

# EASTERN SHORE GOLF

JANUARY  
FEBRUARY  
2012

WWW.ESGMAGAZINE.COM

2012  
5<sup>TH</sup> ANNUAL  
TOUR ON THE SHORE  
SCHEDULE  
INSIDE!



## 2011 TOUR ON THE SHORE CHAMPIONS!

JARED  
GOSLEE  
PRO  
INVITATIONAL

BRAD  
FOXWELL  
(0-5)  
GROSS

BRENDAN  
ROBERTS  
(6-11)  
NET

RODNEY  
RICE  
(12-20)  
NET

RICHARD  
RUTA  
(21-36)  
NET



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# ARE YOU ON



## 2011 TOUR CHAMPIONSHIP RESULTS

### PRO INVITATIONAL



**WINNER:**  
**JARED GOSLEE**

2. GREG LEIDY  
3. MIKE KAMINSKAS  
4. CARL WHYTE  
5. MARK KIMMINAU  
6. STEVE MENZ  
7. SCOTT DAILEY  
8. ROB BAILEY  
9. BOB BECKELMAN  
10. MATT HASTINGS  
11. SCOTT LENOX  
12. TONY HOLLERBACK  
13. BUTCH HOLTZCLAW  
14. MATT GORDON

### A FLIGHT



**WINNER:**  
**BRAD FOXWELL**

2. ERIK BRUBAKER  
3. STEVEN HARVEY  
4. RITCHIE ETHRIDGE  
5. BRYAN TAYLOR  
6. FORD VERDERY  
7. SHANE LONG  
8. KYLE STERLING  
9. JOHN PARRY  
10. JEFF KINGSBURY  
11. DAVE THRIFT  
12. DANA COOPER  
13. EVAN HILEMAN  
14. JERE LYNCH  
15. MITCH WYATT

### B FLIGHT



**WINNER:**  
**BRENDAN ROBERTS**

2. NOLAN DOVE  
T3. ALEX WEST  
T3. GARY POPE  
T3. MATT REPASS  
6. TIM DOYLE  
7. ERIC RAWLINSON  
T8. TOM KIRBY  
T8. WES COX  
T10. GARY OLIVER  
T10. JEREMY MEYER  
12. RUSTY BROWN  
13. MARK KONDRATH  
14. RON HORNER  
15. TONY WEEG

### C FLIGHT



**WINNER:**  
**RODNEY RICE**

2. BRANDON MARINER  
T3. DAVE HORTON  
T3. GAGE LESTER  
5. LAW ADKINS  
T6. DAMIAN MCALISTER  
T6. MIKE DELOVICH  
8. GARY BURRIS  
9. BOB DEHAVEN  
10. DAVE MILLER  
11. COLE BLACKWELL  
12. CHRIS KEENE  
13. TOM WARD  
14. ROBERT MULHERIN  
15. RONNIE HUDSON  
16. JAKE YOUNGBLOOD

### D FLIGHT



**WINNER:**  
**RICHARD RUTA**

2. JAMES SMITH  
T3. CHRIS PUCCI  
T3. KENNY REED  
5. JIMMY LONG  
6. GARY SHORT  
7. KYLE SWAYNGIM  
8. BRUCE BANKS  
9. RON WESCHE  
10. BOB PACE  
11. JAMES GALLAGHER  
12. STEVEN SMITH  
13. JON LINCH  
14. CORKY SHAWN  
15. SEAN YOUNG  
16. STEVE DIPETRO



# THE TOUR?



THE 4TH ANNUAL TOUR ON THE SHORE CHAMPIONSHIPS CONCLUDED WITH FIVE NEW CHAMPIONS! IN THE TOP FLIGHT (0-5 HANDICAP DIVISION, GROSS SCORING) BRAD FOXWELL CAPPED OFF THE MOST IMPRESSIVE SEASON ANY TOP FLIGHT PLAYER HAS SEEN IN THE FIRST FOUR YEARS OF THE TOUR. BRAD WON FOUR REGULAR SEASON TOUR EVENTS AT BAYWOOD GREENS, BAYSIDE RESORT, LIGHTHOUSE SOUND AND BAY CLUB. HE THEN WENT ON TO WIN THE 2011 TOUR CHAMPIONSHIPS AT BAY CREEK, EARNING HIM THE TITLE OF TOUR ON THE SHORE'S PLAYER OF THE YEAR!

THE OTHER BAY CREEK CHAMPIONSHIP WINNERS WERE JARED GOSLEE (PRO INVITATIONAL), BRENDAN ROBERTS (B FLIGHT 6-11 HANDICAP), RODNEY RICE (C FLIGHT 12-20), AND RICHARD RUTA (D FLIGHT 21-36).



2011 ESGM TOUR ON THE SHORE CHAMPION & TOUR ON THE SHORE PLAYER OF THE YEAR BRAD FOXWELL WITH FAMILY. (NICOLE, THOMAS 6 & CHARLIE 4)



# TOUR ON THE SHORE CHAMPIONSHIPS



BRAD, JIMMY, RONNIE,  
NOT PICTURED CHRIS ALDERUCCI

The regular season POINT LEADERS for the 2011 Tour on the Shore tournament series Brad Foxwell (A Flight), Chris Alderucci (B Flight), Jimmy Long (C Flight) and Ronnie Hudson (D Flight). Each lucky winner received the following prize package: \$250 Ruddo's Golf gift card, \$250 Blue Ox gift card, \$50 Greene Turtle gift card, \$200 Cocos Funhouse gift card and a personalized Bulova watch from Etch Art Awards.



**64 PLAYERS (TOP 16 IN EACH FLIGHT) WILL WIN AN ALL EXPENSE PAID 2 DAY GOLF TRIP  
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\*prize package includes roundtrip transportation by Lovin Life Limos, both rounds of golf, dinner, overnight accommodations & breakfast.

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# TOUR ON THE SHORE CHAMPIONS

2008



DANA COOPER

2009



JERE LYNCH

2010



BRYAN TAYLOR

2011



BRAD FOXWELL

## PAST TOUR ON THE SHORE WINNERS

### 2008

2008 TOUR CHAMPION DANA COOPER (2 DAY CHAMPIONSHIP)

### 2009 REGULAR SEASON

TOUR WINNER @ DEER RUN - DAVE THRIFT

TOUR WINNER @ NASSAWANGO – JERE LYNCH

TOUR WINNER @ HYATT RIVER MARSH – BRENNAN WALLMAN

TOUR WINNER @ LIGHTHOUSE SOUND – ERIK BRUBAKER

TOUR WINNER @ THE PENINSULA – MITCH WYATT

TOUR WINNER @ BAY CLUB WEST – MITCH WYATT

2009 TOUR CHAMPION JERE LYNCH (2 DAY CHAMPIONSHIP)

### 2010 REGULAR SEASON

TOUR WINNER@ DEER RUN – STEVEN HARVEY

TOUR WINNER@ GREAT HOPE – JERE LYNCH

TOUR WINNER@ HOG NECK – RITCHIE ETHRIDGE

TOUR WINNER@ BAYWOOD GREENS – BRYAN TAYLOR

TOUR WINNER@ BAYSIDE – MAC JOINER

TOUR WINNER@ HYATT RIVER MARSH – CHASE BROCKSTEDT

TOUR WINNER@ GLENRIDDLE – JERE LYNCH

TOUR WINNER @ OCEAN CITY NEWPORT BAY – EVAN HILEMAN

TOUR WINNER@ LIGHTHOUSE SOUND – STEVEN HARVEY

TOUR WINNER@ EAGLES LANDING – STEVEN HARVEY

TOUR WINNER@ NASSAWANGO – JERE LYNCH

TOUR WINNER@ OCEAN PINES – DICKY SMITH

2010 TOUR CHAMPION BRYAN TAYLOR (2 DAY CHAMPIONSHIP)

### 2011 REGULAR SEASON

TOUR WINNER@ DEER RUN – JEFF KINGSBURY

TOUR WINNER@ OCEAN RESORTS – SHANE LONG

TOUR WINNER@ GREAT HOPE – DICKY SMITH

TOUR WINNER @ HOG NECK – DICKY SMITH

TOUR WINNER @ BAYWOOD GREENS – BRAD FOXWELL

TOUR WINNER@ LIGHTHOUSE SOUND – BRAD FOXWELL

TOUR WINNER@ BAYSIDE RESORT – BRAD FOXWELL

TOUR WINNER@ GLENRIDDLE – EVAN HILEMAN

TOUR WINNER@ EAGLES LANDING – STEVEN HARVEY

TOUR WINNER@ HARBOURTOWNE – STEVEN HARVEY

TOUR WINNER@ HYATT RIVER MARSH – RITCHIE ETHRIDGE

TOUR WINNER@ OCEAN PINES – MITCH WYATT

TOUR WINNER@ BAY CLUB – BRAD FOXWELL

TOUR WINNER@ OCEAN CITY GOLF CLUB – ERIK BRUBAKER

2011 TOUR CHAMPION BRAD FOXWELL (2 DAY CHAMPIONSHIPS)

### MULTIPLE TOUR WINS

BRAD FOXWELL (5), STEVEN HARVEY (5), JERE LYNCH (5), MITCH WYATT (3), DICKY SMITH (3)  
BRYAN TAYLOR (2), RITCHIE ETHRIDGE (2), EVAN HILEMAN (2), ERIK BRUBAKER (2)





# Calendar of Tournaments

## 2012 TOUR ON THE SHORE PLAY ANY 4 TO QUALIFY

APRIL 7TH



BAYWOOD GREENS

10AM

\$100

APRIL 14TH



OCEAN RESORTS

9AM

\$85

APRIL 21ST



GREAT HOPE

9AM

\$85

MAY 12TH



HOGNECK

1PM

\$100

MAY 19TH



NASSAWANGO

2PM

\$100

JUNE 2ND



DEER RUN

2:30PM

\$85

JUNE 23RD



BAYSIDE RESORT

2:30PM

\$100

JULY 14TH



LIGHTHOUSE SOUND

2:30PM

\$100

JULY 21ST



HARBOURTOWNE

2:30PM

\$100

AUG 4TH



GLENRIDDLE WA

2:30PM

\$100

AUG 18TH



EAGLES LANDING

2:30PM

\$100

SEPT 15TH



THE PENINSULA

2:00PM

\$100

SEPT 29TH



OCEAN PINES

1PM

\$100

OCT 6TH



HYATT RIVER MARSH

1PM

\$100

OCT 13TH



BAY CLUB WEST

1PM

\$100

OCT 20TH



OCEAN CITY GOLF CLUB  
NEWPORT BAY

1PM

\$100

NOV 3RD & 4TH

ESGM TOUR CHAMPIONSHIPS @ BAY CREEK RESORT @12:30PM



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**MISGA** MARYLAND INTERCLUB SENIORS GOLF ASSOCIATION written by Rick Bisker  
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**EWGA** EXECUTIVE WOMEN'S GOLF ASSOCIATION  
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As the sole Eastern Shore Golf Magazine delivery guy, I get a firsthand look at all of the great people that are involved with golf here on the Eastern Shore. It really puts a smile on my face when I see that almost all of the magazines are being picked up and enjoyed by golf enthusiasts here in our region. We would like to thank all of the great people and organizations that contribute content every issue to help keep you posted on the latest golf news. We would also like to extend a special thank you to our advertisers who make this publication possible. May 2012 be your best year of golf yet! Blessings to you and yours as we start the New Year!



**RAY TARANTO**



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# Congratulations

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A great time was had by all 152 guests of the sold out event at the beautiful Salero oceanfront venue. The Hall of Fame committee presented two \$500.00 scholarships in the inductees honor. The scholarships were presented to Wor-Wic Community College's Turf Management Program and to University of Maryland Eastern Shore's PGA Golf Management Program.

( Left to right ) Buddy Sass PGA, H.O.F. Committee, Chairman; Rick McCall, Inductee; Bob Rementer PGA, HOF Committee; Jack Slayton Jr., Presenter; Butch Waller, HOF Committee; Art Scott PGA, Inductee; Mark Herrmann, Inductee; Pete Oakley, Inductee; Jane Mason, Inductee; Ron Barrows, Inductee; Butch Holtzclaw PGA, HOF Committee; Mrs. Bob Bradway, Accepting Honor; Avery Smith's Grandson, Accepting Honor.



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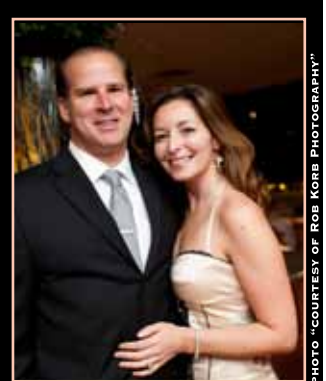


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**HOST & HOSTESS**  
**RAY & HOLLY TARANTO**  
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## OFFICIAL 2012 ESGM GOLF HALL OF FAME



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# DELMARVA PENINSULA GO

## PHILOSOPHY

It is the belief of the Delmarva Peninsula Golf Association, "that golf activities can be promoted through organized effort on the Delmarva Peninsula, and that these activities will foster a spirit of fellowship and goodwill, as well as mutual understanding among the citizens of the communities of the Delmarva Peninsula."

## HISTORY

In 1927, members from Delmarva's golf clubs felt there was a need to form an organization that would share and handle the common interests of all clubs, arrange schedules to avoid conflicts and generally promote the game of golf on Delmarva. Team matches were being played at the various golf/country clubs on an increasing basis and this prompted the need for an organization of some sort. This new organization was to be called "The Peninsula Golf League".

On April 3, 1929, the League was reorganized under the name of "The Peninsula Golf Association" and Dr. Charles F. Smith, from Salisbury, was elected the first president, with Claude Truslow, from Chester River, as vice-president.



PRESIDENT RICK BISKER

## PAST CHAMPIONS

|      |                    |                 |
|------|--------------------|-----------------|
| 1931 | JACK STENGER       | CHESTER RIVER   |
| 1932 | WILLIAM SHANAHAN   | TALBOT          |
| 1933 | UNKNOWN            |                 |
| 1934 | SIDNEY COLTART     | GREEN HILL      |
| 1935 | DICK WARREN        | NORTHAMPTON     |
| 1936 | WILLIAM SHANAHAN   | TALBOT          |
| 1937 | ROYCE SPRING       | TALBOT          |
| 1938 | JOE SCHILLER       | ELKS            |
| 1939 | PORTER MATTHEWS    | TALBOT          |
| 1940 | WILLIAM SHANAHAN   | TALBOT          |
| 1941 | JOE SCHILLER       | ELKS            |
| 1942 | NO TOURNAMENT HELD |                 |
| 1943 | NO TOURNAMENT HELD |                 |
| 1944 | NO TOURNAMENT HELD |                 |
| 1945 | RUFUS BOWLAND      | SEAFORD         |
| 1946 | JOE SCHILLER       | ELKS            |
| 1947 | WILLIAM SHANAHAN   | TALBOT          |
| 1948 | UNKNOWN            |                 |
| 1949 | JOE SCHILLER       | GREEN HILL      |
| 1950 | UNKNOWN            |                 |
| 1951 | UNKNOWN            |                 |
| 1952 | WILLIAM HOMEY      | TALBOT          |
| 1953 | JACK SLAYTON       | ELKS            |
| 1954 | UNKNOWN            |                 |
| 1955 | ALDEN RICHARDSON   | MAPLEDALE       |
| 1956 | UNKNOWN            |                 |
| 1957 | DENNY WALTERS      | MAPLEDALE       |
| 1958 | RUFUS BOWLAND      | SEAFORD         |
| 1959 | CHARLES HOUTS      | WINTER QUARTERS |
| 1960 | ROBIN SUTTON       | MAPLEDALE       |
| 1961 | ROBIN SUTTON       | MAPLEDALE       |
| 1962 | ROBIN SUTTON       | MAPLEDALE       |
| 1963 | TOM SMACK          | OCEAN CITY      |
| 1964 | BILL BROGAN        | CHESTER RIVER   |
| 1965 | MARK BRUECKMAN     | OCEAN CITY      |
| 1966 | SHELDON BLADES     | TALBOT          |
| 1967 | TOMMY SMACK        | OCEAN CITY      |
| 1968 | GARY WATSON        | SEAFORD         |
| 1969 | FORD VERDERY       | GARRISON'S LAKE |
| 1970 | SMITH BYHAM, JR.   | SEAFORD         |
| 1971 | FORD VERDERY       | GARRISON'S LAKE |

|      |                    |                  |
|------|--------------------|------------------|
| 1972 | RANDY OLINGER      | OCEAN CITY       |
| 1973 | ROGER SIMPKINS     | CHESTER RIVER    |
| 1974 | DAVID SEULA        | REHOBOTH BEACH   |
| 1975 | MIKE KARDASH       | REHOBOTH BEACH   |
| 1976 | MIKE HALL          | GARRISON'S LAKE  |
| 1977 | MIKE HALL          | GARRISON'S LAKE. |
| 1978 | LARRY JONES        | SHAWNEE          |
| 1979 | BOB OLINGER        | CAMBRIDGE        |
| 1980 | MIKE HALL          | GARRISON'S LAKE  |
| 1981 | MIKE HALL          | GARRISON'S LAKE  |
| 1982 | DAVID STARTZEL     | ELKS             |
| 1983 | MIKE HALL          | GARRISON'S LAKE  |
| 1984 | STEVE LARICK       | SEAFORD          |
| 1985 | MIKE HALL          | GARRISON'S LAKE  |
| 1986 | MIKE HALL          | GARRISON'S LAKE  |
| 1987 | TIM BRITTINGHAM    | NASSAWANGO       |
| 1988 | CHRIS TRAVIS       | REHOBOTH BEACH   |
| 1989 | JOHN BOSTON        | NASSAWANGO       |
| 1990 | WILL SHANAHAN      | TALBOT           |
| 1991 | EVAN HILEMAN       | OCEAN CITY       |
| 1992 | ROBBIE MILLS       | NASSAWANGO       |
| 1993 | MARTY NAUGLE       | NUTTERS CROSSING |
| 1994 | EVAN HILEMAN       | OCEAN CITY       |
| 1995 | KEVIN FINK         | CAROLINE         |
| 1996 | MARTY NAUGLE       | NASSAWANGO       |
| 1997 | EVAN HILEMAN       | OCEAN CITY       |
| 1998 | MITCH WYATT        | GREEN HILL       |
| 1999 | J.B. WEBSTER       | NUTTERS CROSSING |
| 2000 | JERE LYNCH         | NASSAWANGO       |
| 2001 | DAVE ANDERSON      | CHESTER RIVER    |
| 2002 | J.B. WEBSTER       | NASSAWANGO       |
| 2003 | NO TOURNAMENT      |                  |
| 2004 | STEVEN FORD        | TALBOT           |
| 2005 | DONNIE GOWE, JR    | HARBOURTOWNE     |
| 2006 | NO TOURNAMENT      |                  |
| 2007 | JOHN MLYNARSKI IV  | HARBOURTOWNE     |
| 2008 | WARREN WEST        | CHESTER RIVER    |
| 2009 | MATT BRIGGS        |                  |
| 2010 | NO TOURNAMENT HELD |                  |
| 2011 | NO TOURNAMENT HELD |                  |
| 2012 | TBA                |                  |





## DPGA GOLF COUPON BOOKS NOW AVAILABLE!

The Delmarva Peninsula Golf Association has announced that their 2011-2012 Golf Discount Coupon Book is now available for local golfers to take advantage. The books sell for **\$40** and all the proceeds go into the DPGA scholarship program. The coupon book generally pays for itself after several uses and golfers will continue to save on their golfing from now

until the end of next year.

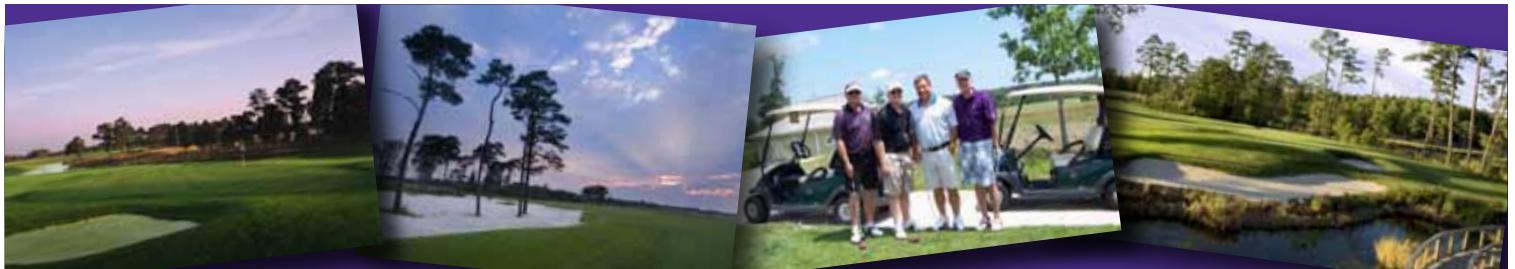
This year we have 36 different eastern shore golf courses participating in our coupon book. The coupon books are good through December 2012 and can be purchased at Nutters Crossing, Horsebridge Golf Courses in Salisbury, MD, Great Hope Golf Course in Westover, MD and Hog

Neck golf course in Easton, MD and Sussex Pines CC in Georgetown, DE. They can also be purchased by contacting Jack Slayton at 410-749-6685.

Each year the DPGA gives out between six to ten \$2000 scholarships to eligible high school senior golfers to help them with their college expenses. If the students keep up their grades, the scholarships are renewed for up to 4 years. The sale of the books is the main fund raiser for the scholarship program. More information on the scholarship program is available at your local DPGA golf club or on the DPGA website at <http://home.comcast.net/~dpga-golf>

Along with the scholarship program, the DPGA runs junior golf tournaments during the summer which ends with the top four in each age bracket participating in a tournament of champions.

Coupon Book Participants: Bay Club, Lighthouse Sound, Baywood Greens, Man O' War at GlenRiddle, Bear Trap Dunes, Maple Dale CC, Captain's Cove, Nassawango, Clearview at Horn's Point, Nutters Crossing, Cripple Creek, Ocean City G & YC, Deer Run, Ocean Pines, Eagles Landing, Ocean Resorts, Eastern Shore Yacht & CC, River Marsh, Easton Club, River Run Golf, Elks Golf Club, The Rookery, Garrison Lake, Rum Pointe, Great Hope Golf Course, The Salt Pond, Harbourtowne, Shawnee C C, Heritage Golf Course, Sussex Pines CC, Hog Neck, Wild Quail G&CC, Hooper's Landing, Winter Quarters, Horsebridge, Hunters Oak



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# MISGA's WISGA

The weather is always a factor for the Winter Interclub Shore Golf Associates (WISGA) which started in early November and will finish at the end of March. There are still a lot of MISGA golfers that brave the cold weather to get a chance to swing their club at that little white ball to see how far it goes. Always check with the host club to ensure the event will be held if the weather looks bad.

MISGA members play a two man best ball of four with preferred drive with a shotgun start at 9:30am. If you have not signed up at your club to play by the Monday before the outing, call the host club to see if there is room for you to play.

## WISGA SCHEDULE

|           |                  |
|-----------|------------------|
| 1/12/2012 | Green Hill       |
| 1/19      | Bear Trap        |
| 1/26      | Rum Point        |
| 2/2/2012  | Ocean City       |
| 2/9       | Bay Club         |
| 2/16      | Man O'War        |
| 2/23      | Great Hope       |
| 3/1/2012  | Sussex Pines     |
| 3/6       | Deer Run         |
| 3/15      | Cripple Creek    |
| 3/22      | Bear Trap        |
| 3/29      | Nutters Crossing |

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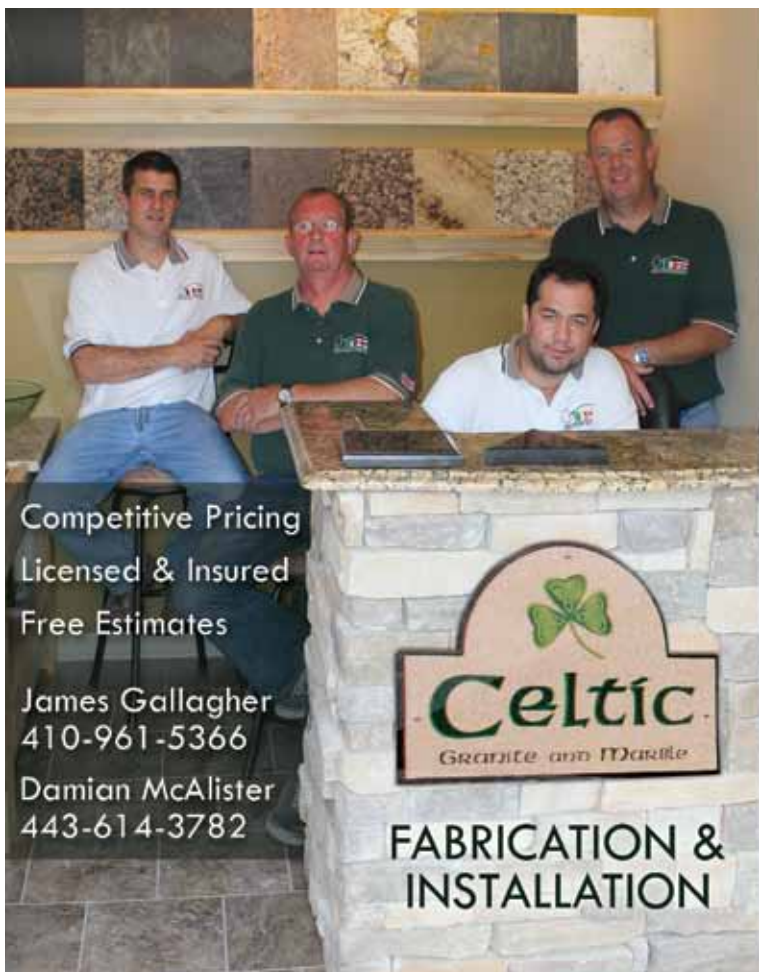
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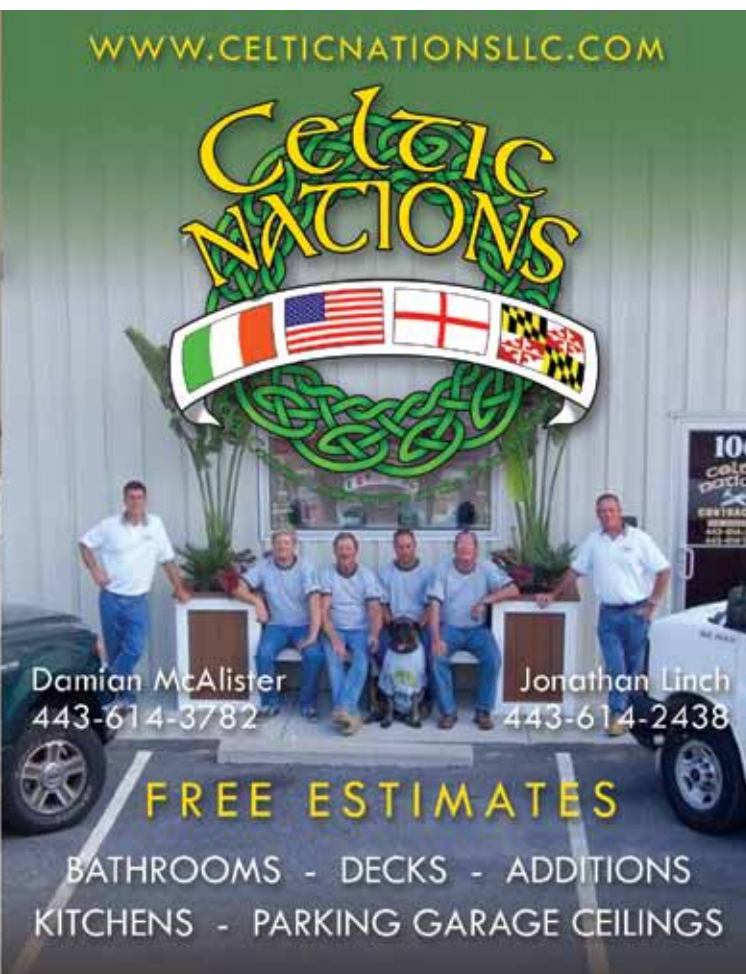
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# HOLE-IN-ONE H I G H L I G H T S



**BOB ROSDAHL**  
long time member of OPMGA  
sunk his first hole in one on  
October 26, 2011 on the 19th  
hole, hitting his 7 iron 135 yards.  
This was after 57 years of golf.



**JOHN LAZKO**  
a starter at OPG&CC, hit his second  
hole in one on Tuesday, Nov. 8, 2011.  
John used his 7 wood  
on the 13th hole. John's first one was  
about 10 years ago at River Run.



**ANDREW DENNIS**  
of Newark, DE  
During DSGA Frozen Friday's  
at The Peninsula  
2nd hole in one on #5 playing  
157 yards using a 7 iron.



**JACK SROKA**  
December 12th 2011,  
180 yard 9th hole using his  
3 hybrid at The Peninsula.  
This was Jack's second hole in one.



**RONNIE REESE**  
Ronnie Reese Eagles Landing #17  
4th hole in one. Bill Garber, Dan  
McMahon, Jim Dolan witnessed.



**RITCHIE ETHRIDGE**  
Pinehurst #4, hole #6  
155 yards 7 iron  
at the Mercedes Benz  
Championships

## GOLF QUOTE

NO ONE REMEMBERS WHO CAME IN SECOND.  
- WALTER HAGEN



## JOKE:

BY BOB PHILLIPS

### TOP TEN SIGNS YOU'RE OBSESSED WITH GOLF

EVEN YOUR WORK GLOVES HAVE A BALL  
MARKER ON THE WRIST.

YOU MOW YOUR BACK YARD TO 11  
ON THE STIMPMETER.

YOU DON'T KNOW WHO THE VICE PRESIDENT IS,  
BUT YOU'VE GOT MICKELSON'S SAND SAVE  
PERCENTAGE MEMORIZED.

YOU NAME YOUR KIDS ARNOLD,  
JACK AND CHI CHI,  
AND THAT'S JUST THE GIRLS.

TEES IN YOUR POCKETS, EVEN IN YOUR JAMMIES.

GETTING MARRIED AT 10? YOU CAN STILL  
GET IN A QUICK 9 HOLES AT 8.

YOU GET A TITANIUM ROD INSERTED  
PERMANENTLY SO YOU CAN'T  
BEND YOUR LEFT ARM.

AFTER TWO DAYS WITHOUT GOLF,  
YOU GET THE SHAKES AND HAVE TO  
PHONE 1-800-HEADCASE,  
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# GOLF FITNESS - STRETCHES



**DR. PETE ZEMO**

when lifting your bag to slowing down your backswing, using a longer putter and so on. However, I want to address another treatment option – exercise.

This month I want to revisit a very common problem not unique to the golfer but to people in general – back pain. We all know there are multiple causes, some more serious than others, such as herniated disc, etc. Treatments are varied, ranging from rest, medication, physical therapy, etc. up to surgery. For the golfer, modalities to improve the problem can

be as simple as using proper back mechanics

There was an article in the health section of the Washington Post that discussed this. The bottom line was strengthening the muscles of the “core” – the back and abdomen – can help to improve it and prevent future disabling episodes. The stronger these muscles, the more they can help stabilize the spine, build stamina, reduce the need for pain meds, etc. We have talked about these exercise programs in the past. They include yoga, pilates, aerobic training and water aerobics. The aforementioned article describes a study where yoga and aerobic strength training programs were compared to a self-care program guided by a book. After 26 weeks, the yoga and exercise groups reported more pain relief and return of back function than those doing self-care. Similar studies were done with pilates and aerobic training such as treadmills, stationary cycling and stair climbing. Water aerobics, of course, shifts weight away from the back so strengthening can occur for those who experience too much pain with treadmills, etc.

The bottom line, if you consider these options, is to find a quality fitness facility and hook up with a trainer experienced in these techniques. And let me emphasize experienced. Anyone these days can go online and obtain a piece of paper that states they are “certified”. I discovered you can go online and become a minister in a short period of time. You have to do your research; as a physician and gym owner our trainers are rigorously screened. They don’t just possess a piece of paper. Would you entrust your spiritual needs to an online minister?



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# Tips FROM THE PRO! the **KNOCK** Down



I figured that this topic would fit in nicely with the great holiday spirit... you know...bowling over some lady in a mad rush to get the last dozen Pro VI's at Ruddo's on Christmas eve, or shoving some guy out of the way so you can grab your wife the Taylor Made driver she's always wanted (men's shaft and flex...oh, and she doesn't even play...but a great stocking stuffer). You get the idea. Peace on earth, good will toward men (as long as it does not interfere with my pursuit of buying the best game that I can). Anyway, the knock down (or punch shot...not even going there...yet), is a very handy shot to learn for all levels of golfers. The dynamics involved encourage good impact positions in your regular golf swing. So learn this shot, and practice it with regularity (see your pharmacist).

The set up is key: first, with an iron (start with a short iron, 9 or PW) choke down on the grip ~1" and play the ball a few inches farther back in your stance than normal (with a short iron, 2 or 3 inches back of center). Next, allow your hands to naturally fall slightly forward of your pant zipper (the extra angle on the shaft will encourage this). Finally, put more weight on your forward foot (about 60-70%), and now that you're perfectly uncomfortable, we will try to swing.

Important things to forget (errrr...remember): Do not try to hit this shot far. Think 20 or 30 yards shorter with any given club...we do not want to force distance with this shot. You are trying to hit this shot low in order to control distance, or to keep the ball out of the wind. This is a control shot...not a power shot...so control your movements and effort.

We are going to take a shorter swing than normal. Practice taking the club  $\frac{3}{4}$  of the way back on the back-swing, and  $\frac{3}{4}$  the way through on the forward swing (like a pitch shot). Again, we are NOT trying to hit this shot full distance, so keep it short and simple. When practicing this shot, set up as described, then control your  $\frac{3}{4}$  swing motion with good rhythm just looking to make solid contact. Make sure that you keep your weight moving forward to the finish, and do not be surprised if you lose your balance toward your target (aka Gary Player). This is O.K. at first. You are just not used to shifting that much weight forward (too many holiday sweets). Remember to hold your finish to  $\frac{3}{4}$  as well. If you are finishing full, you are over accelerating on the forward swing, or trying to lift. Allow the club to strike the ball as it is still descending. If you practice this shot regularly, you will improve not only your ball sticking, your distance control (assuming you pay attention to how far you hit each club with this technique), and your trajectory control (look under "i" in the dictionary), but you will also add a new weapon into your formidable arsenal...this one for pin point distance control with short irons, or for "knocking down" flags on blustery days.

**HAPPY HOLIDAYS ( no shoving please!!! )**

Bob Beckelman at the Bob Beckelman Golf Academy ([bbgolfacademy.com](http://bbgolfacademy.com)) & Deer Run Golf Club

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*Cathy Newell*



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## THE LOCAL EWGA CHAPTER EARLY EVENTS SCHEDULE IN 2012.

### 15th Annual EWGA / Old Pro Golf Co-Ed Tournament

6 pm, Friday, March 2

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Bonus: Meet the local Pros who will be joining in the fun.

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\$20 per person

### 4th Annual Cooking Class at The Shark in early January

Date TBA

### Annual Kick-Off Event

Sunday, April 1

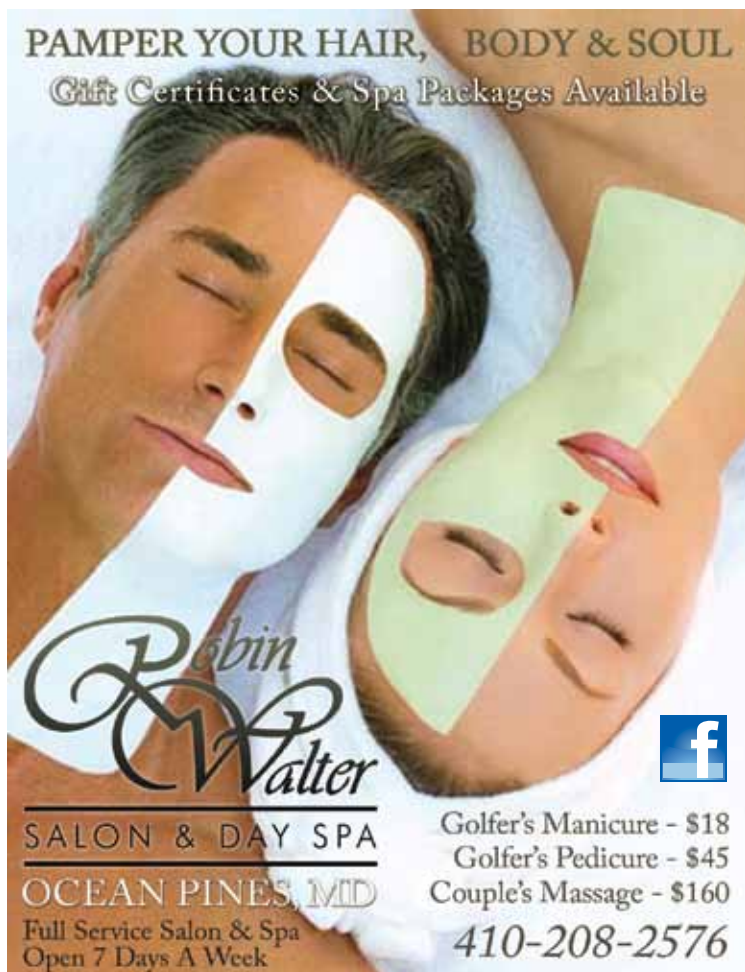
with activities and lunch at Ruth's Chris

followed by golf or golf clinic at Glen Riddle Golf Course

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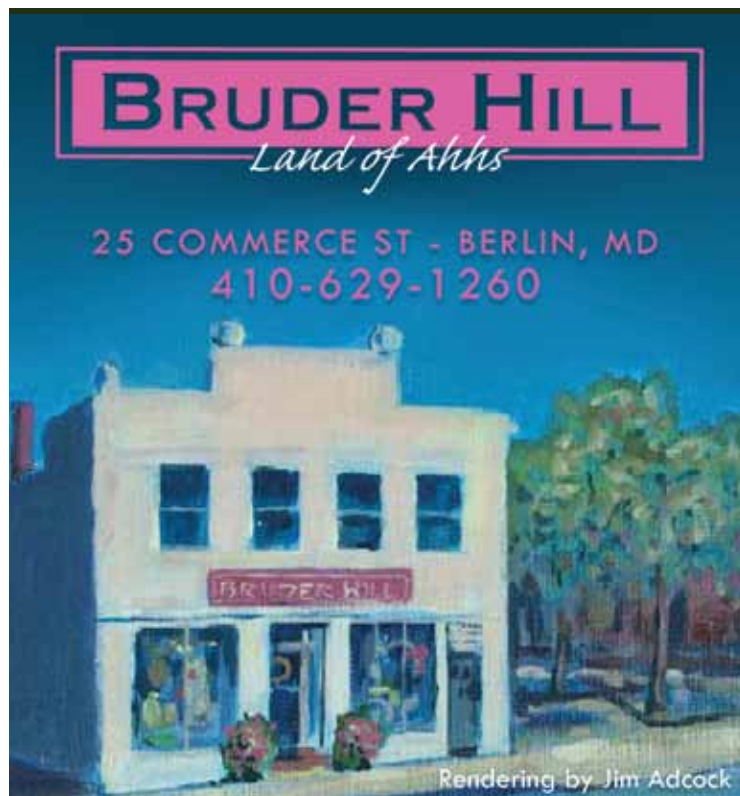
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#### DWGA Hole-in-One Club

If you have a hole-in-one during the season we will recognize your accomplishment on our website and award you with a special charm at our Closing Meeting in November.

#### DWGA Open Days Guest Pass

Allows member to bring a guest, male or female to an open day, at certain member clubs.

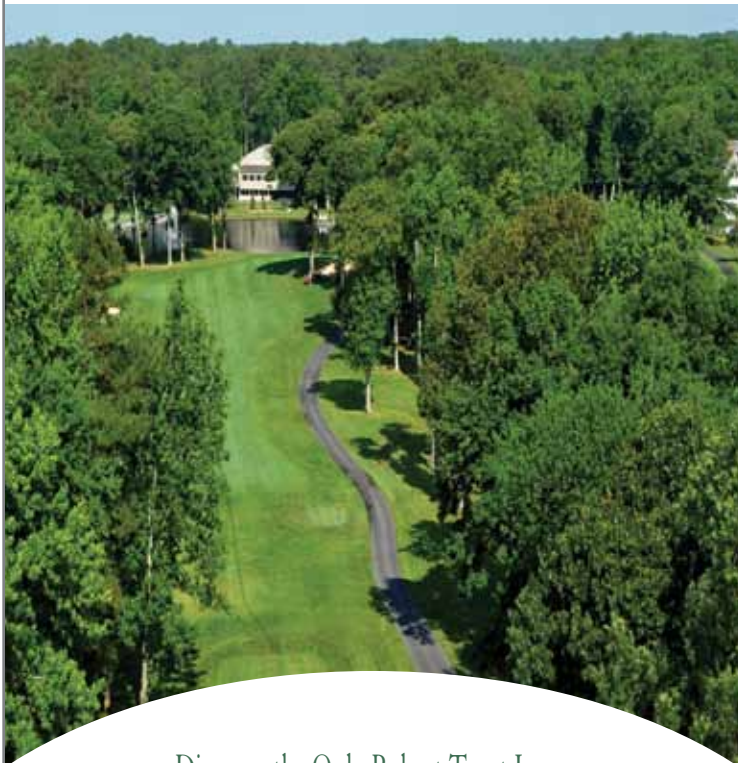
DWGA Tournaments are fun and geared to all levels of ability. Each event is flighted, and you have a chance to win both gross and net prizes. We have team events and individual events.

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## TOOLS OF THE TRADE FREDDIE COUPLES WORKS FOR ME BY STEVE MENZ

Well, maybe not in the case where I will be sending him a 1099 or a W2 but he has helped me in many situations. How many times have you been cruising along on the course and you come around the corner to find 2 or 3 groups waiting to tee off? Your round comes to a screaming halt and you completely lose your rhythm. Or how many times have you been playing along nicely, only to hit the 3 or 4 shots in a row completely terrible? In the matter of a moment your swing felt like an unfolding lawn chair, awkward and stuck. How did the same person hit such completely different shots? Here is a quick way to get your swing back on track. Think of the name Freddie Couples during your golf swing. Start thinking the "Freddie" on the take away and the "Couples" to start the down swing. This timing mechanism will hopefully slow down your take away and help you find your rhythm. A slower take away will lead to a better transition at the top of the back swing and normally allow you to make better, more consistent contact. I have heard of many other teachers trying to count to simulate the rhythm of the golf swing, but the 4 syllable name seems to fit the swing better. Other names that work like Dustin Johnson and Gary Player are fine, but Freddie Couples works for me. Not only does the flow of his name mimic a beautiful rhythm, but the way he carries himself on the golf course and the way he swings the club exude a smooth, rhythmic



sequence. Legendary Teaching Professional Peter Kostis used a similar method when working with Kevin Costner before filming the movie "Tin Cup" teaching him rhythm. You can hear it when Cup was hitting balls saying "dollar bills". He used a three syllable name because he sawed off his swing during the follow through. He said it was because he played in the winds of west Texas. I suggest trying this tip on the range the next time you go to hit balls. You may find that this can take away mechanical swing thoughts and allow you to hit the ball more smoothly.



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## You Know the Drill by Steve Menz

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Place 2 quarters about an inch and a half apart lying flat on the floor. Move back about a foot and try to putt through the quarters without touching them. If you happen to hit one of the coins it will make a sound. You may find that you hit one coin more than the other which will help you understand a putting stroke flaw. Once you have become proficient at this step, move the quarters closer together. Still rolling it between them without touching either coin, move the putt length back another foot. You will come to find how important it is to get the ball rolling straight right off the putter

face. Repeating this drill every few days in the winter will help you putt your best in 2012! Happy New Year! Now you know the drill!



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# 2011 PGA CHALLENGE CUP CHAMPIONS



The Challenge Cup, sponsored by Eastern Shore Golf Magazine & Endless Golf, is a season long competition between Golf Professionals from clubs throughout southern Delaware and Ocean City. The 2011 season featured 14 teams all vying for not only the cash prize, but bragging rights all winter long. The 14 teams were broken down into two divisions representing the sponsors, Endless Golf and Eastern Shore Golf Magazine.

This year's finals featured the teams from Heritage Shores Club (Brooks Massey and Will Scarborough) against Wild Quail Golf and Country Club (Chris Osberg and Tyler Smith). Heritage Shores defeated 2008 champions the Bay Club and Wild Quail beat the team from Bayside in each of their respective semi-final matches to make their way to the final match at Rum Pointe.

Wild Quail quickly jumped out to a 1 up lead on the first hole with a 30 foot birdie putt by Tyler Smith. Heritage Shores answered back, winning holes #3 and #4 with birdies by Will Scarborough. After halving the next 3 holes, Heritage Shores took holes #8 and #9 with pars by Brooks Massey to take a 3 up lead to the back nine. Heritage Shores did not let up going on to win holes #11 with a par and #13 with birdie to leave Wild Quail dormie with 5 holes to go. Chris Osberg made birdie on #14 to extend the match but Heritage Shores managed a halve on #15 to earn their first Challenge Cup championship, and the cash prize. Congratulations to all the participants on a great 2011 season.



**BROOKS MASSEY  
& WILL SCARBOROUGH**



# SHORE UP WITH THE GAME COACH

## WHAT DRIVES YOU?

CARSON LOVETT, MA, SPORT PSYCHOLOGY

As we swing into the 2012 golf season and renew the quest to reach our athletic peak, identifying the individual motivating factors that lead each of us to compete may prove to be a valuable tool for maximizing performance. Sport Psychologists and Consultants have found success applying psychological Need Theories of Intrinsic Motivation to competitive sports, and the results suggest an important link between basic human needs and an athlete's performance tendencies.

In a recent case study, a Consultant working with a struggling professional athlete related a popular Need Theory to the athlete's affinity for action and discovered that the athlete had an elevated need to be accepted. While discussing the finding with the athlete's Game Coach and recognizing the negative effect of disparagement, the Consultant suggested that the Coach develop an approach that would replace his propensity for displaying dissatisfaction while the athlete is competing with calculated post-game constructive criticism. The seemingly elementary intervention led to a marked improvement, increased awareness and ultimately a championship. The close examination of the individual personality yielded the key to unlocking the athlete's potential.

Golfers and their Game Coaches are always seeking an edge, over the course, the competition or the combination. For the first-timer and the seasoned professional, it appears that an ideal place to begin this new year may be Within. Research suggests that by determining the intrinsic factors that motivate the individual, the golfer and those charged with aiding performance enhancement may foster a better understanding of how the athlete will respond to conditioning, thus providing an appropriate framework for goal achievement.



### THE MORAL: WHAT DRIVES YOU?

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on Consultants  
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## BAYSIDE SOUTH TOP 10



|                           |                   |                             |                           |                       |                      |
|---------------------------|-------------------|-----------------------------|---------------------------|-----------------------|----------------------|
| Players Name:             | <b>JOE IACONA</b> | <b>NICOLE RAFER</b>         | <b>BRENNAN McALLISTER</b> | <b>COREY HALDEMAN</b> | <b>MATT STITCHER</b> |
| School:                   | Decatur           | Decatur                     | Parkside                  | Parkside              | Parkside             |
| Grade:                    | 11                | 12                          | 12                        | 12                    | 12                   |
| 9 hole Stoke Ave.         | 38.5              | 38.58                       | 38.75                     | 40.5                  | 40.58                |
| Home Course:              | The Bay Club      | River Run                   | Nutters Crossing          | Nutters Crossing      | Nutters Crossing     |
| Favorite Tour Player:     | Jim Furyk         | Adam Scott                  | Dustin Johnson            | Anthony Kim           | Dustin Johnson       |
| College of choice:        | Stanford          | Del State, Shorter, Hollins | Bucknell                  | Stevenson             | UMES                 |
| Area of study:            | Chem Engineering  | Physical Therapy            | Finance/Engineering       | Business Admin        | PGM                  |
| Inspiration to play golf: | My Dad            | Dad & Pop Pop               | My Grandparents           | Big Brother           | My Dad               |

## BAYSIDE NORTH TOP 10



|                           |                   |                      |                     |                    |                       |
|---------------------------|-------------------|----------------------|---------------------|--------------------|-----------------------|
| Players Name:             | <b>CHASE KELM</b> | <b>DAKOTA REGINO</b> | <b>WADE MYERS</b>   | <b>BRYCE YOUNG</b> | <b>JOE MACKENZIE</b>  |
| School:                   | Kent Island       | Easton               | Easton              | Kent Island        | Queen Anne's          |
| Grade:                    | 10                | 12                   | 11                  | 11                 | 12                    |
| 9 hole Stoke Ave.         | 38.78             | 40.11                | 40.67               | 41.5               | 41.56                 |
| Home Course:              | Hunters Oak       | Hog Neck             | Talbot Country Club | Hunters Oak        | Caroline Country Club |
| Favorite Tour Player:     | Tiger Woods       | Tiger Woods          | Nick Watney         | Dustin Johnson     | Phil Mickelson        |
| College of choice:        | Undecided         | U of Miami           | U of Maryland       | Towson             | Salisbury             |
| Area of study:            | Engineering       | Sports Medicine      | Mathematics         | Business           | Nursing               |
| Inspiration to play golf: | My Dad            | My Dad               | My Dad              | My Dad             | My Grandfather        |

## ESIAC CONFERENCE TOP 10



|                           |                        |                          |                          |                        |                      |
|---------------------------|------------------------|--------------------------|--------------------------|------------------------|----------------------|
| Players Name:             | <b>PAT DOWLING</b>     | <b>SCOTT GEE</b>         | <b>BILLY BRITTINGHAM</b> | <b>JOSH MOYER</b>      | <b>ALYSSA ALICEA</b> |
| School:                   | Wor. Prep              | Wor. Prep                | Wor. Prep                | Wor. Prep              | Wor. Prep            |
| Grade:                    | 11                     | 11                       | 10                       | 11                     | 12                   |
| 9 hole Stoke Ave.         | 39.31                  | 39.77                    | 40.31                    | 45.78                  | 46.17                |
| Home Course:              | Ocean Pines            | Peninsula                | Glen Riddle              | Ocean City Golf Club   | Hoopers Landing      |
| Favorite Tour Player:     | Tiger Woods            | Rory McIlroy             | Phil Mickelson           | Dustin Johnson         | Rickie Fowler        |
| College of choice:        | University of Maryland | Univ of NC - Chapel Hill | USC                      | University of Maryland | U of Delaware        |
| Area of study:            | Undecided              | Business                 | Finance/Marketing        | Business               | Biology              |
| Inspiration to play golf: | My Godparents          | My Dad                   | My Grandpa               | My Father              | My Dad               |



# COACH'S CHALKBOARD

■ BY JIM KRALL



**DAVID DIPIRRO**

Parkside  
12  
42.67  
Nutters Crossing  
Bubba Watson  
US Merchant Marine Acad.  
Marine Transportation  
Uncle George



**ANDREW URBAN V**

Decatur  
10  
42.92  
Ocean City  
Adam Scott  
U. of Md, Ga, or Wash.  
Business  
Grandmother, Mom & Dad



**JOSH ROBINSON**

Parkside  
12  
45.27  
Nutters Crossing  
John Daly  
West Virginia U.  
Sports Management  
Grandfather



**CHASE BENTON**

Washington  
10  
45.73  
Great Hope  
Adam Scott  
Stanford  
PGA  
Big Brother



**DELANEY IACONA**

Decatur  
9  
45.82  
The Bay Club  
Rickie Fowler  
Penn State  
Marine Biology  
Big Brother

Coaches of the Year



Jim Krall



Bill Knopf  
Washington High



**ALEX NIEBYL**

Queen Anne's  
9  
41.56  
Easton Club  
Phil Mickelson  
Undecided  
My Dad



**BRYAN SHAW**

Easton  
10  
42.78  
Hog Neck  
Nick Watney  
Virginia Tech  
Law  
My Grand Dad



**JOE HARKOWA**

Col. Richardson  
11  
44.11  
Caroline Country Club  
Dustin Johnson  
Flagler College  
Bio/Pre-Med  
My Dad



**JACK MCCAHAH**

Kent Island  
11  
44.25  
Hunters Oak  
Rory McIlroy  
U of Maryland  
Business  
My Dad



**JAKE BATCHELDER**

Queen Anne's  
11  
44.56  
Queenstown Harbor  
Steve Stricker  
Undecided  
Architecture  
My Dad



Coach of the Year  
Rocco Barletta  
Kent Island



**MATT MIDDLETON**

Wor. Prep  
11  
46.53  
Salt Pond Golf Course  
Phil Mickelson  
DC Bordering Schools  
Political Science  
My Dad



**SETH SLACUM**

Sal. Christian  
8  
46.7  
Sussex Pines  
Phil Mickelson  
Undecided  
Medical Field  
Dad & Grandfather



**GARRETT SPICER-DAVIS**

Sal. Christian  
11  
47.25  
Nutters Crossing  
Rory McIlroy  
MIT  
Computer Science  
My Dad



**MIKE MAGUIRE**

Salisbury School  
11  
47.66  
Nutters Crossing  
Tiger Woods  
Guilford  
Music  
My Dad



**SCOTT DELAWDER**

Salisbury School  
10  
48.75  
Green Hill  
Tiger Woods  
U of Virginia  
Business  
My Dad



Coach of the Year  
John Leighton  
Salisbury School

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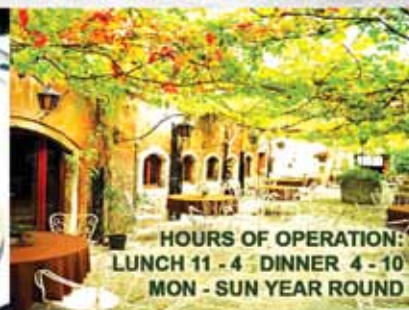
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Traditional

Titleist Pro v1

Kansas Jayhawk Blue

Leupold

Blue Dot

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Tour Red 85

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Ping Tour - W

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Anser 3

Slight Arc

Pro V1X

Blue

Laser, Bushnell V2

1 Blue Dot and a blue line

5

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## UMES PGA GOLF MANAGEMENT PROGRAM

### UMES PGA GOLF MANAGEMENT FACULTY STRESSES THE IMPORTANCE OF GOLF 2.0

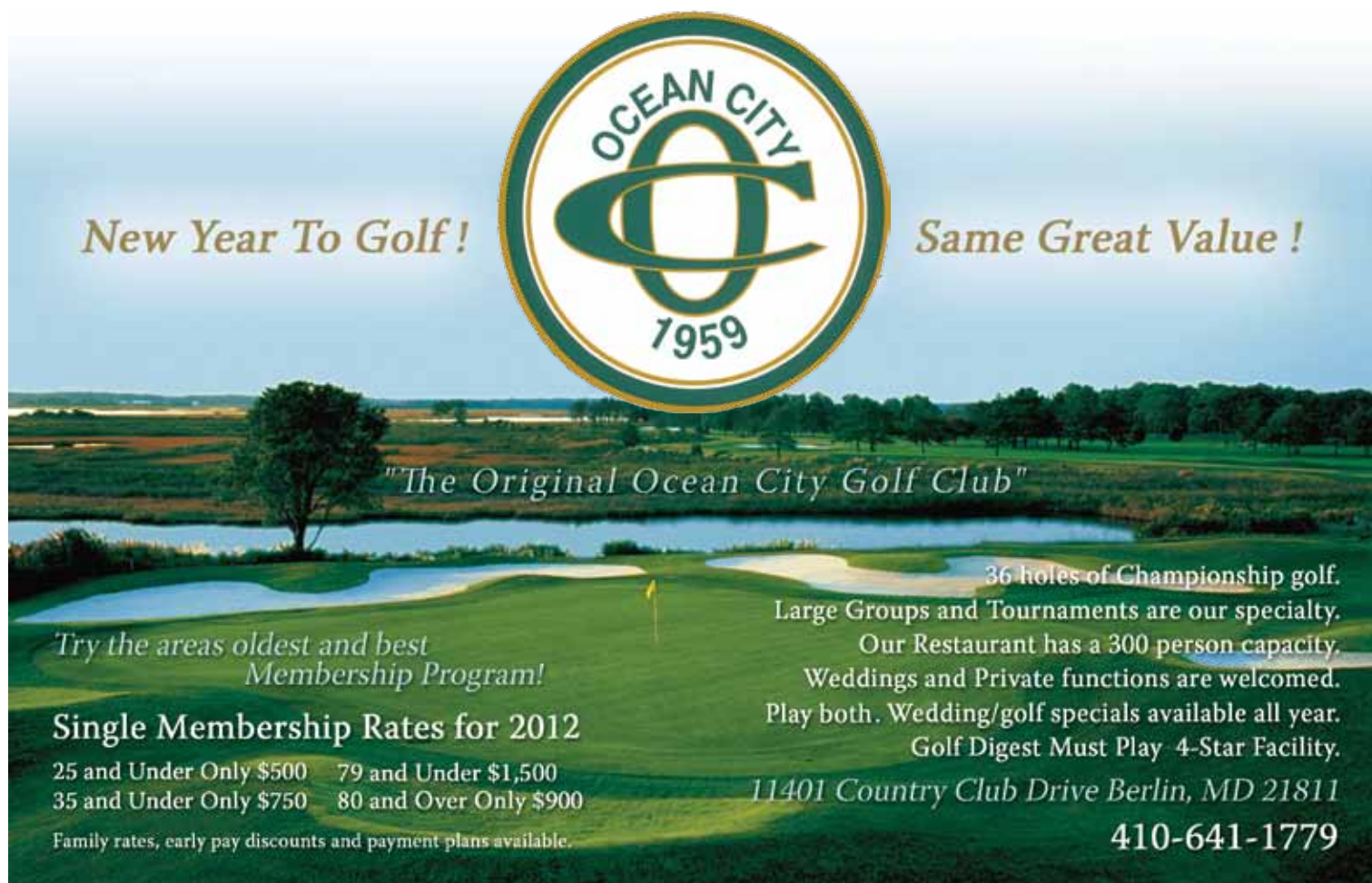
As the UMES PGA Golf Management Program is just around the corner from sending out its first graduating cohort, Golf 2.0 is being introduced to all students in the program. Most core golfers are aware that the growth of the game of golf has been flat for quite some time. Golf 2.0 is an initiative headed by the PGA of America with concentrated efforts to grow the game through player development.

### PLAYER DEVELOPMENT=STRONGER BUSINESS

Students at UMES are being taught to set business plans with golf course owners, general managers, and the board. These business plans should be set around targeting specific markets by strengthening the core golfer, engaging the lapsed golfer, and driving new players. Current and future PGA Professionals, through this initiative, should highlight the tremendous value of golf to their current and future customer base.

PGA of America President, Allen Wronowski said, "Golf 2.0 is a set of strategic initiatives to grow the participation and increase revenues through a better understanding of the golf consumer and the targeting of specific consumer groups".

Chris Prosser, the Internship Coordinator of the UMES PGA Golf Management Program added, "It all starts with a solid education. Introducing Golf 2.0 to our students before they graduate gives them a full understanding of what is expected of them when they enter the industry. We don't hide the fact that the lack of growth has impacted jobs and we want our graduates to be as prepared as possible. Growing the game is healthy for everyone involved. This initiative is needed and we hope our graduates take the lead in protecting the great game of golf".



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## Different Results!

Another New Year is upon us, how are those “resolutions” holding up? What was it you resolved to change this year, get healthy, stop smoking, quit drinking, become a better golfer or perhaps get a handle on your finances? We often “resolve” to make these types of changes in our lives each January and in many instances by the time we turn our calendar to February we are back to our old ways. Why? Maybe the best explanation I can give for us tossing aside our “resolutions” lies within the best definition I’ve ever learned for “insanity”. Insanity defined is “doing the same things over and over again each time expecting different results!” If we think about this sentence for a moment we can often see how our plans or “resolutions” get derailed. We resolve to get in shape, we join the gym and go religiously those first couple of weeks only to slip back into our old habits and wonder when spring rolls around why we haven’t lost a pound! Maybe you resolved to improve our golf game just as I did some 3 years ago.

I thought if I can devote some time to practicing more I will improve; I figured the old adage “practice makes perfect” would certainly help. The season came; I hit the range and began to beat balls by the hundreds, thinking all the practice time I put in would certainly be reflected in my scores. Wrong! My scores didn’t change, in fact they got worse and I grew more and more frustrated. Why? Insanity! I was doing the same thing over and over again expecting different results! I was beating hundreds of balls with the same old broken down swing! All I was really doing was ingraining in muscle memory the very same bad habits with all the practice! I gave in and decided to get some help. I contacted one of our fine golf instructors here in the Ocean City area, Dennis Winters. When I met with Dennis and shared with him my plight, he said something to me which hit me like a ton of bricks.

### **“Practice itself doesn’t make perfect, Perfect Practice makes Perfect”.**

How profound! Maybe I was actually speaking with the Dali Lama that Bill Murray’s character in “Caddyshack” met and promised him “total awareness” on his death bed! Now I realize perfection in golf is “unattainable” to borrow another famous golf movie quote from “Tin Cup” but after viewing my swing on video and regaining my feet, heaving my guts out at the sight, I could grasp the concept. Now Dennis will tell you that he provided me the tools and instruction to build a more solid and repeatable swing but none of these changes will be lasting or result in better golf without practice, Perfect Practice to be exact. I took his instruction and committed myself to perfect practice and am proud to say that this past summer, almost two years after my first lessons with Dennis, I cut my handicap in half and am enjoying the best golf of my life.

As a Retirement Planning specialist I often use analogies to explain many facets of financial planning and I find the “lessons” learned above applies to another “resolution” often made each year; “getting a better handle on my finances”. If we continue to do the same things we have been doing in the past how can we expect different results? Like I did with golf, you could try and “DIY” it and end up frustrated. The internet is loaded with information for you to do your own financial / retirement planning, it’s also loaded with golf instruction and you can probably learn how to remove your gallbladder or operate on your family dog too, but, as I found with my golf swing and having my gallbladder removed, it is probably in your best interest to allow a professional to assist you in actually keeping one of those New Year’s resolutions! I wish you all the best for the coming year and I welcome the opportunity to meet with you. Together lets help you keep your resolutions and this year, actually get different results!



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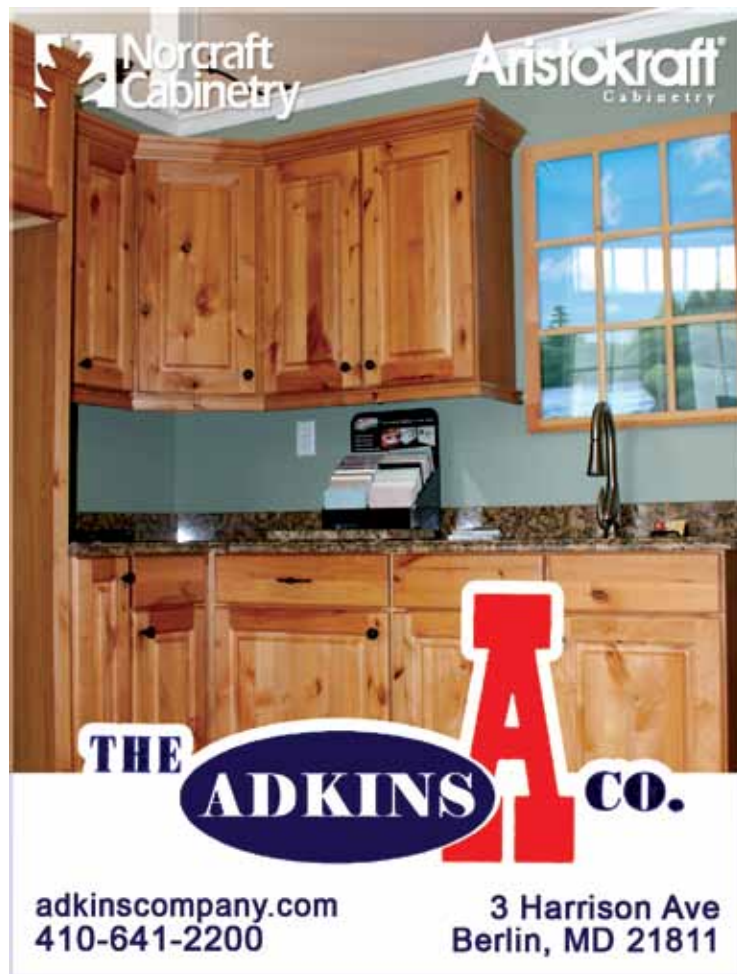
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# E n d l e s s GOLF

BY BOBBY VERMILLION

## NO TRUNK SLAMMING IN 2012

It's that time of year when we all start looking ahead to the New Year! We can only hope this winter finishes like it started; mild and fairly dry. Heck, so far this winter, most weeks have been every golfer's dream! Unfortunately, winter has a weird



way of rearing its ugly head and sometimes it will make even the most avid golfers put their clubs away for a few weeks. My advice for playing winter golf is to dress warm. If that doesn't work, quit after 9 holes and head to your favorite watering hole to pass the time with your buddies. Just remember that spring is only a few months away so don't let the winter blues get you down. A good New Year's resolution for 2012 might be to cut down on the trunk slamming (leaving the course immediately after your round). I play golf with a lot of different people and I must say for the most part I really enjoy my time on the golf course. But some of the best times can be had after your round of golf. Sitting around with your buddies telling stories and solving the world's problems over a cold one is always a good time. If that doesn't interest you maybe you should make some new friends or stay home and play solitaire so the rest of us don't have to deal with you. Make 2012 the year you actually find out a little bit about the people you tee it up with instead of slamming your trunk and heading home. You might actually enjoy it!!



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Spikeless golf shoes are going to be the hot ticket for 2012. Some major golf shoe makers are predicting spikeless shoes to share 30% or more of the market with shoes that have inter-changeable spikes. They are lightweight, stylish, flexible, versatile, stylish, comfortable... did i mention stylish.

Nike Golf's new Lunar Ascend comes in four different colors. It features Hyperfuse Construction, an innovative multi-layered construction which ensures lightweight support, breathe-ability and durability. Complete with Lunarlon Cushioning in the heel, full-length contoured sock liner, and integrated traction with molded TPU to enhance traction and ground feel while reducing weight and eliminating spike pressure.



BY DERRICK BERZONSKI

Adidas Golf comes forward with the new Adidas Street. It has a full-grain leather upper to provide a rich look and feel, a classic Adidas inspired design and a spikeless outsole that provides traction, comfort, and off course versatility. They are available in five different fashion and performance infused colors.

Footjoy, the #1 selling brand of golf shoes, will capitalize on the spikeless market in 2012. The Contour Casual golf shoe features a leather upper for outstanding breathe ability and comfort, a super soft lining to provide excellent fit, a Green to Grill Room friendly out sole, premium lightweight comfort and a 1 year waterproof warranty.

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While I've done a fair share of testing over the last two months, I'm going to put aside my review until the next issue. Your right, as an American adult, to enjoy a well-crafted cigar is under assault by people radio host Cigar Dave calls the Pleasure Police, in our government. They apparently think they know better than you, how you should enjoy your leisure time.

Earlier this year, the state of Maryland made it illegal for Marylanders to purchase cigars, a legal product, online. After receiving a very loud negative response, it has temporarily allowed online sales to continue. An even larger threat looms with the Food and Drug Administration. The FDA has posted their intent to regulate cigars in the Federal Register. Some of the measures FDA could consider, include:

A ban on walk-in humidors, mail-order cigar sales, on all flavored cigars, that are enjoyed by legal-age adults. Ban on cigar



events where free cigars (samples) could be available to adults. Limits on cigar marketing and advertising; Imposition of new 'user fees' [tax] on cigars, to finance regulations; Limits on special release and small-batch cigars, due to mandates that cigar blends be submitted to FDA for pre-approval before release; Limits on nicotine levels on cigars to near zero, severely impacting the flavor of cigars; Ban on marketing cigar merchandise.

The Cigar Rights of America is an organization that is fighting for our right to enjoy a cigar. I urge you to go to their website [HYPERLINK "http://www.cigarrights.org"](http://www.cigarrights.org) [www.cigarrights.org](http://www.cigarrights.org) and sign the petition in support of H.R. 1639 / S. 1461 - Traditional Cigar Manufacturing and Small Business Jobs Preservation Act. Follow the links and contact your representatives in Congress and let them know how you feel. If you don't become active in the fight for your rights, they will quietly disappear.

Also, while I enjoy finding deals on cigars online, I also try to support my local tobacconist as much as possible. They can really help you find the right cigar to maximize your smoking enjoyment. They can also help to keep your right to enjoy cigars!





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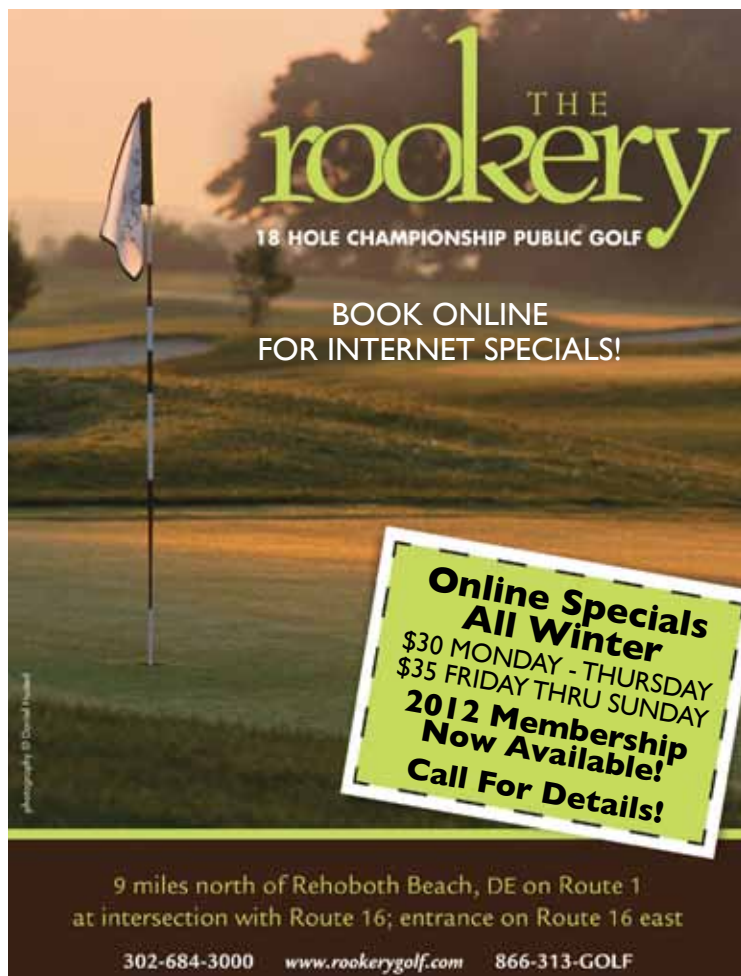
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# Walking on the Moving Sidewalk

In order to have a simple, functional golf swing you should have as few moving parts as is necessary. Any extra motion has to be timed perfectly to be in a good position through impact. The modern swing utilizes the core muscle groups to create the motion. You set your hands, arms and club in a good position for impact at address, make two turns and away it goes.

At many airports they have moving sidewalks. Basically they're escalators moving horizontally instead of vertically. While riding on one you can choose to let it carry you and your luggage or you can continue walking and cover more ground more quickly.

We use our hands to perform most of our tasks throughout the day. So, it's natural for them to want to help out in the golf swing. Walking on the moving sidewalk is what I call the act of pulling with your hands as you turn away from the ball. If you set your hands, arms and club in a good position in front of you at address and you pull them as you turn away, you are actually pulling them out

of position. You must then find a way to put them back into position before impact. Also, if your hands are taking the initiative in starting the motion, it's unlikely they'll relinquish control to the core muscles at any time during the swing.



Instead, let your hands and arms be passengers on the moving sidewalk. You want the turning inner-body to carry your arms away without pulling. This way the arms, hands and club stay in position, in front of your chest. Also, because you are using a different muscle group, your core muscles, the hands and arms can remain in a lighter tension level.

To get a feel for this, take your stance. Lift your arms straight up in front of you. Let a breath out to relax your arms and turn away from the target keeping your arms in front of your chest. Do this without changing the tension level in the arms. Then try and feel the same thing while making a golf swing.



BY ROB McDONALD, PGA

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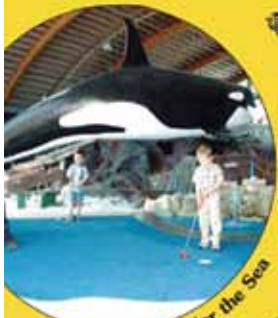
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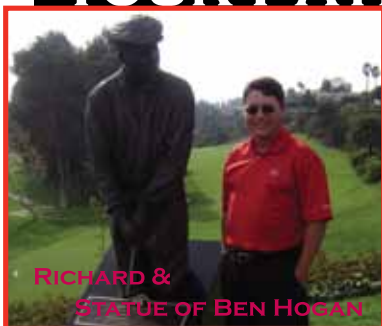
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STATUE OF BEN HOGAN

At first glance, my photo with a statue of Ben Hogan may seem a bit out of context on the Eastern Shore. The closest Hogan ever came to the Eastern Shore was on his historic quest for the US Open at Merion. The photo is a memento of a special personal experience, but it is also reminder that Hogan is the greatest golfer of all time.

Who says? Jack Nicklaus, "Hogan was the best shot maker I ever saw." Tiger Woods, "Hogan owned his swing; I want to achieve that ability." Gary Player, "Ben Hogan is still the best player I ever saw". This is high praise from all time great champions, whose records seem to contradict their opinions. Nicklaus and Woods won more majors and more tour events. Player matched Hogan's major total and won more tournaments worldwide. So why such adulation and respect? Arguments can and have been made for several players being equal or better than Hogan, using all sorts of statistical comparisons. Even contemporary rivals Sam Snead and Byron Nelson frequently bested Hogan in head-to-head competition. The three were so close in ability that they became known as the American Triumvirate but such data misses the point. The undisputable facts are that Hogan had the least physical talent, the most disadvantaged circumstances in his youth, and the most dramatic physical and emotional challenges of any of the golfing greats. Despite these obstacles, he became the ultimate self-made champion, failing more than succeeding; a decade on the pro tour without a victory, but in the end reaching a pinnacle

of performance and skill that will forever be unsurpassed. A persistent pursuit of perfection lead Hogan to create principles of preparation and technique that form the path followed by virtually every successful tournament player of the last half century. More significantly, Hogan blazed the trail for all who seek proficiency in golf at any age or ability level. Hogan's technical aspects of the golf swing are described in his book *The Five Fundamentals*. However, his core values were as important as his technique:

- Define and understand your physical limitations.
- Adopt reliable techniques compatible with your physical abilities.
- Practice correct techniques until success becomes habitual.
- Understand your temperament.
- Concentrate on your goals without distraction.

Self-awareness is a key element to golfing achievement. Hogan exemplified the value of understanding yourself as the first step to improvement. In anticipation of the 2012 season, consider applying these principles as you set your personal goals.

If you would like some help in your quest to "own your game", join us at The Original Golf School. In fact, take this chance to win a FREE spot in a Your Path to Par Clinic. Log on to [oceancitymdgolfsschool.com](http://oceancitymdgolfsschool.com), click on Contact us, and you can enter your answer in the comments section to this question:

Where was the picture of Richard and the statue of Ben Hogan taken?

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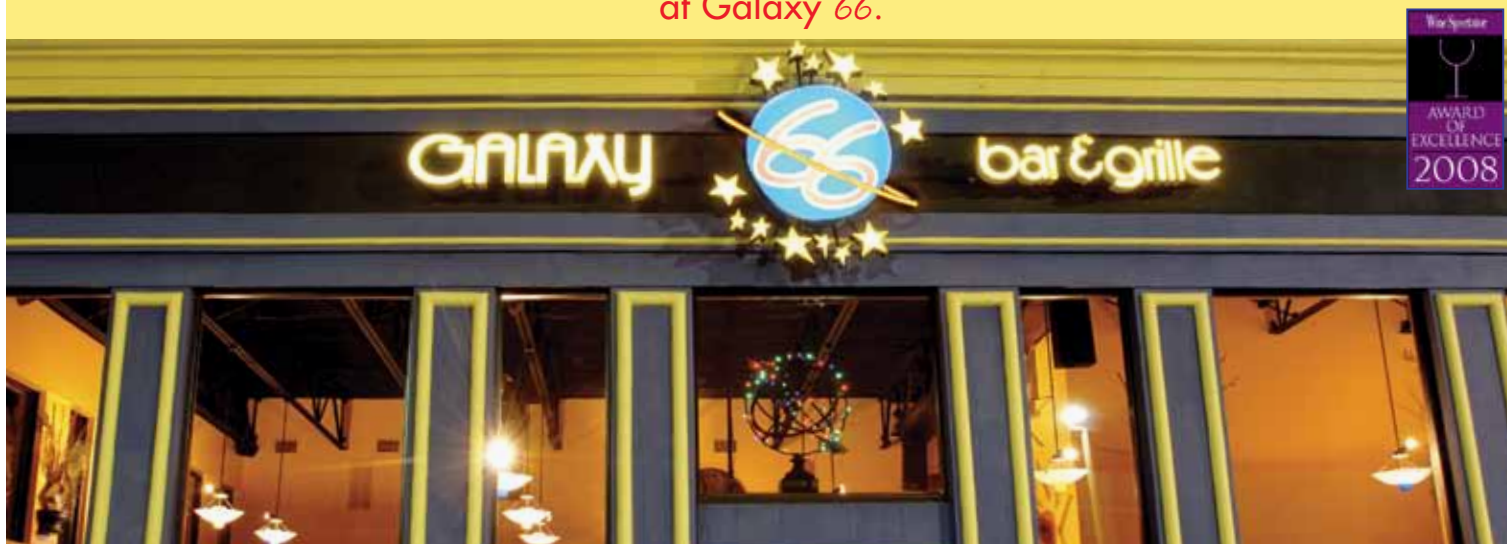


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