tomorrow seemed natural. There is no handicap requirement to join the

association. Our mission is to provide a network where "Women can grow friendships, personally and professionally through golf".

SWS inaugural season 2009 finished with a membership of 40 women, beginner and season golfers and look forward to a full season staying in the short grass.

Advocacy for newer golfers has been our campaign. This year we have implemented a beginner golfer mentorship program that will pair season golfers with a beginner golfer, and at the end of the season play in a Mentorship Golf Tournament.

Again, Inaugural year 2 - 2010, Yes we can, Yes we have, and Yes we will bring a well rounded golf program to fit your skill level in the game of golf.

2010 SWS schedule will still provide newer golfers the tee to green experience, golf lessons, golf clinics, tournament information, while scheduling challenging outings for the skilled level golfers.

There is a place for you in SWS Golf Association, join by March 15, 2010 and take advantage of the membership promotions. Go to [www.swsgolfassoc.com](http://www.swsgolfassoc.com) and JOIN.

**\*\*New 2010\*\*** membership payments, golfing fees, and tournaments may be paid on line.



## Benefits – Membership 2010

**Renewing \$50.00**  
**New Membership \$55.00**

- 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 –  
[swsgolf@earthlink.net](mailto:swsgolf@earthlink.net)

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

NEW GOLFERS

BEGINNER GOLFERS

SEASONED GOLFERS



**SWS** Sisters Who Swing

# One on One

For a more effective swing, get hard-core.



Strong abdominal muscles are the basis for a powerful swing. These core muscles support your spine and protect your back from injury. What's more, with a strong center you can really let it rip on your downswing and follow-through. I have approached various physical therapists for sports therapy and here is one for the LPGA, designed to put you on your way to a toned torso with just three minutes a day.

## Ball Crunch



Lie on your back with a small weighted ball or soccer ball between your knees. Place your hand behind your head. In one movement, pull your knees in toward your chest while lifting your shoulders to meet your knees, as shown above. Return to the starting position and repeat the exercise for 45 seconds.

## Twist



Sit on the floor with your knees bent. Holding a small ball in front of you, lean back slightly, keeping your back straight. Lift your feet off the floor, balancing yourself. In one smooth motion, touch the ball to the floor at your right side, swaying your knees to the left as shown above. Return to center, then repeat on

the opposite side. Maintaining proper form, move from side to side this way for 45 seconds.

## Reverse Crunch



Lie on your back with your knees bent over a medicine ball. Place your hands behind your head or at your sides.



Keeping your back flat on the floor, contract your stomach muscles and hold the ball in place with your feet. Inhale and curl your knees toward your chest. Hold this position for a couple seconds. Finish by exhaling and slowly returning to the starting position. Repeat the movement for approximately 45 seconds.

## Q&A: Rules and Etiquette

**Two-in-One Shot:** Overshot the green and landed in a pile of leaves. You could see the ball and proceeded to hit it, only to have two balls fly out of the leaves on the same shot. The other ball didn't belong to anyone in the group. What's the ruling? **ANSWER:** The stray golf ball has the status of a movable obstruction and an outside agency. Thus, it is treated the same as if a cigarette butt or tee peg had been moved when you took your stroke. There is not breach of the Rules-no penalty-and you play your ball from where it comes to rest.

**Wrong Green:** While playing a hole that runs parallel to another, you sliced your ball on the second shot onto the adjacent green. You surely would have damaged the green if you had played a pitching wedge back to the proper hole, so you dropped your ball off the putting surface and played from there. Did you do the right thing? **ANSWER:** Yes, According to Rule 25-3, when your ball comes to rest

on a wrong putting green, you must lift your ball and drop it off that green, without penalty. Determine the nearest point of relief no nearer to the hole you are playing, and drop the ball within one club length of that point. After taking the drop, you may be standing on the putting green to play the next stroke.

**Lost Cause:** When may you abandon a ball? Also, how does "abandoning a ball" differ from hitting a provisional ball?

**ANSWER:** There is nothing in the Rules of Golf that addresses "abandoning a ball." However, the Definition of a Lost Ball articulates that before a ball is considered "lost," one of three things must happen: (a) it is not found or identified by the player within five minutes after she began to search for it; (b) the player has put another ball into play; or (c) the player has played a stroke with a provisional ball from the place where the original ball is likely to be or from a point nearer the hole than that place.

## How to be your Own Best Coach

### Are you in control on the golf course?



On the golf course, we have to make decisions, execute shots and then deal with the

consequences of those decisions. Golf is really a metaphor for learning to take responsibility. The word responsibility suggests the phrase "ability to respond." Ask yourself this: What are you actually responsible for – or able to respond to – on the golf course? Is everything that influences your game really in your own hands?

### To control or not to control

To reach your greatest potential as a golfer (and a human being), start investigating what elements of the game you can and can't control. For example, you might let yourself get frustrated or upset by things like bad weather, poorly selected pin placements or bad etiquette displayed by other players. This is a complete waste of time and emotion, since these are all things you have no control over. Instead, concentrate your energy on parts of the game you can influence, like your pre-shot routine, warm-up, strategy and club selection.

The ability to focus on what you can control and let go of what you can't is very important in playing golf. The next time you play, rate yourself on a scale from one to 10 on how well you take responsibility for the factors under your control. Give yourself minus points for the energy you wasted on things you can't do anything about, and then tally up your "score" at the end of the round.



**You Can Control**

- Your temper
- Your equipment
- Your warm-up
- Your attitude
- Your swing
- Your club selection
- Your diet
- Your strategy
- Your apparel
- Your posture



**You Can't Control**

- The weather
- Your playing partners
- Speed of play
- Pin placement
- Course conditions
- Breaks
- Lies
- Tee times
- Past shots
- Your hormones



**Intention and attention**

To do anything well in life, it's important to match up your attention with your intention. Pinpoint what it is you want to accomplish with each move and focus only on that. It's easy to lose sight of what your goal is on the golf course and instead get distracted by the wrong things, especially if you're not playing very well. But if you keep the mantra "attention on intention" in your mind, you'll see better results. For example, if your intention is to get the ball in the hole, focus all your attention on the hole, not the slope behind it. If your intention is to carry the ball over water to land on the fairway, focus your attention on that part of the fairway, not the water. And if your intention is imply to have fun while playing, concentrate on the scenery, the company and the comedy, not the bad shots or the slow group in front of you.

Simply focus on what matters, what you can control and what your intentions are on the course can make a big difference

in your score and boost your enjoyment of the game. You're now well on your way to becoming your own best coach.



**SWS – President's WELCOME**

Dear Golfers,

Happy New Year to everyone! On behalf of the SWS Golf Association, welcome to 2010.



The Board has been hard at work to ensure that the 2010 golf season will be varied and challenging with playable course set ups and terrific new venues. We have a great year of golf planned for everyone. This year we start off our Warm up in Maryland at White Plains Golf Course in White Plains, MD and our warm up in Virginia at Goose Creek Golf Course in Leesburg, VA. New for the 2010 season will be the NEW GOLFERS MENTOR PROGRAM with a tournament. We have several other wonderful venues during the summer months. I invite you to peruse the website for the great schedule we have lined up in 2010.

This January Luncheon will be awarding 2009 club championship, and 2009 awards. I am very pleased with the addition of new board members. They all bring additional talent and enthusiasm to our Board. We have added tournament director(s) and handicap chair(s) for our Virginia and Maryland sites.

The SWS Golf Association Board has been busy this winter. We will be sending out a survey in a month or so for the purpose of obtaining your feedback on our leagues, tournaments and other issues. We would greatly appreciate your input. We can use the survey to make improvements across the board –

courses, locations, prizes. We would like to increase the play for women in the Metro Area and hope that our survey will tell us how to do so. When you receive the email with the survey, please take 15 minutes to complete it. Your input is invaluable to us! The Board will continue its efforts to promote and advance the interest of golf in DC, Maryland and Virginia to ensure that you, the player, will have the best possible golf experience.

One other project that is in its early stages is to review and revise / redo our website to make it more user friendly. If you have any input for enhancements that would make it better for you, please let me know.

As I am writing this, it is cold and either raining or snowing in our area. I can't wait for the Warm up swing to begin. They are the official start of the golf season for us. And when they begin, it means warm weather, fast greens and the smell of cut grass is right around the corner. For now, it's off to USGA Rules School for me. See you in the spring!

Joy D. Wolfe  
President, SWS Golf Association

**LESSONS:**

SWS have partner with Langston Golf Course Professionals and the teaching Pros for lessons. Part of the LPGA program this year is "Get Golf Ready in 5 days" but a special offer is been held at Langston "Get Golf Ready in 6 days" \$99.00



## William James Powell



Clearview Golf Club is now a national historic site.

David Maxwell for the New York Times

Bill Powell, who was honored last summer 2009 as a racial pioneer in American golf more than 60 years after building a golf course while he was shunned by the sport he loved, died Thursday December 31, 2009 at a hospital in Canton, Ohio. He was 93.

The cause was complications from a stroke, the P.G.A. of America said.

In August 2009, when the P.G.A. of America held the 91st annual P.G.A. Championship in the Minneapolis area, it bestowed its highest honor, the Distinguished Service Award, on Mr. Powell.

Powell had celebrated in 2009 what he recently called "the best year of my life" – a season of tributes highlighted by his receiving in August the PGA Distinguished Service Award, the Association's highest annual honor. In November, Powell was inducted into the Northern Ohio PGA Hall of Fame; was named Person of the Year by the Ohio Golf Course Owners Association, and the Canton Regional Chamber of Commerce presented the Powell family its Community Salute Award.

According to the organization, Mr. Powell was the only African-American to build, own and operate a golf course in the United States.

When he returned to the Canton, Ohio, area from England in 1946 after serving in the Army Air Forces, Mr. Powell, a passionate golfer since caddying at age 9, was denied a chance to play on public courses. When he tried to get a bank loan to build his own course, he was rejected.

Jackie Robinson's breaking of the color barrier in major league baseball was still a year away. The nation's golf courses, like much of America, remained

segregated. And the P.G.A. of America's bylaws barred nonwhites from membership, a ban that remained in effect until 1961.

But Mr. Powell, a security guard for the Timken bearing and steel company in Canton, was undaunted.

"It's distasteful when you get turned down," [he told The New York Times in 2009](#). "You have a little pride. You say the hell with them. You say I'm not going to badger. I'm not going to beg them. So I said I'll just build a golf course."

And so he did.



With financial help from two black physicians and a loan from a brother, Mr. Powell bought 78 acres on a dairy farm in East Canton.

Doing most of the labor by hand, helped by his wife, Marcella, Mr. Powell seeded pastures, tossed aside boulders and pulled up fence posts. In April 1948, what he called "this crazy dream" came true. He opened Clearview Golf Club with an initial nine holes and welcomed players of all races.

There were incidents of vandalism in the course's early years — flag sticks were removed and ethnic slurs scrawled — but the course flourished, and Mr. Powell expanded it to 18 holes in 1978, having bought a total of 130 acres. The Department of the Interior designated Clearview as a national historic site in 2001.

"He was just obsessed," Mr. Powell's son, Larry, the Clearview course superintendent, told ABC's "Good Morning America" in 2009. "He put all his efforts mentally, emotionally and physically into accomplishing his goal." When Mr. Powell, bent by age, was honored by the P.G.A. of America, he received congratulations from President Obama and former President George H. W. Bush. And he was accorded four standing ovations by the audience of more than 600 at the Pantages Theater in Minneapolis.

Seated in a large leather chair, he read an acceptance speech that his daughter, Renee, a pioneering figure in women's pro golf, helped him craft. In it, he explained why he had built Clearview. "I did not want other people who wanted to

play the game of golf to have to suffer the indignities that I had," he said.

He closed with his credo: "Stand firm. Never give up. Never give in. Believe in yourself, even when others don't."

William James Powell was born in Greenville, Ala., and then moved with his family to Minerva, Ohio, some 20 miles from Canton, as a youngster. He played golf and football in high school and attended Wilberforce University in Ohio, a historically black school, where he was a member of the golf squad.

With few decent job openings for blacks, Mr. Powell was hired at Timken as a janitor, but a few months later he became the company's first black security guard. Returning to Timken after the war, he worked nights to support his family while building his golf course.

When Renee was 3 years old, Mr. Powell designed a miniature golf club and gave her lessons at

Clearview. In 1967, Renee Powell became the second black woman, after Althea Gibson, to play on the Ladies Professional Golf Association Tour. She competed on the tour until 1980 and is now the head pro at Clearview.



In an e-mail message, Renee said of her father, "Early on we found that we had to share him with the world and what a gift he was!" In addition to his son and daughter, Mr. Powell, who lived in East Canton, is survived by twin sisters, Mary Alice Walker, of Akron, Ohio, and Rose Marie Mathews, of Minerva. His wife died in 1996.

The National Golf Foundation presented its Jack Nicklaus Golf Family of the Year Award to the Powell's in 1992. But Mr. Powell cherished a tribute beyond the spotlight as well. In 1997, as he told The Akron Beacon Journal, he was thrilled when two white women drove from Atlanta just to play his course.

"They shook my hand and thanked me," he said. "They said I have a piece of history here, and they wanted to be a part of it. Can you imagine?"

"Bill Powell will forever be one of golf's most unforgettable American heroes," said PGA of America President Jim Remy. "Bill made us appreciate the game and

each other that much more by his gentle, yet firm example. He was born with a fire within his heart to build on his dream. In the process, he made golf a beacon for people of all color. The PGA of America is better today because of individuals like Bill Powell. We will miss him dearly. We extend our thoughts and prayers to his family as we remember a wonderful man."



## Can you pass the test?

How would you fare in a country that gives proficiency exams to new golfers? Imagine not being allowed to play golf on a course until you've gone through the same kind of process you would to get a driver's license. Here is a sample exam from Sweden and translated and edited it for you to try. A written test of rules and etiquette, keep in mind this is meant for beginners, but we're betting even experienced golfers will be surprised.

You must complete this exam in no more than 45 minutes. The maximum points you can receive is 42, and you need 32 to pass.

1. Give at least three examples of bunker etiquette. (3 points)
2. A mis-hit causes your ball to fly sideways and hit your bag. How many penalty strokes do you incur? (1 point)
3. Your ball is on the green. As you putt it, your ball hits one of your playing partner's balls. How many penalty strokes do you incur? (1 point)
4. How many penalty strokes do you incur if you ground the club in a bunker? (1 point)
5. When should you yell "FORE!" and what should you do when you hear someone else yell it? (2 points)
6. Are you allowed to remove dirt from your ball when it's: a) in

the fairway? B) on the green? (2 points)

7. Are you allowed to remove a loose branch in a bunker? (1 point)
8. Give four examples of how you can increase the pace of play. (4 points)
9. Give two examples each of safety measures you can take and course maintenance (grounds keeping) you can perform on the tee. (4 points)
10. You hit the wrong ball out of the rough. How many penalty strokes do you incur? (1 point)
11. Who should play first: a) on the 1<sup>st</sup> tee? B) on the fairways? On tees 2 through 18? (3 points)
12. Name two ways to let the group playing behind you play through. (2 points)
13. If you've hit your ball out-of-bounds, from where should you play your next shot, and how many penalty strokes do you incur? (2 points)
14. You're on the green putting and your ball hits the flagstick. How many penalty strokes do you incur? (1 point)
15. What happens if you hand in an unsigned scorecard after finishing a round in a competition? (1 point)
16. Name three areas of the golf course on which you're not allowed to pull a cart. (3 points)
17. Name at least three things you should pay attention to when tending the flag. (3 points)
18. You hit a provisional ball without first declaring its provisional. What happens now, and how many penalty strokes do you incur? (2 points)
19. What color are the stakes marking a regular water hazard? (1 point)
20. Give at least four examples of how you can show consideration toward other players on the golf course. (4 points)

Total Points  
42

Answers found on next page!

Make Plans to attend SWS –  
Rules & Etiquettes Clinic  
March 2010



## State Golf Tournaments – 2010



### VSGA VIP Card Program Levels

**Supporter: \$65**  
**Supporting Couple: \$115**

Receive a 2010 VSGA VIP Card, entitling cardholders to complimentary green fees with the rental of a motorized cart at more than 200 of the finest courses in Virginia and West Virginia. The card includes: a personalized VSGA bag tag, a 2010 VSGA Club Directory (for all cards ordered by Feb. 1, 2010), a free subscription to *Virginia Golfer* magazine and a free monthly VSGA e-Letter. Supporting couples each receive the same amenities listed above.

Go line to [www.swsgolfassoc.com](http://www.swsgolfassoc.com) and click on the link for VSGA for tournament schedules and courses.



### MSGA Women's Division

Mid-Amateur Championship  
May 18-19

4 Lady Team Invitational  
June 15

Women's Amateur Championship  
July 19-22

Mixed Two Ball  
July 27

Senior Women's Championship  
August 16-17

Mid-Two Woman Championship  
August 24

Two Woman Team Championship  
September 15

Women's Open Championship  
October 4-5

Go line to [www.swsgolfassoc.com](http://www.swsgolfassoc.com) and click on the link for MSGA for tournament schedules and courses.

## ANSWERS:

1. Rake the bunker; leave the rake outside the bunker; enter and exit the bunker on the low side.
2. Two strokes (Rule 19-2).
3. Two strokes (Rule 19-5).
4. Two strokes (Rule 13-4).
5. Whenever there's the slightest risk that your ball will land anywhere near another player on the course; duck and cover your head.
6. A) No (Rule 21). B) Yes (Rule 16-1b).
7. No (Rule 23-1)
8. Let faster players play through; play a provisional ball if you think yours might be lost; leave the putting green immediately after the last player has holed out; be prepared to hit when it's your turn; leave your cart on the same side of the green as the next tee.
9. Stand in a place where the person teeing off can see you and won't hit you; make sure the group in front is at a safe distance; yell "fore!" at the slightest risk; don't take practice swings on the tee; replace divots or fill in divot holes with sand; pick up the tee after you hit.
10. Two strokes (Rule 15-3)
11. A) The order of play on the first tee should be determined by draw. B) The player who's farthest away from the hole. C) The player with the lowest score on the previous hole.
12. Stop playing while the group behind plays through; let the group behind tee off with you, then allow them to move ahead at a pace that's faster than yours.
13. From a point as near as possible to the spot on which the original ball was played; one stroke (Rule 27-1).
14. Two strokes (Rule 17-3).
15. You are disqualified (Rule 6-6b).
16. On the green; on the tee; on the apron of the green; around the edge of the bunker.
17. Don't stand in a player's line; don't let your shadow fall on a player's line; lift the flagstick slightly out of the hole before your partner putts; hold the flagstick at the top to keep the flag from moving.
18. The second ball becomes the ball in play under penalty of stroke and distance (Rule 27-2).
19. Yellow (Rule 26 Definition).
20. Stand still and be quiet when a partner's hitting; be positive; don't display anger or throw tantrums; help your partners look for lost balls; be on time; keep your shadow away from partners.

## 14TH WASHINGTON GOLF SHOW FEB. 5 - 7 2010



### Dulles Expo Center

4368 Chantilly Shopping Center, Chantilly, VA 20153 - PH: (703) 378-0910

Hours: **FRI.** 2:00pm - 8:00pm, **SAT.**

10:00am - 6:00pm, **SUN.** 10:00am - 4:00pm

**Admission Good For All 3 Days!:**

**Adults \$10, Seniors \$9, Kids Under 12 Free**

### Newer Golfers / Beginners

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



### Confidence Golf Lady Power Package Set - \$99.00 (free shipping)

Great value set from Confidence

- Oversized 3 Wood fitted with graphite shaft
- 24° hybrid wood with a steel shaft, replaces the difficult to hit longer irons
- 6-7-8-9-PW easy to hit cavity back irons with steel shaft
- Putter fitted with steel shaft
- Upgraded stand bag with auto pop legs, plenty of external storage, and rain cover included as standard

Confidence Golf was founded in 1967, and for over 40 years has been producing innovative and high quality golf equipment aimed at beginners and improving golfers. This set combines all the latest designs to make golf easier - an oversized wood for a bigger sweet spot, a versatile hybrid rescue club to get you out of trouble, cavity back irons which offer more forgiveness - all there to get you off to the right start.



The 2010 LPGA season will begin in Thailand on Feb. 18 and end at the LPGA Tour Championship Nov. 21.

It has 24 tournaments -- 13 of them in the United States -- to give the tour its smallest schedule in nearly 40 years.

The Wegman's tournament in Rochester, N.Y., will be the season's second major, the LPGA Championship, replacing longtime sponsor McDonald's. The first tournament played in the United States is not until the last week of March when the J Golf Classic, which was in Phoenix this year, is played at La Costa, Calif.

Feb. 18-21 -- Honda LPGA Championship (**Thailand**)

Feb. 25-28 -- HSBC Women's Champions (**Singapore**)

March 25-28 -- J Golf Classic (**La Costa, Calif.**)

April 1-4 -- Kraft Nabisco Championship

April 29-May 3 -- Corona Championship (**Mexico**)

May 10-16 -- Bell Micro LPGA Classic (**Alabama**)

June 10-13 -- State Farm Classic (**Illinois**)

June 17-20 -- ShopRite Classic (**Atlantic City**)

June 24-27 -- Wegman's LPGA Championship

July 1-4 -- Jamie Farr Owens Corning (**Toledo**)

July 8-11 -- U.S. Women's Open (**Oakmont**)

July 22-25 -- Evian Masters (**France**)

July 29-Aug. 1 -- Ricoh Women's British Open (**Royal Birkdale**)

Aug. 20-22 -- Safeway Classic (**Pumpkin Ridge, Ore**)

Aug. 26-29 -- CN Canadian Women's Open

Sept. 10-12 -- P&G Beauty NW Arkansas Championship

Sept. 30-Oct. 3 -- Acapulco LPGA Classic (**Mexico**)

Oct. 7-10 -- Navistar LPGA Classic (**Alabama**)

Oct. 14-17 -- CVS/pharmacy LPGA Challenge (**California**)

Oct. 28-31 -- China

Nov. 4-7 -- Japan

Nov. 11-14 -- Lorena Ochoa Invitational (**Mexico**)

Nov. 18-21 -- LPGA Tour Championship

Mark your Calendars – 2010



- March 20 – SWS "ICE BREAKER" Top Golf
- March 28 – SWS "ICE BREAKER" Top Golf
- April 17 – Warm UP Swing – MD
- April 24 – Warm UP Swing – VA
- May 22 – SWS Season "OPENER"
- May 26 – 9 hole league starts
- June 10 – 13 BMWGA – Myrtle Beach

- June 19 – **TEACHERS SWING** – SWS supports /recognizes teachers golf outing / event and luncheon
- July 22-25 SWS Beach Golf Swing
- August 15 – SWS "Pink Ball" Breast Cancer Tournament
- August 27 – "Joy's Birthday Golf Classic"
- September 17 – 19 Nemaocolin "Wake Robin Golf Challenge Classic"

Check out the Golfing Schedule on line @ [www.swsgolfassoc.com](http://www.swsgolfassoc.com)



**NEW**

SWS Members can order shirts and golf apparel on line.

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

PLAN for 2011

**Hovotian Golf Cruise**  
NCL Pride of America  
June 21 - 26, 2011

**Soulful Golf**

Available June 21-26 (Depart Orlando)  
 Sunday, June 22, Killeen (Miami) - Florida / Local Cruise  
 Monday, June 23, Killeen (Miami) - Florida / Local Cruise  
 Tuesday, June 24, Killeen (Miami) - Florida / Local Cruise  
 Wednesday, June 25, Killeen (Miami) - Florida / Local Cruise  
 Thursday, June 26, Killeen (Miami) - Florida / Local Cruise

Singles and Roommate Golf			Couples and Roommate Golf		
Single	Double	Roommate	Single	Double	Roommate
\$1199	\$1399	\$1599	\$1399	\$1599	\$1799

First Cruise 2011 (over 1000) limited number of cabins at these rates. Ask about our new quality companion plan and third rates.

Reserve by 10/15/10. Payment due by 1/15/11. 10% deposit. 90% balance due by 1/15/11. 10% deposit. 90% balance due by 1/15/11. 10% deposit. 90% balance due by 1/15/11.

Contact: [Jandie@soulfulgolf.com](mailto:Jandie@soulfulgolf.com)

Contact: [Jandie@soulfulgolf.com](mailto:Jandie@soulfulgolf.com)

Thanks for a great 2009 Golf Season: Thanks to Joseph Brooks and Bernard Hunt for the photos: Check out all the photos:

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



Welcome to SWS Golf Association 2010

Looking for a Golfing environment? –SWS has a program for you.

Join us TODAY, guarantee FUN. Take advantage of the discounts

[www.swsgolfassoc.com](http://www.swsgolfassoc.com) or [swsgolf@earthlink.net](mailto:swsgolf@earthlink.net)






SISTERS WHO SWING - 2010GOLF SEASON  
QUESTIONNAIRE and INFORMATION SHEET



First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Unit: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Email: \_\_\_\_\_ Email: \_\_\_\_\_  
 Telephone: Home \_\_\_\_\_ Cell \_\_\_\_\_ Office \_\_\_\_\_  
 Birthday: Month/Day (year optional) \_\_\_\_\_  
 Do you belong to any other golf club? \_\_\_\_\_ If so, club name \_\_\_\_\_  
 Are you retired? \_\_\_\_\_

**In case of emergency when on the golf course or an outing with SWS whom shall we contact:**

Name: \_\_\_\_\_ Contact #: \_\_\_\_\_ Relationship: \_\_\_\_\_  
  

SWS Golf Club is a club that strives to foster women's interest in playing the game of golf. Whether it is for social, competitive or cooperative outings of play. To help serve you better as a club, please fill in the following questionnaire.

**Please mark by circling or highlighting the best answer available:**

- Are you a social golfer, competitive golfer or both social and competitive golfer? Social Competitive Both
- What area would you more likely participate in?  

Social Golfing	25%	50%	75%	100%
Competitive Golfing	25%	50%	75%	100%
- Would you participate in match play? YES NO  
 Would you prefer to play Singles, Partners or Both? SINGLES PARTNERS BOTH
- Do you enjoy playing in tournaments? YES NO  
 Do you prefer singles, partners or team events? SINGLES PARTNERS TEAMS ALL
- Do you presently have a handicap? YES NO
- What is your current handicap range? under 18 19 -25 26-30 31-35 35 and above
- Would you like to see a program established in the club that would help lower your handicap? YES NO
- Would you participate in group lessons or clinics sponsored by the club? YES NO
- As a social golfer, how many times a month would you participate with the club? 1 2 3 4 5  
 Would this be on the weekdays, weekends or both? Weekdays Weekends Both
- As a competitive golfer, how many times a month would you participate with the club? 1 2 3 4 5  
 Would this be on the weekdays, weekends or both? Weekdays Weekends Both

Please fill the best answer available:

- Please provide us with your favorite 2 courses that you would like to play and have the club play.  
 1 \_\_\_\_\_ 3 \_\_\_\_\_
- Please provide us with your preferable tee times: (list only 2 & brief explanation)  
 1 \_\_\_\_\_ 3 \_\_\_\_\_
- How would you prefer to be contacted for play for any upcoming events?  
 Email Home Phone Cell Phone Work Phone

Comments you would like to share: \_\_\_\_\_

Mail Check in the amount of \$50.00 Renewal  
\$55.00 New Membership

mail: SWS Golf 6022 Craft Rd Alexandria, VA 22310