



# The Coach Approach

The Newsletter of the Wisconsin High School Golf Coaches Association

Volume XII Issue 1

September 1997

## From the Clubhouse:

Welcome to another year of Wisconsin high school golf. Among changes taking place this year is that Lee Kaczmarek, "Kaz," is stepping down after his second stint as our president and is being replaced by Bob Lehninger, that's me. If any of you are not aware that Kaz is Mr High School Golf in our state, then you haven't been coaching very long, or are related to Rip Van Winkle. I'd like to take this opportunity on behalf of everyone associated with high school golf in Wisconsin to sincerely thank Kaz for the leadership he has given our association and the 100's and 100's of hours he has put in since the very beginning to make this the successful association that it is. Although he no longer is president, he is still on the board, and I told him that he will be sitting next to me at our meetings the next two years, offering his very valuable input. The next time you see him, say "thanks Kaz" for everything he has done for high school golf these past many years.

I've been the golf coach at Wisconsin Lutheran the past 13 years, and the girls' basketball coach the past 22. Some of you I know pretty well,

some of you not so well. But as the association has grown in the 80's and 90's, I've gotten the impression that more and more of us have become more "professional" in the handling of our individual golf programs. I think the quality and number of programs has never been greater. I believe that our association has been a major factor in that happening and I hope that we can continue to help make high school golf in Wisconsin a quality entity.

The Coach Approach comes out 4 times a year. Tips, results of tournaments, comments, interesting stories, etc., are more than welcome, and will make for a Coach Approach that will continue to do a quality job of keeping us up to date and in the know regarding high school golf in Wisconsin.

The golf coach's board meets three times a year: in October, March and June. Following is a list of the members of the board. If you have any questions or comments, please feel free to contact any of them.

Adam Ulrich, Union Grove  
Dave Blake, Hayward  
Tom Conrad, DC Everest  
Ted Devine, Ashwaubenon  
TJ Dieck, Milton  
Singh Grewal, Sparta  
Gene Haas, WSGA  
Joe Harlow, Kewaskum  
Debra Hauser, WIAA  
Lee Kaczmarek, Waukesha South  
Bob Lehninger, Wisconsin Lutheran  
Don Marx, Madison Memorial  
Dick McKichan, Platteville

Chuck Menzel, Green Bay Preble  
Muffet Miller, Glenwood City  
John Lonergan, Hartford  
Mary Beth Nienhaus, Appleton  
West  
Bob Schweder, Princeton  
Joe Stadler, PGA  
Gayle Wiifong, Fond du Lac

I am looking forward to serving you as president the next two years. Good luck and good golfing.

Bob Lehninger

### Coaches:

Enclosed in this issue of the *Coach Approach* are various forms for nominations. Please make necessary copies for your needs

### On the Inside:

Nomination Forms  
Swing Drills p2  
WHSGCA Districts p4

# The Practice Tee:

Over the past two years the practice tee has presented an overview of modern golf fundamentals. In this issue we will attempt to identify some drills that you can teach your players so they may teach their muscles to move properly enabling your players to feel proper swing technique.

There are several important points you can teach about the grip. First, it is important for your players to adopt an grip in which both hands work equally. In order to achieve this goal begin by having the golfers hold a club in the palms and fingers of their hands with fingers outstretched, palms facing each other. This position will allow the golfer to feel the palms facing each other. Then have the player grip the club from that position so the palms are still facing. Having them hit a few shots will really allow them to feel the proper position. I also believe that good players, or potentially good players should use what my golfers call "TNG," a totally neutral grip. That is, a grip with the left thumb

on top of the club's grip, and the right hand covering the left thumb. The V's formed by the thumb and first finger of each hand are pointing to the right side of the face. In the modern swing the hands are mostly transmitters of the feel while the body turn releases the club into a square position at impact. To show this have your students stand erect with their arms outstretched at chest height. They should then turn to the right moving the upper body. The arms do not move separately from the upper body. The club stays centered in front of the sternum throughout this movement. The body then turns left back to impact, as if the ball were sitting on a tee chest high. Have the golfers then turn left as if the simulate a follow through. Thus in this drill the opening and closing of the club is accomplished by turning of the body, not a rotation of the hands or wrists. It should be understood that there is a rotation of the forearms during the forward swing to help square the clubface because at impact the hips are supposed to be slightly left (open) to the target line which will cause the hands to sometimes remain blocked. Whether the hands are blocked to the right depends on how quickly and how far open the hips are at impact. If you allow your players to use a strong grip, ie. the left palm over the top of the grip and the right palm under the grip and in firm contact with the grip instead of being held by the fingers of the right hand, the player will have to, by

necessity, block the hands or hold on to the club at impact to prevent a pull or pull hook. The resulting shot is a slice. I cannot overemphasize the importance of using a TNG, totally neutral grip, in order to properly use the hands, wrists, and forearms in the forward swing. By allowing your students to have a strong grip, you are encouraging them to "block" the natural rotation of the body and forearms. This hold, hit and hold technique is most difficult to duplicate time after time. It seems only Paul Azinger, on the PGA tour, has been successful with this method.

In the modern golf swing, a one piece takeaway is considered essential. To achieve this goal, an excellent drill sees the golfer choking down onto the shaft so the butt end of the grip rests against the stomach. Assume a proper posture position, the head of the club will not come close to touching the ground, and then start backswing. The head of the club should not move more than 2-1/2 feet in this drill, or from six o'clock to about 8 o'clock. The upper body swing center, ie. sternum, and the club should move in unison with no manipulation of the hands or wrists. In addition, there is no separate arm movement. The arms are along side the chest at 6 o'clock and their position has not changed when the club reaches the 8 o'clock position. Thus the player begins to feel the one-piece takeaway through the movement of the swing center, not the

## COACHES HOSTING GOLF

### INVITATIONALS

We want to publish the results of your tournament in the

*Coch Approach*

Send your results to:

Lee Kaczmarek

Waukesha South HS; 401 E. Roberta Avenue; Waukesha, WI 53186

### 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 \_\_\_\_\_

Return by February 15, 1998  
The Wisconsin High School Coaches Association is presenting plaques to all WHSOCA members that have coached for 25 or more years. If you have coached for 25 or more years please fill out the following form and mail it to:

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

arms, hands or wrists.

Many golfers have a difficult time with proper alignment. If the player has a problem squaring the clubface to the target, have them setup according to what they think is square and then they should stand up bringing the clubface up to waist height. Looking at the leading edge of the clubface, the golfer can easily see if the leading edge is straight up and down (square to the target line) or if it is misaligned.

An often seen mistake by golfers is an address position using very poor posture. An easy drill is for you to put a golf club along the players spine making sure that the golfers head and tailbone contact the club. Try to put the club at a 45° angle or as close as is possible so the player can feel bent over, but with a straight, not rounded off spine. This is a drill that should be repeated regularly throughout the season until you have observed, during the competition, that your players are consistently using proper posture. As detailed in an earlier article, a golfers posture will dictate their swing plane which controls their accuracy.

During the backswing, the right knee must remain flexed and immobile. If the knee straightens or moves laterally, the hips will over rotate causing a loss of distance and often forcing the hips to overspin on the forward motion resulting in an outside to inside swing path which will produce a slice. One good drill which will help the players feel the flex in the right knee asks the golfer to turn the toes outward at a 15° to 20° angle at address. The feet are spread to shoulder width so the knees are inside the feet. In this position, if the golfer will knock the right knee in just slightly, they can feel if it straightens out or sways right on the backswing. Done properly, there should be a feeling of resistance on the inside of the right knee and the inside of the leg immediately above the knee. To enhance this feeling have the golfer turn the right toe in and swing, the pressure will be very evident. Have your players hit golf balls very slowly from this position to begin with so they do not put too

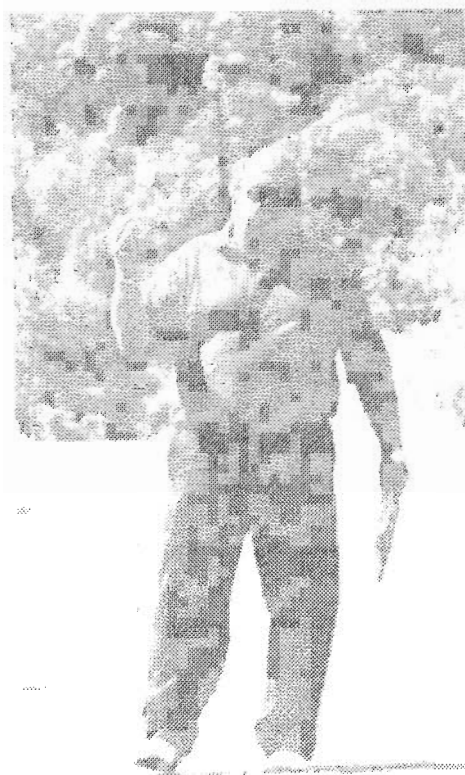
much pressure on their knee.

Many golfers experience accuracy problems because they move the club inside too quickly on the backswing resulting in what I call wrapping the club behind the back. At the nine o'clock position the end of the grip will point far right of the target. In order to correct this swing plane problem there are two drills that can help. In the first drill, have your student begin the backswing and keep the clubhead closer to the target line (the target line runs from the target back through the golf ball) than the hands. It will appear that the club is being taken outside but, in fact, as long as the hands go straight back from the target, the club is on plane. A second drill asks you to stand to the right of and alongside your player. If the golfer takes the club inside quickly, their club will hit you. In this drill, the club should only be swung from nine o'clock to three o'clock. Think of it as sacrificing your body for the good of the team.

Finally, in order to prevent overswinging and to encourage a full upper body turn, make sure that the right elbow bends not more than 90° and that the right bicep does not go past a horizontal position. Separating the two hands on the club and moving the club back with the right hand in control will help the player feel a proper position at the top.

These drills will help your

golfers overcome various problems in the set up and beginning of the swing. In our next issue we will continue to detail various drills to help your golfers better feel a golf motion.



Chris Foraker, professional at the Springs GC and coach at River Valley High School, during his presentation on the short game in June.

Roger Weibe, formerly of Madison West High School, flanked by his two sons, has been inducted into the Hall of Fame by presenter, Don Marx.



# Wisconsin High School Golf Coaches Association

## District Structure: WIAA & WISAA Schools

### **WIAA District 1: Dave Blake, Hayward: (715) 634-2616 & Muffett Miller.**

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

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

### **WIAA District 2: Tom Conrad, DC Everest: (715) 359-6561.**

Cloverbelt, Wisconsin Valley, Lumberjack, Northern Lakes.

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

### **WIAA District 3: Singh Grewal, Sparta: (608) 269-2107.**

Dairyland, Coulee, Mississippi Valley, Senic Bluffs.

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

### **WIAA District 4: Dick McKichian, Platteville: (608) 348-2681.**

Blackhawk, Southwest, State Line.

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

### **WIAA District 5: Don Marx, Madison Memorial: (608) 829-4000.**

Capitol, Badger, Southern Wisconsin.

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

### **WIAA District 6: Adam Ulrich, Union Grove: (414) 878-2434.**

Southern Lakes, Rock Valley, Southeast

Beloit Turner, Big Foot, Brodhead, Burlington.

Clinton, Delavan-Darien, East Troy, Edgerton, Elkhorn, Evansville, Jefferson, Lake Geneva Badger, Milton, Palmyra-Eagle, Union Grove, Waterford, Westosha Central, Whitewater, Williams Bay, Wilmont, Oak Creek, Racine Horlick, Racine Park, Racine Case, South Milwaukee, Kenosha Tremper, Kenosha Bradford.

### **WIAA District 7: Kaz, Waukesha South: (414) 521-8796.**

Milwaukee City, Woodland, Classic Eight

Arrowhead, Brookfield East, Brookfield Central, Cudahy, Greendale, Greenfield, Kettle Moraine, Milwaukee Washington, Milwaukee Custer, Milwaukee Bay View, Milwaukee Vincent, Milwaukee Madison, Milwaukee King, Milwaukee Juneau, Milwaukee Marshall, Milwaukee Pulaski, Milwaukee Hamilton, Milwaukee South, Milwaukee Tech, Milwaukee Riverside, Mukwonago, Muskego, Waukesha North, Waukesha South, Waukesha West, Wauwatosa East, West Allis Hale, West Allis Central, Wauwatosa West, Waukesha Catholic Memorial, Pius XI.

### **WIAA District 8: Ernie Nieman, Watertown: (414) 262-1470.**

North Shore, Wisconsin Little Ten

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

### **WIAA District 9: Bob Schweder, Princeton.**

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

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

### **WIAA District 10: MaryBeth Nienhaus (Appleton West), Chuck Menzel (Green Bay Preble): (414) 832-6215 & (414) 391-2450.**

East Central, Fox River Valley, Fox Valley Associa-

tion.

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

### **WIAA District 11: Ted Devine, Ashwaubenon: (414) 497-4216.**

Bay, Central Wisconsin, Marinette-Oconto, Packerland.

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

### **WIAA District 12: Joe Harlow, Kewaskum: (414) 626-2166.**

Olympian, Central Lakeshore, Eastern Wisconsin.

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

### **WISAA Region 1:**

Appleton Xavier, Edgewood, Fox Valley Lutheran, Lourdes Academy, Notre Dame, Pacelli, Roncalli, St. Mary Central, St. Mary's Springs, Sheboygan Lutheran.

### **WISAA Region 2: Robert Lehninger, Wisconsin Lutheran: (414) 453-4567.**

Aquinas, Brookfield Academy, Burlington St. Mary, Dominican, Holy Name, Kettle Moraine Lutheran, Milwaukee Lutheran, St. John's Military, Wayland Academy, Wisconsin Lutheran.

### **WISAA Region 3:**

Beloit Catholic, Divine Savior Holy Angels, Marquette, Martin Luther, Northwestern Military, Northwestern Prep, Racine Prairie, Racine St Catherine, St Joseph, Thomas More

### **WGCA Competition Hole in One Award**

Name: \_\_\_\_\_ School: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Course: \_\_\_\_\_ Hole # \_\_\_\_\_ Club: \_\_\_\_\_  
 Date: \_\_\_\_\_ Event: \_\_\_\_\_ Score: \_\_\_\_\_

Please enclose a photo for the *Coach Approach*.

Requirements: Any player on a high school boys or girls team making a hole-in-one during competition. Coach **must** be a member of the WISGCA at the time of the hole-in-one. Please use this form to report the hole-in-one.

# The Scoreboard:



Above: Ulrich Adam inducting Gene Edmundson, posthumously, into the Hall of Fame. Pictured are Gene's wife and children.

Left: Tom Wiese, Pro at Quic Qui Oc Golf Club is presented with the PGA Friend of High School Golf for the 1996-97 school year..

Below: Joe Harlow, coach at Kewaskum High School serves as membership chair and past president.



Bob Lehninger, Wisconsin Lutheran High School coach and new WHSGCA president.

