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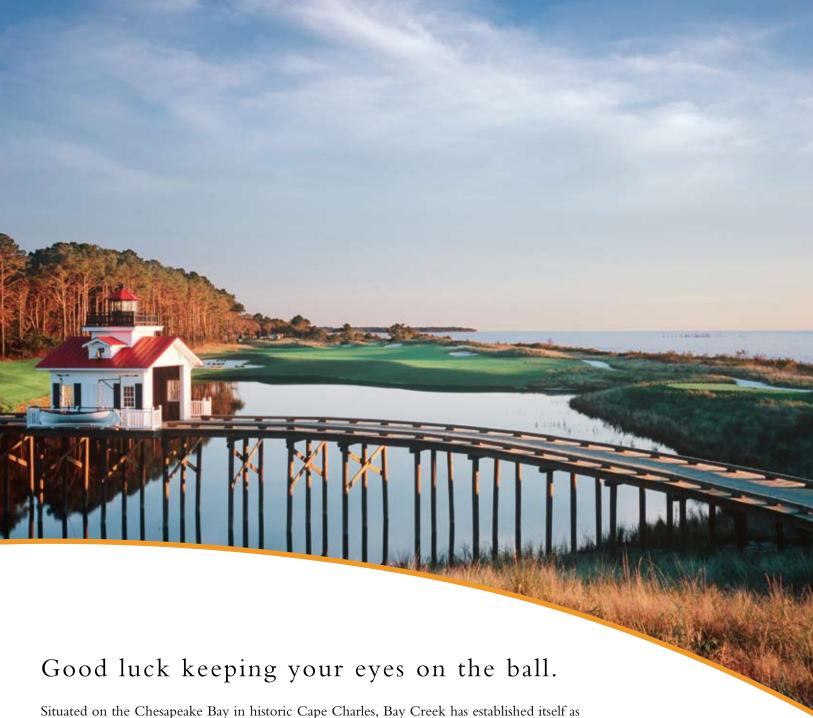
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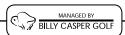


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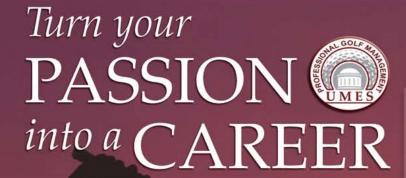


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Florida Gulf Coast University; Ft. Myers, Fla. (2005)

Florida State University; Tallahassee, Fla. (1999)

Methodist University; Fayetteville, N.C. (1999)

Mississippi State University; Mississippi State, Miss. (1985)

New Mexico State University; Las Cruces, N.M. (1987)

North Carolina State University; Raleigh, N.C. (2002)

Penn State University; University Park, Pa. (1990)

Sam Houston State University; Huntsville, Texas (2005)

University of Central Oklahoma; Edmond, Okla. (2008)

University of Colorado, Colorado Springs; Colorado Springs, Colo. (2003)

University of Idaho; Moscow, Idaho (2002)

University of Maryland Eastern Shore, Princess Anne, Md. (2008)

dniversity of Nebruska, Lincoln, Litecta, Neb. (2004)

University of Nevada, Las Vegas; Las Vegas, Nev. (2002)

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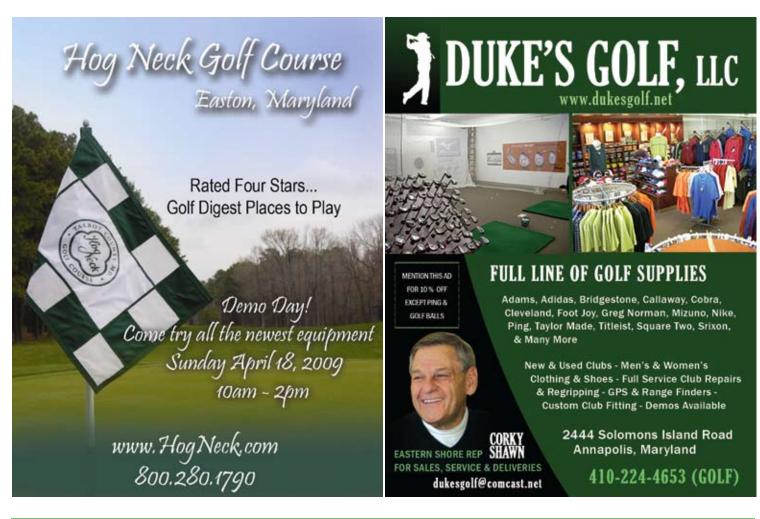
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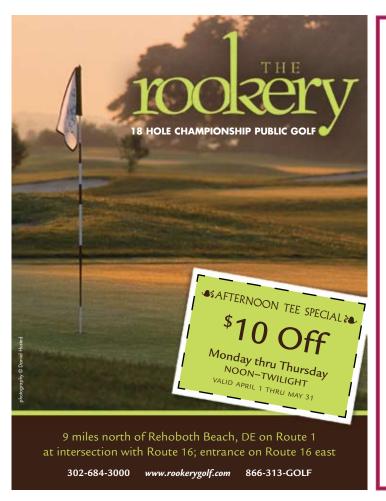
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LETTER FROM THE PUBLISHER CONTENTS



THE WAIT IS OVER. ITS TIME TO TEE IT UP! BE SURE TO JOIN US AT THE EASTERN SHORE GOLF MAGAZINE SEASON OPENER @ DEER RUN GOLF CLUB ON SATURDAY, APRIL 4TH. 0-36 HANDICAPS ARE WELCOME TO PLAY. DETAILS AVAILABLE ON OUR BRAND NEW WEBSITE AT WWW.ESGMAGAZINE.COM. YOU CAN VIEW THE ESGM PHOTO ALBUM, READ ABOUT THE ESGM CUP '09 Tour on The Shore, view all previous issues AND MUCH MORE. PHOTOS AND CONTENT ARE UPDATED WEEKLY. WE ARE PLEASED TO ANNOUNCE THAT THE GOLF COURSE SUPERINTENDENTS ASSOCIATION OF AMERICA, EXECUTIVE WOMENS GOLF ASSOCIATION AND BAYSIDE HIGH SCHOOL GOLF DIRECTOR, JIM KRALL, WILL BE CONTRIBUTING MATERIAL IN ALL OF OUR UPCOMING ISSUES. PLEASE EMAIL OR MAIL US YOUR FAVORITE MOTHER/CHILD AND OR FATHER/CHILD GOLF PHOTOS FOR OUR UPCOMING MAY/JUNE ISSUE. ENJOY!

THANK YOU,

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DERRICK BERZONSKI (PRODUCT SHOWCASE)

GOLF/CLUBS '09 TOURNEY SCHEDUL	E S
COACH'S CHALKBOARD HIGH SCHOOL COACH JIM KRALL	11
PAPABEAR BEARTRAP'S MIKE TRITAPOE, PGA	12
TIPS FROM THE PRO BOB BECKELMAN, PGA	13
GOING GREEN SUPERINTENDENTS CORNER	1 4
GOLF COURE SUPERINTENDENTS ASSOCIATION OF AMERICA	15
GOLF FITNESS - DR. PETE ZEMO	16
RUDDO'S PRODUCT SHOWCASE DERRICK BERZONSKI	17
IRHS GOLF TEAM & TOURNEY	18
SENIOR WALT JONES MIDWAY PAR3	19
'09 Tour on the Shore	20-21
LIVING LINKS	22-23
SENIOR ANTHONY WILLIAMS CANCER SURVIVOR HITS A HOLE-IN-O	NE 26
STUART JARMON, PGA EAGLES LANDING ASSISTANT PRO	27
SPORT'S PSYCHOLOGY CARSON LOVETT	28
THE EDGE SPORTS SHOW TOM PERLOZZO	29
UMES PGM PROGRAM	30
BAY CREEK RESORT & CLUB	33
WHERE TO GOWHAT TO DO HOW TO GET THERE!	35

THE 2009

MARDI GRAS CARNIVAL

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FOR A DONATION OF \$20.00 WHICH GOES DIRECTLY TO WOMEN SUPPORTING WOMEN **DEER RUN GOLF CLUB & BOB BECKLEMAN WILL HOST A** GOLF CLINIC ON

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2009 TOURNAMENT SCHEDULE

4TH @ NASSAWANGO - ST. PATRICK'S 4 PLAYER MEMBER - GUEST PREFERRED DRIVE BEST BALL 14тн @ The Bay Club - St.Patrick's day Tournament / 12 noon shotgun 4 person scramble 1st - 20th @ Deer Run - 20 day progressive tournament for the 2009 Mardi Gras Carnival IS PRESENTED BY THE OC CITY PARROT HEAD CLUB TO BENEFIT WOMEN SUPPORTING WOMEN.

15TH @ DEER RUN - ST. PATRICK'S DAY

15TH @ OCEAN PINES - ST. PATRICK'S DAY TOURNEY 9AM SHOTGUN

18TH @ PENINSULA GOLF - 1ST ANNUAL 1357 MEDIC TOURNAMENT - 10AM

BRD @ THE BAY CLUB - SEASIDE CHRISTIAN ACADEMY - SWING FOR YOUTH

4TH @ DEER RUN - EASTERN SHORE GOLF MAGAZINE '09 TOUR ON THE SHORE

4TH @ OCEAN PINES - OPMGA OPENING DAY 9AM SHOTGUN

5TH @ NASSAWANGO - MEN'S BREAKFAST SPRING 3-WAY 2 MAN BEST BALL

10TH @ NUTTERS CROSSING - DELMAR LIONS CLUB 9AM

20TH @ SALT POND - DELAWARE NATIONAL GUARD FOUNDATION

20TH @ OCEAN PINES - GEEZERS TOURNAMENT 3PM

23RD @ DEER RUN - SENIOR GAMES

26TH @ OCEAN RESORTS - MID-ATLANTIC SHOCKERS 10-U GOLF TOURNAMENT

28TH @ THE PENINSULA - MILLSBORO CHAMBER OF COMMERCE 10AM

30TH @ THE PENINSULA - INDIAN RIVER FIRE COMPANY 9AM

4TH @ SALT POND - NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES

8TH @ NUTTERS CROSSING - FRUITLAND EXCHANGE 1PM

8TH @ HARBOURTOWNE GOLF CLUB - TALBOT OPTIMIST CLUB - MARGARITAVILLE TOURNEY

11th @ Links at Lighthouse Sound - Terri Ford Cancer Awareness Toury-1pm shotgun

11TH @ SALT POND - STARBOARD RESTAURANT TOURNAMENT 16TH @ SALT POND - ANNUAL OPENING DAY TOURNAMENT

25th @ Nassawango - Harrington "Do-Over" Individual Scoring For 12+ Handicaps

29TH @ OCEAN PINES - RAVENS ROOST 9AM SHOTGUN

30th @ Ocean Pines - President's Cup 9am shotgun

JUNE

2ND @ SALT POND - VFW SPRING TOURNEY

4TH @ DEER RUN - DAN KENNEY

5TH @ OCEAN RESORTS - WOR-WIC COMMUNITY COLLEGE GOLF TOURNAMENT

6TH @ DEER RUN - PARENT PROJECT MUSCULAR DYSTROPHY

6TH @ OCEAN PINES - NATIONAL KIDNEY FOUNDATION GOLF CLASSIC

11TH @ THE PENINSULA - CHILDREN'S BEACH HOUSE 12PM

12TH @ NUTTERS CROSSING - SALISBURY SUNRISE ROTARY 1PM 13TH @ NUTTERS CROSSING - PARKSIDE RAMS 9AM

19TH @ SALT POND - GEORGETOWN FIRE DEPARTMENT AT SUSSEX PINES

20TH @ NASSAWANGO - EASTERN SHORE GOLF MAGAZINE '09 TOUR ON THE SHORE

20TH @ OCEAN PINES - MARINE CORPS OUTING 9AM SHOTGUN

22ND-24TH @ CRIPPLE CREEK - DELAWARE STATE WOMEN'S AMATEUR

29TH - 7/1 @ CRIPPLE CREEK - DELAWARE STATE MEN'S AMATEUR

JULY

1ST @ CRIPPLE CREEK - DAY 3 DELAWARE STATE MEN'S AMATEUR

5TH @ NASSAWANGO - RED, WHITE & BLUE 4 PLAYER SCRAMBLE

13TH @ NASSAWANGO - DPGA PRO-JR.

13TH @ OCEAN PINES - INDIAN RIVER 8:30 SHOTGUN

16TH @ CRIPPLE CREEK - PROGRESS FOR PROSTATE CANCER

18TH @ CAMBRIDGE HYATT - EASTERN SHORE GOLF MAGAZINE '09 TOUR ON THE SHORE

20TH-23RD @ NASSAWANGO - WORCESTER COUNTY KIDS GOLF CAMP

AUGUST

6тн @ Nutters Crossing - Salisbury Sunrise Rotary-Jr. Tournament 9ам

19TH @ SALT POND - GEORGETOWN/MILLSBORO ROTARY CLUB

19TH @ CRIPPLE CREEK - RALLY FOR A CURE

SEPTEMBER

5TH @ DEER RUN - MARIAN COLBERT

10TH @ DEER RUN - VFW

14TH @ SALT POND - MILLSBORO SENIORS

18TH @ NUTTERS CROSSING - YOUNG LIFE

19TH @ DEER RUN - EAST SUSSEX MOOSE

19TH @ THE PENINSULA - EASTERN SHORE GOLF MAGAZINE '09 TOUR ON THE SHORE

OCTOBER

2ND @ CRIPPLE CREEK - CONTRACTORS FOR A CAUSE

10TH @ OCEAN RESORTS - MAURICE L. FIELDS, SR. MEMORIAL GOLF TOURNAMENT

TO BENEFIT THE EASTERN SHORE BASEBALL FOUNDATION SCHOLARSHIP FUND 17th @ The Bay Club - EASTERN SHORE GOLF MAGAZINE '09 TOUR ON THE SHORE

24TH @ DEER RUN - MAGGITTI FOR 9/11 MEMORIAL

November

7TH @ DEER RUN - NFL CHALLENGE

7th @ Ocean Pines - Holiday Charity Event Business.

7TH & 8TH @ BAY CREEK - ESGM '09 TOUR ON THE SHORE CHAMPIONSHIPS



Pebble Beach Golf Classic

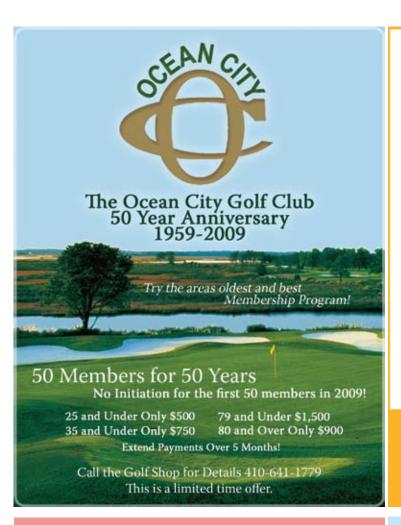
Gold Division Winners from Maryland

(L to R) Walter Brooks, Gary Cooper, Matt Cooper and Tad Kaufman



For the 16th consecutive year, the NKF Classic National Championships welcomed amateur golf teams from across the country to play the fabled fairways and signature holes of the Monterey Peninsula: Pebble Beach Golf Links, The Links at Spanish Bay and Del Monte, as well as the renowned Poppy Hills Golf Course, a Robert Trent Jones II design that has been voted the Public Golf Course of the Year.

To learn more about how you can participate in upcoming local NKF Golf Classic Tournaments, click here. 2009 Golf Classic Results







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INFORMATION

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morgan118@comcast.net

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"The golf course is the place where leaders grow up."



"It is our pleasure at Great Hope GC to support the Bayside Conference and the youth who are the future of the great game of golf".



"These kids are our future in the golf business. It gives me great satisfaction to help them out with the game of golf".



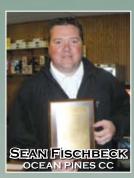
on the Eastern Shore continues to grow and producetopqualityplayers who go on to compete at the collegiate level and beyond. Every year our conference sends both male and female golfers to the State tournament, many of whom have become state champions representing the Bayside Conference with dignity and the utmost respect. success of our program would not be possible without generosity and dedication of our local golf courses who are quick to say yes when it comes to junior golf. As a small token of our appreciation for their support and dedication towards public school golf the Bayside Athletic Conference recently purchased plaques for the participating courses to proudly display in their pro shops, thanking them for their continued support. The following professionals have shown strong commitment towards high school golf in the bayside south and we are very lucky to have their endorsement every year."



"Ocean City Golf Club proudly supports the Bayside Conference!"



"Nassawango is proud to be a part of helping kids get in the game"



Pines Country Club, as well as all PGA Professionals, are huge supporters of high school golf here on the Delmarva Peninsula"



"Nutters Crossing supports the Bayside Conference and all it does in molding the future of the game".



"River Run Golf Club is happy to play a part in helping to promote the game of golf and to help provide a competitive junior golf program at the local high schools".



"We at the Hyatt are proud to support the young men and women of the Bayside Conference".



"One of the main reasons I entered the golf profession was to help young people learn the game. The Elks Club is proud to support high school golf here on the shore."



"High school golf is a huge factor in helping young men and women become well rounded individuals. I am grateful that we can play a small role in their future success".

0000 Daniella Cauth Cahadula

2009 Bayside South Schedule		
September 1	OC Golf Club	(410) 641-1779
September 3	Eagle's Landing	(410) 213-7277
September 8	The Beach Club	(410) 641-GOLF
September 10	River Run GC	(410) 641-7200
September 15	The Bay Club	(410) 641-4081
September 17	Ocean Pines CC	(410) 641-6057
September 22	Nutters Crossing	(410) 860-GOLF
September 24	Great Hope GC	(410) 651-5900
September 29	Nassawango GC	(410) 632-3114
October 1	Green Hill CC	(410) 749-5119
October 5	Hyatt/River Marsh	(410) 901-1234
October 12	Hyatt/River Marsh	• •

Bayside South Schools & Coaches		
Crisfield High	Clint Sterling	
JM Bennett High	Dean Sullivan	
Mardela High	John Mowbray	
Parkside High	Brian Hollamon	
Pocomoke High	Mary Kay Corbin	
Snow Hill High	David Hall	
Stephen Decatur	Jim Krall	
Wicomico High	Matt Marion	
Washington High	Tony Francis	

Stephen Decatur High

District VIII Co Chairman **Bayside South Director**

 $B \cdot A \cdot Y \cdot S \cdot I \cdot D \cdot E$



Jim Krall

BearTrap Papa Bear

MIKETRITAPOE: HEADGOLF PROFESSIONAL, BEARTRAP DUNES

A few of us PGA Professionals, over the years, have been accused of having a superiority complex over our amateur counterparts. I can say this as I am a PGA Professional that, over twenty years in the trenches of Country Clubs, Resorts, and Municipalities, have been blamed for ruining a few rounds of golf of my customers before they ever reached the first tee. I assume most of you have had similar experiences at one time or another, whether it is in a pro shop or anywhere else.

I had a chance to sit and talk with a local PGA Professional, and I would be surprised if I ever heard that he was accused of being arrogant, conceded, or ever ruined anyone's day of golf. Mike Tritapoe of Bear Trap Dunes in Ocean View, Delaware is one cool golf pro. As you can imagine, I have met many of my fellow PGA Professionals over my career, and I have never met a guy as outgoing and laid back as Mike. If you have a chance to visit Bear Trap Dunes, make sure you seek out Mike and just talk to him for five minutes before you tee off. I guarantee your experience at Bear Trap Dunes will be better off for it. His personality fits perfectly into a pro shop.

Mike was raised in Boonsboro, MD and first took up the game of golf as a teenager. Mike would go out with friends and beat the ball around, but never thought much of it.

After High School, Mike attended Frederick Community College where he played baseball. Mike was a good enough player to be drafted by the St. Louis Cardinals organization. In 1992, he started his professional career with a stint in Single A baseball. Mike had a friend who was the Golf Professional at Clustered Spires Golf Club in Frederick, MD. This friend first noticed that Mike had a personality custom made for the golf industry. Mike decided that his baseball career was over and took a chance on golf and accepted his first golf position at Waynesboro County Club in Waynesboro, PA in 1993.

For the first few years in the industry, Mike moved around a lot. As a kid he vacationed with his family in Ocean City, MD and really liked the area. Mike was ready to make a change and in 1994, he accepted a position with River Run where he learned under one of the PGA's best, Bob Baldessari. Mike stayed with it about a year and decided to go south with a buddy. Not knowing where they would end up, they stopped in Savannah, GA and ended up applying for golf jobs. Mike landed a job with Henderson Golf Club. His buddy wasn't so lucky and abandoned Mike in Savannah with a 12 month lease on an apartment. One year in Savannah was enough for Mike and he made the decision to get closer to home. In August of 1996 Mike accepted the Assistant Professional position at Great Hope Golf Course. In 1997, he took over as the Head Professional where he held his post until June 2003.

He took a little time off from the golf industry, but as golf can do, it eventually calls you back. In

2004, Mike joined the golf staff at The Bay Club under Rob Bailey. Mike stayed with The Bay Club until 2008, where he transferred within the company and has been at Bear Trap Dunes ever since.

If you are looking for a place where you can just hang out, play some great golf, talk a little fishing and NASCAR, Bear Trap Dunes is your place and Mike Tritapoe is the guy that can make that happen.

■BY BILLY DILLON

For the Cure

LADIES GOLF TOURNAMENT







The Women's Golf Association at Bear Trap Dunes held its Second Annual Rally for the Cure Ladies Golf Tournament on June 24th last year. The tournament had 99 lady golfers participate in an 18 hole scramble The event attracted tournament. numerous local sponsors with the Carl M. Freeman Foundation being the Host sponsor. Other sponsors participated as hole sponsors and donated gifts for raffles and silent auctions. The tournament raised not only awareness but \$25,500 for the Susan G. Komen for the Cure Foundation.

The Bear Trap Ladies will be holding their 3rd Annual Rally for the Cure Ladies Golf tournament this year on June 9th. If you would like to participate or make a contribution please contact Karen Sergison, WGA@BTD President via email ksergison@verizon.net for more information.

FROMTHePRO!



Drink some coffee, take some caffeine or drink a high energy beverage, sit back and try to stay awake.

Posture is one of the most important fundamentals in golf. Combined with grip and alignment this trio of fundamentals = your SETÜP. The importance of these things is analogous to setting up a machine to produce a gadget. Set up the machine correctly with all the gears, rollers, and conveyor belts in order, and you can bet that there's a good chance of your gadget coming out right at the end. Set the machine up poorly, and anything can happen...break down, explosion, a gadget with 2 left feet...who knows. In golf, if you set up your machine correctly, you have a much better chance of producing an appealing product (a good golf swing with good shot results).

To set up in the correct posture, first imagine that you are not stiff and terrified; you are alert and athletic...ready for action. Your setup is an active position even though there is little motion. Begin by standing straight and tall...chin up high with feet slightly wider than shoulder width. Next, flex your knees to give them some bounce...do not bend them excessively. Now the most important posture move: tilt forward (keeping your back and neck straight) until your hands (hanging straight down from your relaxed shoulders) are approximately 6 inches from your body. This posture allows your body to move and turn freely, allows your left shoulder to turn under your chin (for right handed golfers) on the back swing, allows the club to reach down to the ball naturally, allows the club to swing on plane, and allows you to swing with good athletic motion and balance. Keep your weight light and bouncy favoring the balls of your feet. Do Not sit back on your heels...Do Not lean out onto your toes...You'll fall down! If you are tall, lanky, or have poor balance, widen your stance slightly. This will give you a more stable base to work from. If you have poor flexibility (especially in your legs, knees, hips, and or ankles) turn your feet out slightly. This can allow you to turn back and through the swing without straining anything. Also, remember to widen your stance slightly as the club gets longer...you'll be making more motion and more power with the longer clubs. Use a mirror to check yourself. If you look awkward, you



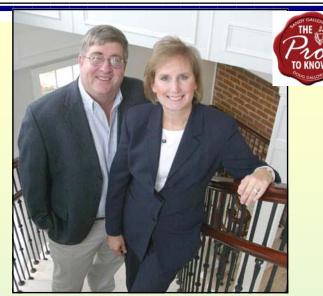




Hey, last time I gave a tip on the probably are. If you look like a Pro, you're probably ready to go into action. very boring topic of grip, and it Remember; take your stance athletically not rigidly. Try to feel comfortable got such rave reviews that I thought and ready to move in any direction. Your machine is now set up to convince I'd try another snoozer...Posture, the ball to move in any direction...hopefully the intended one!

■BY BOB BECKELMAN

Bob Beckelman's lesson rates: Adult \$50/hr., Sr. \$40/hr., Jr. \$25/hr.



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SUPERINTENDENT'S C O R N E R



ERIC SNELSIRE

PRESIDENT OF EASTERN SHORE CHAPTER OF GOLF COURSE SUPERINTENDENTS

Just ten years after graduating from Penn State University with a Turf grass Science degree, Eric's resume is a Super's dream. While at Penn State, he spent time at Congressional and Riviera Country Clubs as an intern. After graduating, he moved to Georgia to take an Assistant Golf Course Superintendent position at the huge golf complex known as REYNOLDS' PLANTATION. The Plantation is home for multiple golf courses designed by some of golf's legends like Tom Fazio, Jack Nicklas and coming soon a Pete Dye course. From here, Eric went back home to PA, where he grew up a huge Steelers Fan, and accepted another dream job at



OAKMONT COUNTRY CLUB. It sounds like a dream to be employed at a National Historic Landmark that has hosted sixteen major championships and ranked in the Top 20 in the world, but, I doubt the 100+hours of work Eric put in weekly seemed like a dream.

It is the Eastern Shore Golfers that are now benefiting from Eric's hard work and love of his craft. In 2002, THE LINKS AT LIGHTHOUSE SOUND, with its stunning beauty, lured him away from the famed OAKMONT. He accepted the Superintendent position with great pride and has been with the RUARK GOLF Family ever since. Responsible for countless improvements over his four year tenure at THE LINKS, in 2006 he was

brought to GLENRIDDLE GOLF CLUB. Eric's knowledge proved its worth while he was responsible for identifying and correcting some agronomic issues that delayed the WAR ADMIRAL COURSE from opening on time in September '06. In just nine months, Eric helped establish desirable conditions in order to open in April 2007.

Not sure where he found it but during these career advancements, he had the time to marry his college sweetheart, Jocelyn, and have three beautiful children; Hayden, 8, Ashton, 5, and Ava, 2. He also became the lead man and President of the Eastern Shore Association of Golf Course Superintendents with 200 members. Eric claims "its like a fraternity". These guys meet eight times a year to discuss various issues and consult each other with friendly advice. Their organization also finds time to give back to their communities. Last year, they donated \$10,000 to the Believe in Tomorrow Children's Foundation, a foundation that supports kids and their families facing life threatening health issues. Over the past ten years, the GCSAM has donated over \$70,000 to the Believe in Tomorrow Children's' House by the Sea on 66th street in Ocean City, MD.

Eric and the ESAGCS deserve our absolute respect for all of their hard work around the course and the great things they are doing in our community.



GOLF'SUNSEEN HERSES

Regardless of where you play golf or how skilled a player you are, the conditions of a golf course are always important for today's golfers: "The greens are too firm and fast." "That course was in great shape." "This is U.S. Open rough." Whatever the comment, the point is that golf course conditions affect our enjoyment of the game, the level of difficulty, and overall satisfaction with a facility. Increased media coverage of the game internationally has put more pressure on the golf industry to offer better and more consistent playing conditions, improve practice facilities, and offer superior customer service to golfers.

In the last thirty years, great advancements in technology and equipment have been made for both playing golf and in the world of golf course maintenance that have changed the game forever. Not long ago, golfers were putting on greens that played more like the fairways of today and bunkers that played like hazards instead of just another manicured playing surface. Much of the innovation, creativity, and advancement in this technology have been a direct result of the hard work, resourcefulness, and improved education of the golf course superintendent.

For many years, golf course superintendents were referred to as greens keepers and turf managers. Today, the role of a golf course superintendent has moved from one of apprenticeship and studied craft, to a profession with established educational programs that are offered at many universities across the country. The golf course superintendent is the person responsible for managing the labor, time, materials, and financial resources needed

to care for the turf grass and landscaped grounds on a golf course. They can manage budgets ranging from \$300,000 to \$3 million, depending on the facility.

A golf course superintendent is a jack of all trades. He manages the challenges presented by Mother Nature, ever-changing weather patterns, environments, and other influences that take effect on the playing surfaces and landscape for which the golfers interact. They must monitor the conditions of their facility and local environment through careful study, diagnosis, and treatment of disease and injury throughout the property. Their expertise must range from biology, chemistry, and plant pathology to entomology, horticulture, and agronomy. They must have knowledge of vehicle and equipment maintenance, electrical systems, operational management, and often must communicate in another language to give direction to some of their employees.

Being a professional golf course superintendent takes education, experience, hard work, dedication, and a willingness to work long hours. These individuals work weekends, holidays, and wake up early every morning to report to work before dawn so that they can prepare the golf course before the first golfers play each day.

A career in golf course management is appealing to many of us because it combines a unique combination of skills. There are few jobs that require this type of blending of scientific knowledge, communication skills, a committed work ethic, leadership abilities, and problem-solving on a daily basis. The golf course superintendent is a profession aimed at improving the game of golf and being a good steward to the environment

So remember the next time you're out there on the course: Respect the game, but also respect the course. Play with etiquette. Please always remember to: Fix your ballmarks, Replace your divots, and Rake your bunkers!

To learn more about golf course management visit www.gcsaa.org or www.esagcs.org



The Eastern Shore Association of Golf Course Superintendents

Promotes knowledge, experience and goodwill to all those involved in the care of golf courses, related turfgrass operations and affiliated industries. The ESAGCS local chapter has approximately 200 members dedicated to making your golf experience the best that it can be!

Visit our website at www.esagcs.org (410) 548-1599 or email at admin@esagcs.org

Written by:
Eric Snelsire,
President of the Eastern
Shore Chapter of Golf
Course Superintendents
Association and Director
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Golf Club in Berlin, MD.
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ems189@hotmail.com



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WOC Fitness As a physician, gym owner and member of the American College of Sports Medicine, I am frequently confronted by members and others confused about certain aspects of fitness terminology. Paramount among these is questions about "The Core". What is it and why is it important? This has been made

Pilates is named for Joseph Pilates, a German immigrant who was a gymnast and a boxer. He became interested in physical rehabilitation following physical injury. During World War I, in a British health camp, he adapted a hospital bed so patients could start to improve strength while lying on their back. This system eventually became what pilates enthusiasts now know as the Cadillac reformer. In pilates, the core is more commonly referred to as "the centering Muscles" or "the girdle of strength". These are the muscles in the center or core of the body and mostly include the abdominal muscles, muscles of the back, and pelvic floor. The concept is that by strengthening these muscles, the muscles of the upper and lower body can function more efficiently. If these muscles are weak, attempts to maintain stability and position are

more common by the increasing interest and participation in the conditioning program known as pilates.

taken on by other muscles such as the shoulders and legs which are not designed for this purpose.

There is a lot more to it than spending hours doing crunches and lifting weights. It involves practice in proper breathing, position and alignment, among others. We had so many members skeptical about how it would affect sports performance that we set up a six week program called "Pilates for Golf and Tennis". It was conducted by our main pilates instructor, Debbie Sass. Debbie also holds a level 5 certification in Yoga Fit (one of only a few in the country to attain this), which was a natural tie in. My wife (a nurse) and I measured participant flexibility before starting the program using various established parameters and monitored these results during and after the program. We were astounded at the improvement in major joints such as the hip, back and shoulder. Improvements of 25-30% were not uncommon. Some weeks later, one of our male participants, an avid golfer and 10 handicap, told us "this weekend I shot the best round of my life". A female participant, whose father is a golf pro and who has played all her life, reported the same thing-"my best round ever". While it may not make you lay like Tiger Woods (who, by the way, practices pilates), these techniques should be integrated in a training program for anyone trying to improve their game.

BY DR. PETE ZEMO

GOLF MUSCLES VS. EVERYDAY MUSCLES

There are basically two types of golf swings, body swing versus a hands swing. The hands swing is the swing that has been around since the beginning of golf. Back in the early days golf clubs were made out of hickory, and the balls were made out of feathers and hide or gutta

purcha rubber. The hickory shafts had
a lot of torque to them and the
hands and arms had to do a
lot of rotating back and
through to help get the
ball airborne. This is
known as pronation

known as pronation and supination.
So the swing was taught that your hands began the swing and your body responds to the hands. Many people

have played great golf using this method. The downside to this method is that your timing has to be very good in order to play well. Some days your rhythm and

timing is right on. Other days, well let's just say you can make a dog's breakfast of your game.

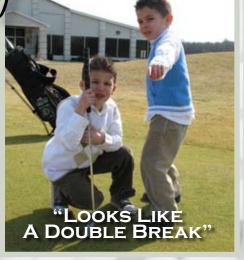
In the 1970's video and computer technology was being introduced into the studying and teaching of the golf swing. This is when golf began to become more of a body swing. You can see it in today's touring professionals. Their swings look very simple and very similar to each other. In the body swing, if you set up in a good position for impact, and simply turn your torso to carry that good position away, then turn your lower body to carry that position through impact you have very few moving parts. This results in solid contact, with a square clubface going down the target line much longer than a hands swing. The fewer moving parts you have, the more consistent you can be in your shot quality

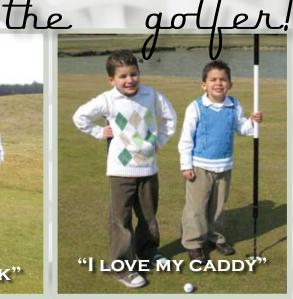
The problem is that the hands and arms are our everyday muscles. We use them to pick up things, hold things, steer the car, etc. If you want to use your body for more powerful, more

consistent golf, you must identify and use your golf muscles. These would be the large muscle in your back and torso. If you stand up, fold your arms against your chest and twist from the inside with a firmly positioned lower body, you can feel the back muscles at work. From that twisted position, feel yourself un-wind, from the ground up. Those two moves are the body swing using your big golf muscles. Your hands and arms simply go for a ride. Any extra motion from the hands and arms pulls them out of the good impact position you had at address. When playing, if you want to feel your golf muscles before playing a shot, set up and lift your arms until they are parallel to the ground. Keeping the arms in front of your chest, rotate away from the target. When you complete your backswing rotation, the arms should still be in front of your chest. Do this a couple of times and you will feel your back muscles at work. Step up to your shot and feel the same muscle group carry your arms away. The hands and arms still have a job. They don't let go of the club and they sense the motion of the club and allow it to stay on path.

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REPAIR OF DIVOTS, BALL-MARKS AND DAMAGE BY SHOES: PLAYERS SHOULD CAREFULLY REPAIR ANY DIVOT HOLES MADE BY THEM AND ANY DAMAGE TO THE PUTTING GREEN MADE BY THE IMPACT OF A BALL (WHETHER OR NOT MADE BY THE PLAYER HIMSELF). ON COMPLETION OF THE HOLE BY ALL PLAYERS IN THE GROUP, DAMAGE TO THE PUTTING GREEN CAUSED BY GOLF SHOES SHOULD BE REPAIRED.

*Source: USGA The Rules of Golf 2008-2009

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The Indian River High School golf team enjoyed a successful year last season, finishing 2nd in the Henlopen Conference South Division. Coach Paris Mitchell said, "We had a great year. We lost the Southern Division by one stroke to Seaford and we've only lost one golfer, so this year we're looking to be even better." Recently his players took time out of their busy schedules to tell us how they feel about golf, school and heroes.

Q: What is your favorite golf moment?A: When the U.S. beat the Europeans in the Ryder Cup this year. Connor Vanderhoole, 12th grade

Q: If you could play golf with anyone in the world who is not

A: Audrey Hepburn. I don't know if she can play golf, but she is my hero.

Krysta Lewis, 11th grade

A: My dad. He teaches me. Holden Wingate, 10th grade

A: When I'm not golfing, I'm usually thinking about how I can improve my golf game.

Taylor Lewis, 9th grade

Q: What do you want to do as a career?

A: I would love to be an aerospace engineer, but I also want to play on the LPGA Tour. Either job would be amazing! **Taylor Lewis**

Q: Do you want to play college golf?
A: Yes, but I want to focus more on school. **Connor Vanderhoole**

Q: What is the most embarrassing thing that has happened

A: I hit the ball sideways and hit Katie in the leg. Krysta Lewis

A: Any pro golfer. They've worked so hard to get there.

Katie Maguire

A: My grandfather. He's not anyone famous, but he's the one who takes me golfing everyday. He
Taylor Lewis He supports my golf career every step of the way.

Q: Who is your hero?
A: All of my brothers and my sister. Thomas Brady, 12th grade

A: Easy, until you let your mind get involved. **Thomas Brady**

A. a hole away

L-R: Ryan Orhclein, Thomas Brady, Krystal Lewis, Holden Wingate, Emily Paul, Patrick Ruhl, Katie Maquire, Rob Sloan, Taylor Lewis, Connor Vonderhook



Indian River High School Class of '73 Golf Open At the Bay Club

Football boosters help raise \$4150 for the IRHS football program. Without their help the program would struggle to keep the "turn no player away" motto.

Gracious efforts by IRHS '73 graduate Mike Sasada (Bunting Construction), Robert Daisey (Delaware Appliance), Alumni members Coach Jim Bunting, Les Dolby, Peggy Dolby, Karen Fabreka, Denise Kraushaar, Jack Melson, Debbie Melson, Michelle Steffens, Robert Steffens and local sponsors, help give back to the youth of the community that they grew up in.

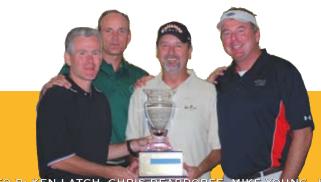
So many times students graduate high school and never go back. Not these graduates; they've embraced their alma mater and its youth. By raising money, they help Coach Bunting's team cover expenses for uniforms, workout equipment, helmets and other items the program needs to succeed. Their example will lead the way for future alumni to return home and contribute for generations to come.

Coach Bunting has helped mentor over 500 young students in his ten years at IRHS. Many times, these young men spend more time with coach and their teammates than they do at home. That's why it's so important to have good role models coaching our youth. Look for Coach Bunting's team to do well in '09 with 14 of his 22 starters returning. Thanks, Coach!

> To register or sponsor the Second Annual Tourney on September 11, 2009, please contact Robert Daisey at rdaisey@delewareappliance.com or Mike Sasada of Bunting Construction at sasada@MCHSI.com

> > ■BY RAY TARANTO





The rumor was that 84-year old PGA Pro Walt Jones, creator of The Midway Par 3 Golf and Driving Range, still plays golf six to seven days a week.

Six or seven pleasant days a week, perhaps, but surely he wouldn't be out on the morning of President's Day 2009, with temperatures hovering around 30 degrees and the wind blowing 20 mph, right?

Wrong.

"There's about 12 of us that play everyday," Jones laughed, when he finally came in off the course. "Sometimes the greens are frozen so we just go out and walk. Today we played. At my age, it's important to get outside."

For the record, Jones recorded three birdies on the round.

Born in Baltimore and raised in Chestertown, Jones said he worked for a few years in the 1950's at the famous DuPont Country Club before heading south to Sussex County where he bought a driving range and gave lessons. He said he also had a "little pitch and putt course" on the property.

In 1964 he built Old Landing Golf Course in Rehoboth, which is still in operation, where he worked until 1978. In 1980 he built his





current golf home, The Midway Par 3 Golf and Driving Range, where he says he plays the majority of his golf. His best score on the par 54 layout is a 6-under par, 48. His best rounds on full length golf courses are a pair of 66's at Shawnee Country Club and Old Landing Golf Course.

Let the record also show that he gave the 2008 Eastern Shore Golf Magazine Championships winner, Dana Cooper, his only lesson ever.

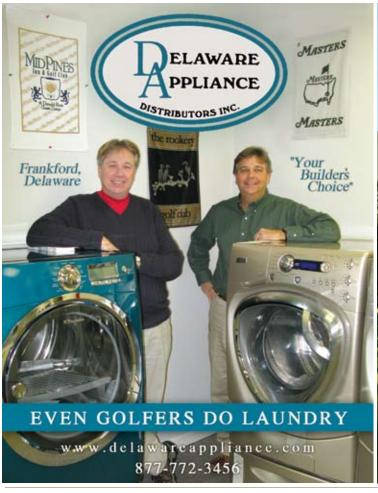
"We met him through some [masonry] work he was doing in Lewes," explained Jones. "He's a good golfer. He came over and hit some balls. I showed him a couple little things here and there. He's a fine gentleman with a nice swing."

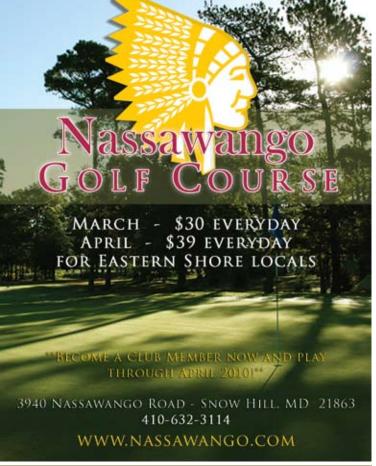
The same, of course, can be said of Jones.

"Golf has been very good to me," Jones reflected. "I have a beautiful family that I raised in this area and supported with golf. It's been wonderful to be outside all these years."

Midway Par 3 is located at 34578 Pinnacle Road in Lewes, De. For more information, visit http://www.rehoboth.com/midwaypar3/index.htm, call 302-645-7955 or email par3rick@aol.com.

BY JEFF DEAN







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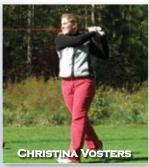
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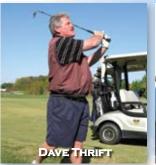
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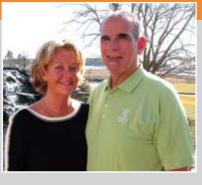
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THEY PURCHASED THEIR HOME IN 2001. THE FORMER MONOGRAM MODEL HOME IS PERFECTLY SITUATED SO THE SUN RISES AND SETS ON THEIR BACKYARD FROM EAST TO WEST. ALONG WITH PLENTY OF SUNSHINE AND THE SECOND TEE BOX, THEY HAVE AN EXCELLENT VIEW OF THE BAY. IF THAT'S NOT ENOUGH TO TAKE SOME OF THE EVERYDAY WORRIES AWAY, THEY CAN SIT ON THEIR BACK PATIO AND LISTEN TO THE BEAUTIFUL WATERFALL CASCADING DOWN SEVERAL TIERS BEFORE IT FLOWS INTO THEIR COY POND.

LIFE WASN'T ALWAYS SO TRANQUIL FOR BRUCE, AS HE WAS AN OFFENSIVE LINEMAN FOR THE DELAWARE BLUE HENS FOOTBALL TEAM, A TEAM THAT WON TWO NATIONAL TITLES IN '71 & '72. BRUCE SERVED MORE PANCAKES THAN IHOP DURING HIS TENURE AS A FOOTBALL PLAYER. A "PANCAKE" IS WHEN AN OFFENSIVE PLAYER DOMINATES THE PLAYER ACROSS THE LINE OF SCRIMMAGE TO THE POINT OF PUTTING THEM ON THEIR BACK.

BRUCE IS VERY ACTIVE WITH DELAWARE BLUE HENS ALUMNI ASSOCIATION AND SHELLEY ENJOYS SPENDING TIME WITH HER FRIENDS OF THE WICOMICO GARDEN CLUB. THE COLLEGE SWEETHEARTS WERE MARRIED IN '79 AND HAVE TWO WONDERFUL CHILDREN; THEIR TWENTY SIX YEAR OLD DAUGHTER, NIKI, AND THEIR TWENTY ONE YEAR OLD SON, BRUNO. THEY ALSO HAVE A TEN YEAR OLD LHASA APSO NAMED MURPHY. THEY HAVE MET MANY FRIENDS AT LIGHTHOUSE SOUND AND SPEAK VERY HIGHLY OF THE PRO STAFF AT THE CLUB. "HEAD PRO, JOSH ESWORTHY, AND HIS ASSISTANT SCOTT DAILY TRULY MAKE THE MEMBERS FEEL WELCOME", BRUCE SAID. "WE ABSOLUTELY LOVE IT HERE" AND YOU CAN UNDERSTAND WHY!









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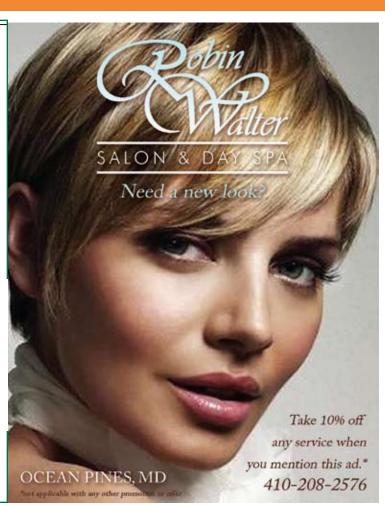
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TYSON "TY" MAYERS

When asked to share his favorite golfing moment, 15-year old Tyson "Ty" Mayers said he could pick one easily.

For two years running, he and his partner have played their way into the finals of the memberguest tournament at his home course, King's Creek Country Club. In 2007 his team finished second in a playoff, but last year, with more than 100 spectators lining the green, he drained a 60-footer for the win.

"Getting that huge ovation from the whole crowd after making that long putt was the greatest feeling I've ever had in my life," he said. "It was awesome."

Mayers, a sophomore at Worcester Preparatory School in Berlin, says he lives for the pressure of competition.

WORCESTER PREP



"I try and keep my cool, really. If I get too hyped up I usually do something stupid."

"I've basically been golfing since I could walk," he explained. "My dad (Tyson Mayers, Sr.) used to be the pro at King's Creek. He put me in my first tournament when I was three years old."

Mayers said he has also finished in the top-10 against tough competition at regional tournaments in Philadelphia and the Western Shore.

But right now he is focused on keeping his high school team at the top of the Eastern Shore Independent Athletic Conference (ESIAC). Last year they went undefeated, and this year they finished 9-1. Individually, Mayers has earned All-Conference and All-Tournament honors playing for his high school team.

"We're all very close friends," he said of his team's camaraderie.

Mayers said he is interested in playing college golf, but hasn't yet begun looking at any specific schools yet. He said he ultimately wants to get a law degree. In the spring he plays lacrosse, and in the summer, he said he's "into pretty much any water sport that involves being towed behind a boat." ■BY JEFF DEAN



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ANTHONY WILLIAMS

CANCER SURVIVOR HITS HOLE IN ONE

Many people that have never played golf actually think that it is an easy game. I can see if you were a fairly good athlete as a young adult and could play everything from football, basketball and baseball to tennis, swimming, and bowling. What would make you think that golf would be any different? How would you like to be a fairly serious amateur golfer and be in the middle of a round and your playing partner's brother, who has never played and is just along for the ride, clapped for you as your new golf ball goes sailing into the rocks nowhere near your intended target? If you are like me, I would be like OK; you get over here and see how easy it is. Now, how crazy would it make you if you then took this guy to the driving range and he hit the first three shots he ever hit directly at the 150 sign (the intended target) and he said "See, this game is easy."

Anthony Williams is the guy. Be comforted in knowing that he did shoot, according to him, about 120 in his first 18 hole regulation round. Anthony was an offshore fisherman for 20 years and tried to get his brother to go fishing with him. His brother, an avid golfer, said "I'll go fishing if you play golf." Nine years later Anthony has given up the boat and is a self professed golf fanatic. Anthony

was immediately hooked on the game and became a five handicap in about five years of playing.

Anthony resides in Southern Maryland and is a member of Old South Country Club in Lothian, MD and The Links at Lighthouse Sound in Bishopville, MD. Anthony also makes an annual pilgrimage to Hawaii. He credits these trips to Hawaii for his success in dropping his handicap so fast. Anthony started taking lessons from Rusty Hathaway, the PGA Professional at Wailea Golf

Club/Gold and Emerald courses. Anthony says of Rusty "He really taught me a lot and simplified the game."

Mr. Williams' story doesn't sound too different from many others, except for one thing. In March of 2008, Anthony started experiencing back pain. He was later diagnosed with Lymphoma in his 3rd vertebrate in his back; devastating for a golfer. As you can imagine, something like this would put a halt on anybody's life. But, when you're a golf fanatic and play as much as possible, halting your golf game because you physically can't play must be extremely difficult to deal with. Anthony

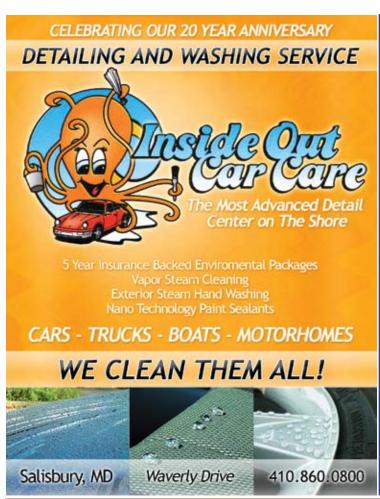


decided to fight the disease, get healthy and start chemo treatments. He completed his last chemo treatment in August.

Early last fall, with consent of his doctor, Anthony got back onto the

golf course. He started by just riding along with his playing partners. Then he started putting, then chipping and pitching. He got to a point where he would make the trip to Lighthouse Sound from Southern Maryland and go out with just a few clubs and hit the ball the best he could. Wouldn't you know it, one day in October; Anthony was playing a round with some friends and the few clubs that he could carry. They arrived at hole #5 (some say the most scenic par three in the area), pulled his 8 iron and hit, to date, his first and only Hole-in-One. Way to go Anthony! Stay in good spirits, get healthy, and play as much as you can.

■BY BILLY DILLON









BERLIN, MD 21811

Stuart Jarmon, PGA EAGLE'S LANDING GOLF CLUB'S assistant Golf Professional



At 44, Stuart got his first job at a golf course right out of high school. Ten years later, he was pretty much doing the same work and knew he had a decision to make.

"Sol decided to go through the PGA program and become a pro," the Berlin resident explained.

At the time he went through the program, At the time he went through the program, Jarmon said that entailed taking a Business I class, which he attended in Dallas, passing his player's ability test, then taking Business II and III courses, which he attended in Philadelphia. That took him three years, following by his successful completion of a written and oral examination.

"It's even harder now, I believe," he said. But all that effort paid off and he says he still enjoys his job very much, which includes everything from maintaining clubhouse inventory to scheduling to greeting players in the parking lot to giving lessons.

"We pretty much do it all, here," Jarmon said with a laugh.

He described Eagle's Landing as a challenging but fair course that is kept in very good condition. Winding through

marshlands, the course has a slew of distinctive holes, including the tough dogleg left combination of the long par-4 6th hole and the moderate-length par-5 7th hole, both of which dare the golfer to cut the corner off the tee – at the risk of going in the water.

"Our signature hole is 18, though," he said. "We call it the Beast of the East."

A short par-4, the Beast's tee-shot landing area is both small and surrounded by marsh. "People don't understand that hole at all," Jarmon said. "You can't just go up there and hit your driver. You'll put it in the marsh. I tell people to hit the same club from the 18th tee as they did from the par-3 17th tee."

Eagles Landing Golf Club is owned and operated by the Town of Ocean City, and does not have regular memberships, but Jarmon said they do offer local golfers a "Talon Club" membership. For \$179 golfers can play from Nov 1-March 31 for just the price of the cart (\$14). Walkers pay \$9 for the first ten rounds, and then it is free for each round thereafter. Talon members also get periodic discounts and specials throughout the summer.



■BY JEFF DEAN

SHORE UP! WITH THE GAME COACH

CARSON LOVETT, MA. SPORTS PSYCHOLOGY

It's Tournament time! And whether you are playing at Augusta National or in our '09 Tour on the Shore, it is no longer just you versus the golf course. As the pressure associated with competition builds, often diamonds are formed. But sometimes that pressure is overwhelming and it can burst pipes. As we ready ourselves for the competitive season we enter the sports phenomenon known as Coaction.

The presence of a competitor independently and simultaneously performing with you changes the dynamic of the sport. Constructs such as social comparison and evaluation, arousal and competitiveness converge during coaction and create a unique environment. No one will tackle me during my approach and no one will block my ball just before it drops into the cup, but it has been proven that the mere presence of a competitor can be extremely influential.

One of the earliest studies within sport psychology was an 1898 investigation that examined the results of cyclists who raced both alone and with a pacesetter. The findings suggested that all times were fastest when racers were paced and/or competing compared to simply racing against time. Coacting served to liberate latent energy not ordinarily available. Subsequent research supports the theory that performances requiring speed and power are frequently enhanced by coaction. Conversely, fine motor skills are often negatively affected.

Following this theory a golfer on tour should be aware that coacting might yield conflicting effects within a round. The liberated energy created by competition and social evaluation may increase drive distance while requiring the performer to have the ability to harness the newfound power. Equally, as one may receive beneficial feedback from watching a competitor's performance on the green, attending to task-irrelevant cues may compromise accuracy.

Just as golf is the most individual of sports, so is a performer's response to coactors. Understanding the effects of social influence on performance may increase a golfer's ability to manage the complex nature of tournament play.

THE MORAL: BE YOU!

The 2009 Mardi Gras Carnival is Presented by the Ocean City Parrot Head Club.

This year charity is for



Ed Colbert for Mardi Gras King, 2009 Benefiting Women Supporting Women

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INTERNATIONAL WOMEN'S DAY

March 6th is International Women's Day. It is a major day of global celebration for the economic, political and social achievements of women. Started in Russia as a political event, the holiday has now blended in the culture of many countries.





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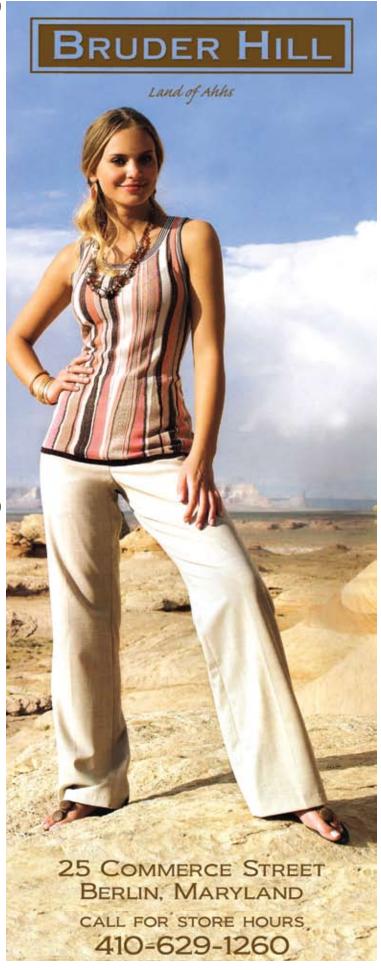
Tom Parlows

Tom Perlozzo is one of the key ingredients that helped turn Ocean City into one of the top golf destinations in the country. From the time he was hired as the Director of Parks and Recreation for the town of OC almost twenty five years ago, the OC area has been benefiting from Tom's worth. During his fourteen year tenure, he helped create EAGLES LANDING GOLF COURSE, raised close to \$750,000 hosting celebrity golf tournaments and is even responsible for introducing Bobby Vermillion to the game of golf. His celebrity tourneys turned out such greats as Johnny U, Ken Griffey, Jr., Kurt Shilling and many others, all while gaining nationwide exposure for the Ocean City golf scene.

After leaving OC Parks and Recreation, he became Chief Operating Officer for OC Golf Getaway. From 1997-2005, Tom was responsible for promoting OC golf and hotels. He had helped link the hotels to the local courses' tee sheets and watched the yearly rounds improve year after year.

Since leaving OC Golf Getaway in 2005, Tom has been working with Golf Magazine and SI doing editorial reviews and marketing. As many of you know, he has been hosting his own sports show that runs thirty minutes weekly on The Resort Guide Channel. Tom would talk sports for free if he had to but getting paid to talk sports? That's just a bonus.

BY RAY TARANTO





THE PGA GOLF MANAGEMENT PROGRAM AT THE UNIVERSITY OF MARYLAND EASTERN SHORE HAS ENROLLED SEVEN NEW STUDENTS FOR THE SPRING SEMESTER 2009. THIS BRINGS THE TOTAL NUMBER OF PROSPECTIVE PGA PROFESSIONALS AND THE INAUGURAL COHORT TO 20. THE NEWEST STUDENTS ARE:



ZACH ALLEN ELKRIDGE, MARYLAND



BRETT EMRICK SCIO, NEW YORK



DAVID NELSON PRINCESS ANNE, MARYLAND



DEVAN SCOTT DELMAR, MARYLAND



BRIAN ANDERSON WESTMINSTER, MARYLAND



ANDREW HALDEMAN SALISBURY, MARYLAND



LEWIS SCHNAUBLE WESTMINSTER, MARYLAND

PGA GOLF MANAGEMENT STUDENTS WILL COMPLETE ALL THREE LEVELS OF THE PGA EDUCATIONAL CURRICULUM, PASS A PLAYING ABILITY TEST, AND COMPLETE 16 MONTHS OF COOPERATIVE INTERNSHIP. FOR MORE INFORMATION ON THE PGA GOLF MANAGEMENT PROGRAM AT UMES, PLEASE VISIT WWW.UMES.EDU/PGM OR CALL BILLY DILLON, PGA GOLF MANAGEMENT DIRECTOR AT 410-621-1359. PGA PROFESSIONALS: THE EXPERTS IN THE GAME AND BUSINESS OF GOLF.

■BY BILLY DILLON



GOLF QUOTE:

REAL PRESSURE IN GOLF IS WHEN YOU ARE PLAYING FOR TEN DOLLARS AND YOU ONLY HAVE FIVE DOLLARS IN YOUR POCKET.

- LEE TREVINO -

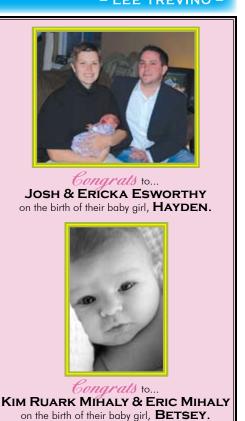
SERVICE WITH A S CHAD CRAFT Cambridge Hyatt River Marsh Golf Club RIVERSH CONTROL CHAD CRAFT Cambridge Hyatt River Marsh Colf Club

GOLF JOKE!



■BY BOB PHILLIPS

A GOLFER, IS ABOUT TO TEE OFF, AND A GREASY LITTLE SALESMAN RUNS UP TO HIM, AND YELLS, "WAIT BEFORE YOU TEE OFF. I HAVE SOME-THING REALLY AMAZING TO SHOW YOU." THE GOLFER, ANNOYED, SAYS, "WHAT IS IT". IT'S A SPECIAL GOLF BALL, YOU CAN NEVER LOOSE IT. WHAT YOU MEAN I CAN NEVER LOOSE IT, WHAT IF YOU HIT INTO THE WATER? NO PROBLEM, IT FLOATS AND SPINS TOWARD THE SHORE. WELL, WHAT IF YOU HIT INTO THE WOODS? EASY, IT EMITS A BEEP-ING SOUND AND YOU CAN FIND IT WITH YOUR EYES CLOSED. OKAY, SAYS THE GOLFER, BUT WHAT IF YOUR ROUND GOES LATE AND IT GETS NO PROBLEM, SIR, THIS GOLF BALL GLOWS IN THE DARK. I'M TELLING YOU, YOU CAN NEVER LOSE THIS GOLF BALL. THE GOLFER BUYS IT A ONCE. "JUST ONE QUESTION," HE SAYS TO THE SALESMAN, WHERE DID YOU GET IT. "I FOUND IT".





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THE EASTERN SHORE GOLF MAGAZINE IS VERY PROUD TO HAVE BAY CREEK HOST THE 2009 ESGM CHAMPIONSHIPS ON NOVEMBER 7TH & 8TH WHERE PLAYERS WILL ENJOY BOTH COURSES.

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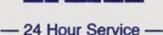
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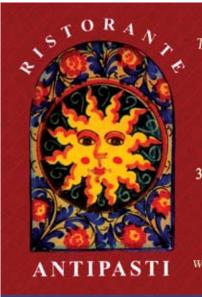




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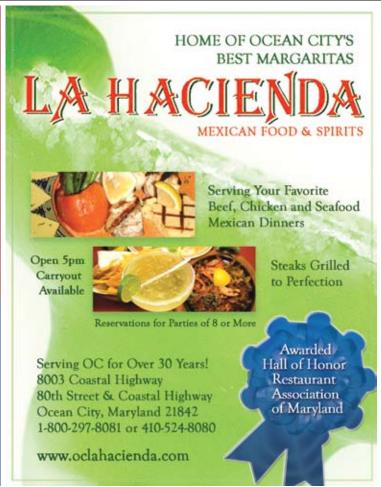
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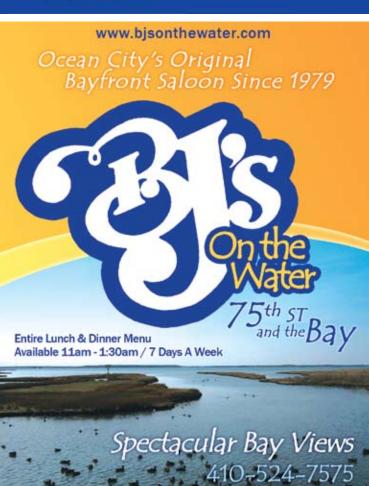


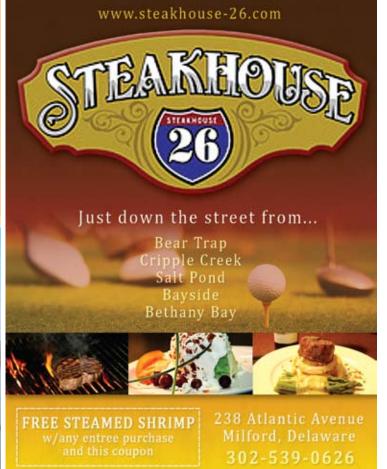
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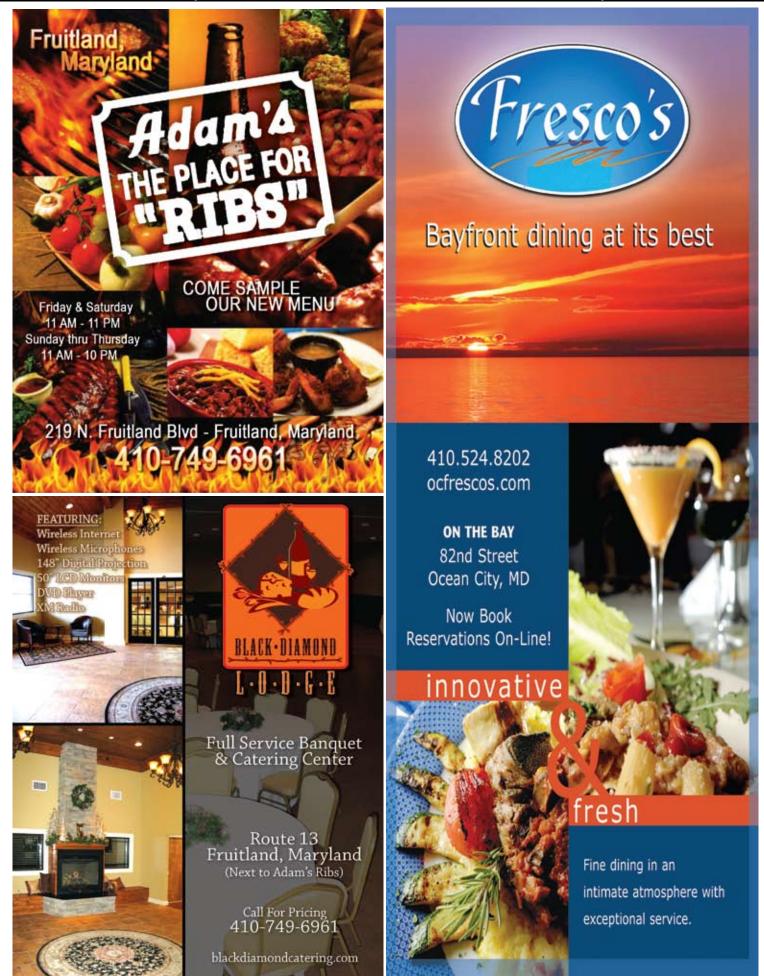
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4th Dave Thrift (Deer Run Club Champion)
5th Billy Dillon
6th Minsoo Soh
7th Bill Savage (Bay Club Club Champion)

8th **Kyle Gross**

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1st John Boston, Jr.
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3rd Eric Miller
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5th Ronnie Hudson (Deer Run Sr. Club Champion)
6th Joe Scallion
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7th Matt Gardner
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2nd Sean Young
3rd Nogiko Kertesz (Swan Point Club Champion)
4th Jeff Donahue, Sr.
5th Bob Kertesz
6th Malcolm Wagner
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