



Golf Association Newsletter



ISSUE no: 6 | December 09

Sisters Who Swing Golf Association
The **NEW** premier women's amateur golf association

HAPPY HOLIDAYS
FROM SWS

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We'd love to hear from you. Email us your comments – swsgolf@earthlink.net
For all the latest information visit us online at the website: www.swsgolfassoc.com



SWS Golf Association Inaugural 2009 Practical Guide to Winter Golf Clothing



As winter officially arrives the importance of staying warm and dry on the **golf course** is even greater.

Staying warm and dry are perhaps the two most important factors when searching for new **winter golf**

clothing. Remember that it is relatively straightforward to stay warm and virtually impossible to regain lost **heat** once on the golf course. The easiest way to retain heat is to 'layer' a number of insulating garments, including a waterproof and breathable layer on-top such as a waterproof suit. Layering facilitates the warm-up of air between layers – if the temperature becomes too uncomfortable a layer can be easily removed or replaced when necessary.

Remember garment layers should be lightweight and comfortable with enough room to deliver a comprehensive **golf swing**. In the event of playing in exceptionally cold and wet conditions a series of three to four layers can offer the optimum level of protection. The base layer should act as a second layer of skin to prevent valuable body heat from escaping too quickly. **Thermal garments** can provide the most effective solution and allow perspiration to wick away from the skin – preventing the build-up of odor smelling **bacteria** caused by sweating.

A **golf fleece** or **roll-neck sweater** can provide the best solution to a mid-layer garment. Many amateur golfers can spend many dollars trying to improve their game, one common factor that is most overlooked is the need to stay warm and dry – doing so can provide a competitive advantage by maintaining concentration at key stages of the game.

The outer layer is the one area of winter golf clothing that should provide the greatest degree of protection against the elements. This layer should provide exceptional levels of waterproofing and breathability. A waterproof breathable suit is the most widely accepted item of winter golf clothing to offer the complete solution for top and bottom halves of the body.

To complete a **winter golf outfit** it would be advisable to purchase a pair of golf mitts to protect hands from the uncomfortable bite of sharp, cold winter's wind. Finally, a **golf umbrella** can provide the obvious benefits to a player throughout the season. In the winter it is imperative to stay dry and therefore the addition of a **golf umbrella** to a winter golfing outfit should not be taken as granted.



Most importantly, have a safe and fun holiday season. Drive safely and remember to keep it in the fairway.



**SWS – INAUGURAL FUNDRAISER
GAME NIGHT
NOVEMBER 21, 2009**



SWS spent the evening having fun playing games of Roulette, Black Jack, Texas Hold em', Craps, Spades, Bid Whist, Dominoes and the ultimate game of BINGO, played by all with various gifts and prizes.

Over 60 supporters and golfers stop in at the Studio Gemini, to support the golf association in their event.

Sponsors had given gifts and door prizes were given every hour.

NO big winners in the game of FUNDrising, everyone was a winner with their support, but the ultimate prize winner was Ms. Vivian Grantham,



The raffle ticket winner for all participants who had won over \$500 at any time in games played. She received a compact refrigerator as her take home prize. Check out all the pictures from the event at www.swsgolfassoc.com. Thanks to all that participated and sponsored this event.



**President's
Message:**



**Welcome to SWS
Golf Association**

Thank you for your support in our inaugural year 2009. We have had 2 successful Openers, a charitable event for Breast Cancer, 9 hole league for newer golfers, Club Championship and an evening of fun. Thank you. Over the course of 9 months, SWS has seen many changes in women's golf. The initiation of a new premier golf venue for Women in the Washington Area has now grown to a membership of 40. Our vision is to help amateur women golfers realize their potential by providing a golf life style and programs that enhance their golfing experience. We promote and advocate for new golfers and support junior golf programs in conjunction with ours.

The benefits of SWS membership are multi-dimensional. Providing golf events for golfers to play various formats and tournaments throughout league season, we have established a learners program that also mentors golfers from tee to green, our golf life style is not seasonal but year round with golf fitness and a network for not only golfers but for entrepreneurs who chooses to have a golf to help further their businesses.

Our Winter Rules and short game clinics should prepare the golfer for the upcoming season and we cover all rules and etiquettes in our clinics.

For our competitive members, we offer tournaments and various golfing formats at a very low cost. Tournament formats range from individual stroke play to best ball (both two-person and four person teams) and in 2010 SWS will be hosting an area 4 Ball Tournament Event as well as the "Annual Breast Cancer Pink Ball".

Since communication is critical in any organization, we publish and provide a newsletter that includes a summary of our past events and a listing of our activities. We maintain a robust website: swsgolfassoc.com that contains everything you need to know about SWS and its activities, including upcoming events, tournament results, and links to other websites of interest.

In closing, many thanks to our members of SWS for continuing to support our mission of supporting and promoting Women's Golf. See you 2010.

Happy Holiday



GIVE THE GIFT OF GOLF:

It is holiday time and you have a few golfers in your life. If you have someone interested in golf that hasn't made the commitment to a set of clubs, there is an easy way to get them started. The buying process doesn't have to be difficult. There are many great options besides equipment that the golfer in your life will love. Here is a list of some great gift options:



Equipment

One of the toughest decisions is picking the right clubs for someone. If you are not a golfer, that decision is especially difficult. The buying experience for golf clubs doesn't have to be hard. It might even be educational enough to convince yourself to pick up some new gear and get started in one of the most popular sports today.

How do you choose a set of clubs? A great starting point is the Internet! More and more people are buying golf clubs online. This may be because you can find a better value and easily comparison shop in the confines of your own home. Most companies have an accessible website to search for products, read item features, reviews and contact information via email or phone to answer questions.

One key tip is to look for companies who offer phone support, so you can talk to a live customer service agent before purchasing products. You can also purchase used clubs at select companies online. Used clubs are a great present for beginners who aren't sure what product specifics their game entails.



Golf Books

Golf literature is a great gift idea. One can learn more about the complex game of golf. Golf books run the gamut of instructional, recreational, and inspirational topics. You can find literature about golf courses

throughout the world, categorized by geographic region, playing level, price, etc. There are also books that provide information on proper golf etiquette including attire and behavior.

Accessories and Gizmos . There are endless golf products in today's industry. Golf trends provide new products each year, such as new equipment technology, apparel and footwear styles, lightweight bags, new cleaning devices, and innovative practice equipment. There is always something new to

purchase, which makes giving a golf-related gift an easy task.

A fun holiday idea is to put together a golf basket complete with golf accessories including a golf towel, golf balls, divot tool, ball markers, tees, hat, golf book and maybe an instructional video. Be creative! Every golfer needs a bunch of these items to survive a year of golf.

Gift Certificates

You can always consider a gift certificate if you don't want to pick clubs or other related golf items for another person. Gift certificates are convenient holiday present for all the golfers in your life.

GIVE THE GIFT OF GOLF SWS GOLF ASSOCIATION MEMBERSHIP 2010

**SWS Gift Certificates are available this holiday season:
Give a friend a membership to SWS Golf Association**

Benefits – 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 – swsgolf@earthlink.net



SWS Schedule

December 12, 2009 – Top Golf Driving Range
Alexandria, VA

January 16, 2010 – Awards for 2009 Winners

January 16, 2010 – Introduction to Golf

January 23, 2010 – Short game clinic (indoors)

January 30, 2010 – Short game clinic (indoors)

Contact SWS – swsgolf@earthlink.net for more info

Rules of Golf –

Golfers often practice on the driving range using golf clubs or other items to help align their stances. You must be aligned properly, of course, to play your best golf, so placing clubs on the ground to make sure you're aimed properly at the target is a good drill.

But can you take this practice drill from the driving range onto the golf course? Can a golfer use golf clubs (or other items) to help align herself for a stroke during a round of golf?



The rule that addresses this situation is [Rule 8-2](#), Indicating Line of Play. Rule 8-2a addresses this question for all situations "Other Than on Putting Green"; Rule 8-2b addresses the question for "On the Putting Green."

On the putting green, the answer is a quick "no." The player, his partner or either of their caddies are allowed to point out the putting line prior to - but not during - the stroke; however, they are not allowed to touch the green in so doing, and no marks or aids of any kind can be placed on the green (whether prior to the stroke or during the putting stroke).

The rules *do* allow some leeway when off the green, however. Rule 8-2a grants a player permission to place a mark or aid to indicate the line of play (e.g., placing clubs on the ground to align yourself for the shot) *prior* to playing the stroke. However, the item(s) being used to indicate the line of play *must* be removed before the stroke is actually played.

So, if a player is so inclined, he may, other than on the green, place golf clubs at his feet to align his stance for the stroke, so long as he removes those clubs before actually hitting the ball.

8-2a/1 - Club Placed on Ground to Align Feet

Q. A player places a club on the ground parallel to the line of play to assist him in aligning his feet properly. Is this permissible?

A. **Yes**, provided the player removes the club before playing his stroke. Otherwise, a breach of Rule 8-2a would occur.



C	C	T	E	N	T	O	V	I	D	B	J	S	Q	E
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Y	E	C	V	N	T	E	H	A	N	D	I	C	A	P
N	H	D	N	I	C	K	L	A	U	S	N	J	D	W

Enter unused letters from puzzle, in order:

___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___

Copy boxed letters to form your hidden message:

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

The number of holes typically played

A golfer's ___ can be adjusted depending on the competition

A ___ is poor shot that is allowed to be retaken without penalty

Jack ___ had over 100 professional wins

Golf was invented in this country

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

An ace is a ___

Eldrick '___' has won 58 tournaments since going pro in 1996

