



THE COACH APPROACH

Wisconsin High School Golf Coaches Association Newsletter

January 1991

Issue 1

High School golfers need a 'mental' approach to make the most of their ability in the game

by Lee Kaczmarek

High school golfers need to be taught to "look for ways to create opportunities and make the most of their ability", (p.5) according to Dr. Robert Rotella, sports psychologist at the University of Virginia. It is our responsibility as coaches to educate our youngsters to think positively so they can play up to their ability level. How to help a team play up to it's ability is the focus of this article.

How often we have heard former golfers say that if only they could come back and play high school golf with the knowledge and confidence they now possess at age 23 or 25, etc. While as coaches we cannot expect our 16, 17, and 18 year olds to think and play as if they were 25, we can get them to play several years beyond their age by properly preparing their mental attitudes so failure does not defeat them and success does not inhibit future success. The key is to somehow be able to transfer the confidence of 25 year olds into our high school players. This really involves an infusion of positive thinking into our players so they can set higher goals and live up to their potential.

A big difference between those who live up to their potential

and those who do not has less to do with the environment they were brought up in, "rather it is the aspects of the environment which a person chooses to focus attention on which makes the difference. The ability for perceiving our world in a way that creates excitement, energy, and positive motivation and therefore creates personal success, is called learned effectiveness". (p.5) This ability is really positive thinking. It involves being able to accept failure, learn from the mistakes and improve oneself. It requires a self confident attitude that recognizes failures in yourself and a willingness to work at limiting those failures so more success is the result.

On the golf course successful shotmaking is made much easier if the golfer can see the shot in his or her mind before swinging the club. At the simplest level, a beginner will hit ground balls until they learn some proper swing techniques and through practice they become accustomed to hitting the ball in the air. Seeing a golf ball hit into the air once or twice will not allow the golfer to picture the shot going up before it is hit, but 200 practice shots airborne will encourage the player to practice the shot going up before it is hit.

On a far more advanced

level, the experienced player will picture the complete ball flight including trajectory, the curvature, draw or fade, of the shot and it's landing area before beginning the shot. The ability to picture a complete shot requires an extensive amount of practice so the golfer can develop the confidence that he or she can hit the shot under tournament conditions.

When you allow golfers to play nine holes for their practice, they will hit 20-30 shots and take 15-20 putts. This is accomplished in 2-2 1/4 hours. On the practice range during the same time, a golfer could hit 150 full shots and 75-100 putts. Which practice method more easily and quickly allows your players to see the shot before they swing? Practice on the course should occur just often enough so you can see if shotmaking techniques developed on the practice range are being carried over to the golf course.

Once the golfer is confident that the swing on the course is the same as the practice range, then the player will be more confident that he or she can duplicate the correct shots under tournament competition. However, beating balls on the practice range just for the sake of beating balls accomplishes little. At all practice sessions there needs to be one or more

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Mental approach continued

ideas for each player to focus on. Ideally, these focus points should differ from player to player depending on the strengths and weaknesses of each golfer.

Your job as the coach is to determine these strengths and weaknesses and establish practice sessions that will be most beneficial to each player. You need to make accurate assessments of weaknesses and strength which can only be done by watching the golfers under actual tournament competition. Just listening to the golfer's description of his or her round can easily lead to an incorrect diagnosis. For example, a golfer may complain of many three putts, but what is the cause? Is it a poor putting stroke, a lack of confidence in his or her ability to convert short putts or poor iron play resulting in many 30, 40 or 50 foot putts? Accurate assessments are best made through on course visualization by the coach coupled with a detailed written report compiled by the player after the completed round. It is therefore, absolutely necessary for each coach, if he or she is really interested in helping their player, to be on the course watching and analyzing each golfer to determine their strengths and weaknesses.

In your discussions with the players after a round, DO NOT let players focus on their weakness for a long period of time. Many golfers, especially high school golfers, look for excuses for poor play. Here is where you can be an effective coach. Remember "learned effectiveness". Get your players to recognize poor shots as part of the game but to recognize that through proper practice they can reduce poor shotmaking and improve their overall play. "Athletes who are effective have learned to look at their failures as nothing to be afraid of, but as opportunities to learn more about themselves, which helps them improve and become stronger."(p.7)

Several years ago I had a player who claimed to hit 6 or 7

greens every nine holes, but 21 or 22 putts always prevented him from playing well. This player used poor putting as an excuse, a built in excuse to play poorly. Sometimes he seemed to actually miss putts on purpose so that his scoring would be just good enough to play in the top five, but not good enough so that others would expect good scoring from him. This player chose to focus his attention on the negative aspects of his environment. His attitude was like a cancer, spreading to a couple of the other players as well.

A coach needs to weed out players who always dwell on negatives and either change their thinking through personal one on one talks, or to eliminate them from the team if they cannot or will not change. "The bottom line is that if you want to make it, you have to decide that you are going to perceive your environment, those things which are going to allow you and help you to get where you want to be." (p.9)

Dr. Rotella indicates that in order for athletes to discover and achieve their true potential they need to do three things:

1. "You must begin by developing a specific set of attitudes towards yourself and your athletic ability. You must begin with an openness to change and a willingness to move forward in a growth oriented direction. This is an absolute necessity if you are going to make progress from one day to the next.

2. You are going to need a level of involvement with your sport that perhaps you have not felt prior to this time.

3. You must start believing that you have the ability to take control of your success both inside and outside of sport." (p.6)

Coaches, you need to instill in your players and attitude where they will "get excited about overcoming the obstacles standing in their way." (p.6) Get them to develop role models in golf. They need to "focus on other athletes accurately. Analyze then honestly learn what skills they have that you do not have

so that you can begin developing those same skills." (p.6) Quoted material comes from Dr. Robert Rotella's book Introduction to Sport Psychology packet #6107.

GIRLS FALL INVITATIONAL TOURNAMENT RESULTS

APPLETON INVITE

Team Results

1. Fond du Lac 380, 2. Madison Edgewood 385, 3. Sheboygan 393, 4. Watertown 395, 5. Appleton West 398, 6. Nicolet and Madison East 399, 8. Notre Dame Academy 407, 9. Madison Memorial 411, 10. Sun Prairie 424, 11. Oconomowoc 426, 12. Madison La Follette 427, 13. Madison West 440, 14. Appleton West II 442, 15. Brookfield Central 457, 16. Oconto Falls 466, 17. Waukesha South 495.

Individual Results

1. Shelly Wendels, Fond du Lac, 81; 2. Dana Tzakis, Madison West, 83; 3. Erika Brown, Madison LaFollette, 84; 4. Heather Graff, Notre Dame Academy, 86; 5. Carolina Sanchez, Notre Dame Academy and Brandy Ferdinand, Madison Edgewood 87; 7. Melissa Sucher, Nicolet and Tamie Busby, Divine Savior Holy Angel, 88; 9. Christa Morrone, Watertown and Darby Schnarr, Madison Memorial 89..

Madison Invite Team Results

1. Madison Edgewood 370, 2. Divine Savior 394, 3. Fond du Lac 397, 4. Sheboygan and Madison Memorial 402, 6. Watertown 403, 7. Homestead 404, 8. Madison West 414, 9. Appleton West 419, 10. Mukwonago and Oconomowoc 420, 12. Madison East 423, 13. Madison LaFollette 438, 14. Delavan 441, 15. Cuba City 445, 16. Sun Prairie 446, 17. Whitewater 455, 18. Milton 480, 19. Waukesha South 494, 20. Lancaster 506, and 21. Darlington 577.

DECISION, DECISIONS, DECISIONS

A LOOK AT THE RULES

By Chuck Menzel

Q: During play of a hole, a player plays a stroke with a plastic ball before putting his ball in play. Is he in breach of rule 7-2?

A: Yes (Decision 7-2/4)

Q: A player makes a practice swing in the rough and dislodges a concealed ball. Is there any penalty?

A: No. Since the player had no intention of striking the concealed ball, his swing remained a practice swing and was not a stroke. (Decision 7-2/7)

Q: In a 36 hole stroke-play competition held over two consecutive days, a competitor immediately after holing out at the 18th hole of the first round, plays a practice putt on the 18th green. Is the competitor disqualified under rule 7-1b for practicing on the course between rounds.

A: No. Rule 7-2 permits practice putting or chipping on or near the putting green of the hole last played between the play of two holes. It follows that the same privilege applies immediately after completion of the last hole of the round, even though technically such practice would be between rounds, not during the round. Rule 7-1b would apply; however, if a competitor, after holing out at the 18th hole, left the course and later returned and played a practice putt on the 18th green. (Decision 7-2/8)

Q: While waiting to play to the green, a player drops a ball on the fairway and strikes it several times with his putter. When questioned, he states that he is not practicing but is "killing time". What is the ruling?

A: The player is in breach of Rules 7-2. Penalty: Two strokes. (Decision 7-2/2)

Q: A tumble-weed blowing across the course strikes a ball at rest and knocks it into the hole. What is the procedure?

A: A tumble-weed is an outside agency, even though the wind moved it. Rule 18-1 applies and the ball must be replaced without penalty. Decision 18-1/6)

Q: While play is suspended the wind moves a ball. Since the wind is not considered an outside agency and therefore rule 18-1 does not apply, must the golfer play the ball from its new position?

A: No, it must be replaced. Rule 33-2d states in part: "When play had been temporarily suspended, it shall be resumed from where it was discontinued. This overrides provisions under which the result would be different. If the exact original spot cannot be determined, the ball should be replaced as follows: In a hazard, the ball should be dropped in the hazard as near as possible to the original spot, but no nearer the hole. Anywhere else on the course, the ball should be placed as near as possible to the original spot, but not nearer the hole or in a hazard. (Decision 18-1/11)

Q: May a player lay his golf bag parallel to the line of his putt to shield the line from the wind?

A: No. It would be a breach of Rule 1-2. "Exerting Influence on Ball." The player would be penalized two strokes in stroke play, and would lose the hole in match play. (Decision 1-2/2)

Q: A player drops a towel on the ground. The wind blows it into the player's ball, moving it. What is the ruling?

A: The player's equipment is considered to have moved the ball. The player incurs a penalty stroke and must replace the ball to its original spot. (Decision 18-2a/17)

Where are they now?

Coaches report on current status of former players around the state

Jim Pejka- Hayward '90- makes Badger starting five

Jim Pejka, a graduate of Hayward High School in 1990 became the only freshman of 14 to qualify for the Badgers starting five.

His first tournament at Cog Hill in Illinois saw him shoot 78, 78, 88. His 78's were counted both days, as they were the fourth best scores shot out of the five Badger players.

Purdue hosted the second tournament where Jim shot 76, 72, 72. His second round 72 tied on the Badgers and his second round 72 tied for first on the team. The Badgers won the Purdue Invitational and finished second at Cog Hill.

Jim was also scheduled to play in the Houston Invitational held over the Thanksgiving weekend as a result of his second place tie with Mario Tiziani in the team's 54 hole qualifier.

Watertown's Greg Hinze finishes Marquette career

According to high school coach Ernie Niemann, Greg Hinze was the most talented golfer he has worked with in his 22 years of teaching,

Greg was the number 1 varsity player at Watertown for four years. He was a three time MVP and three time state qualifier finishing in a tie for 12th place with Steve Stricker his junior year.

Greg recently finished a fine career at Marquette as a 4 year

varsity player. Twice he was selected as MVP and served as captain at Marquette for a year.

Greg graduated with a BS degree in Business Administration and is currently working at a bank in Milwaukee.

Homestead's 1987 Girls championship team scattered all over the world

Homestead coach Jim Noltner reports that the five young ladies on the state championship team of 1987 are busying all over the world.

KRISTIN TODD-after graduating from Homestead, Kristin spent a year on an AFS scholarship in Finland. After returning, she enrolled at Lawrence University. She is majoring in foreign policy and Russian. She may be studying in Russia next summer.

SANDY SCANDRETT-after graduation, Sandy enrolled at Rollins College in Winter Park, FL and became a member of the golf team and has been very successful at this level. She is studying to become an elementary teacher.

SHANNON FARRELL- is attending Tulane University in New Orleans and is majoring in International Affairs. This year she is attending the University of Madrid, Madrid, Spain on an exchange program through Tulane.

LYNNE TARROLLY- attended the University of Wisconsin-Madison upon graduation. She was involved with the golf team that year. This year she received a grant to study in Fredrichshafen, West Germany. Upon completion of her year in Europe, she plans to return to

UW-Madison.

BETH CRIVELLO- Beth graduated from high school in June of 1989 so this is her first year at the college level. She is presently attending the Milwaukee School of Art and Design. However, her plans are to transfer to Marquette University in the future.

Milton's Tim DeSormeau active as a club professional

Tim played golf at Milton High School where he lettered four years and lead his team to three conference championships as was a state qualifier as a senior.

After high school Tim went to Ferris State and received a degree in Professional Golf Management. He worked as an assistant at P.G.A. Nationals, in Florida, and then at The Loxahatchee Club also in Florida.

Tim became the head professional in March of 1988. The Loxahatchee is currently ranked 81st by Golf Digest in America's top 100 courses.

He has been involved with the golf games of Jack Nicklaus, Greg Norman and Beth Daniel and appeared on Jack's second video "Golf My Way Two". Tim has also appeared on the national T.V. show "Inside Golf".

Tim is presently changing positions to another top private club and his goal is to continue to serve the golf membership in a manner that will enhance their golf game.

Letters**Plaque to winning coaches
much appreciated**

Dear coaches,

I'm writing to thank the Golf Coaches Association for the beautiful plaque that I was presented for coaching the Madison Edgewood Boys Golf Team to the W.I.S.A.A. state golf championship this past fall.

After an exciting state tournament for our team and myself what better way to cap the season off than to be recognized by my fellow coaches for our success.

This is an excellent tradition that will give due recognition to our dedicated boys and girls coaches as well as increasing the visibility of our Golf Coaches Association.

Thanks again!

Steve Hird
Madison Edgewood
Boys Golf Coach

The Coach Approach is the official publication of the Wisconsin High School Golf Coaches Association. Editor is Len Friede, Port Washington High School, 427 West Jackson Street, Port Washington, WI. 53074. The newsletter is printed by the Village Printer, Saukville, WI.

Articles and letters from members as well as non-members are welcome. Publication dates are Jan. 1, April 1, and July 1. Please submit articles and letters at least three weeks in advance.

10 great putting drills for high school golf teams to use

1. To develop a proper straight back-straight through stroke for putts of four feet or shorter use putting rails or two golf clubs set just far enough apart on the green to allow the putter to move back and forth without touching either rail or club. The clubs set just off the toe and heel of the putter will tell the golfer if he or she is taking the club inside or outside the correct line.
2. For developing more control over the putting stroke have your golfers practice putt with their left hand only.
3. If you have golfers whose left wrist breaks down on the forward motion, have them practice with a cross-handed grip. It will stop that breakdown.
4. For putts where the ball is up against the fringe, have your players use a sand wedge, holding the club about 3/4" off the ground so the ball will be struck in the center. Use your regular putting grip and stroke.
5. Using a carpenter's chalk line, mark the green from a spot where the players will putt from to the hole and then have the players try to follow the chalk line into the hole.
6. To develop target awareness when putting, have the young golfers look at the hole when practice putting.
7. To develop a consistent putting touch, have your players putt three balls, one after the other, with their eyes closed. The goal is to hit all three balls the same distance without looking up to see where each has gone. Look at the balls position only after they all have been hit.
8. To teach the difference between uphill and downhill or sidehill putts, put eight balls in a circle around the cup each equidistant from the cup. By putting each in rotation from all sides of the cup, youngsters will learn to recognize the different kinds of putts.
9. Another method of teaching pupils how to hit breaking putts is to put two tees about two feet apart on the high side of a breaking putt, and ask the golfer to hit the ball between the tees and into the hole. As the player's touch and feel for the break improves, place the tees closer together which will require more skill. The end result should be a made putt, not just hitting the ball between two tees.
10. To develop a great putting touch on longer putts, have your players putt to the opposite edge of the green, trying not to hit the ball off the green. Use this drill from different distances.

Marquette season provides experience for future

Eight young men provided the basis of this year's Marquette varsity golf team. Dave Mantey, Bob Eldridge, Greg Hinze, Kevin Powers, Dan Hefle, Kevin Flynn, Kevin Kramp, and Chad Van Bell each played a role in the Marquette season.

The season began with the UW-Green Bay Invitational at Fox Hills National course. Marquette finished 6th out of 13 teams with a score of 810. Dan Hefle tied for second medalist with rounds of 77/75. Next came the Northern Iowa Invite where the team finished 18 out of 18 with Greg Hinze leading the squad with 314, and was closely followed by Kevin Powers with 316. In their third meet, the Warriors traveled to the UW-Whitewater where they finished 6 out of 12 teams. Dave Mantey was team medalist with a 79. Hinze and Powers shot 80.

The first part of October the team participated in the Twin Cities Golf Classic finishing 10 out of 18 schools. Mantey tied for sixth individually with a 159. The Saluki Invite in Southern Illinois, the team was 6 out of 9 schools with Powers, Hefle, and Kevin Kramp shooting 238. At the Midwestern Collegiate Championships, Marquette finished 3rd with Hinze leading the way with a 154, Mantey shot 155, Hefle and Kramp 159, and Powers shot 160. At the final meet, Marquette finished 12 out of 18 at the Bradly Fall Classic with Hefle leading

GIRLS ALL-STATE TEAM 1990

FIRST TEAM

ERIKA BROWN, (12) Madison La Follette; DARBY SCHNARR, (11) Madison Memorial; DANA TZAKIS, (12), Madison West; SHELLY WENDELS, (12) Fond Du Lac Goodrich; BETN WORZELLA, (12), West Bend East.

SECOND TEAM

BRANDY FERDIANAND, (11) Madison Edgewood; KIM GRADE (10), Hayward; BROOKE KRAUSE, (9) Watertown; JACKIE TYLER, (11) , Appleton East; SARA SIMMS, (12), Madison Edgewood.

HONORABLE MENTION

JAMIE BUSBY, (10), Divine Savior/Holy Angels; AMBER CRADDOCK, (12) Racine Case; JAMIE DEWULF, (11) Homestead; KATIE LOCKREM, (10), Racine Horlick; CHRISTA MORRONE, (12), Watertown; AMY PALMGREN, (10), Racine Horlick

1990 Girls' State Golf Meet-Lake Arrowhead Golf Course

TEAM RESULTS

1. La Crosse Central (776), 2. Appleton East (791), 3. Madison Memorial (793), 4. Sheboygan (806), 5. Madison East (821), 6. Nicolet (823), 7. Rice Lake (826) 8. Appleton West (836), 9. Mukwonago (851), 10. Racine Horlick (864).

INDIVIDUAL RESULTS

1. ERIKA BROWN, Madison LaFollette, (159); 2. DANA TZAKIS, Madison West, (161) and BETH WORZELLA, West Bend East, (161); 4. SHELLY WENDELS, Fond du Lac, (164); 5. DARBY SCHNARR, Madison Memorial, (169); 6. KERI SAWVELL, Prairie du Chien, (173); 7. KIM GRADE, Hayward, (174), and MOLLY JACOBSON, Cumberland, (174).

Madison Edgewood wins WISAA crown; Erkmanis earns individual title

WISAA STATE TOURNAMENT 1990 TEAM RESULTS

1. Madison Edgewood (647) 2. Green Bay Notre Dame (665) 3. Appleton Xavier and Milwaukee Marquette (667), 5. Racine St. Catherine's (669), 6. Milwaukee Pius Xi and Beaver Dam Wayland Academy (680), 8. Fond du Lac St. Mary's Springs (699), 9. La Crosse Aquinas (710).

INDIVIDUAL RESULTS

1. AIVARS ERKMANIS, Greendale Martin Luther, (152); 2. DAVE ROESCH, Whitefish Bay Dominican, (154); 3. SCOTT MIREK, Madison Edgewood (4-5, 2nd hole playoff) (158); 4. ANDY PODOLAK, Racine St. Catherine's, (158); 5. MATT MORGAN, Milwaukee Marquette, (159) ; 6. MARK PETERSON, Milwaukee Marquette, (160); 6. CHRIS CAULUM, Madison Edgewood, (160); 6. MATT KEIL, Beaver Dam Wayland, (160); 9. BEN VERHAAGH, Green Bay Notre Dame, (163); 10. ALEX RUDOLF, Appleton Xavier, (164); MARK WILSON, Wisconsin Lutheran of Milwaukee, (164); and JOELLYN ERDMANN, Appleton Xavier, (164)



from left to right: Junior Chris Caulum, Junior Mike Hayes, Coach Steve Hird, Senior Scott Mirek, Junior Jeff Metro, and Senior Sterve Sosnowski-Madison Edgewood's 1990 team.

Register now for the
**Wisconsin High School Golf Coaches
Association's
Spring Coaches Clinic**

**February 22, 1991
Madison Edgewood High School
Time: 8:45-3:45**

Cost: WWSGCA members \$22.00 Non-members \$30.00

Speakers will include: UW-Madison's Men's and Women's Coach Dennis Tiziani
WSGA Director Gene Haas
Golf Equipment Expert Bob Burns
A surprise Golf Course Designer with a National reputation

Clinic fee includes: coffee, rolls, lunch and soft seating

**I am looking forward to being a part of the WWSGCA Spring Clinic. Reserve a
spot for me on February 22 at Madison Edgewood High School**

Name _____

High School _____

Enclosed is my check for \$22 member _____ Non-member \$30 _____

Please mail checks and applications to:

**Lee Kaczmarek
401 E. Roberta
Waukesha, WI 53186**
