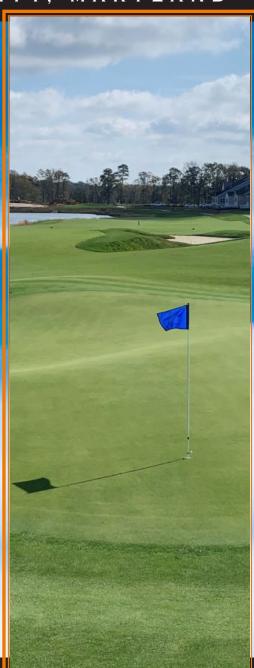
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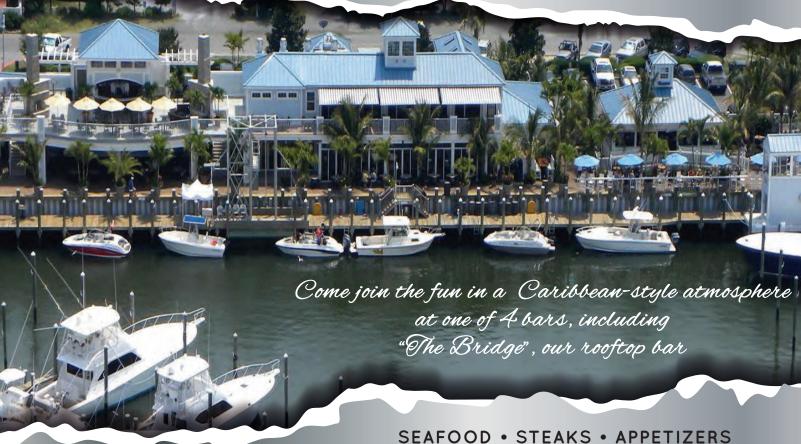


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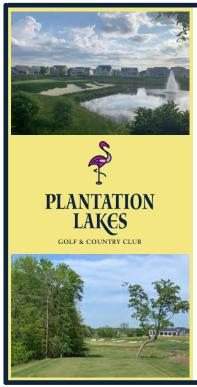


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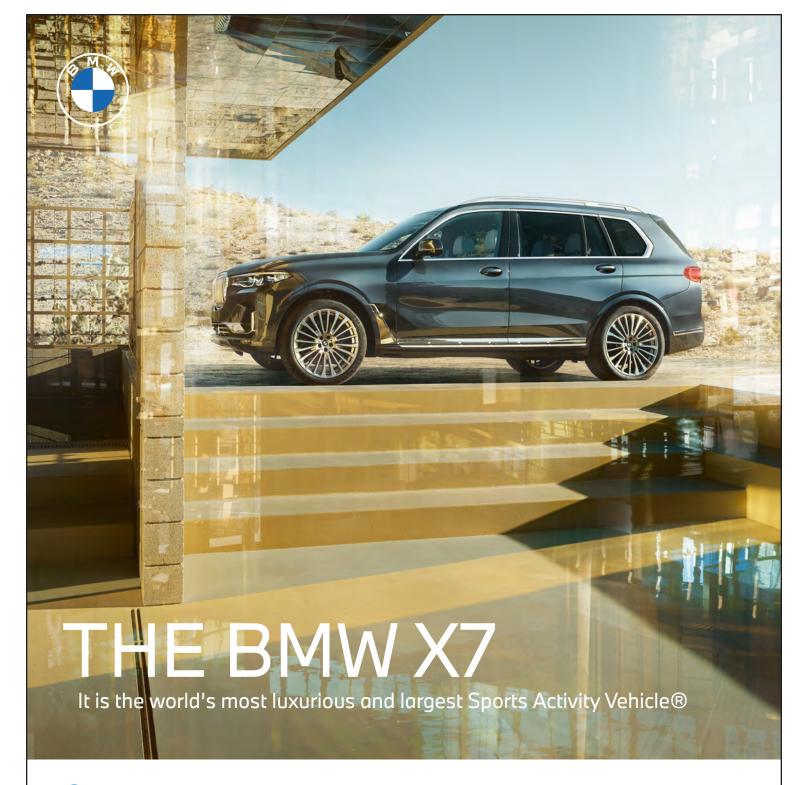






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PLAY BETTER BY DESIGN	14-15
Your Path to Par	47
by, Richard Robinson	



YOU KNOW THE DRILL	16
TOOLS OF THE TRADE	19
by, Steve Menz, PGA	



DWGA......17



GOLF JOKE + QUOTE...... 18, 43 supplied by Bob Phillips



GOLF ETIQUETTE......20



GOLF PSYCHOLOGY - SHORE UP
GET YOUR HEAD IN THE GAME......21
by, Carson Lovett, MA Sport Psychology



LPGA22-23





UNIVERSITY OF MD EASTERN SHORE PGA GOLF MANAGEMENT UPDATE ... 24

by, Langston Frazier, Contributing Writer & Dr. Christopher J. Prosser, PGA, CHE, CMAA

UNDER ARMOUR



THE JUNIOR UA TOUR 28-29,44-45



Hole-In-Ones 33





PGA TIPS FROM THE PRO......34 by, Rob McDonald, PGA



THE TOUR.UA AMATUER 40-41



DMV GOLF COURSE RECORDS...... 50



WPGA......54-55

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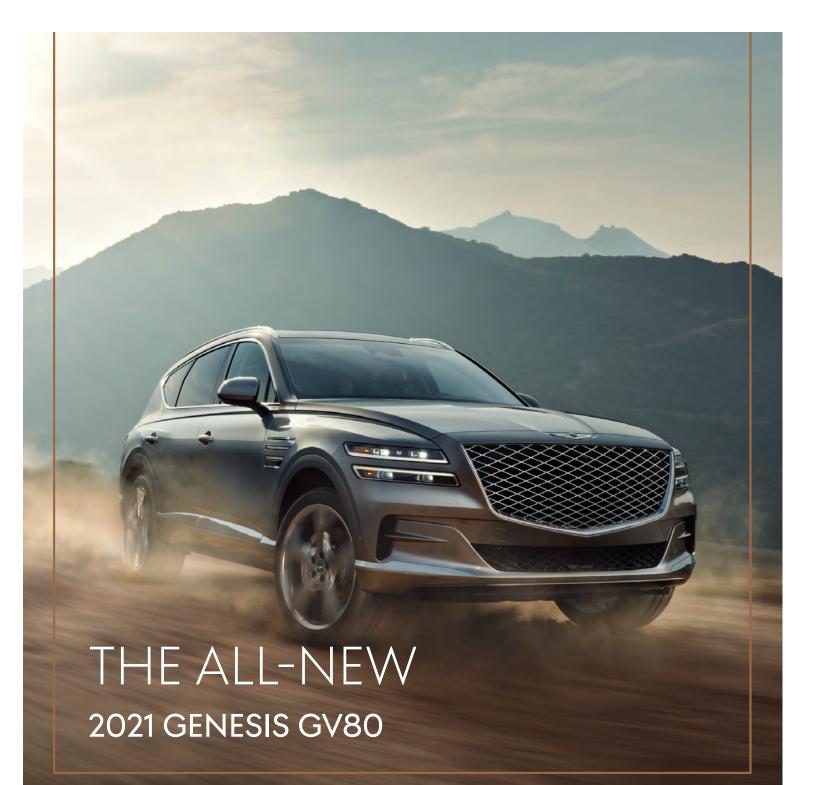
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PLAY BETTER BY DESIGN

RICHARD ROBINSON, INSTRUCTOR THE ORIGINAL GOLF SCHOOL

GREENCOMPLEX

In the starters tent, adjacent to the first tee of every tour event, is a table with several key documents: typically a list of starting times and pairings, "rules of the day", notices from the Tournament Director, score cards, and pin sheets. Scorecards are carefully controlled by the starter. The other documents are available to players and caddies if they choose to use them. Other than the scorecard, the most significant and sought after document is the pin sheet, identifying the precise location of each hole for the day. Similarly, when you arrive at most courses pin sheets are posted in the carts and your starter will tell you the pin placement for the day.

Course mapping appeals to our modern data driven mindset. It can help speed play, improve scores and score expedite decision making. The irony is that it often fails one or all of these goals. Theoretically, you know the yardage, feel the weather effect, see the target, select the club and swing. All these things could, and should, be apparent before you even reach the ball requiring only a few seconds to confirm and make the shot. Yet, tour player and weekend duffer alike, linger at the ball ruminating about their observations and calculations. Decisions delayed, doubt enhanced, play slowed. Knowing precise distance is very important relative to your skill. Distance determination is linked to the ability to execute distance control. Everyone can benefit and develop skill within 50 yards of the pin. But as we progress to 100, 125,150,175 yards away and beyond, the ability to land a shot within 5 or 10 yards of our intended range diminishes.

Perhaps the great Gary Player's advise is best heeded: "Intuition above all reason". In the winds and rolling fairways of true links courses, yardage becomes irrelevant. The joy and challenge of such places is the immediacy and uniqueness of each moment. Golf as an art form rather than the quest for robotic consistency in the desperate battle to be affirmed by a mere number. There is a joy and reward in playing by feel and judgement that is diminished by striving for stereotypical standards and expectations to match clubs and yardages. This aspect of golf applies from tee to green, but is most apparent the closer we approach the hole.

There is a fundamental principle of "links" play that can enhance your fun and lower your scores even on "target" golf courses. It is "keep the ball below the hole on all approaches". It is a principle that has guided the best course designers and best players throughout golf history.

Robert Trent Jones believed "green contours are the last defense of the cup and of par. They represent hazards as much as bunkers and rough." This notion both preceded and followed RTJ's career. Contours are a distinctive challenges from tee to green on all true links courses. Donald Ross placed high value on the ability to play long iron approaches and chipping. His designs typically feature crowned greens requiring and rewarding the player who can judge and execute shots that bounce and roll to the hole, as exemplified at Pinehurst #2. Dr. Alister MacKensie challenged judgement and perception with large multilevel greens evident at Augusta National and Passatiempo. Nicklaus and Pete Dye designs feature large greens that can be described as two or more "adjacent small greens". Rees Jones embraces his fathers view of contours and similar to Nicklaus adds a quadrant concept. A shot into the correct quadrant offers a one putt possibility, the "wrong" quadrant is haunted by the specter of 3 putts. These design philosophies share the fundamental principle that the goal of every golf shot should be to make the next one easier. The easiest shot in golf is a short straight uphill putt. It should be the last shot you make on each hole. Unless you are fortunate to be gifted with making a low probability approach, pitch, chip, or curving putt. Such serendipities are the fun, gift and art of the game to be cherished and enjoyed when and if they occur, otherwise play uphill into the hole.

Eastern shore golf offers a variety of challenging designs. Appreciating the differences and similarities of courses designed by Robert Trent Jones, Arthur Hills, Pete and P.B. Dye, Gary Player, Jack Nicklaus, and Rick Jacobson, can increase your enjoyment of the game and skill in playing it. It can even create connections to the history and diversity that make golf a special experience. Consider Joel Weiman's Man O' War course at Glen Riddle. It offers a true "link" to great courses in Scotland and Ireland's evidenced is the attached photos.

MAN O' WAR GLEN RIDDLE, OCEAN CITY MD



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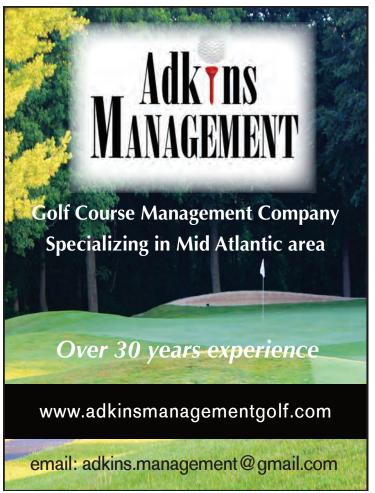
BY STEVE MENZ

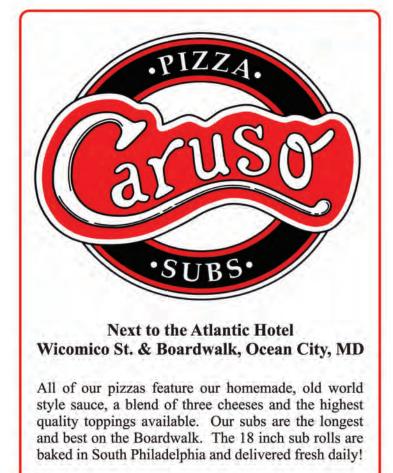


"PERFECT BALL STRIKING USING A WALL + A CHAIR"

Here is a drill that will stop early extension and flipping. Early extension is when your hips will move towards the ball during the swing causing you to stand up, lose spine angle and flip in the golf swing. You can do this drill anywhere, no clubs are necessary. Simple grab a chair and go stand by the wall. When you take your address posture rest your head against the wall and your backside against the back of the chair. Rotate you torso or core in the backswing keeping your right glute against the chair and your head touching the wall. Then rotate forward immediately trying to put you left glute back on the chair while keeping your head touching the wall through the follow through. This drill will cure early extension.

Now you know the drill!







Delaware Women's Golf Association

"Founded in 1962, with the mission to promote interest in amateur golf for women and junior girls in the State of Delaware and surrounding areas."

2021 TOURNAMENTS

Bash to the Beach Tournament May 17 @ Bear Trap Dunes &

May 18 @ Kings Creek Country Club

Senior Women's Amateur Championship June 1 & 2 @ Cripple Creek Country Club

Solheim Cup June 17 @ Heritage Shores

Amateur Championship July 12 & 13 @ Rock Manor

DeLaWarr Blue & Gold August 23 @ Deerfield Country Club

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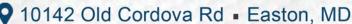




GOLF QUOTE

"IF YOU CAN'T OUTPLAY THEM, **OUTWORK THEM!"** ~ BEN HOGAN













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TOOLS OF THE TRADE BY STEVE MENZ



"DON'T KEEP YOUR HEAD DOWN"

If you have ever played the game of golf someone has told you to keep your head down. This is the most cringeworthy of unsolicited advice that you can receive. If only I had a nickel for every time I heard someone say "I looked up" or "Keep you head down" directly after a poor shot. Please, please stop saying these phrases. More often than not the poor result can be attributed to poor weight transfer among other things but rarely the fault of your head. Your head does play a critical roll throughout the golf swing. While it's a good idea to keep your head still, you certainly don't want to keep it down through the swing. Your head is the center of gravity in the swing and your rear acts as the head's counter balance. It's a good idea to keep your head high at address so that your shoulders can rotate freely under your chin. Keeping your head down encourages tucking your chin into your chest

and leads to shoulder turn restriction and usually some swaying in the back swing. Keeping your head down through the swing also detracts from the natural rotation of the head to the target through the swing. Many of the top players in the world have a little head rotation towards the target either just before or at impact, Annika Sorenstam and David Duval are a couple former "Number One in the World's" that were actually looking at the target when they made impact. More often than not trying to keep your head down will lead to fatted shots and slices and a very unnatural body rotation and movement. So the next time you hear someone giving this type of golf advice just let it go in one ear and out the other and go find your local PGA or Teaching Professional to get to the root of the contact issue. Until then keep your head high, better golf is coming your way!



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*Source: USGA The Rules of Golf













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RESORT GOLF CLUB

SHORE UP! WITH THE GAME COACH

CARSON LOVETT, MA SPORT PSYCHOLOGY

One of the most common reasons leisure and professional golfers seek direction from Peak Performance Coaches and Sport Psychologists is to manage Competitive Anxiety. The challenge for a beginner to develop a repeatable swing can be as unnerving as teeing off at Augusta can be for a PGA Tour veteran. Researchers agree that success at every level of development greatly depends on the athletes' ability to identify and perform at the optimal level of Arousal.

A universally accepted theory of Arousal that specifically applies to the game of golf is the Inverted-U Theory. In general, as we become more aroused our performance improves but only to a critical juncture; increased arousal beyond that point will diminish performance. When teeing off, the level of arousal needed to reach the fairway is often greater than that which is needed to tap in from two feet. Being over-stimulated or under-stimulated in either situation may yield undesirable results. The key to success is learning to accept the symptoms of anxiety as a necessary part of the game, and developing an understanding of what the optimal arousal level feels like for each of golf's complexities.

When performing at the optimal arousal level or within the Functional Zone, golfers have described a heightened touch and feel for of the club, a relaxed mind, narrowed focus, and a sense of confidence that allows them to use their intuition. The Game Coach will assist the athlete in determining task-specific optimal arousal zones and identifying performance enhancement techniques that place the golfer into the proper mind frame during skill acquisition and competition; at that point, the golfer can realize and utilize anxiety's power to facilitate performance.

THE MORAL: BALANCE IS THE KEY.

For more information on The Effects of Play on Performance and other studies, Contact: golfnews@easternshoregolf.net

F O R E the

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LPGA EASTERN SHORE



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Alessage from Bonnie Patrick

PRESIDENT, LPGA AMATEUR GOLF ASSOCIATION EASTERN SHORE MD/DE



"We take pride in periodically recognizing our volunteer Board members. This month we highlight the efforts of Robin Higgins, our Records Director. Robin has served as a Board member for the past three years. Here is a brief description of Robin's vast experience, countless talents, and overall responsibilities."

Robin joined the LPGA Amateurs Eastern Shore MD/DE Chapter in 2017 after retiring and relocating to Ocean City, MD in 2015. Robin was born and raised in Baltimore, MD, attending Towson University. She majored in Business Administration, while working at The Rouse Company (developer of Columbia MD) as a marketing intern. It was there that Robin learned about marketing research, event planning, sponsorship fundraising, and myriad skills that would serve her well during her 40-year career at Rouse (directing marketing for over 35 shopping centers), as well as a fundraising executive at the University of MD, Baltimore, and the MD Institute College of Art. Robin also served as a Trustee for Notre Dame Prep and Towson University, among others, where she chaired major fundraising initiatives.

Robin developed her love for the game of golf at the Baltimore Country Club where "she caught the bug" and continues to enjoy playing golf there with her family as a "non-resident" member. Robin became a Chapter Board member in 2018. As our Records Director, she manages our Chapter's Board meeting agendas, monthly Board minutes, and communications with the LPGA Amateurs National Organization. Robin also was the Sponsorship Chair of our successful Pink Ribbon Golf Tournament. Through her tireless efforts, we contributed over \$75,000 to the American Cancer Society in 2018 and 2019. She steps down from her current role this year and is looking forward to enjoying her family and five beautiful grandchildren (including 3-year-old triplets) this summer at the beach.

We are incredibly grateful to Robin for sharing her expertise in marketing research and planning, and passion for sponsorship fundraising. She has played an exemplary leadership role in our Chapter's successful transition to the LPGA Amateur Golf Association Eastern Shore MD/DE.

Thank you, Robin!

2021 KICK-OFF!

WE ARE EXCITED TO ANNOUNCE OUR **2021 SEASON KICK-OFF!** April 18th @ Bear Trap Dunes.

Registration and new member sign up will begin at 12pm. We will be offering an outdoor only event with a boxed lunch, player gift bag, and either a 2- hour clinic or a 9- hole shotgun scramble.

Please refer to our website to register for this exciting event. Hope to see all of you there. Register a friend and bring her along as your guest for a day of fun.

We are offering 4SPRINGCLINICS

for our Eastern Shore chapter members to begin to brush up on their skills for the season.

See our website for info and details on signing up.

www.lpgaamateurseshore.com

2021 CALENDAR OF EVENTS

APRIL

- 5TH Spring Clinic | Ocean City Golf Club with Bret Marshall | Mondays@11:00 a.m. Contact Bret Marshall | bretmarshallpga.@yahoo.com | to be added to his weekly email.
- Spring Clinic | Lighthouse Sound with Frank Laber | Fridays@10:00 a.m.

 Contact Frank Laber at allworldgolf@aol.com to be added to his weekly email list.
- 18[™] Annual Kickoff | Bear Trap Dunes | 12:00 a.m. Registration
- **19**TH League Registration begins online.
- 29TH Annual | Pre-Season Captains Shotgun Golf/Lunch/Meeting | @11:00 a.m.

JUNE

- 7TH Official League Play (for purpose of prizes) begins.
- **10**TH New Member | Golf/Orientation/Dinner | @ (TBD -OC Resorts 3:00 pm.)
- **24**TH "New & Chew" | @ Bear Trap Dunes | (TBD-rules, etiquette presentation for new golfers)

UMESUPDATE!



PGA Golf Management Program

Every January, for the last 12 years, the students and faculty of the University of Maryland Eastern Shore's PGA Golf Management Program head south to loosen the rust off our golf swings and attend the PGA Merchandise Show. However, this year was a little different because the PGA Show was held virtually. On January 25th, the PGA Show opened with an equipment Virtual Product Preview Day where every manufacturer provided a link to view their products to the virtual attendees. Many students spent the day watching their computer screens with new product launches and informational sessions on new technologies. Every leading manufacturer highlighted their equipment, including drivers, fairway woods, hybrids, irons, wedges, and putters. This is nothing new for students since much of the world has gone virtual, including classes, since early March of 2020 due to the ongoing COVID-19 pandemic.

January 26th through 29th launched the virtual platform for the students and faculty of the PGM Program to catch up with the latest topics relating to golf management or partake in educational seminars from the golf industries leading experts on teaching, playing, and management of golf courses.

Throughout the show, one of the more exciting keynote speeches was conducted by Tom Morton, PGA Professional, the Director of Player Development for Morton Golf. His lecture titled "How to Educate Parents to Better Support Young Golfers" focused on providing instruction from qualified PGA Professionals, encouraging playing together as a family, not expecting your son/daughter to have perfect technique, providing a social outlet to practice. For instance, on a PGA Junior League Team with friends and having properly fit golf clubs to play. This unique experience is invaluable to our PGM students and faculty, which, even in the year of COVID-19, were able to gain valuable knowledge from "attending" the PGA Show. It often opens the eyes of those that attend to new possibilities in the field and provides truly unique settings for industry networking.

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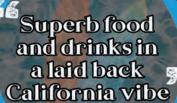
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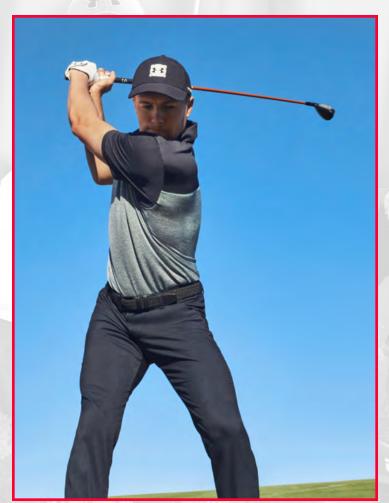


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Players may register no later than match #2

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National Championship tournaments will conclude the SPRING and FALL seasons. Please select "NATIONAL CHAMPIONSHIP" tab for more information.

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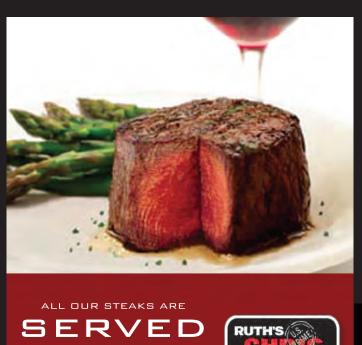


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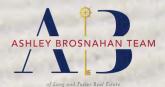






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HOLE-IN-ONES





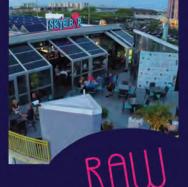
LORI PHILLIPS
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March 27, 2021.
Hole #11 @ Green Hill CC.
8 Iron from the Gold Tees
101 yards.



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Hole #8. 102 yards.









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TIPS FROM THE PRO

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By Rob McDonald

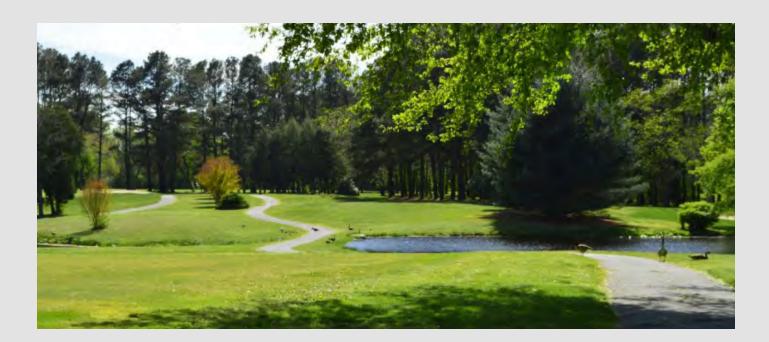
I've mentioned in the past that your enjoyment level on the golf course is directly related to your expectation level. If you are only able to play one time per month and never practice, but expect to play like a tour pro, your enjoyment level might be very low. You need to have realistic expectations. If you think you should be making pars but can't get on the greens in regulation, you will have a difficult time achieving that goal. If you haven't heard the term "Getting on in regulation" in means the following: Allowing for two putts once on the green for par, the amount of shots it takes to get there. So, on a par 3 your first shot would be on the green and two putts would give you a par. A par 4, you second shot would be on the green and on a par 5, the third shot.

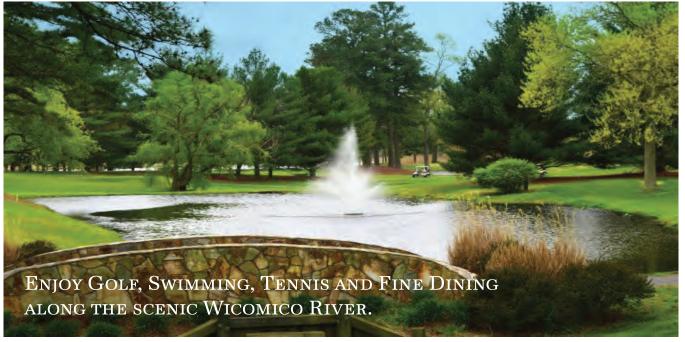
Par is a standard of excellence on the golf course. It is what an expert would shoot on a hole. If you can't get on most of the greens in regulation, you should come up with your own personal par. You want to look at the holes on your course and look at how many strokes it typically takes you to reach the green on each hole. Then, allowing two putts, add that to the number of strokes it typically takes and that's your personal par for that hole.

You don't have to be a higher handicap player for this to benefit you. Low handicap players can look at the course and use this idea to help score lower. Any hole where you have a wedge to the green, subtract a half-stroke from the par of that hole. You should be making more birdies on those holes. If there are par fives where you often get on in two shots, you can subtract one shot from par. Doing this will help you think in terms of lower scores.

Now if you have your personal par set, you have a lot less pressure to try and reach the standard of excellence for experts. If you enjoy yourself more on the course, you will tend to score better. As you become a better player, you can adjust your personal par.

On a similar note, if you are not getting on the greens in regulation, maybe you are playing from the wrong tee boxes. Move up to the tees that will allow you to hit more greens in regulation. Don't let your ego get in the way. That's why we have several tee boxes from which to choose. After all, it is supposed to be about fun!

















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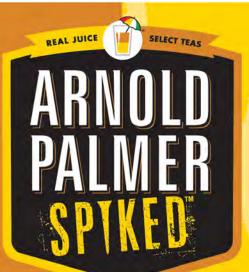






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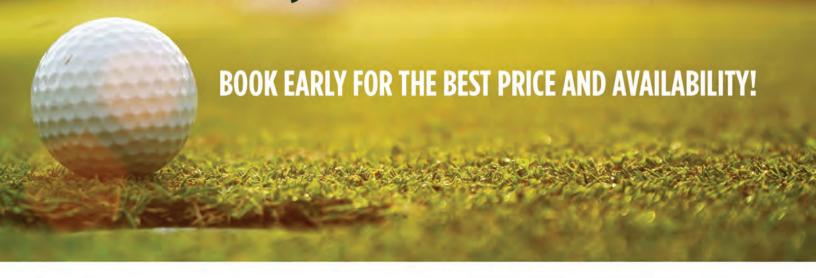


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An old school debate is whether golf is a sport or a game. Modern golf is definitely a sport at the elite level. Golfers train like athletes and exhibit high levels of fitness. Design of clubs, balls, course conditions, collectively diminish variability and enhance a players consistency. The modern golfer athlete expects good shots to be rewarded with predictable results. Golf should be fair. Force and spin should be predictable on a consistent playing surface, like tennis. When tour players "go low", especially on courses like Augusta or Pebble Beach, it usually corresponds to low winds an wet course conditions. Soft turf equals less bounce and more predictability. Conversely, if conditions are dry, firm fairways and greens make the game hard in every sense of the word. On courses like Pinehurst#2 or Shinnecock, scores rise and the cry of "unfair" becomes a mantra for players and press. Yet, such challenges require and reward the creative player with the skill and insight to adapt, persevere, and overcome the inevitable "bad bounce" and even recognize the opportunity to create a "good bounce". In my opinion, playing the green slopes is Tiger Woods' greatest skill and has been most evident in his Master's victories.

Keeping your approaches below the hole makes the next shot easier. Yet, sometimes a shot is intentionally played above and beyond the hole to let the slope, not spin, roll you into position. One tournament player shot, that recreational golfers often seek to emulate, is the high spin wedge that "backs up" after landing. The correct combination of technique, ball, and club grooves are necessary to effect this shot consistently. The question to ask: is it worth using, rather than a bounce and roll, or drop and stop shot?

Bob Tway's miraculous bunker shot to edge Greg Norman in the 1986 PGA is well remembered. What is often forgotten is Norman and Tway were tied going into the 18th. Tway drove in the rough, and put his second in a green side bunker. Norman's tee shot was in the center of the fairway and his approach hit the green within one putt distance. Norman's shot apparently close to the pin was a dramatic pressure shot. A possible one putt birdie or even a two putt par, would likely give Norman the championship. Tway would do well to get up and down for par, but faced the real possibility of a bogey from the bunker. Except for two unexpected consequences. Norman's high spin approach landed close to the pin, but it spun back down a slope and off the green. Tway sinks the bunker shot. Norman chips passed the hole and misses the downhill comeback putt.

A simple approach to green side shots is to select a safe landing zone of 3 to 5 feet on the green and through practice develop the skill to fly the ball into this zone and let the ball roll to the hole. The skill is to learn to judge the rollout and to select a club that flights the ball to the landing zone with a comfortable and consistent swing. Is important to note your personal impact position creates an effective loft that may differ from the clubs designed



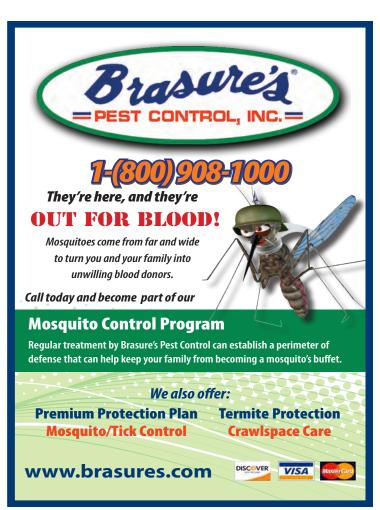
loft. Some players modify their set up and impact to play all shots with a favorite wedge. Others, use different clubs for each situation. Experimenting with different clubs to find your most comfortable and confident method is often more useful that striving to match suggested pitch and roll formulas. This is a feel shot more than a mechanical one, and being comfortable with your choice is more important than contrived calculations. The real secret is the need to practice your preferred technique, so you focus on the target not the method.

Approaches from farther out in the fairway, invite a low trajectory run up shot. Again it takes practice to learn your distances and roll out, but very useful at courses like Lighthouse Sound, Glen Riddle, and Rum Pointe, especially on windy days. Often mischaracterized as an aggressive "punch" the run up shot requires a smooth paced swing that accelerates through the ball with a low follow imparting minimal spin. This shot is fun and effective if the fairways are firm. But soft fairways, longer grass, and any bunkering will require an airborne attack.

Lighthouse Sound #6 is a classic example of approach options. From the center an right side or the fairway a run up shot is a perfect choice. From the left side of the fairway the bunkers demand a lofted approach. This hole along the shoreline is frequently played in strong crosswinds. The green contours slope down from the center of the green to the front and severely to the left in the rear quadrant of the green. Spin shots short of the middle of the green are likely to spin back off the green. Past the middle of the green spin shots will land on a down slope, thus eliminating backspin causing the ball to run off the green. If you are forced to play over the green side bunker, the diagonal line of approach, left front to right rear, offers a flatter landing zone. Slopes may divert you right or left, but the shot will not likely to be deflected off the green.

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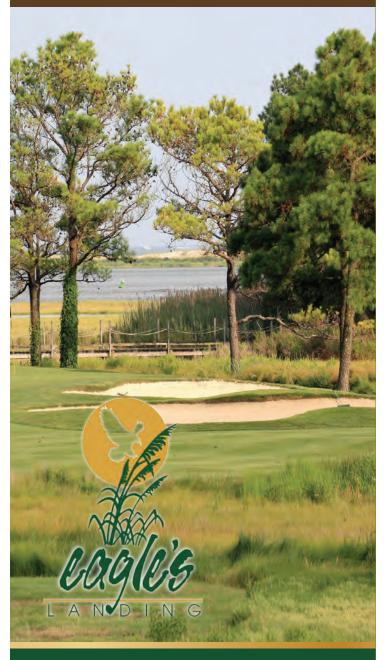


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