



The Coach Approach

The Newsletter of the Wisconsin High School Golf Coaches Association

Volume XVI Issue 1

September 2001

From the Clubhouse: Challenges Met: Excellence Begins

The 2001-2002 school year is about to begin making it appropriate to focus on some coaching and association goals for the year, as well as information dealing with coaching in general, and the mental game which insures our golf growth. My name is Dave Blake. I am a PGA Golf Professional, currently employed at the Hayward Golf and Tennis Club, in Hayward, Wisconsin, since 1980. I have been Hayward's boys golf coach since 1987, and have been one of your Board of Directors since 1990.

Goals for 2002:

To increase our coaches association membership of 331 to 350.

To continue to build Wisconsin's reputation for developing quality junior players by promoting golf and your school, attracting some of the schools best athletes to your program.

To promote regional summer tournaments amongst our players, such as the WPGA tour, and the Northwest Wisconsin Junior Tour, insuring continued competitive development through the summer.

To assist local junior golf programs with your time and expertise in the summer developing a solid and consistent feeder program for your high school team.

To make a commitment to attend one of our clinics (spring, summer) to further develop your knowledge and expertise and share that with your team.

To consider joining fellow coaches and

family on our annual Scotland/Ireland trip in June of 2002.

Fall in Wisconsin means girls golf, and many other things, one of which is football. Vince Lombardi was one of the greatest coaches of all time. He used Wisconsin as his place to shine, and of course was football coach. His excellence affected all that coached or played sports. Below is a list of some of Vince's beliefs as he presented them through quotations. Use and apply them as you deem useful and appropriate, understanding that professional sports has many parallels with high school sport although, the winning at all costs is not appropriate at the high school level.

"You work at something, you get results."

"You play today, you may not play tomorrow."

"No man on the squad can feel to secure about his job."

"Winning is what counts, and we've got the people here to win."

"I want to see every man go out and work his tail off."

"Winning is not everything, it's the only thing."

"I don't ever want to finish second again, the important thing is consistent execution. Consistent execution wins ballgames, and the will to win will win the ballgames for sure."

"Football is a 60 minute game and you must play every minute of."

"You want a win? You play to win."

"I gave Green Bay my word, I'll keep it."

"I don't give my word lightly, and I don't break it either."

"Work! Work! Work! Teamwork, get together."

"Hit them where they are strongest, gain through their strength, and the rest of the line will collapse."

"If you want to win, you must go all-out."

"Football is a game of abandon, you run with a complete abandon, you care for nothing or anybody, and when you get close that goal line, I don't want a tank, or wall, or a dozen men to stop you."
"That's the way we play the game, to win, win, win."

"I'm not a second-place man, and I don't like settling for anything but the top."

"Don't worry about a thing, Jerry, I'll keep an eye on the family and see that all hospital bills are paid."

Peak performance

"I was in a zone today."

"There was no conscious effort, it just seemed to happen."

"I seemed to lose all sense of time."

The statements were made after rounds where players achieved peak performance for a prolonged period of time. When we are in this zone, or state of go, our subconscious mind automatically processes information. When the state of go, players display the following characteristics:

1. Verbally quiet, especially over the ball with no internal arguments.

2. Decisive and committed to the shot.

3. Relaxed except for selective tension.

Tension and anxiety shutdown imagery. Therefore, and overall sense of muscle relaxation allows a larger multiple imagery system to function on high.

4. Absence of manipulation. They are carried along by planning, executing, and evaluate shot along with the rounds momentum.

5. No prejudging on the shot consequences, and no notion of bad before it happens. The game just is. When you're in the zone, you get rid of the baggage of consequences.

Have a great school year and best of luck in all your coaching endeavors. In our next Coach Approach, look for detailed information regarding our Scotland trip which is scheduled for June of 2002.

Dave Blake
WSHGCA President

Coaches:

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

The Practice Tee

How Stance Width Affects the Swing and Ball Flight

Having the proper width for a golf stance seems to be either misunderstood, unknown or ignored by many teachers and coaches in the golf world. Yet it can have a huge effect on a player's ability to hit good shots. Lets explore what proper width is and how improper width can have devastating effects.

To establish a proper stance width, have your golfer's let a club hang straight down from their armpit. The club should be pointing at the inside edge of their shoe. Do this with both sides to establish the correct width. In most cases, your young golfers will feel that this new stance is too narrow, having previously employed a stance too wide for their body size. Larger players will need a wider stance than smaller players, but larger players have wider bodies, so using the above measurement from armpit to armpit will result in a wider stance for them. Sometimes adjustments are necessary for certain golfers because of unusual circumstances. Lets see what changes might be made. (All references to direction are assuming that the golfer in question is playing right-handed)

If a person is unusually tall or unusually strong a slightly wider stance might be in order. A former University of Wisconsin offensive tackle (6'5", 305 pounds) to whom I have given lessons required a stance just two inches wider than normal. But he was quite athletic, a less athletic person of the same size might require only a 1" wider stance, or no adjustment at all. A young person who is swinging for the fences and has an overactive lower-body might benefit from a wider stance to help teach the legs to be quieter. But generally you will want to get that golfer back to a correct width stance as soon as is possible. Usually, those are the only times that you should

recommend a stance width different than normal when playing. Yet most golfers see play with an abnormally wide stance. Lets see what effect that can have on those players

Recently a young lady came to see me before the start of the girl's golf season, wondering why she could not seem to hit the ball as far as she seemed capable. I immediately saw a number of additional problems associated with her swing that I had witnessed far too often with other players that have come for lessons. So we explored everything that made her unhappy with her golf swing and ball flight. All her disappointments resulted from one fault, an excessively wide stance. I see this very frequently. In the young lady's case her wide stance resulted in the following problems.

1. The wide stance gave her the feeling that her legs were incapable of moving. In order to transfer her weight to the left side at the beginning of her forward swing, she moved her head left, sometimes during the back swing, but more frequently during her forward swing. In either case, head movement of this type is devastating to good shot making. Moving the head forward results in pushed shots to the right. So she compensated by aiming more to the left. This resulted in a swing motion to the left instead of at the target. Her divots went left, so she compensated by blocking the release of the club resulting in an open clubface at impact. Her shots were short, starting on line with the target then slicing right. If she were able to square the clubface at impact, the ball would be pulled left. In any case a shot hit at her target was out of the question.

The solution: assume a correct stance width. Then she could begin to transfer her weight left at the start of the forward motion with her lower body, driving her right knee forward as the club came into the impact zone. This allowed her head to remain behind the ball until after impact resulting in straighter divots at the target and straighter shots. Using her right leg properly gave her additional power and greater club-head-speed resulting in longer shots.

A wide stance results in improper use

of the legs by, in effect, paralyzing the legs. The golfer will find a way to transfer weight left, usually by incorrectly moving the head left during the forward motion resulting in shots hit short and to the right. See how an improperly wide stance width affects both accuracy and length? By having just the right width, a player can make full use of their muscles while moving the club down the target line and releasing the club-face at the proper moment resulting in longer and straighter shots. In the young lady's case she gained about 30 yards on her tee ball and can now hit a soft draw instead of a slice. What a nice change for her golf game. I wish she played on the team I coach.

Keep in mind that if you widen a young players stance to minimize his/her overly active lower body motion, you must watch the head motion. If they begin to slide the head left before impact because they can't transfer weight with the legs, then you must narrow the stance to proper width.

Would you ever have a player take an abnormally narrow stance? Yes, but only as a drill swing. If you have a player that makes very poor contact with the ball using their irons, have them practice using a stance only about five or six inches wide. This will force the player to remain steady during the shot resulting in much more solid shot making. Encourage your players who have this problem to hit a lot of shots with the narrow stance, then have them alternate shots, one with a narrow stance, one with a normal width stance. After a solid week of practice they will be surprised at how much better they strike their irons. Have them use the narrow stance drill at the beginning of every practice session to reinforce the steady head and body during the swing. Reminder: probably 90% of miss-hit shots are the result of excessive or incorrect head movement during the swing! An excessively wide stance can cause this problem and a drill using a very narrow stance can successfully correct the problem. If your students use a wrong stance width, using a slightly narrower stance is preferable to an overly wide stance.

Make use of this information as you prepare your players for competition. They will play much better as a result.

First Tee

New For 2001-2002

The Wisconsin High School Golf Coaches Association Board of Directors has made the following association changes for the 2001-2002 school year. With this issue of the *Coach Approach* you are reminded to send in your yearly dues to Joe Harlow. The 2001-2002 coaches dues are \$25.00 for active coaches and \$20.00 for retirees. While this is a \$5.00 increase, you will not have to sell raffle tickets as a fundraiser for the association. The raffle, however, is not dead.

With our ability to elicit donations and equipment free of charge, or at greatly reduced prices, we will continue the raffle in a new and unique manner. Only golf coaches will be able to win the raffle prizes in the future. We will be giving five free raffle tickets to each coach that attends our Spring Clinic at Western Lakes Golf Club on Saturday, March 9th, 2002. We will also be giving five free raffle tickets to coaches who attend the Annual Meeting, Summer Clinic and Coaches Association Tournament at Abbey Springs Golf Club on Tuesday, June 18th, 2002. Coaches in attendance at those two clinics will be allowed to purchase additional raffle tickets for themselves on those days, should they choose to do so. No coaches will have to sell raffle tickets. Coaches not in attendance at either of the two clinics will not receive the free raffle tickets, and thus have no opportunity to win the raffle prizes. Only coaches who have attended one or both of the clinics will be eligible for the raffle prizes! Winners will be selected on June 18th. You do not need to be present on the 18th to win.

Changes in the raffle procedure were brought about because a number of coaches in the past sold no tickets, nor did they ever return them! It was felt that since the money raised by the raffle benefited all association members, but only a percentage of those

coaches actively sold the tickets, a better way to more equally raise funds to cover association costs was necessary. Since all association members pay dues, this is obviously the equitable way. Those who go above and beyond by improving themselves at the coach's clinics will have, as an additional inducement, the opportunity to win raffle prizes.

We hope all coaches will understand the need for the changes and be in agreement with them. Below is a listing of the benefits of association membership, which are paid for by dues and additional monies raised through the sale of extra raffle tickets.

Wisconsin High School Golf Coaches Association: Membership Benefits:

1. Four issues of the "*Coach Approach*."
2. Learning opportunities to improve one's coaching abilities at the Spring or Summer Clinics.
3. Twenty-Five Year Coaching Plaque.
4. All-State Boy's and Girl's Playing Teams. (Only association members can nominate their players)
5. Academic All-State Boy's and Girl's Teams. (Only association members can nominate their players)
6. Hole-In-One awards to high school golfers who make them during competition and whose coach is a current association member.
7. Ability to nominate former coaches for the Hall of Fame.
8. Ability to nominate for the "PGA Friend of High School Golf" award.
9. Ability to nominate for the "Friend of High School Golf" award.
10. A strong voice in the affairs of high school golf with other state golf coaches and the W.I.A.A.
11. Play in the Association's annual Coaches Tournament.
12. Participate in the annual golf trip to either Scotland or Ireland.

As a member of the association, you receive all of the above benefits. Plus, at the March 2001 Coaches Spring Clinic, each attendee received a free copy of Dr. Deborah Graham and Jon Stabler's book, "The 8 Traits of Champion Golfers." Attendees at the Summer Clinic each received an all leather portfolio and organizer with the association logo embossed on the front. In 2000, each coach attend-

ing the Summer Clinic received a Hass-Jordan wind umbrella with the association logo. What will this years attendees receive?

Can you afford not to be an association member? Your association board is trying hard to provide numerous benefits to membership. We want you to become an active coaches association member. We need your ideas and leadership. But, most importantly, your young golfers need an educated, informed golf coach with an ability to make positive things happen for them! Won't you join the coaches association and become a better coach? With this issue of the *Coach Approach* you are reminded to send in your yearly dues to Joe Harlow. See the form elsewhere in this issue.

Proper Scorecard Procedure

There has been some concern recently, involving proper handling of scorecards prior to and following a round of golf. Use of the following information by all coaches will enable our high school players to become accustomed to a set procedure. This should help prevent most problems in the future.

Pre-round procedure:

1. If you have the time and energy, fill in the name of the player on the first line and the school name on the second line, or hand the scorecards to the coaches as they arrive and have **them** fill in the first and second lines for each of their players. **(Print Please)**

2. When exchanging cards prior to teeing off, the players should pass their card to the player on the left. Except in a match play event, player A should not exchange cards with player B. In four-somes, player A should pass his/her card to player B. Player B should pass his/her card to player C. Player C hands his/her card to player D, and Player D gives his/her card to player A. The main purpose for this procedure is to help prevent any collusion between two players.

3. If the players are involved in a shotgun start event, use a highlighter to mark the box on the card where their first played hole score should be recorded.

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At the Turn

Wisconsin High School Golf Coaches Association District Structure: WIAA & WISAA Schools

WIAA District 1: Dave Blake, Hayward: (715) 634-2616.

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

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

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

Cloverbelt, Wisconsin Valley, Lumberjack, Northern Lakes.

Altoona, Antigo, Ashland, Augusta, Crandon, D.C. Everest, Eau Claire Regis, Eagle River, Elcho, Fairchild, Lakeland, Laona, Marshfield, McDonell Central, Medford, Merrill, Mosinee, Neillsville, Owen-Withee, Park Falls, Pembine, Phelps, Phillips, Rhinelander, Stanley-Bovd, Stevens Point, Thorp, Three Lakes, Tomahawk, Wabeno, Wausau East, Wausau West, Wisconsin Rapids.

WIAA District 3:

Dairyland, Coulee, Mississippi Valley, Senic Bluffs.

Alma, Arcadia, Bangor, Black River Falls, Blair, Cochrane-Fountain City, Eleva Strum, Gale-Ettrick, Gilmanton, Holmen, Independence, LaCrescent, MN, LaCrosse Aquinas, LaCrosse Central, LaCrosse Logan, Lincoln, Melrose-Mindoro, Necedah, New Lisbon, Oriskany, Onalaska Luther, Sparta, Tomah, Viroqua, West Salem, Westby, Whitehall.

WIAA District 4: Dick McKichan, Platteville: (608) 348-2681.

Six Rivers, Southwest.

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 Memo- rial: (608) 829-4000

Capitol, Badger, Southern Wisconsin.

Beloit, Columbus, DeForest, Edgewood, Janesville Craig, Janesville Parker, Lake Mills, Lakeside Lutheran, Lodi, Madison Abundant Life, Madison Memorial, Madison East, Madison West, Madison LaFollette, McFarland, Middleton, Monona Grove, Monroe, Mt. Horeb, Oregon, Poynette, Sauk Prairie, Stoughton, Sun Prairie, Verona, Waunakee, Wisconsin Heights.

WIAA District 6: Bill Berkholtz, Burlington Southern Lakes, Rock Valley, Southeast, Lakeshore

Beloit Turner, Big Foot, Brodhead, Burlington, Clinton, Delavan-Darien, East Troy, Edgerton, Elkhorn, Evansville, Fort Atkinson, Franklin, Jefferson, Kenosha St Joe's, Lake Geneva Badger, Milton, Muskego, Palmyra-Eagle, Park View, Union Grove, Waterford, Westosha, Whitewater, Wilmont, Oak Creek, Racine Horlick, Racine Park, Racine Case, Racine St Catherines, South Milwaukee, Kenosha Tremper, Kenosha Bradford.

WIAA District 7: Kaz, Waukesha South: (414) 970-3748.

Milwaukee City, Woodland, Classic Eight

Arrowhead, 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, New Berlin Eisenhower, New Berlin West, Waukesha North, Thomas More, Waukesha South, Waukesha West, Wauwatosa West, Waukesha Catholic Memorial, Pius XI, Whitnall.

WIAA District 8: John Lonergan, Hartford and Robert Lehninger, Wisconsin Lutheran: (414) 453-4567.

North Shore, Wisconsin Little Ten, Parkland, Greater Metro, Midwest Classic.

Beaver Dam, Brookfield Academy, Brockfield East, Brookfield Central, Brown Deer, Catholic Central, Divine Savior-Holy Angel, Dominican, Cedarburg, Germantown, Grafton, Greendale Martin Luther, Hamilton, Hartford, Heritage Christian, Homestead, Kettle Moraine Lutheran, Marquette, Menomonee Falls, Milwaukee Lutheran, Nicolet, Oconomowoc, Pewaukee, Port Washington, Shoreland Lutheran, Shorewood, Slinger, St. Francis, St John's NW Military Academy, The Prairie School, University

School, Watertown, Watertown Luther Prep, Waupun, Wauwatosa East, Wayland Academy, West Allis Central, West Allis Hale, West Bend East, West Bend West, Whitefish Bay, Wisconsin Lutheran.

WIAA District 9:

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

Adams-Friendship, Baraboo, Cambria-Freesland, Cambridge, Central Wisc. Christian, Deerfield, Dodgeand, Fall River, Green Lake, Horicon, Hustisford, Johnson Creek, Lomira, Marshall, Mauston, Mayville, Montello, Nekoosa, North Fond du Lac, Oakfield, Pardeville, Portage, Princeton, Randolph, Reedsburg, St Mary's Springs, Waterloo, Westfield, Wisconsin Dells, Williams Bay

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 Association, Valley 8.

Appleton East, Appleton North, Appleton West, Berlin, Clintonville, Fond du Lac, Fox Valley Lutheran, Freedom, Green Bay Southwest, Green Bay East, Green Bay Preble, Green Bay West, Hortonville, Kaukauna, Kimberly, Laconia, Little Chute, Manitowoc, Markesan, Menasha, Neenah, Notre Dame, Oconto Falls, Omro, Oshkosh Lourdes, Oshkosh North, Oshkosh West, Ripon, Sheboygan North, Sheboygan South, Wautoma, Winneconne, Xavier.

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

Bay, Central Wisconsin, Marinette-Oconto, Packerland.

Algoma, Ashwaubenon, Bay Port, Bonduel, Crivitz, Denmark, DePere, Gibraltar, Green Bay New Lutheran, Kewaunee, Luxemborg-Casco, Marinette, New London, Niagra, Oconto, Pacelli, 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, Cambellsport, Cedar Grove, Chilton, Elkhart Lake, Hilbert, Howards Grove, Kewaskum, Kiel, Kohler, Manitowoc Roncalli, Mishicot, New Holstein, Oostburg, Ozaukee, Plymouth, Random Lake, Reedsville, Sheboygan Area Lutheran, Sheboygan Co. Christian, Sheboygan Falls, St Mary's Central, Two Rivers, Valders, Waupaca, Wrightstown.

WHSGCA 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 WHSGCA at the time of the hole-in-one. Please use this form to report the hole-in-one. Send to TJ Dieck, Milton High School, 114 W. High Street, Milton, WI 53563