



The Coach Approach

The Newsletter of the Wisconsin High School Golf Coaches Association

Volume XVII Issue 1

September 2002

From the Clubhouse:

Coaches make a difference

Hello Coaches, Another school year has begun even though our girls golf programs are already one month into the season. With eight sectionals producing 16 teams and individuals competing at University Ridge, Wisconsin will see the largest girls high school golf field in our history. We all deserve a pat on the back for the progress we have witnessed in girls golf, understanding that the larger numbers will significantly improve the quality of golf through increased competition, and the general attitude, as schools realize the increased opportunities to travel to Madison in October. The National Golf Foundations golf participation surveys have indicated that golfing numbers in the US have been stagnant since 1996 and the recent difficult golf climate in 2001 and 2002 indicates that the golfing population may not be spending as much time at the local golf facility. Can we as coaches do something to change this trend, improving golf participation and interest in club events, tournaments, or just social rounds of golf. Jr. programs have been on the increase since Tiger Woods stormed the tour in 1996, and all indications are that the golfing adult population will increase when these children come of age. Coaches, let's make a commitment to further enhance your golf-

ing communities environment. We as coaches are viewed as ambassadors and promoters of golf in our towns or cities along with golf professionals, managers, and owners. Collectively we must work with the other golf promoters in our community to increase golf interest, improve and assist Jr. golf programs, possibly work at or volunteer to help at the local club involving ourselves in educating the golfing public on the rules of golf, the mental game, exercising and conditioning, making the game fun, improving etiquette and pace of play, helping to set up work stations at the club for adults and jr's to practice at, assisting the teaching programs, and assisting the clubs with golf promotion through publicity and advertising. Our annual Friends of Golf Awards indicate that there are many quality golf course owners and managers that we can link up with in our free time to significantly improve golf in our neighborhood. With 325 coaches in our association, we have the numbers to dramatically impact golf's future in Wisconsin.

Wisconsin's men and women touring professionals put us in front of the public on a daily basis, and with Minnesota and Wisconsin alternating the number 1 and 2 positions in the US golfing per capita numbers, our efforts will be coupled with the most enthusiastic golfing public in the country, helping us to sustain golf's growth and success as we await those JR.s of the last 7 years to come of age and become adult golfing statistics.

Girls pace of play in northern Wisconsin this Fall has been brisk and I expect that is the case throughout the state. Our advisory board meets with the WIAA in Steven's Point next month to discuss our

associations issues and concerns. Until next time, continue to develop fine young men and women because what can better prepare our young adults for life, than the great game of golf.

Dave Blake, WHSOCA President

The Coach Approach will soon be available via e-mail. Get your copy sooner!

Ask for your copy by email at:

coachapproach2002@yahoo.com NOW!

**On the Inside:
Nomination Forms
Three Absolutes p2
WHSOCA Districts p4**

Coaches:

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

The Practice Tee

Three Absolutes For Competitive Success

Do your players frequently score higher in competitive rounds than during practice rounds? Do they score lower at your home course than on the road? Although there are various reasons for the above situations, generally the most prevalent problem is a lack of confidence! Why do high school golfers lack confidence? A number of reasons exist, but a lack of good fundamentals certainly contributes to their problems.

In order to develop good shot-making confidence, three basic fundamentals must be learned which will allow the player's ball striking ability to improve so that their level of confidence increases. After all, there should be no difference in hitting a five iron, whether it is at Augusta National, University Ridge or your home course. A five iron shot is a five iron shot, but a lack of self-confidence can create perceived differences where none really exist. How do you as a high school golf coach help your youngsters overcome their lack of competitive self-confidence?

There are three fundamental absolutes you can help your golfers acquire so they can play tournament golf more successfully.

1) Make sure your players have a neutral grip. Check the V's formed by the thumb and first finger on each hand. These V's should be pointing to the right cheek or the inside of the right shoulder. Many of our high school players use stronger grips in which the V's point to the outside of the right shoulder. This incorrect grip forces them to make an unnatural blocking move at impact instead of allowing the club to release in a natural manner. But in a competitive situ-

ation the human body cannot regulate unnatural movements very well. This results in more off line or miss hit shots than would normally occur in a tension free practice round.

Converting your golfer to a proper grip will be far more mentally difficult than physically challenging. It will probably result in shots flying to the right of target for as long as two weeks, but in the end, the shots will become much more accurate under pressure, something you certainly want. I would certainly suggest that a grip change occur very early in the season so that your players have complete trust in their grip by the middle of the season or earlier if possible.

2) A second fundamental absolute is a steady or non-moving head during the swing. To check your players, face them and line up the top of their head with something in the background such as a tree branch. Watch their head during their swing making sure there is no head movement up or down. Make sure they do not move their head toward the target until after impact with the golf ball. Then stand to their right so you can look down the target line. Check to see if there is head movement toward or away from the ball. Head motion toward the ball will likely produce a shanked shot.

If the head moves prior to impact miss hits are sure to occur. In fact probably 95% of all miss hits are caused by head motion prior to impact. As the pressure of competition increases, more at sectionals than regionals, more in eighteen hole invitationals than in nine hole after school matches, more tension arises causing the probability of more head movement. Thus, the greater the perceived pressure, the greater the probability of head motion, the greater the frequency of miss hit shots which results in higher than normal scores.

Head motion results from a number of causes. The following are the most common causes:

A) A reverse weight-shift: During the turn back, the body's weight should move in the same direction. In a reverse weight-shift, the body's weight moves in opposition to the motion of the club. This causes the golfers head to move toward the target. Then, on the forward turn, the weight moves towards

the back foot, or away from the target. This terrible turn motion causes so much head motion that solid shots are almost impossible to produce. The primary cause of a reverse weight-shift is a straightening or stiffening of the right or back knee during the turn back. As the right knee straightens, the body's weight moves toward the forward foot. Hence, a reverse weight shift. The solution is to maintain a flexed and motionless right knee on the back turn, so that the left shoulder moves over toward the right knee on the back turn. This might make the head move one inch away from the target, but that is acceptable.

B) Sliding the head forward during the forward turn, but prior to making contact with the ball. Often, younger players make this motion in an attempt to hit the ball harder and farther. Another cause can be a wrong ball placement at address. Usually the ball is placed too far forward in the stance. This forces the player to feel the need to slide the head forward in an effort to get the club up to the ball. In either case, the ball will start right of the target and either stay on that line or slice further to the right. In general, it might be a good idea to develop a general ball placement philosophy such as the one I use. Place the ball one inch inside the left heel with the driver, two inches inside the left heel with the fairway woods through the six iron and three inches back with the seven iron through the wedges. In these positions, there is no need for the experienced player to slide their head in order to get the clubhead up to the ball. However, if the player you are working with is a beginner, you may want to move the ball one inch further back. An outstanding player may need the ball positioned one inch further forward. But, whatever you do, don't teach your golfers to start with the driver even with the left heel and then proceed to move the ball back one inch with each succeeding club. That philosophy went out with hickory shafted clubs!

C) A swing that is too fast will also usually cause some head movement. Make sure that your golfers understand that they can swing the club only as fast as their sternum turns. If the body out-races the club, wayward shots will result. Your players should understand that the only correct answer to the ques-

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Page

tion- "how fast do you swing your golf club" is, as fast as I can turn my sternum!

3) The third absolute is excellent balance. There are more shots wasted because of poor balance than you can possibly imagine and yet, this fault almost always goes unnoticed and unrecognized. Watch your players and encourage them to keep both feet flat on the ground during the back turn. This will help them maintain balance during the first half of the swing motion. During the forward turn have your golfers finish with their weight on the heel and ball of the left foot. If they can hold their follow-through position for several seconds after the shot, they are in good balance. If they cannot "pose" at the finish of their shot you need to determine when the player is losing their balance. The first concern should be head motion toward the ball during the back turn. This fault would put the player's weight toward their toes while the club is in motion. This is certainly not conducive to good shot making. The second concern would be the movement of weight toward the toes during the forward turn. When this transpires the golfer cannot hold their balance and "pose" at the finish. You can see weight moving in this fashion and you will notice the weight on the player's toes at the finish. Encourage them to take practice swings and feel their weight moving into their left heel at the finish. These no ball practice swings will allow the golfer to focus on their weight and where it is moving. Thus they can feel what is incorrect and change it.

In order to create competitively strong players, these three fundamentals must become well ingrained in your players. Although there are other fundamentals that will enhance golfers scores, without the preceding three important ingredients, your players will score higher, and in many cases much higher, in pressure situations. If you work on no other swing fundamentals, at least work on these three so that your youngsters high school golf experience will be successful.



Classic Eight Mini Merrill Hills	
Waukesha North/West	187
Arrowhead	191
Catholic Memorial	212
Mukwonago	226
Waukesha South	233
Kettle Moraine	235
Pius	238
Medalists	
Nicki Morse, Arrowhead	38
Jacky Bodis, Wauk N/W	42
Lindsey Neu, Wauk N/W	47
Mukwonago Invitational	
Fond du Lac	339
Homestead	358
Brookfield Central 1	361
Waukesha North/West	371
Kenosha Tremper	376
Catholic Memorial	390
Arrowhead	392
Westosha Central	404
Brookfield East	406
Oconomowoc	410
Mukwonago Blue	411
Brookfield Central 2	415
Kettle Moraine	417
Thomas More	421
Waukesha South	422
Milwaukee Lutheran	427
Milwaukee Pius	435
Kewaskum	439
Racine Case	444
West Bend West	444
Racine Park	448
Racine Horlick	448
Beaver Dam	459
Mukwonago Gold	478
Hartford	479
East Troy	508
Waterford	529
Wauwatosa East/West	Inc
Individuals	
Tina Kocinski, Homestead	78
Ann Marie Sztukowski, FDL	79
Meg Bertram, Fond du Lac	81
Alyssa Dacetti, Tremper	82
Erin Langenberg, Homestead	83

Trojan Invitational Match Play

Tremper	27
Arrowhead	17
Divine Savior Holy Angels	9
Waukesha South	7
Individuals	
#1: Nicki Morse, Arrowhead	

**Waukesha South Girl's Scramble
Invitational
New Berlin Hills G. C.**

1. Homestead: 35-29*=64*
2. Westosha Central: 32-34=66
3. Brookfield Central: 35-35=70
4. Oconomowoc: 35-37-72
5. Catholic Memorial: 36-37=73
6. Mukwonago: 38-35=73
7. Pius: 38-36=74
8. Waukesha South: 38-37=75
9. Brookfield East: 38-37=75
10. Thomas More: 37-38=75
11. Arrowhead: 38-38=76
12. Racine Case: 40-38=78
13. Franklin: 39-39=78
14. Racine Horlick: 39-39=78
15. Wauwatosa East/West: 40-40-80
16. West Bend East: 40-40=80
17. Kenosha Bradford: 41-40=81
18. East Troy: 40-45=85
19. Burlington: 43-43=86
20. Nicolet: 42-44=86

* denotes new tournament record

**Visit the Wisconsin High
School Golf Coaches
Association Hall of Fame
at University Ridge Golf
Course**

**WISCONSIN HIGH SCHOOL GOLF
COACHES
ASSOCIATION
On the Web**

<http://www.whsgca.com/>

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:

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-Boyd, 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-Etrick, Gilmanton, Holmen, Independence, LaCrescent, MN, LaCrosse Aquinas, LaCrosse Central, LaCrosse Logan, Lincoln, Melrose-Mindoro, Necedah, New Lisbon, Onalaska, 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, Mononoa 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, Brookfield 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: Steve Lein, Baraboo 608- 355-3960

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

Adams-Friendship, Baraboo, Cambria-Freesland, Cambridge, Central Wisc. Christian, Deerfield, Dodgeland, 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:

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-Birnarnwood,

WIAA District 12:

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

The Clubhouse

One Way to speed play

There is a good way to speed up play during practices and matches. Limit the competitors to one practice swing prior to hitting each shot. This policy was put into effect this fall at the Watertown Inv. at Watertown C.C. As close as the coaches could tell, the shotgun start 18 hole tournament's playing time was reduced by about one hour as compared with last years time. The tournament host was asked to speed up the play this year after last year's tournament. I suspect the members waiting to play were pleasantly surpassed by the reduction in playing time by this years golfers. I go a step farther and have my freshman beginning golfers take no practice swings after the first hole. Since these beginners often

shoot in the 80's and 90's for nine holes, just their regular shots provide enough loosening up and exercise. But they can play nine holes in less than 2 hours and 15 minutes! The course management sure appreciates their timeliness as do the players behind them! Try this technique, your players will be stronger and play better as a result!

COACHES HOSTING GOLF INVITATIONALS
 We want to publish the results of your tournament in the *Coach 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, 2003
 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**

Nomination for Academic All-State WISCONSIN HIGH SCHOOL GOLF COACHES ASSOCIATION All-State Academic Nomination Form

Name: _____ Age: _____ Year in School: _____ Sex: _____

Home Address: _____ City: _____ Zip: _____

School: _____ WIAA Class 1/2/3 or WISAA? _____

Parent's Name(s): _____ / _____ Coach's Name: _____

Local Newspaper: _____ Address: _____

City: _____ Zip: _____

GPA: _____ (4 point Scale) Percent of Matches Played: _____

I hereby certify that the above record is correct.

 Principal (or Counselor)

 Coach

Guidelines for Nomination:

1. Coach must be a member of the Wisconsin High School Golf Coaches Association.
2. Academic Nominations must be postmarked by **MAY 15TH Boys**, **MARCH 15TH Girls**. Nominees must meet the following:
 - a) a cumulative grade point average of at least 3.5 (on a four point scale)
 - b) Sophomore status or higher.
 - c) Participated in 75% of the scheduled golf meets.
3. Forms should be sent to:
Bill Berkholtz - S105 W20616 Valerie Drive - Muskego, WI 53150 - jberk@execpc.com