

## Quotes of The Month:

It's amazing how a golfer who never helps out around the house will replace his divots, repair his ball marks, and rake his sand traps - My Bride

If your opponent has trouble remembering whether he shot a six or a seven, he probably shot an eight (or worse). - Unknown

2009 Golfer of the Year  
**Mike Franz**

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Miss 43% of your fairways and score 6 under par	2
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It's Good to be Green.  
**Or is it?**

Did you where green last week? Can't say that I am a big fan of St. Patty and his big day. I am a bigger fan of decisions that make things happen rather than colors or superstitions that give you the "hope" strategy. And I am not immune to superstitions. You'll never see me wearing white shoes when I want to win a golf tournament. Ball markers and tees must always be placed in the left pocket. But these superstitions are more about a routine and making decisions for success rather than thinking a lucky rabbits foot is going to make my day. (Not so lucky for the rabbit by the way).

Hogan famously said "I'd rather be lucky than good." It was a comment in jest. He knew deep down that luck is a fallacy and is more a result of good decisions.

**Why not try your luck?**  
I am hosting a Tiger Woods is Back Contest.

Simply pick what place Tiger will finish at this years Masters. Send your guess to info@grandrapidsgolflesson.com along with his total score for the tournament as tie-breaker #1 and the golfer that will finish closest to him as tie-breaker #2.

## Shorts in March-

The golf courses opened up last week and there were golfers all across Grand Rapids flocking to their favorite green acres. Some even came out in shorts. Sheesh! One thing most of these golfers had in common was the fact that they went out to play unprepared. They did not work with their golf coach before the season opening round — they did not prepare themselves for the physical abuse golf puts on their bodies — they did not mentally prepare themselves for the extensive focus required for the day. No, most of them went out to "dust off the clubs and test their luck". But not my renegade golfers. They

have been working on their swing mechanics at the indoor studio this winter — they have been working on their golf fitness with the likes of this months guest columnist — they have been working on their mental game with experts such as Dr. Eddie O'Connor. They have been doing what Tiger is doing to prepare for the Masters (except for the therapy part). Tiger is not going to go to Augusta carrying a rabbits foot or eating Lucky Charms. He isn't singing Gaelic Poems down Magnolia Lane. No, he has been hard at work with his coach Hank Haney, his fitness coaches, his sports psychologist and making sure he is fully prepared. No dusting of clubs required.

There has been a lot written lately about the "bad luck" going on in our world. As Lee Milteer says, "There are no victims, only volunteers." I dedicate this months issue to wishing my renegade golfers NO LUCK at all. Rather,

**If he didn't hit it close,  
he made a 24 footer!**

GOOD DECISIONS, for there is no such thing as bad luck, only bad decisions.

## Better Golf Instruction-

How to shoot 66 hooking the ball off the planet. Ernie Els won last weeks CA Championship struggling with a hook. Here's a shot by shot review of how he did it in the fourth round with the key shot on each hole in bold:

Round 4 Stats  
Driving Accuracy 57%  
Driving Distance 307.0  
Puts per Round 26  
Putts per GIR 1.615  
Greens in REG 72%  
Sand Saves 100%

Hole 1: 268 yards down left side of fairway. 246 yard 2<sup>nd</sup> shot to green-side bunker. **Bunker shot to 4 feet.** 4ft for birdie 4

Hole 2: **277 yard drive down left side of fairway.** 129 yards to 10 ft. 2 putt for par 4

Hole 3: 327 yard drive down the right side of fairway. 89 yards to 9 ft. **9ft for birdie 3**

Hole 4: **223 yards to 8 ft.** 8 ft. for birdie 2.

Hole 5: **253 yards to left side of fairway.** 135 yards to 14 ft. 2 putt for par 4

Hole 6: 301 yards to left rough. 135 yards missed green to right. **Chipped to 3 ft.** 3 ft. for par 4

Hole 7: 270 yards to left fairway bunker. 176 yards to 41 ft. **first putt to 2 ft.** 2ft for par 4

Hole 8: **327 yards to left side of fairway.** 219 yards to 31 ft. first putt to 2 ft. 2ft for birdie 4.

Hole 9: 178 yards to 28 ft. **1<sup>st</sup> putt to 1 ft.** 1 ft. for par 3.

Hole 10: 215 yards to left side of fairway. 258 yards to right fairway bunker. 62 yards to 32 ft. **1<sup>st</sup> putt to 1 ft.** 1ft. For par 5

Hole 11: 234 yards to right rough. 154 yards to short left of green. **Chip to 2ft.** 2ft for par 4.

Hole 12: 287 yards to right fairway. 257 yards to left 1<sup>st</sup> cut of rough. **59 yards to 3 ft.** 3ft. for birdie 4

Hole 13: 181 yards to fairway in front of green. **Pitch to 4 ft.** 4ft for par 3.

Hole 14: 241 yards to left rough. 137 yards to left rough. 74 yards to 24 ft. **24 ft. for par 4.**

Hole 15: 158 yards to bunker over green. **12 yards to inches.** Par 3.

Hole 16: **300 yards to left rough.** 45 yards to 12 ft. 2 putts for par.

Hole 17: 324 to right fairway. **70 yards to 5 ft.** 5ft for birdie 3.

Hole 18: 302 to right rough. 172 yards to 75 ft. **first putt to 2 ft.** 2 ft for par 4.

**The takeaways, I think, are obvious—but still, not enough golfers pay them serious heed:**

Els missed 43% of the fairways. Yet never made a bogey. How do you do that? Well, if you are going to miss fairways, HIT IT LONG, CHIP IT CLOSE & MAKE A LOT OF PUTTS!!

Els capitalized on every opportunity. If he hit it close he made the putt (hence the 1.615 putts per green in regulation) If he missed the green he chipped it close (only one putt for par over 4 ft) If he didn't hit it close, he made a 24 footer (hole 14)

Lesson #1 Don't worry about missing half your fairways. Hit a few and hit it long.

Lesson #2 Focus on your putting and chipping until you can hit 26 or less putts in a round

## Want To Hit The Ball Better/Farther...Stretch!

There are 2 things that are so very apparent now after four years of working with all levels and ages of golfers. One is that they want to hit the ball farther down the fairway or they want to get the distance back they once had. And two, a very simple way to achieve this is . . . stretch.

A fairly easy way to improve swing efficiency and gain a few more yards down the fairway is to stretch. Stretching tight muscles will allow for a greater range of motion and that, in turn, can set the stage for more club head speed. More club head speed, as we all know, is one of the key ingredients to distance.

Which muscles to stretch? There seems to be some commonalities among most golfers as it relates to limited mobility. Some of these common areas can play a significant role in robbing the body's ability to efficiently swing a golf club. These areas include: tight internal hip rotators, limited shoulder rotation, tight chest muscles, and limited mid-back range of motion, to name a few.

You can find the rest of the article and stretches at

<http://www.golfitcarolina.com/articles/58-internal-hip-rotation.html>

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by Bob Forman. Bob is a Certified Golf Fitness Instructor through the Titleist Performance Institute and Flexor motor learning program.



### Schedule update

April 13th- Group Programs start April 13th and schedules have been released for Family Fun Night, Coaching Sessions and Ladies Golf Extravaganza. Check the blog at <http://seif-pro.wordpress.com/2009/01/09/2010-group-sessions/> for details.

Golf School with Top 50 in the World Golf Instructor Gary Wiren- July 31st, one day golf school. Call for details.

## Birthday Winner

This month's birthday winner is David Fernstrum. David wins a free coaching session. Have an April birthday? Please submit the day and month to [info@grandrapidsgolflesson.com](mailto:info@grandrapidsgolflesson.com) for contest eligibility.

## April Fools Day

Send Personalized Handwritten April Fools Day cards on April 1st for less than \$1 in under 60 seconds. Just like Grandma sends 'em. Go to [www.sendoutcards.com/pgatour](http://www.sendoutcards.com/pgatour) and click on "Click here to send a card" and I will buy your first card and pay for the postage! Follow Kode Bateman's audio instructions.

## Fitness on the Go

For your benefit I have asked Fitness Coach Kendra Bylsma of Allegro Coaching to be this month's guest columnist and give tips on how to stay fit on your spring break. As a bonus to this month's guest column, Golf Improvement Members will receive \$25 off their first in-home personal training session, which includes a complete fitness assessment and goal analysis. Upgrade to a golf improvement membership to receive this gift.

It's easy to allow your upcoming vacation or business trip to sabotage your fitness program, but with a little planning and the right tools, you can create an easy-to-follow plan to stay healthy no matter where you travel! Plus, you'll come home feeling more healthy and energized than when you left!

Here are a few tips on how to stay active on the road:

- Do your research. Are there walking or hiking trails easily accessible within your destination? Does the hotel have a workout facility, pool or affiliation with a local gym that you can use?
- If your hotel does not offer fitness accommodations, bring along a jump rope and an exercise tube. They are both lightweight and easy to transport. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere. Just 10 minutes can burn up to 200 calories!
- With the exercise tube, you

can keep your entire body toned and energized without stepping on a piece of exercise equipment. For a pre-planned, easy to follow routine, visit [www.allegrocoaching.com](http://www.allegrocoaching.com) and request the "Travel Workout" via email.

- Body-weight exercises that work many muscles at one time, or total body exercises, are key when traveling. Push-ups or walking lunges with shoulder presses require no equipment at all and activate more muscles, including your core.
- Schedule it and treat this time as non-negotiable. Aim to exercise every other day when traveling, even if it's only 20 minutes. It keeps you on track and energized for your days on the road.

Whether your trip is for business or vacation, remember that you should have some time for yourself every day. Why not dedicate that time to improving your health and making yourself feel better? For more great tips and exercise programs, please contact [Kendra@allegrocoaching.com](mailto:Kendra@allegrocoaching.com).

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