



The Coach Approach

The Newsletter of the Wisconsin High School Golf Coaches Association

Volume XI Issue 1

September 1996

From the Clubhouse:

The purpose of the president's page is to bring you special news and the president's perspective on the state of the high school game. Sometimes, unfortunately, the news to be delivered is not so happy, and the first part of my message is one of those times.

In late summer Dan Chubrilto, longtime Kenosha St. Joseph High School golf and basketball coach died of a massive heart attack while playing golf at Blackhawk C.C. in Madison. Dan was on the sixth tee with close friend Mark Olson, Westosha Central golf coach and his brother-in-law when the attack began. Chubrilto was transported by cart to the pro shop where two doctors, who were waiting to play, attempted CPR until paramedics arrived minutes later. He was pronounced dead at University Hos-

pital about an hour after the attack began.

Dan Chubrilto had been the golf coach at St. Josephs since 1979. An American Issues and Freshman English teacher, he was the boy's varsity basketball coach from 1969-1972 and again from 1979-1996. In the intervening years Chubrilto was an assistant basketball coach under Dick Versace at Chicago's Gordon Tech High.

Chubrilto had been a member of the WHSGCA Board of Directors from 1986-1991. He was an excellent coach and board member whose insight to the game was most helpful to his players and fellow board members. He will be deeply missed by all who knew him!

We are well into the fall WISAA boys and the WISAA/WIAA girls season. As this is a new school year I should like to remind you that once again your dues need to be paid if you are to benefit from the advantages of WHSGCA membership. This will be your final issue of the "Coach Approach" until your dues are re-

ceived by our membership chairman, Joe Harlow.

PLEASE FILL IN THE FORM ELSEWHERE IN THIS ISSUE AND MAIL WITH YOUR DUES!

For the second year, the girl's State Tournament will include WISAA and WIAA schools. Thus far Divine Savior/Holy Angels High School of Milwaukee appears to be the best of the WISAA girl's schools. They recently won the Janesville Inv. with their top two players shooting 75 and 77 respectively. Also in the southeastern part of the state, Watertown is a real power as are the three Racine High Schools. And look out for defending state champion Eau Claire North! In the next few weeks we will know more about the real powers in the state. Please send to the "Coach Approach" results from your invitational tournament. We want to publish the results so other

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coaches can enjoy them! This is a feature that most coaches really enjoy.

Remember, benefits of membership in the WHSOCA include, four yearly issues of the "Coach Approach", All State Playing and All State Academic teams, 25 Year coaching plaque, competitive hole in one plaque, spring clinic, annual meeting, clinic and tournament, and special presents such as the winter cart gloves with the WHSOCA logo embroidered on them, PGA Friend of High School Golf Award, Special Friend of High School Golf Award, and the Coaches Hall of Fame. So much to receive for so little. Won't you please join us and help make our special organization even better? We can't get better without your support!

Kaz

Coaches:

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

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

The Practice Tee

THE ALTERNATIVE

In our last issue we discussed one method of moving from the back-swing into the forward motion. While, in the modern golf swing, the back swing technique is fairly standard from instructor to instructor, it is the more important forward motion that is not so clearly defined. In this installment I will offer an alternative move into the forward swing different from that which we discussed in the previous issue. I do not recommend one method over the other. Rather, it would be better to know and un-

derstand both so that you have the opportunity to individualize your methodology based on your student's needs. Teach the technique that works best for each individual on your team.

Using the lower body first method to begin the forward swing, as we discussed in the last issue, creates a situation where it is important that the club catches up with the hips and legs at impact. This means that if the hip slide initiates the forward swing, then at some time prior to impact, the hips and legs must stop momentarily to allow the upper body and club to catch up so that the body and club are "connected" at impact. By "connected" I mean that the butt end of the grip is pointing at the stomach at impact. Or, another way of visualizing this position is have the golfer turn the body and club together through impact. We will often see younger golfers, who are attempting to hit the ball farther, move their hips and legs first through the impact zone. Their club will lag woefully behind their lower body causing the hips to spin out

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 March 1, 1997

The Wisconsin High School Coaches Association is presenting plaques to all high school golf coaches 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

of position prior to impact. This mis-timed swing will force the golfer to "block" his or her hands to the right preventing a proper release of the club into a square position at impact. The resulting shot starts right and then slices even further off line leaving an unhappy and frustrated player. If you have players who can initiate with a hip slide, stop the lower body momentarily to allow the upper body and club to catch up and then turn the entire body and club through the impact zone and out towards the target in unison, then this technique is for them. But...

If you have some golfers who cannot stop the lower body slide and turn so that the upper body and club are allowed to catch up, then you would need to employ a different technique to initiate the forward motion. The Alternative move is to begin the forward swing with the arms. Using this method the golfer should envision him/herself pulling down from the top of the back swing. The feeling should be on of pulling down on a light cord that is attached to a ceiling socket. The golfer is standing to the left of the cord and is facing at a 90° angle away from the cord.

In this pull down move using the arms, it should feel as if the right elbow, for a right handed player, is being put into the right front pants pocket. This is the same feeling that one should get if properly using the hip slide first method, but the alternative method has the added advantage of possibly being easier to

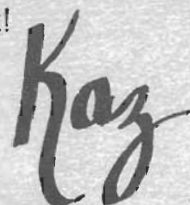
feel and learn because it is the arms which must be moved properly into an inside position and the alternative move emphasizes the arm movement, not a hip slide. Golfers will usually find it easier to learn a new move when just one part of the body is the focus of attention. In the lower body first method, the hip slide is designed to pull the arms into an inside position relative to the target line. In the alternative move, the emphasis is on the arms actually moving into an inside position rather than having another part of the body forcing them into the correct position. The club being moved inside the target line to start the forward motion is so important if the player wants to hit long shots that are much more accurate than swinging outside the target line.

By starting the forward swing with the arms first, it will allow the upper body to catch up with the lower body. During the back swing, the upper body has turned more than the legs and hips, so the upper body needs to turn more on the forward swing to align itself with the lower body on the forward motion, making sure that this alignment process or "connection" is accomplished prior to impact.

When your players first learn this technique, they will be upper body conscious and will usually neglect the lower body. Allow them to concentrate on the pull down move with the arms until they become both physically and mentally comfortable with this move. Then you can begin to

encourage them to use their lower body in coordination with their upper body on the forward swing. It is important that the lower body be encouraged to play its role in the swing as both upper and lower bodies each have a significant role to play.

At impact, the golfer should have his/her body square to or slightly open to the target line. Golfers under the age of 17 seem to frequently have an over active lower body because they are trying to hit the ball hard. This results in the shoulders being pulled open to the left of the target prior to impact and they will then start their shot to the left of their target with the hands being blocked to the right causing the ball to then slice back to the right of the target. This motion robs the golfer both of distance and accuracy. The alternative method of starting the forward motion with a pulling down of the arms should force the players to start the club inside the target line, and because the lower body is quiet at first the club can better maintain its inside position through impact. The resulting shot should either be a draw or a straight ball which will improve the golfers distance and accuracy! However, the alternative method will not be successful unless you emphasize a five word statement when teaching it to your players. We will discuss that five word statement and the club motion from impact to the finish in our next issue. Don't you dare miss it!



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-Withee, 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

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

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

Milwaukee City, Woodland, Southeastern

Arrowhead, Brookfield East, Brookfield Central, Cudahy, Greendale, Greenfield, Kenosha Tremper, Kenosha Bradford, 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, Oak Creek, Racine Horlick, Racine Park, Racine Case, South Milwaukee, Waukesha North, Waukesha South, Waukesha West, Wauwatosa East, West Allis Hale, West Allis Central, Wauwatosa West.

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, Watertown, 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 Association.

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, Catholic Memorial, 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, Pius XI, 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.