



The Coach Approach

The Newsletter of the Wisconsin High School Golf Coaches Association

Volume V II Issue 2

April 1993

Slow Spring doesn't Slow WHSGCA

Dear Coaches,

Will spring ever come to WISCONSIN??? We certainly have had a LONG winter.

Spring may be off to a slow start, but your WHSGCA has had a great start to the new year.

Our spring clinic was a huge success. Many of the members of our association were in attendance at our spring clinic. DeDe Owens, our featured clinician, did an excellent job sharing her knowledge of all aspects of the game.

DeDe enjoyed her interaction with our coaches. From the evaluations we received, many coaches felt this was the best golf clinic they ever attended.

On Saturday, March 20 our WHSGCA board of directors met at Cherokee C.C. Please read the board minutes provided for you in this Coach Approach.

As usual, this was a productive meeting. Several items of note:

A resignation letter was received from Kent Wichman. We certainly appreciate the time and talent Kent has given to our association over the last year. T. J. Dieck requested to continue on the board as treasurer, but eliminate his district responsibilities. Also, Don Marx resigned from his position as Second Vice President. Because of the above requests, several changes have been made on the board of directors.

At our June meeting last year, a questionnaire was given to the coaches in attendance inquiring about their

desire and availability to join our board of directors. After looking at this list of coaches, Bob Schweder of Princeton HS was selected to represent District 9 and Ulrich Adam, Union Grove HS was selected to represent District 6. Also, the board of directors voted Lee Kaczmarek, Waukesha South HS, to assume the Second Vice President vacancy if no other board member was interested.

We are always grateful when coaches volunteer to serve on our board of directors. Monetary compensation is not given for serving on the board, but the fact that you are helping to promote and increase junior golf in Wisconsin is compensation and reward in itself!!

In other board action, several unique ideas were mentioned concerning the use of monies in our treasury to help promote junior golf. The monies we have in our treasury are mainly generated from the sale of GMO tickets.

Our awards committee presented to the board of people nominated for our various awards. Those receiving recognition this year are:

COACHES HALL OF FAME:

Erv Benka, Hartford
Andy LaBarbera, Marinette
Mert Wulf

PGA AWARD

Steve Howe, Ridegway C.C.,
Neenah

FRIEND OF GOLF

Preston Hiestand, Princeton
Richard Mulder, Coulee Golf Bowl
Tom Schmidt family, Countryside
G.C., Kaukauna

If the person you nominated did not receive an award and you feel they are deserving, please resubmit their name for the following year. If you know of others in your community who have contributed to the success of junior golf, please nominate them.

For the first time, these recipients will be invited to our June summer clinic where they will be honored for their dedication and continued support of our junior golf program in Wisconsin. Congratulations to those receiving these honors.

Reminder to nominate your outstanding golfers for the All State playing and academic teams. Last year, thanks to our coaches and the

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A Level Playing Field?

by: **Dave Blake, Hayward**

Are the Northern Wisconsin golf programs at a disadvantage? If our only criteria is based on length of an outdoor season, and appropriate weather conditions, then a strong case could be made verifying the fact. The Northern Wisconsin golf coach has numerous resources and opportunities to improve and level the playing field.

Before we can capitalize on our opportunities, we must decide what is the goal, as the head golf coach, for our team and our individual team members. Is our goal one that creates a large golf team with many participants enjoying and learning the game? Or is it a win/loss objective featuring our top ten or twelve players with the top six individuals receiving a majority of your attention? It is important to realize that success is based on our personal objectives. Once our goals are set, it is time for us to provide our team members with the tools.

Talk to your school librarian or local librarian and ask them to consider expanding the golf collection with books and tapes you recommend. You

will find that the faculty and community will also appreciate this service, as well as your players.

Set up an indoor work station in the gym, stage area, or local golf club with nets and mats featuring full swing, pitching, chipping and putting. Acquaint your players with the mental game (hand-outs and tapes), and explain what cybervision and positive mental reinforcement can do for them when swinging a club isn't possible.

A coach must be a recruiter and to focus on conditioned athletes from winter programs is a must. Hockey, basketball, and swimming programs can provide much needed talent and an esprit de corps mentality which will foster a strong competitive team.

As coaches, we must be willing to further our education by attendance and participation in golf clinics, taking lessons from a professional and any other self help possibilities so we can better provide our team with constructive information. Is your middle school or high school providing a golf class in its phy ed program? If it isn't, change it. Golf begins for your young men and women long before high school and we must do all we can to see that our

youngsters have a junior golf program accessible to them and that they are made aware of any and all junior events during the summer in their area, with transportation available when families can't provide it. The driving range, school property or city park should be our catch up area. We should spend our first 3-5 days out doors at the range covering all aspects of the game. Create a natural progression of the golf swing mentally. Start with the putting, chipping, pitching and finally the full swing. The putting stroke is a small golf swing, chipping is an enlarged putting stroke, pitching lengthens the chipping stroke to a maximum of a 3 o'clock to 9 o'clock position. From that position, your full swing will find its foundation and fundamentals. Develop accuracy, touch and discipline (pre-shot routine and proper club and shot selection) on the range early and insure these qualities carry over into the full swing.

This article should provide you with some ideas that will help to extend the length of your players golf season and to make us better coaches.

Twenty Five Years of Golf Coaching Wisconsin's Young Adults

25 Years of Coaching

Name _____ Total years coaching golf _____

Home phone: _____

School _____ Years _____

School _____ Years _____

School _____ Years _____

Present school address:

School _____

Address _____

City _____ Zip _____

Principal _____

Mail to:

T. J. Dieck
114 W. High Street
Milton, WI 53563

Congratulations to the following coaches for having given 25 or more years of service to their community as golf coach.

- Ted Devine- Ashwaubenon
- Singh Grewal- Sparta
- Joe Harlow- Kewaskum
- Bob Johnson- Fond du Lac
- Lee Kaczmarek- Waukesha South
- Leo Kerschitz- Union Grove
- Dick McKichen- Platteville
- Tom Neal- Brookfield East
- Ernie Niemann- Watertown
- Chet Polka- Berlin

If any other "active" coaches have served 25 years or longer, please fill in the form and mail it to TJ Dieck.

Wisconsin High School Golf Coaches Association

New Redistricting Plan: WIAA Schools

District 1: Dave Blake

Heart O North, Lakeland, Upper St. Croix Valley, Middle Border, Dunn-St. Croix, Big Rivers.

Maple, Hayward, Spooner, Cumberland, Barron, Ladysmith, Chetek, Siren, Webster, Grantsburg, Frederic, Luck, Balsam Lake, St. Croix Falls, Osecola, Somerset, Amery, New Richmond, Baldwin-Woodville, Durand, Mondovi, Bloomer, St. Croix Central, Glenwood City, Prescott, Chippewa Falls, Eau Claire Memorial, Eau Claire North, Menominee, River Falls, Hudson, Superior, Rice Lake.

District 2: Tom Conrad

Cloverbelt, Wisconsin Valley, Lumberjack, Northern Lakes.

Altoona, Augusta, Stanley-Boyd, Owen- Withee, Thorp, Fairchild, Neillsville, Mosinee, Marshfield, Stevens Point, Wisconsin Rapids, Wausau East, Wauau West, D.C. Everest, Merrill, Antigo, Rhinelander, Ashland, Phillips, Minoqua, Medford, Tomahawk, Eagle River, Phelps, Three Lakes, Elcho, Crandon, Wabeno, Wabeno, Laona, Niagara, Pembine.

District 3: Singh Grewal

Dairyland, Coulee, Mississippi Valley, Scenic Bluffs.

Eleva Strum, Glimanton, Alma, Cochrane-Fountain City, Melrose-Mindoro, Alma Center, Whitehall, Blair, Arcadia, Black River Falls, Gale-Ettrick, Trempealeau, West Salem, Westby, Viroqua, Holmen, Onalaska, LaCrosse Central, LaCrosse Logan, Bangor, Sparta, Tomah.

District 4: Dick & Kris McKichian

Blackhawk, Southwest, State Line.

Prairie du Chien, Boscobel, Muscoda, Richland Center, Spring Green, Dodgeville, Mineral Point, Iowa Grant, Fennimore, Lancaster, Platteville, Cuba City, Southwestern, Schullsburg, Darlington, Barneveld, Blanchardville, Argyle, New Glarus, Belleville, Monticello, Juda, Albany.

District 5: Don Marx

Capitol, Badger, Southern Wisconsin.

Madison Memorial, Madison East, Madison West, Madison LaFollette, Sun Prairie, Janesville Craig, Janesville Parker, Beloit, Monroe, Prairie du Sac, DeForest, Waunakee, Middleton, Oregon, Stoughton, Mononoa Grove, Fort Atkinson, Poynette, Lodi, Wisconsin Heights, Mt. Horeb, Verona, McFarland, Lake Mills, Columbus.

District 6: Adam Ulrich

Southern Lakes, Rock Valley

Milton, Delavan-Darien, Elkhorn, Westosha Central, Wilmont, Union Grove, Burlington, East Troy, Whitewater, Jefferson, Waterford, Lake Geneva Badger, Palmyra-Eagle, Edgerton, Evansville, Brodhead, Clinton, Big Foot, Beloit Turner, Williams Bay.

District 7: Kaz

Milwaukee City, Suburban Park, Southeastern

Custer, Washington, Bay View, Hamilton, Juneau, King, Madison, Marshall, Pulaski, Riverside, South, Tech, Vincent, Cudahy, Greendale, Greenfield, Kettle Moraine, Muskego, Oak Creek, South Milwaukee, West Allis Central, West Allis Hale, Brookfield Central, Brookfield East, Arrowhead, Mukwonago, Waukesha North, Waukesha South, Waukesha West, Racine Park, Racine Horlick, Racine Case, Kenosha Bradford, Kenosha Tremper, Wauwatosa East, Wauwatosa West

District 8: Ernie Nieman

North Shore, Wisconsin Little Ten, Parkland

Hamilton, Menomonee Falls, Cedarburg, Germantown, Grafton, Homestead, Nicolet, Port Washington, Shorewood, Whitefish Bay, Oconomowoc, Watertown, Hartford, West Bend East, West Bend West, Waupun, Beaver Dam, Wisconsin Lutheran, Brown Deer, Franklin, New Berlin Eisenhower, New Berlin West, Pewaukee, St. Francis, Slinger, Whitnall.

District 9: Bob Schweder

that said the boy and girl player of the year were named by the WSGA, to read GFW.

Ernie Niemann moved to accept the corrected minutes, seconded by Lee Kaczmarek. Motion carried.

Treasurer's Report: T. J. gave all board members present a balance sheet. Bob Lehninger moved, seconded by Ernie Niemann that the treasurer's reported be accepted as read. The motion carried.

President's Report: Mary Beth polled the members present to see if they intended to continue on the board. Dave Blake and Kris McKichian were not sure how much longer they

South Central, Wisconsin Flyway, Eastern Suburban, Dual County.

Cambridge, Deerfield, Marshall, Johnson Creek, Waterloo, Juneau, Dodgeville, Hustisford, Horicon, Mayville, Campbellsport, Lomira, Oakfield, Markesan, Westfield, Princeton, Montello, Green Lake, Laconia, North Fond du Lac, Randolph, Pardeville, Cambria-Freesland, Fall River, Nekoosa, Necedah, Adams-Friendship, Wisconsin Dells, Reedsburg, Baraboo, Portage, Mauston.

District 10: MaryBeth Nienhaus, Chuck Menzel
East Central, Fox River Valley, Fox Valley Association.

Waupaca, Wautoma, Berlin, Omro, Winneconne, Little Chute, Hortonville, Ripon, Kaukauna, Appleton East, Appleton West, Neenah, Menasha, Oshkosh North, Oshkosh West, Kimberly, Fond du Lac, Green Bay East, Green Bay Preble, Green Bay Southwest, Green Bay West, Manitowoc, Sheboygan North, Sheboygan South.

District 11: Ted Devine

Bay, Central Wisconsin, Marinette-Oconto, Packerland.

Ashwaubenon, Bay Port, Clintonville, De Pere, Marinette, New London, Pulaski, Seymour, Shawano, West DePere, Bonduel, Crivitz, Oconto Falls, Oconto, Algoma, Gibraltar, Kewaunee, Luxemborg-Casco, Sevastopol, Southern Door, Sturgeon Bay, Wittenberg-Birnamwood.

District 12: Joe Harlow

Olympian, Central Lakeshore, Eastern Wisconsin.

Brillion, Denmark, Freedom, Hilbert, Mishicot, Reedsville, Valdars, Wrightstown, Cedar Grove, Kohler, Elkhart Lake, Howards Grove, Oostburg, Ozaukee, Random Lake, Chilton, Kewaskum, Kiel, New Holstein, Plymouth, Sheboygan Falls, Two Rivers.

WISCONSIN HIGH SCHOOL GOLF COACHES SPRING MEETING

Date: March 20, 1993

Site: Madison

Members present: Dave Blake, Ted Devine, T. J. Dieck, Singh Grewal, Gene Haas, Joe Harlow, Lee Kaczmarek, Ken Kessenich, Bob Lehninger, Don Marx, Kris McKichian, Dick McKichian, Ernie Niemann, Mary Beth Nienhaus and Dennis Tiziani.

Call to Order: The Meeting was called to order by Mary Beth Nienhaus at 9:22 am.

Secretary's Report: Minutes from the November 7th meeting were read by Joe Harlow. Gene Haas corrected the section of the WSGA report

would remain as golf coaches. All other members expressed a desire to continue for next year. Don Marx resigned the 2nd Vice President position although he did express an interest in serving on the board. Mary Beth read Kent Wickman's Letter of Resignation. T. J. asked that he not be given a District to represent.

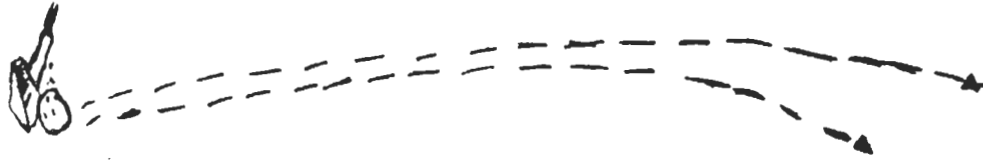
Don Marx moved that the treasurer not be given a district to represent. The motion was seconded by Singh Grewal and carried.

Lee Kaczmarek moved, seconded by Don Marx that Bob Schweder of Princeton and Adam Ulrich of Union Grove be contacted to replace Kent Wickman and T. J. Dieck in District 9 and 6.

Ball Flight Laws

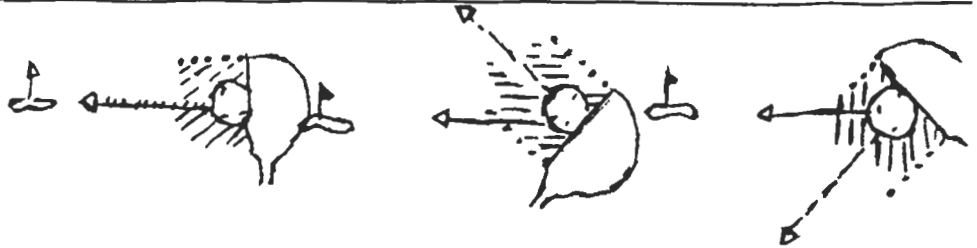
SPEED

The speed of the club head greatly determines the distance of the ball flight. Slower club head speed = shorter distance. Faster club head speed = longer distance.



PATH

The direction in which the club head is traveling at impact greatly determines the direction of the ball flight.



FACE Position

The position of the club face at impact also helps determine the direction the ball will travel. If either the toe or the heel of the club arrive at the ball first, a sideward spin is placed on the ball which contributes to the eventual ball flight direction.



ANGLE OF ATTACK

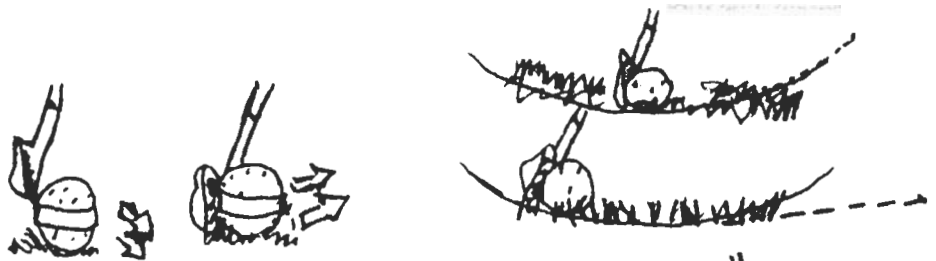
The angle of attack at impact contributes to both distance and trajectory of ball flight.

A
A ball struck above the equator will roll or fly very low.

A ball struck below the equator will fly higher.

B
A ball struck on the downward arc of the swing will fly in a lower than normal trajectory.

A ball struck on the upward arc of the forward swing will fly in a higher than normal trajectory.



SQUARENESS OF CONTACT

The degree to which the ball makes contact on the face of the club in relation to the percussion point ("sweet spot") contributes to the direction and distance of the ball flight.



Results Wanted!

If you are hosting an invitational, send your boys invitational results to:

Lee Kaczmarek
401 E. Roberta Ave
Waukesha, WI 53186

We will include your results in the next *Coach Approach*.

Don't Forget!

Boys and Girls Academic All State
Nominations are due

May 15.

Send to:

Chuck Menzel
529 Edelweiss Dr
Green Bay, WI 54302

Nominations for All State are important

BY STEVE HIRD, MADISON EDGEWOOD

In previous years we have had a problem with having the best players nominated for All State recognition. The reasons varied from coaches not being a member of the coaches association to late entries. But the most common reason was that coaches were either not taking the time or just forgetting to nominate a deserving player. Last year it was evident we had a problem when 2 of the 3 WIAA state champions and the WISAA champion were not even nominated. In addition there were numerous other deserving players that were not nominated.

For 1992 I headed a committee of one to insure that the best players were nominated. In early May I identified the top 30 players in the state by conferring with coaches in all three classes throughout the state. Each coach was then called or sent a letter informing him that he had a player that should most likely be nominated for all state recognition. The coach was also told whether he was a member of the coaches association. If he was not, then a membership form was sent out. After the WIAA State Tournament was completed I called any coach that hadn't been contacted already who had a player with a high finish. The deadline to have forms sent was the day after the WIAA state tournament which was the day I called.

The campaign was a success with over 80 players nominated compared to 36 the previous two years. There were still a few names that were not nominated but their coaches were contacted and the top players in the state were nominated including the 3 WIAA and WISAA champions.

With the large number of players nominated came some additional work for the board -- namely choosing the roughly 20 players who should represent the 1st thru 3rd teams as well as the honorable mention. Though it was more difficult than previous years our

biggest difficulty was with how the player was nominated. Many nomination forms were not completely filled out and many did not have accurate information. Below are some reminders on how to fill forms out properly. This will not only help us with the nomination process but it will give your player the best chance of getting the recognition that he or she deserves.

1. Print or type the entire nomination form. Many forms were not legible.
2. Fill in all names, addresses and newspaper addresses at the top of the form. This information is used to send the all-state certificates to the player's home address as well as sending press releases to the player's local newspaper.
3. The average nine or 18 hole score should be figured to two decimals and not rounded to an even stroke (38.0, 39.0). This average should include every round played for the season.
4. List all Invitational results for the nominated player not just the Invitationals where the player finished high. Fill in all the information asked for and list the players individual finish not the team finish.

5. List Conference, regional and sectional results completely and as in the invitationals you should list the individual finish, not the team finish.

6. For WIAA state tournament results, these can be omitted due to the nomination deadline unless you send the form in the day after state which is the last day forms need to be postmarked. All state tournament results will be included in the process even if they are left off the form.

7. In the future there will be a line on the form to list all other scores that are not already listed under invitationals, conference, regionals, sectionals or state. This will help to verify averages and give the total picture of a player's year.

8. Make sure you are a member of the association. Nominations are not accepted if the coach is not a member of the coaches association.

Remember, your player does not have to be a first team caliber player to be nominated; he could be a second, third or honorable mention player. But only nominate a player if his performance over the year ranks him as a top player in the conference, his region or in state tournament competition.

WHSGCA Inducts 3 to Hall of Fame

The Wisconsin High School Golf Coaches Association is extremely proud to announce three new members of the WHSGCA Hall of Fame. They are:

Erv Benka. The retired Hartford coach who spent 33 years of his life teaching and coaching golf. His record was 315 wins and 105 losses. His teams won 4 conference championships and five times his teams qualified for the state tournament.

Andy Labarbera. The coach of Marinette High School who served 26 years as the golf coach. His record includes 8 conference championships and nine teams that qualified for the state tournament.

Merton "Mert" Wulf (deceased). Mert served as golf coach for 22 years at Lancaster High School. His record includes 4 conference champs and 4 teams that qualified for the state competition. In addition, he created the girls golf program at Lancaster.

These three distinguished gentlemen join John Ashenfelter, Clark Byam, Ted Callis, Ken Check, Nate DeLong, Harry Max, Hal Metzen, Leo Kershtiz, Gil Rodencal, Gregg Shimanski, Hugh Stewart, John Thomas and Richard Woerfel in the Hall of Fame. We hope to have the recipients or a representative at the annual meeting in June at University Ridge to be inducted into the Hall of Fame.

Guidelines for Golf Practice

Good practice procedures in golf are most important to the beginner as well as the aspiring amateur. Many times emphasis of this aspect of the game is overlooked by the instructor -- few golf books include a section on directed practice! Students of the game are told how to practice effectively. The practice area is where good golf techniques are developed, not on the golf course. Whenever possible, practice should take place on grass tees rather than mats or tees of artificial material. Designated targets should be used for all aspects of the practice session.

To become a **better golfer sooner**, one should practice twice for every round of golf played. Good practice procedures in golf are as important to the beginner as well as the aspiring amateur. All practice sessions (even the 5 minute pre-game warm-up) should have a purpose or a specific objective. Chip shots, pitch shots, and sand shots are basic golf skills, too, make sure to include them as part of your practice sessions. Designated targets should be used for **all** aspects of the practice. When practicing full swing shots, make sure you can reach your target with the club you are using. Forcing shots on the range can inhibit the development of sound swing mechanics and a fluid, free swinging motion.

When time does not allow for practice at a practice tee, effective practice sessions can be conducted at home or during a break at work. The following information includes suggested guidelines for individual, directed practice.

AT THE PRACTICE TEE (full swing)

A. Warm-ups (prior to swinging at golf balls)

1. Golf stretches
2. Club swinging exercise without the golf ball

B. Swinging practice with golf balls

1. Always aim at a target. Use the spot technique to find an intermediate target. Get into the habit of starting all practice shots

from behind the ball looking straight down the target line to the target spot. The clubface should be on target- the body, foot line, hips and shoulders parallel to the target line.

2. Know the distance to the target you are aiming to so it can be reached with the club you are using. If the distance is not known, hit about 25 balls to a target and then pace off from where you hit to the middle of the cluster of balls. (One giant step = one yard). It is essential to know the distance you can hit with each club. If the practice area does not have markers or flags or targets, use trees, bushes, telephone poles, racks, barns, shag bags, towels or make a target with a stake and a piece of cloth.

3. Start practice with a short iron, wedge, #8 or #7 iron, work down to longer irons, fairway woods and then the driver. The driver should be the last club you swing in your practice routine. Start your practice with short irons to help develop swing tempo, then mid-irons, long irons, fairway woods, and **last** the driver. Chipping, putting, fringe putting and sand shots should be integrated into the beginning or end of the practice session.

4. During practice, emphasize a deliberate address routine . . . the same routine for each shot. (Alignment, Hands, Posture) Concentrate on target projection and a comfortable address position. (You should have a specific routine for putting, chipping, pitching, sand and all full swing shots). Consistent skill pre-swing routines will enhance consistency and success on the golf course. Set up a target on every practice shot . . . as you would on the golf course.

5. If practicing the full swing or any skill is unsuccessful and

difficult -- **STOP**. Do Not Continue Your Practice. Practice another part of your game. Continuing to force shots can create and develop bad habits. If difficulty persists, rest until the next practice session or see your club professional.

Getting Back Into the "Swing"

Get yourself back into the "swing" of things at the beginning of the season by following these "hints":

1. Always warm up before playing. If you can't swing through a bucket of balls before you tee off, putt and chip, do some stretching exercises and take some continuous swings before stepping up to the tee.

2. Early in the season it is important to review all the basics. Practice your pre-swing routine for all golf skills. Your objective is to develop a consistent approach to each shot. Consistent pre-swing routines for each shot will enhance your chances for success on the course. Check your alignment, stance, golf ball position in your stance, posture, and your hand position for putting, chipping, pitching, sand bunker shots, and full swings with irons and woods.

3. Take advantage of the clinics and instructional programs conducted by your local LPGA and PGA professionals. With a little bit of review and directed practice you will be playing your best shots of the season.

Hint: Scoring formula for better golf:

For a par 72 course - -

43% of the game is putting

18% of the game is chipping and pitching

39% of the game is full shots

Where should your practice emphasis be?

Golf Stretches

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch. Hold this feeling for 5-30 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissue for the developmental stretch.

After holding the easy stretch, move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch which should be held for 5-30 seconds. The feeling of stretch tension should rise slightly, diminish or stay the same. If the tension increases or becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase

flexibility.

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Don't worry about how far you can stretch, stretch relaxed and limberness will become just one of the many by-products of regular stretching.

Note: If you have had any recent surgery, muscle or joint problem, please consult your personal health care professional before starting a stretching or exercise program.

1.



To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the floor in front of the other leg straight behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 30 seconds. Do not bounce. Stretch both legs.

2.



Now, to stretch the soleus and Achilles tendon, slightly bend the knee, keeping the foot flat. This gives you a much lower stretch which is good for maintaining or regaining ankle flexibility. 15 seconds, each leg. This area needs only a light feeling of stretch.

3.



Opposite hand to opposite foot - quad and knee stretch. (Grab top of left foot, from inside of foot, with right hand and gently pull, foot moving toward buttocks) The knee bends at a natural angle in this position and creates a good stretch in knee and quad. Especially good to do if you have had trouble or feel pain stretching in the hurdle stretch position, leaning back, or when pulling the right heel to butt with the right (same) hand. Pulling opposite hand to opposite foot does not create any adverse angles in the knee and is especially good in knee rehab with problem knees. Hold for 30 seconds. Do both legs.

4.



Next, stand in a bent knee position. This will relax your hamstrings so that they will be easier to stretch in the next position. Hold for 30 seconds.

5.



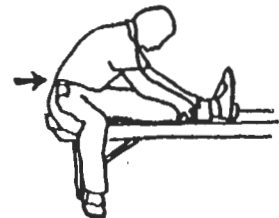
After holding the bent knee position, stand up and then slowly bend forward from the hips. Always keep knees slightly bent (one inch) during the stretch so lower back is not stressed. Let your neck arms and hands relax. Go to the point where you feel a slight stretch in the back of your legs. Stretch in this easy phase for 15-25 seconds until you are relaxed. Let yourself relax physically by mentally concentrating on the area being stretched. Do not stretch with knees locked or bounce when you are stretching. Stretch by how you feel and not by how far you can go. Always bend your knees when returning to a standing position.

6.



With your feet shoulder width apart and pointed out in about a 15° angle, heels on the ground, bend your knees and squat down. If you have trouble staying in this position, hold on to something for support. It is a great stretch for your ankles, Achilles Tendon, groin, lower back and hips. Hold stretch for 30 seconds. Be careful if you have had knee problems. If pain is present, discontinue this stretch.

7.



While sitting on a bench, set your leg up on the bench as shown above. With the foot upright and relaxed, slowly bend forward from the hips toward your leg until you feel the stretch in the hamstrings. Hold this stretch for 30-40 seconds. The front of the thigh (quadriceps) should be soft and relaxed during the stretch. Stretch relaxed. Do both legs.

8.



Shoulder Shrugs: Raise the top of your shoulders toward your ears until you feel tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward into their normal position. Do this 2-3 times. good to use at the first signs of tightness or tension in the shoulder and neck area.

9.







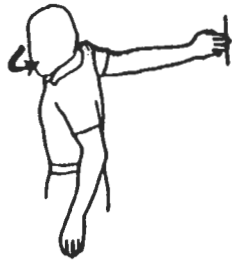

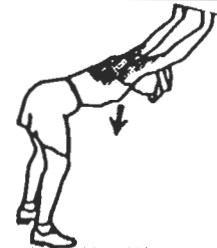










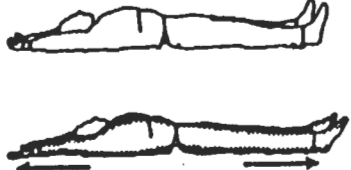



VERY SLOWLY roll your head around in full circles as you keep your back vertical. While you are rolling your head around slowly, you may feel that you should stop and hold a stretch a particular place that feels tight. Do so, but don't strain. Do this anytime during the day at the first feeling of tension in the neck, upper body or shoulders. Rotate head 8-10 times each direction.

10.




With arms overhead, hold the elbow of one arm with the hand of the other arm. Keeping knees slightly bent (1 inch), gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance.

<p>11.</p>  <p>To stretch the side of your neck and top of shoulder, lean your head sideways toward your left shoulder as your left hand pulls your right arm down and across, behind your back. Hold an easy stretch for 10 seconds. Do both sides. This stretch can be done sitting on the floor, in a chair, or while standing.</p>	<p>12.</p>  <p>Start with your hands on your hips, feet pointed straight ahead with knees slightly flexed. Turn your hips as you look over your shoulder behind you. Hold an easy stretch for 10-15 seconds. Be relaxed and breathe easily. This is a good stretch for lower back and hips. Stretch both sides. Do twice.</p>	<p>13.</p>  <p>Stand about 12-24" away from a wall or fence with your back towards it and knees slightly bent (1/2 inch). With your feet about shoulder width apart and toes pointed straight ahead, slowly turn your upper body around until you feel a lateral stretch along the spine and back. If possible, place your hands shoulder height behind you. Do not overstretch. Try to keep your head and eyes forward as you turn your upper body. Hold the stretch 15-20 seconds. Repeat stretch to the other side.</p>
<p>14.</p>  <p>In a standing position, interlace your fingers above your head. Now, with your palms facing upward, push your arms slightly back and up. Feel the stretch in the arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. This stretch is good to do anywhere, anytime. Excellent for slumping shoulders.</p>	<p>15.</p>  <p>Stand with knees slightly bent in your best ready to hit position. Gently hold on to the back of your left elbow if you are right handed (vice versa if you are left handed). Slowly pull your elbow toward your right shoulder as you rotate your hip into a hitting position until you feel an easy stretch in the back of your left shoulder. Keep your head in the correct hitting position as you hold the stretch for 15-20 seconds. Do twice.</p>	<p>16.</p>  <p>Use one of your golf clubs to stretch your arms, shoulders, upper back and chest. From a standing position, grab your club at each end and with your arms straight, bring the club up, over, and behind your head. Find a stretch feeling and hold for 20 seconds. Be comfortable with the stretch feeling. Do two times. Breathing should be slow, deep and rhythmical.</p>
<p>17.</p>  <p>To stretch the front of your shoulders and arms you can use a wall, doorway or fence. Face the wall, then put your right arm behind you at shoulder height against the wall. Keep your right shoulder close to the wall as you slowly turn your head over your left shoulder to look in the direction of your right hand. Looking over your shoulder should create stretch in your right arm and shoulder. Hold a comfortable stretch for 15-20 seconds. Do both sides.</p>	<p>18.</p>  <p>The next stretch is done with your fingers interlaced behind your back. Slowly turn your elbows inward while straightening your arms. An excellent stretch for shoulders and arms. This is good to do when you find yourself slumping forward from your shoulders. This stretch can be done anytime. Hold for 5-15 seconds. Do twice.</p>	<p>19.</p>  <p>Place both hands shoulder width apart on a fence or ledge and let your upper body drop down as you keep your knees slightly bent (1 inch). Your hips should be directly above your feet. To change the area of the stretch, bend your knees just a bit more and/or place your hands at different heights. Find a stretch that you can hold for at least 30 seconds. This will take some of the kinks out of a tired upper back. The top of a refrigerator or a file cabinet are good to use for this stretch. (Remember to always bend your knees when coming out of this stretch.)</p>
<p>20.</p>  <p>With the palm of your hand flat, thumb to the outside and fingers pointed backward, slowly lean your arm back to get a feeling of stretch through your forearm. Be sure to keep the palm flat, otherwise it will be difficult to create a stretch. Hold for 10 seconds each arm. Do twice.</p>	<p>Additional Neck and Lower Back Stretches</p> <p>1.</p>  <p>Relax with your knees bent and the soles of your feet together. This comfortable position will stretch your groin. Hold this stretch for 60 seconds.</p> <p>2.</p>  <p>From the lying groin stretch, gently rock your legs as one unit back and forth, 10-12 times. These are real easy movements of no more than 1" in either direction. Initiate movements from the top of the hips. This will limber up your groin and hips.</p>	

<p>3.</p>  <p>Interlace your fingers behind your head and rest your arms on the mat. Using the power of your arms, slowly bring your head, neck and shoulders forward until you feel a slight stretch. Hold an easy stretch for 5 seconds. Repeat three times. Do not overstretch.</p>	<p>4.</p>  <p>Shoulder blade pinch. From the bent knee position, pull your shoulder blades together to create tension in the upper back area. (As you do this, your chest should move upward.) Hold this controlled tension for 4-5 seconds, then relax and gently pull your head forward as shown in stretch #3. This will release tension and allow the neck to be stretched effectively.</p>	<p>5.</p>  <p>Repeat stretch #3.</p>
<p>6.</p>  <p>Next, straighten both legs and relax, then pull your left leg toward your chest. For this stretch keep the back of your head on the mat, if possible, don't strain. Hold an easy stretch for 30 seconds. Repeat, pulling your right leg toward your chest.</p>	<p>7.</p>  <p>From a bent knee position, interlace your fingers behind your head and lift the left leg over the right leg. From here, use your left leg to pull your right leg toward the floor until you feel a stretch along the side of your hip and lower back. Stretch and relax. Keep the upper back, shoulders and elbows flat on the floor. The idea is not to touch the floor with your right knee, but to stretch within your limits. Hold for 30 seconds. Repeat stretch for other side.</p>	<p>8.</p>  <p>Straighten out your arms and legs. Point your fingers and toes as you stretch as far as you can. Stretch and then relax. This is a good stretch for the entire body. Hold for 5 seconds.</p>
<p>9.</p>  <p>Repeat stretch #1.</p>	<p>10.</p>  <p>Put the soles of your feet together with your heels a comfortable distance from your groin. Now, put your hands around your feet and slowly pull yourself forward until you feel an easy stretch in the groin. Make your movement forward by bending from the hips and not from the shoulders. If possible, keep your elbows on the outside of your lower legs for greater stability during the stretch. Hold a comfortable stretch for 30-40 seconds.</p>	<p>11.</p>  <p>Sit with your right leg straight. Bend your left leg, cross your left foot over and rest it on the outside of your right knee. Then bend your right elbow and rest it on the outside of your upper left thigh, just above the knee. During the stretch use the elbow to keep this leg stationary with controlled pressure to the inside. Now, with your left hand resting behind you, slowly turn your head to look over your left shoulder, and at the same time, rotate your upper body toward your left hand and arm. As you turn your body, think of turning your hips in the same direction (though your hips won't move because your right elbow is keeping the left leg stationary). This should give you a stretch in the lower back and the side of hip. Hold for 15 seconds. Do both sides. Don't hold your breath, breathe easily.</p>

12.



As in the drawing above, move your leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting on the floor. Lower the front of your hip downward until an easy stretch is felt in the front of the hip and possibly in your hamstrings and groin. Do this without changing the position of the knee on the floor or the forward foot. Hold the stretch for 30 seconds.

from: Bob Adams, Stretching.

Don't Forget!
Boys All State Playing
Nominations must be postmarked by:
June 9.

Send to:
 Chuck Menzel
 529 Edelweiss Dr
 Green Bay, WI 54302

What is Class?

Class never runs scared. It is sure-footed and confident in the knowledge that you can meet life head on and handle whatever comes along.

Class never makes excuses. It takes its lumps and learns from past mistakes.

Class is considerate of others. It knows that good manners are nothing more than a series of petty sacrifices.

Class bespeaks an aristocracy that has nothing to do with ancestors or money. The most affluent blu-blood can be totally without class while descendants of a Welch miner may ooze class from every pore.

Class never tries to build itself up by tearing others down. Class is already up and need not strive to look better by making others look worse.

Class can "walk with kings and keep its virtue and talk with crowds and keep the common touch." Everyone is comfortable with the person who has class -- because he is comfortable with himself.

If you have class you don't need much of anything else. If you don't have it, no matter what else you have -- it doesn't make much difference.

- Author Unknown

President's Corner

efforts of board member Steve Hird and others, many outstanding golfers were nominated. Keep up the good work. This year, first team All State players and their school will receive a plaque from the WHSGCA. We intend to purchase plaques for those golfers receiving this honor in the past.

The board also voted to purchase plaques for those members of our association who have coached for 25 years. These coaches will be recognized at our annual June meeting.

Also enclosed in our Coach Approach is an entry form for our sum-

The Wisconsin High School Golf Coaches Association is proud to announce the recipients of this year's Friend of High School Golf awards. This year, 2 individuals with long histories of active participation in Wisconsin golf, especially high school golf, and two golf course owners with positive feelings toward high school golf are being honored.

Preston "Pres" Hiestad is well known around the state as the owner of Handcraft Co. and as the genial host of the annual Gean-Edwards Pro-Am. What many do not know, however, is that he supplies the Princeton High School Golf team with its golf balls, shirts, sweaters, clubs and whatever else the team needs to compete. In addition, he has also been known to hand out free passes for the GMO to students at Princeton High School. The team is appreciative of his support.

Emmett Terwilliger Sr. is another well known golf figure in Wisconsin. "Twig," as he is often called, has given many free lessons to the Lan-

Howe Named PGA Friend

The WHSGCA announced Steve Howe, professional at Neenah's Ridgeway C.C., as the PGA Pro Friend of Golf award. He is being honored for more than 20 years helping Neenah and other Fox River Valley golfers with their games.

mer clinic. Our format will consist of our board meeting, clinic and golf outing. University Ridge is one of the newest and most challenging courses in the state. Hope to see you there.

To those of you who are entering the spring season, I wish you the best of luck. For those who attended the spring clinic, now is your chance to put some of DeDe's ideas into action.

Sincerely,

Mary Beth Nienhaus
WHSGCA President

WHSGCA Friends of Golf Named

caster High School golfers over the years. He will also "set up" the course for high school matches, marking out of bounds areas, water hazards, etc. His nominator, Steve Johnson, indicates that "Twig" has been "very instrumental in the development of our high school golf teams."

Richard Mulder, owner of the Onalaska Coulee Golf Bowl, has been a tremendous help to both the girls and boys golf teams. As his nominator, Linda Mills relates, Richard not only lets, but encourages junior golfers to play the course, often spending the day playing from sunrise to sunset. As Linda says, "he lets them play."

The Tom Schmidt family, owners of Countryside Golf Course in Kaukauna, are special friends of high schools of Kaukauna and Kimberly. Tom allows the golf teams of both high schools to practice and play matches free. In this day and age it is rare to see such concern and generosity. In addition, there are pee-wee and junior golf lessons in the summer and a park-rec department junior program of from 80-100 kids during the golf season. The Schmidt family are certainly great supporters of high school golf, as are all of this year's winners.

Former Parker Stars take Assistant Pro Jobs

Former Parker High School standouts Brad Bohlman and Dan Thompson have recently accepted assistant pro jobs in Wisconsin.

Brad Bohlman is a 1988 grad. He was the champion at the Janesville Invitational, 3rd place in the Springs Invitational, 4th place at the Beloit Invitational, a member of the Big 8 Dual and Conference Meet runners up and Parker MVP in 1988. Brad will be at Wausau C.C.

Dan Thompson is a 1990 grad. He was 2nd in the WIAA regionals and a member of the undefeated Big 8 Dual and Conference meet champions in 1990. Dan was also Parker MVP. Dan will be at the Watertown C.C.

7 th Annual Wisconsin High School Golf Coaches Association Golf Tournament, Clinic and Annual Meeting

Monday, June 21, 1993
University Ridge GC
Madison, WI

Program:

Monday, June 21, 1993

8:00- 8:30: Rolls and Coffee

8:30-10:00: Annual Meeting WHSGCA

10:05-11:00: Clinic (Golf Practice Area)

11:05-12:00: Tee Times

Entry Fee: \$70 (Includes Coffee, Rolls, Clinic, Lunch, Golf Cart and Prizes)

Reservations: Entries to this event are limited to the first 120 members of the Wisconsin High School Golf Coaches Association who complete and return the entry blank, together with the \$70 entry fee.

**RESERVATIONS MUST BE POSTMARKED NO LATER THAN
WEDNESDAY, MAY 26, 1993.**

Name: _____

School: _____

School Address: _____

City State Zip: _____ School Phone: _____

Home Address: _____

City State Zip: _____ Home Phone: _____

Handicap or Average 18 Hole Score: _____

Your Entry must include \$70 fee for Coffee, Rolls, Clinic, Lunch, Golf Cart and Prizes.

Make checks payable to: Wisconsin High School Golf Coaches Association
C/O Tom Conrad
10660 Dana Lane
Schofield, WI 5447

Spring Meeting Minutes from Page 3

Motion carried.

In a related move, Lee Kaczmarek will switch to represent District 7.

Mary Beth read a letter she received concerning tee shirts not sold at the 1992 girls WIAA state tournament. She was advised to send the remaining shirts back.

T. J. Dieck will make sure tee shirts are available at the '93 tournament in Janesville and Don Marx will do the same at Fox Hills for the boy's tournament.

Lee Kaczmarek moved that plaques valued at @ \$30 be purchased to recognize members who have coached golf for 25 years, and that they be presented to the coaches annually at the summer meeting. The motion was seconded by Ernie Niemann and carried.

A discussion about retired members followed. Lee Kaczmarek will address this issue in the newsletter.

A discussion about ways to better serve our members resulted in several actions.

A motion made by Lee Kaczmarek and seconded by Ken Kessenich that FIRST TEAM all state players and their school will receive a plaque from the WHSOCA. Each year we will also cover a year from 1986-87 to 1991-92 until all persons receiving all state recognition from our association have also received a plaque. Motion carried.

Don Marx will conduct a pilot program in Madison for young golfers. This will be a combined effort to include the Golf Foundation, the PGA and the WHSOCA. Others expressed an interest and may submit a proposal to the Golf Foundation for funding and help.

Don Marx reported that the WIAA will no longer have a banquet at the state tournament. After some discussion Mary Beth was asked to write to the WIAA to express our concern.

WSGA REPORT Gene Haas said the WSGA will continue to assist the WIAA and WISAA at their tournaments. Gene thought the move south to Janesville was positive. He also mentioned that there are no rule changes for '93.

GOLF FOUNDATION REPORT Dennis Tiziani reported on the WGF and the mens and womens program at Wisconsin. He touched on the move by the GMO, and at-risk students golf camp at Whitewater and the tournament schedule sponsored by the PGA.

SPRING CLINIC Mary Beth circulated the evaluations turned in by the coaches. The clinic was a big hit. Ideas for next year must be ready for the fall meeting.

SUMMER CLINIC Don reported that the board meeting will start at 5:00 PM Sunday June 20th at the Brat and Brau on Mineral Point Road. A working meal will be served at 6:00. The annual meeting from 8:00 to 10:00, clinic from 10:00 to

11:00 and the tournament to start at 11:15.

NEWSLETTER Kaz reported only a letter from Mary Beth and this meetings minutes must be added before the next Coach Approach is printed and mailed.

MEMBERSHIP Joe reported that 186 members have joined for '92-'93. Each District or region representative received an update of their section.

AWARDS

Coaches Hall of Fame... Erv Benka, Hartford, Andy LaBarbera, Marinette, and Mert Wulf were inducted into the Hall.

PGA Award ... Steve Howe.

Friend of Golf ... Preston Hiestand or Princeton, Richard Mulder of the Coulee Golf Bowl, the Tom Schmidt Family of the Countryside Golf Course, Emmett W. Terwilliger, Lancaster.

A motion was made by Dave Blake and seconded by Bob Lehninger to have Mary Beth invite the new inductees, the friends of Golf and Howe to our summer meeting to receive their plaques. Motion carried.

FUND RAISING Lee asked Bob Lehninger to contact Tom Strong for GMO Tickets.

A motion to adjourn was made by Ernie Niemann and seconded by Singh Grewal. Motion carried.

Wisconsin High School Golf Coaches Association

c/o Lee Kaczmarek

Waukesha South High School

401 E. Roberta Avenue

Waukesha, WI 53186

(Please forward to Golf Coach if not at school address)