



The Coach Approach

The Newsletter of the Wisconsin High School Golf Coaches Association

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From the Clubhouse:

Wisconsin Golf Grows to a Year Round Activity

As I am writing this letter, there is a foot of snow on the ground, just the sort of weather to make you want to go outside and work on your game. However, the Bob Hope Desert Classic is on NBC, and seeing the sunny Palm Springs weather and the emerald green golf courses that the pros are playing on helps make winter in Wisconsin a little more palatable. Most of us are golf nuts anyway, so golf for us is a twelve month proposition, whether we are playing golf, reading golf magazines, watching golf on TV or just thinking about golf in general.

Winter in Wisconsin for us as golf coaches also is a time to start finalizing our plans for the spring high school boys' season. The first official day of

practice is the last Monday of March, but the players who are serious about their game have been swinging the clubs at indoor ranges, in the garage, putting on the rug and hoping the weather starts coming well before the Masters. When all is said and done, the players who put in the extra time are generally going to be those who succeed the most come May and June. Let's hope that this year will be one of the best ever, and all your players hit the fairways and greens with regularity.

A couple of reminders:

The Spring Clinic will be held again at Western Lakes in Pewaukee on Saturday, March 14. The whole program will be printed in this issue of the *Coach Approach*. A reminder that the raffle drawing will be held for the complete set of Taylor Made clubs. For those of you who have raffle tickets yet to sell (as I do), the deadline is the day of the clinic. Get those tickets sold. (Yes, sir!) As you may or may not remember, the raffle is our main fund raiser now that we can no longer get GMO tickets to sell.

Secondly, the summer

annual meeting, clinic and golf tournament is scheduled for Tuesday, June 16 at the Springs outside of Spring Green. Hope you can all make it and have an enjoyable day of golf and camaraderie. Last year was a big success (except for my Tuesday score, Ugh!)

Hope to see all of you at Western Lakes and the Springs. Good luck to all of you for the upcoming season.

Bob Lehninger

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The Practice Tee

Continuing Look at the Swing

In our last issue, "The Practice Tee" detailed some drills designed to develop a proper set up and takeaway. In this issue we will continue to demonstrate drills that will help your golfers feel and learn a proper swing motion.

It is vital that the club be moved on plane or the golfer will have to make compensatory moves to "correct the slip" prior to impact. If the player will keep the club on plane at all times, their shot pattern will be much more consistent. In order to get the club started on plane make sure that the swing center (sternum) moves the club to begin the back swing, not just the hands or arms. At the nine o'clock position, please check the left arm (for a right handed player). The left arm should point towards the target. If it points significantly right of the target, as happens with many players, then the club is already off plane. Have your players swing back to nine o'clock and through to three o'clock. In both cases, you want the left arm to be pointing towards the target. It would be allowable for the left arm to point "slightly" left of the target at the three o'clock position. If your golfers cannot perform this drill properly, their ability to produce great shots consistently will be considerably diminished.

Once the top of the backswing is reached, some golfers have a difficult time starting the forward motion. In most instances the first move should be a slight shift of the hips to the left in order to get the body weight moving left. An excellent drill for teaching this movement is to have the golfer swing back to the top making sure to lift the left heel. Pause at the top and make the first move

forward by putting the heel back down on the ground. This will force the body weight to move left from the bottom, up. After the heel has been placed on the ground, the golfer will begin moving the club forward. Have your players use a wedge for this drill so they will not be worried about distance and will instead be more concerned about the proper sequencing of the forward motion. It is a good idea to have those golfers, who need to work on this drill, hit a specific number of balls early in each practice session so it becomes habitual. This drill will help teach not only the proper sequence of the forward swing, but will also help teach your players to deliver the club from inside the line instead of coming over the top.

One additional checkpoint to determine an on plane swing path is to have the golfer stop their swing when they have inverted the club. That is, when the grip points down and the head points up. This should be at a point in the swing just past nine o'clock. If the club is on plane, the grip should point somewhere between the tips of the toes of the shoes and the golf ball. If done incorrectly, the grip will usually point out beyond the ball.

Probably one of the best drills useful for teaching an on plane swing is to have the player stand with their butt end just touching a wall or fence. (The wall or fence must be at least seven feet tall.) Have the golfers take full swings without the club touching the wall or fence. In a proper swing, the club will go over the shoulders, not behind the body. This drill, although very simple, is extremely effective in helping produce a proper on plane swing.

Although many youngsters face a problem of over active hips on the forward swing, once in a while you will find underused legs to be a problem. If this situation presents itself, the solution is usually quite simple. Have the golfer use a drill in which they pretend they are playing tag and the right knee is "it." On the forward swing, have them drive the right knee forward and tag the left knee just at impact! This usually results in great timing and

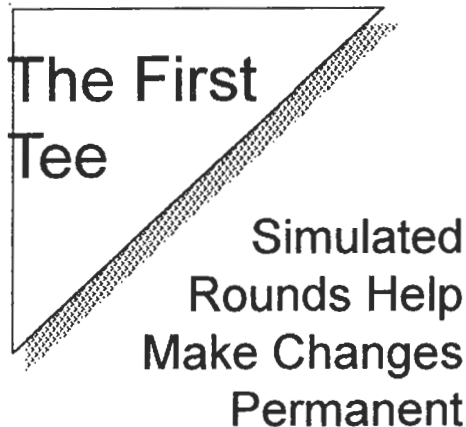
much longer shots because the legs are really moving the body weight left just at impact creating the greatest clubhead speed when it is most essential.

Often young players will slide their bodies forward with the club, on the forward swing, in an effort to hit the ball further. This results in the players' head sliding up to or in front of the ball position prior to or at impact. The result is almost always a blocked shot that starts right, and then goes even further to the right depending on the severity of the upperbody slide. One of my sons, as a sophomore in high school, developed an excellent drill to prevent this. It is best to use only irons in this drill unless the golfer is of exceptional ability. Use a normal setup with a short iron to start, but lift the right toe off the ground so that all of the right side body weight is on the right heel. Swing the club back, you will now automatically have about 70% - 80% of the weight in the right heel where it properly belongs, then swing forward but keep the right toe up until just after impact when the right toe is planted and the foot pivots around towards the target as in a normal golf swing. What we found is that it is almost impossible to slide the upper body forward because the golfer will lose their balance before impact. This drill therefore helps eliminate a sliding upper body and a loss of balance in the forward swing.

Impact is, of course, the most important moment in the swing. One of the objectives of the backswing is to put the body into the correct position so it may deliver the club into the hitting zone with the utmost efficiency. Since the hands are the only body part in contact with the club, their position is crucial when striking the ball. An excellent drill to teach proper hand, wrist and forearm position uses a beanbag to swing against. These are available commercially. To enhance the proper feeling, golfers should grip cross-handed in this drill so the back of the left hand and wrist can be taught to be flat at impact while the back of the right wrist is cupped. These bags are built extra strong so they can take the

punishment when being struck by a club.

In the next issue, we continue to explore drills that develop proper feel and muscle movement in the swing as we move past the impact moment and into the follow through. If you are looking for a new and exciting way to enhance practice time and develop better scoring in competition. See "The First Tee" in this issue.



The First Tee

Simulated Rounds Help Make Changes Permanent

How many times have we worked with a player to make an important swing change only to see the change left on the practice tee as the golfer reverted back to their original bad habits? It is frustrating to work for days or weeks on a change and then see the player not trust the change or not be able to feel the change and revert back to past mistakes. How can we as coaches minimize or prevent this from happening and instead see new swing fundamentals regularly appearing during competition. We need to begin with some basic understandings.

Dr. Bob Rotella of the University of Virginia uses terms like training ground and trusting ground instead of practice tee and golf course. The training ground is where muscular change takes place through regularly scheduled practices. At every practice, each of your players must be working on one or two changes that will further refine and develop proper swing fundamentals. Ideally one change will involve their set up and the other will be swing change. Allowing your golfers

to just hit golf balls with no goal to pursue is basically a waste of their time and yours. In this drill we will use the training ground as a trusting ground.

Toward the end of a practice you will want to check your players swing development in a more realistic setting. But, instead of going to the first or tenth tee, it might be more beneficial to try some training ground golf. Training ground golf is pretend golf on the practice or training range. Your golfers are going to play your front nine, but on the range. Each player must have a pencil and paper or notebook for his or her round of golf and a healthy imagination. Have them picture in their minds the first hole. For us it's a par 5 hole and a creek must be crossed twice, once on the first or second shot, and the second creek on their second or third shot. I do have markers on the training ground to approximate the distance from the tee area to the creek (do they want to lay up or try to fly the creek) and also markers every 25 yards beginning at about 75 yards to simulate pin positions for iron shots. After hitting their tee shot on the "first hole," they determine if the shot put them short of the water, in the water or over the water. They then play their second shot and try to figure what the distance will be to the pin for their third shot and if they have any trees in their path or if their shot is wide open. They then play their shot to the green and estimate if the ball landed on the green and if so, what length putt would they have, or did they miss the green and if so what length chip or pitch shot would they be left with. This information is then written down in their notebook and they proceed to hole number two. After playing all tee shots and fairway or rough shots for nine holes, the entire team moves to the practice green area. They then need to refer to their notes to determine if they need to hit a pitch or chip shot before putting on hole number one. If their notes indicate that their fairway or rough shot hit the green, then they should have estimated the length of their first putt. Place their ball on the green the proper

distance from the hole, putt until the ball is in the hole and record the score for the hole. Proceed on to finish holes two through nine and then figure their nine hole score.

Using this drill will allow you to determine how successfully your players have incorporated their swing changes into their swing under conditions less stressful than on the course. Those golfers who are successful at this first stage should then be tested during a practice round on your course. If they show evidence that they have incorporated the changes during this phase then move to the next test, competition. If during a match or tournament you see that they are trusting the new swing change or changes, then you can have confidence that these changes are a permanent part of their game and you may move on to challenge them with new changes. If they fail at phase one, two or three, then you know more practice time is needed on the practice tee before muscle memory and trust can carry these changes into competition on the first tee.

Tournament starter suggestion

This information is a good idea for starting all golf meets or tournaments. The idea comes from Don Marx, coach at Madison Memorial HS.

Before the start of each conference competition, the coach in charge of the meet shall read the following statement:

"Golf is a game of honor and you are to report your score honestly at the end of each hole. If you feel that a player in your group has reported an incorrect score, ask that the strokes be recounted before teeing off on the next hole. Cheating will not be tolerated and scoring disputes are to be resolved before continuing play."

The 18th Hole

Minutes of the Fall WHSGCA Meeting

The annual WHSGCA's fall meeting was held at the Winneconne Golf Course near Appleton on Saturday, November 2nd. The meeting was called to order by President Bob Lehninger. All members were present except TJ Dieck, Singh Grewal, Scott Meyer and Kris Schoonauer. The Board welcomed new member Joe Meloy and accepted the resignation of Ulrich Adam.

Lee Kaczmarek read the minutes from the last meeting and they were approved by the Board. There was no treasurer's report because TJ Dieck was absent. Membership chairman Joe Harlow indicated that \$5,400 had been collected from membership fees and raffle tickets.

Joe Harlow reported that currently there are 210 members and that the membership number is expected to grow. Last year, we closed with 260 members and had only about 150 at this time of the year. The membership fee is \$20. Joe sent membership lists to all of the district representatives and directed them to update their lists and to contact non-members and encourage them to join the Association. Lee Kaczmarek is working on updating the alignment of the 12 WIAA districts and the 3 WISAA regions. Also, the Board is in the process of selecting a representative for District 6 to replace Ulrich Adam.

Favorable comments were made about this fall's Girls' State Golf Tournament held at University Ridge. Also, the All-State Girls' Golf team was selected.

The Golf Coaches' Hall of Fame and Friends of High School Golf report was made by Dick McKichan. Coaches around the state are re-

minded to send in their nominations by February 15, 1998.

Lee Kaczmarek gave the WIAA report. The Golf Advisory Committee has made the following four recommendations: (1) If you are hosting an invitational, send out a contract indicating if this is a varsity or JV tournament. If it is a varsity tournament, for example, put on the contract "SEND VARSITY ONLY." (2) Three individual qualifiers for sectional and state not on teams qualifying for those tournaments. (3) Requested increase for six sectionals instead of five sectionals for the girls' competition. (4) Allow a practice round at the regional site.

The WIAA would like to survey our membership about coaching on the course at our events. The three choices are: (1) no coaching at all, (2) coach from green to tee, or (3) coach everywhere except on the green. Also, the WIAA would like some coaches to help as rules' officials at the State Tournament.

New Board member Joe Meloy, gave the college report. Joe has been coaching golf at Milwaukee School of Engineering (MSOE) for 21 years. He indicated that there are eleven private schools and one public school for men's college golf Division III whereas there are many private and five public schools for women's college golf division III.

The Board talked about public relations and made a list of the many things that the WHSGCA does for high school golf in the state of Wisconsin.

At the end of the meeting, Mary Beth Nienhaus and Dave Blake talked about the tentative plans for the upcoming Spring Clinic on Saturday, March 14th at Western Lakes Country Club. One of the many excellent features will be a coaches' forum of this year's (Spring and Fall) Wisconsin High School State Championship Coaches.

Lee Kaczmarek closed the meeting with the question: "What new direction will the board take this year?" Then, President Bob Lehninger adjourned the meeting at approximately 2:00 pm. It was noted that the

next Board meeting will be held at Babe's in Madison on Saturday, February 28th starting at 9:30.

Respectfully submitted,

Dick McKichan
Vice President

The Scoreboard

SPARTA HIGH SCHOOL INVITATIONAL

September 6, 1997

TEAM STANDINGS

1. Sparta Red	384
2. Middleton	388
3. Barron	394
4. Viroqua	396
5. Tomah	406
6. Eau Claire North	407
7. LaCrosse Logan	410
8. LaCrosse Central	416
9. Amery	425
10. Hayward	429
11. Holmen	439
12. Lancaster	441
13. Onalaska	446
14. Cochrane-Fountain City	453
15. Darlington	474
16. Prairie du Chien	483
17. Westby	485
18. Gale-ET	498
19. Sparta Gold	508

INDIVIDUAL MEDALISTS

1. Melinda Johnson, ECN	80
2. Caroline Rauschenbach, LXC	83
3. Krista Puttkamer, Tomah	88
4. Jessica Rickert, Sparta	89
Shannon Carney, LXC	89
6. Jo Johnson, ECN	94
Becky Waite, Mid	94

1997 WIAA STATE GIRLS GOLF

WHSCGA 1997 Girls All-State Golf Team

APPLETON NORTH	795	SPARTA	795
179 Beth Carlburg		201 Jessica Rickert	
188 Sami Forster		195 Amanda Flock	
214 Lauren Barkmeier		191 Laura Adkins	
214 Shelly Hurley		228 Brooke Pederson	
221 Laura Henderson		208 Abby Garner	
BARRON	811	WATERTOWN	778
187 Andrea Springer		178 Jackie Walsh	
215 Lisa Matye		191 Stephanie Saniter	
203 Amy Fry		201 Angie Hady	
229 Wendie Rogers		208 Ashley Gillingham	
206 Amy Barker		227 Jenny Godin	
DIVINE SAVIOR	737	INDIVIDUALS	
161 Jayme Kolinski		184 Laura Kluge, AMERY	
164 Raphael Garstecki		182 Kate Duffy, APPLETON WEST	
201 Annie Floyd		166 Katie Connelly, BELOIT	
211 Sara Essmann		179 Christy Huegerich, BROOK EAST	
222 Sarah Roemer		169 Terri Taibl, BROOK EAST	
FOND DU LAC	790	162 Malinda Johnson, EAU CLAIRE N	
194 Kelly Scharf		171 Katie Hommen, ELKHORN	
194 Leigh Sondergard		161 Shannon Carney, LA CROSSE C	
188 Kristin Huth		192 Molly Hayes, MADISON EDGEW	
214 Kyle Sondergard		186 Maggie Sobota, MADISON MEM	
240 Trace Monroe		197 Angie Abendroth, NEENAH	
HUDSON	806	210 Amanda Obermiller, RIVER FALLS	
173 Corrin Von Wald		193 Alissa Lean, SUN PRAIRIE	
205 Allison Burchill		189 Alexis Endicott, VIROQUA	
212 Kelly Hanson		TEAM STANDINGS	
222 Kari Nelson		Racine Case	731
240 Kristen Popowski		Divine Savior	737
MIDDLETON	800	Racine Park	750
191 Becky White		Watertown	778
197 Jenny Gerner		Fond du Lac	790
202 Beth Sauer		Sparta	795
213 Abby Hall/ Sarah Lipke		Appleton North	795
224 Christie Miller		Middleton	800
RACINE CASE	731	Hudson	806
157 Heather Suhr		Barron	811
179 Nicole Toeppe		MEDALISTS	
181 Kristin Hoff		Heather Suhr, RC	157
214 Rochelle Perga		Shannon Carney, LaC C	161
241 N D'Amour/ S. Ryan		Jayme Kolinski, DS	161
RACINE PARK	750	Malinda Johnson, ECN	162
182 Amy Zelinger		Raphael Garstecki, DS	164
196 Amanda Schneider		Katie Connelly, Bel	166
185 Annie Redfearn		Terri Taibl, BrE	169
187 Julie Christensen		Katie Hommen, Elk	171
222 Bridgette Hoaglund/ Katie Winnen		Corrin Von Wald, Hud	173
		Jackie Walsh, Wat	178
		Nicole Toeppe, RC	179
		Christy Huegerich, BrE	179

First Team
Rachel Garstecki- Divine Savior
Jayme Kolinski- Divine Savior
Heather Suhr- Racine Case
Jackie Walsh- Watertown
Shannon Carney- LaCrosse Central
Malinda Johnson- Eau Claire North
Second Team
Stephanie Saniter- Watertown
Terri Taibl- Brookfield East
Nicki Toeppe- Racine Park
Emily Hendricks - Hartland Arrowhead
Katie Hommen- Elkhorn
Christy Huegerich- Brookfield East

Honorable Mention
Katie Connelly- Beloit Memorial
Katie Duffy- Appleton West
Molly Hays- Madison Edgewood
Kristin Hopf- Racine Case
Caroline Niemann- Arrowhead
Annie Redfern- Racine Park
Amanda Schneider- Racine Park
Jill Stein- Arrowhead
Cindy Treadwell- Brookfield Central
Maggie Sabota- Madison Memorial
Becky White- Middleton
Amy Zelinger- Racine Park
Andrea Springer- Barron

Oconomowoc Invite 1997

Divine Savior	344
Racine Park	355
Watertown	361
Arrowhead	369
Racine Case	369
Homestead	377
Sun Prairie	388
Middleton	394
Waukesha	394
Brookfield East	397
Mukwonago	398
Edgewood	400
Racine Horlick	405
Brookfield Central	411
Oconomowoc	413
Beaver Dam	432
Catholic Memorial	436
Delavan-Darien	436
Madison East	440
Kenosha Tremper	441
Burlington	444
West Bend West	446
Hartford	448
West Bend East	453
Wauwatosa	477
East Troy	552