



SWS Sisters *Who* Swing

Golf Association Newsletter



ISSUE no:1 | July 09

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

WELCOME!...

To the very first issue of SWS Golf Association's newsletter...

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

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

From girls to women of all ages, from team to personal competition, you'll find all aspects of Women's Golf in SWS Golf Association.

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.

SWS inaugural season has started out in the short grass. SWS membership has already reached the number of 22 and steadily growing.

Advocacy for newer golfers has been our campaign.

Inaugural year 2009, 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.

SWS has a well rounded schedule to provide the newer golfers the tee to green experience, while scheduling challenging outings for the skilled level golfers.

There is a place for you in SWS Golf Association.

SWS Inaugural Opener June 20, 2009

Langston Golf Course
16 Attend/ Showers prevailed



16 golfers came out to celebrate Sisters Who Swing (SWS) Golf Inaugural Opener. SWS is an amateur golfing association for women. This organization hopes to provide opportunities for women to focus on learning how to play better golf, focus on reducing handicaps, developing friendships, providing support in golfers' efforts to increase their skills, and team spirit in competition in the game of golf for business and for life. Our focus is to connect women with all the benefits that the golf lifestyle has to offer. This environment will form lasting bonds and new relationships.

Even though the rain showers postponed the Inaugural Opening Golf event, SWS held a 50-50 Cash Raffle, and shown below is a new member Genevieve LumCheong and Vice- President Veronica Etheredge drawing the winning ticket.



And the winner
IS
Cathy Flake



June 27, 2009
SWS Outing
Reston Golf Course
Blind Partners



Kelly Garrison (left) member of SWS and guest Vivian Grantham became winners of the Blind Partners format at Reston Golf Course. Total score 192.

SWS will make it easy to participate in our golf arena. SWS outings play on Saturday's and Sunday's, and a 9-

hole league on a weekday. We are a traveling club, with no one golf course as a home course.

Our 9-hole league is established at Langston Golf Course, Thursday's 5:30 pm. Beginner Golfers: We Want YOU!.....



Darnice (above) a new golfer has been an active golfer in the 9-hole league. She has rode in a cart, practiced on the putting and chipping greens, and walked 9 holes in her experiences so far participating in the league.

SWS Goals and Objectives are:

Provide programs in golf education, player skill development, golfing events, professional networking and social opportunities for our members.



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



**SWS Inaugural Opener
Reschedule
July 3, 2009
Osprey's Golf Club
19 Attended**



SWS had their Inaugural Opener July 3, with 19 golfers attended. The course proved to be challenging and fun. Every ball that was given in the "goodie" bags were well used. Lunch was held at the Osprey's, door prizes and awards were presented.

Thank you Ms. Mariane, Chicago, IL; Ms. Emma Clinkscales, Silver Spring, MD, Ms. Ruby Dade, Alexandria, VA for your assistance and donations.

Joy and Veronica -
Awarded for 1st place Low Gross,
Yolanda "Honey" Wade, scored 92



1st Place Low Net, Kim, net score 70.



2nd place low net was Deborah Stossell 71,



3rd place low net was Mary C Kelly
71.



Contest prizes went to Audrey Shadd
– Longest Drive



Kelly Garrison – closets to the pin



Joy D Wolfe – closets to the pin



SWS Golf Schedule:

9 Hole Golf League - Langston
GC 5:30 pm (please arrive by 5:00)

2 July: LEAGUE PLAY - 9 HOLE
Stroke Play

9 July: LEAGUE PLAY - 9 HOLE
Stroke Play

16 July: LEAGUE PLAY - 9 HOLE
Stroke Play

23 July: LEAGUE PLAY - 9 HOLE
Stroke Play

30 July: LEAGUE PLAY - 9 HOLE
Stroke Play

18 Hole Golf Outing - Various
Courses

3 July: 18 HOLE OUTING-Virginia
9:00am [Osprey's Golf Club](#) **Inaugural**
(Rescheduled)

12 July: 18 HOLE OUTING-Maryland
12:00pm [Patuxent Greens Country](#)
[Club](#) **Chris Cross**

18 July: 18 HOLE OUTING-Virginia
TBA Tennessee Waltz

26 July: 18 HOLE OUTING-Maryland
Queenstown – Harbor River Course
12:00 pm

coming up . . .



SWS Sisters Who Swing

SWS
Sisters Who Swing
Golf Association
And
Soulful Golf



Invites you to participate in a
fun challenging
Pink Ball

4 People – Scramble/Shamble
or
Golf 101 clinics

All for
Breast Cancer Awareness

August 23, 2009

SAVE THE DATE

Rules & Etiquette

What are the basics of golf etiquette?

Within the USGA Rules of Golf, there are core golf etiquettes that are engrained into the very essence of golf:

Safety: Be aware of the players in your group, others on the course and yourself. Never take any action that could endanger anyone.

Consideration of other players:

Show consideration of your actions by not disrupting anyone through excessive movement, talking and unnecessary noise.

On the [putting green](#), be sure not to stand in nor cast a shadow through the line of someone's putt.

1. **Pace of Play:** Be sure to maintain a good pace of play.
2. **Course Conditions:** Do everything you can to leave the course the way you found it.

Bunkers – be sure to rake your footprints while leaving a bunker. Feel free to rake those that others left behind as well!

Divots – Taking a divot is not bad, but leaving it un-repaired is bad.

Ball marks – make the effort to repair any marks made on the putting surface.

SWS Officers – 2009

President - Joy D. Wolfe
Vice President - Veronica Etheredge
Secretary – Helen Paige Robinson
Treasurer – Barbara C Jolly
Handicap Chair – Kelly Garrison

Contact: swsgolf@earthlink.net
www.swsgolfassoc.com

Message from the President and Vice-President:



Joy D. Wolfe
Veronica Etheredge

We invite you to become part of a new women’s golf organization established this year 2009 in the Metro area of Washington, DC.

We are avid golfers, who enjoy the game of golf, and understand how golf can be a vehicle for ones businesses and for life.

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. There is no handicap requirement to join the organization. Our mission is to provide a network where “Women can grow friendships, personally and professionally through golf”.

Women of today supporting the women of tomorrow seemed natural. In 2012 we look forward to our commitment one step further and through the LPGA-USGA when we set up a Girl’s Golf Program at locations in metro Washington, DC particularly benefiting girls from the Sisters Who Swing Foundation.

Join us today, check us out:

www.swsgolfassoc.com

5 Things You Need To Know About Golf Warm-Up
By Bill Herrfeldt

If you're like most golfers, you get to the course about 10 minutes before your **tee time**, rush to get on your shoes, then make it to the first tee just in time to tee off. Then you wonder why you don't hit your stride until the third or fourth hole. Like professional athletes, you need a pregame warm-up to preform your best on the **golf course**. If you do so, you will begin shooting lower scores, and your handicap will go down.

Step 1

Get to the golf course at least an hour before you are scheduled to tee off because you have a lot to do before you're prepared to play, and you don't want to feel rushed. Your pace of the day will be fast or slow depending on how you spend this hour.

Step 1

Almost half of the average number of strokes you'll take are on the green, so it makes sense to start here. Besides, if you first hit balls on the range, then putt until your tee time, you will stiffen up, and all of that practice time will be wasted.

After stretching, start by hitting a few short **wedge shots**, then work your way up to a longer club, topping off your practice with long irons, hybrids and woods.

Step 1

Because it's never a good idea to wait several minutes to tee off after you are thoroughly warmed up, arrive at the tee only a minute or two before you have to tee off.

GOLF – SEARCH PUZZLE

B R A S S I E G D E W O O D S
U A D D R E S S E R O U G H E
N G R E V I R D T R A C E Y K
K A A P I E R D N O P L R L O
E B P I T G T O N P G E F S R
R P S T E N O R N A L R R K T
S A E C E A H B E L L E U N S
P R O H S R O N A E K T T I H
A T H Z O G O G P C S T O L O
C E S H A N K R I I U U V C T
I K B A I I I N V L Q P I O S
D A U E I V K R V S A N D U P
N L L A B I R D I E R O F R O
A O C A R R V A W R I A F S O
H A Z A R D D G L E G R E E N

- | | | |
|----------|-------------|---------|
| ADDRESS | BAG | BALL |
| BIRDIE | BOGIE | BRASSIE |
| BUNKERS | CARRY | CART |
| CLUBS | COUSE | CUP |
| DIVOT | DOG | LEG |
| DRIVER | DRIVING | RANGE |
| EAGLE | FAIRWAY | |
| FORE | GALLERY | |
| GREEN | HANDICAP | |
| HAZARD | HOLE IN ONE | |
| HONOR | HOOK | IRON |
| KNICKERS | LAKE | LINKS |
| PAR | PITCH | POND |
| PRO | PUTTER | |
| ROUGH | SAND | |
| | SCOTLAND | |
| SHANK | SHOES | SHOTS |
| SLICE | SPOON | |
| STROKES | TEES | TRAP |
| TREES | TURF | WEDGE |
| WOODS | | |

