



The Coach Approach

The Newsletter of the Wisconsin High School Golf Coaches Association

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From the Clubhouse:

New Season Approaches, Old leaves memories

We are nearing the beginning of another WIAA boys season, having left behind a WISAA boys and WISAA/WIAA girls season in fall. Madison Edgewood coached by Mark Rechlicz and led by his son Joel Rechlicz won the WISAA Boys' title while Eau Claire North coached by Terrie Hanke and led by Malinda Johnson took the combined girls championship. The spring boys season will be the last involving just public schools, for a number of WISAA boys teams are planning to move their entire season to spring during the 1997-98 school year and have indicated that they will petition the WIAA for inclusion into the state tournament series in spring. According to presently formulated plans, all remaining WISAA boys

golf teams will join the WIAA tournament series during the 2000-2001 school year.

Again this spring the WIAA is conducting a series of rules clinics around the state beginning in early April. WSGA officials along with members of the WIAA Coaches Advisory Board members will be in charge of these required meetings. The WHSGCA Spring Clinic will again be held at Western Laks GC on a Saturday. This year's clinic is slated for March 15, 1997 and will feature Gene Haas, executive director of the WSGA and Kay McMahon of Palm Springs, California. Please see the informational article under the "At the turn" heading along with the application blank. Being at the clinic will meet your attendance requirement at a rules clinic!

The application deadlines for "WHSGCA Friend of Golf," "WHSGCA PGA Friend of Golf," and "WHSGCA Hall of Fame" are fast approaching. These forms must be in by March 1, 1997. The forms were part of your first issue of the Coach Approach" back in September. Just a reminder that those

nominated for Friend of Golf and PGA Friend of Golf must have been involved in the betterment of High School golf for a minimum of 15 years. Nominees for the Hall of fame must be retired.

Don't forget that the WHSGCA awards plaques to those coaches who have coached golf for 25 years. Fill out the proper form and mail it to TJ Dieck. Coaches MUST be present at the Spring Clinic in March or at the annual meeting in June to receive the plaque. Our organization also make plaques available to players who score a hole in one during high school competition, providing the coach was a member when the hole in one was made. Again, fill out the form and mail it with a picture of the player who qualifies for the plaque.

Have a Great Spring.

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The Practice Tee

Balance is key to the swing

In our last issue, we discussed an alternative method of starting the forward swing. I indicated that if you have a golfer whose lower body is overactive on the forward swing and their left hip is prematurely overturning out of position, then using the alternative method with shoulders and arms pulling the club down prior to moving the lower body is usually a viable solution. What you want from your golfers is a forward motion in which both the hips and shoulders (chest) are in alignment, or as close to

Figure 1:



alignment as possible, at impact. Do not worry if the left hip has turned out of the way slightly. That is fine! How much should it turn prior to impact with the ball? The golfer's club path and ball flight will indicate if the hips and chest are not connected at impact. A very experienced coach who has worked with thousands of players can sometimes see this connection, but if you lack that experience then watch the player's ball flight. If the ball starts left and then slices back to the right or if the ball starts way right and hooks violently left, the connection is NOT there!

Figure 1 shows a player whose hips are moving through the hitting area ahead of the club so there is no connection. In figure 2, the upper body, lower body and club are moving through the hitting zone in perfect connection, resulting in solidly struck shots that are very accurate. It is the body and club position in figure 2 that you want your team members to achieve. As a coach, you will need to determine which method each of your players must use to achieve proper connection at impact!

In order to help achieve proper connection your players will generally need to maintain their left knee in a flexed position until just after impact with the ball. Most players who straighten the left knee prior to contact will spin their hips out, leading to an outside-in swing and a resulting slice. On tour,



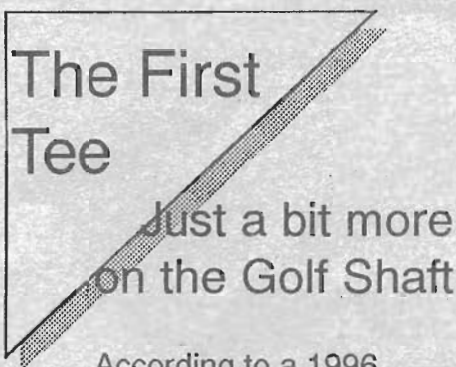
Figure 2.

players like Bruce Leitzke will stiffen their left knee on purpose so their hips spin out and they can hit a fade. It is a good technique for players who want to hit a fade, BUT most high school golfers are trying to hit the ball straight or with a draw. A stiff left knee at impact and trying to hit the ball right to left do not mix. It can be done, but it NEVER can be controlled. If you have players who cannot keep their left knee flexed until impact, they should be encouraged to do what comes naturally and hit a fade.

A key component of the forward swing is balance. I see many teenagers unable to maintain balance because their weight on the forward motion goes into the toes of the forward foot instead of the heel. One of two shots will result from this unbalanced position; the ball going right (in the same direction as the body's weight

is moving), or the player will react to the unbalanced feeling by pulling the club left to catch their balance. The resulting shot will go left. Notice that the straight shot at the target is not possible with an unbalanced finish. If you have players who have trouble keeping their left knee flexed through impact, have them work on slow half-swings with both knees super-flexed until they can feel, and control the left knee. This will help develop better balance. If, even with flexed knees through impact, a golfer still moves the weight toward the toes on the forward swing, have them practice swing, with no ball, concentrating on moving the weight into the right heel on the backswing and then into the left heel on the forward motion. Repeating this drill frequently and slowly will eventually allow the player to feel balance. They then need to hit practice balls with a very slow swing, focusing on the proper weight shift, not where the ball goes. Finally have them take these ideas and feelings to the course and practice there. As a coach you can observe their balance or flexed knee position while they are competing, to determine how successful the changes have been achieved in a competitive situation. This is the ultimate test. If the golfer is not yet succeeding with these changes, say nothing, during the competition. Simply note their development and then continue to focus on these muscular changes in the next

few practices. Do not go on to other changes until these changes have been successfully achieved in competition which you must observe if you are to determine what needs to be worked on in practice. Next time we will discuss extension and the finish of a proper golf swing.



According to a 1996 survey, 78% of all single drivers sold were equipped with graphite/composite shafts, while in iron sets, 40% were graphite shafted. The future will see even fewer steel shafted clubs, but will the graphite numbers increase or are we going to see the development of new and more exotic materials in the golf shaft. Predictions indicate that graphite will continue to become more popular, especially in iron sets, but, within a year or two we may be seeing some new developments. One area where improvements will abound involves a better marriage between the clubhead, shaft and grip. Much has yet to be done in this area, especially using graphite shafts. This marriage seems to be much trickier with graphite than it does with steel shafts, hence the large number of graphite shafted clubs residing in base-

ments because they "just didn't work."

A new development already available is the ultra light graphite shaft weighing in at around 60 grams, but a company called Quadrax is developing a graphite shaft fused together with thermoplastics that can get the shaft weight down to 40-45 grams with strength enough to make a good shaft. The thermoplastic powder combines with graphite fibers in this new shaft technology with the thermoplastic material replacing resins and epoxies as the binding agent. But, whether the technology, which costs 20% more than using epoxies, ever catches on remains to be seen.

Another possible shaft for the future are metal matrix materials, or various combinations of common and exotic materials in an effort to create lighter but stronger shafts. However, this process is very complicated and expensive with no assurances that any combination of metals will prove to be superior to graphite. Certainly, a move from graphite shafts to metal matrix shafts will be far less dramatic than the shift from steel to graphite. Who knows, maybe somewhere down the road a scientist will develop something like a laser beam shaft, which, if perfected, would provide the ultimate weightless shaft. Will we still be playing this great game when such a development might occur?

At the Turn

California Pro, Kay McMahon to Speak: WHSGCA Spring Seminar Plans Announced

Kay McMahon, teaching professional at the Lakes Country Club in Palm Desert California, and a member of the LPGA and PGA will be the featured speaker at the annual WHSGCA Spring Seminar on Saturday, March 15th at Western Lakes Country Club in Pewaukee.

A dynamic speaker who has made frequent appearances on the Golf Channel because of her incredible depth of knowledge about all facets of the game, Kay will speak to us about the mental side of the game, coaching techniques and faults and corrections.

Also speaking at the seminar is Wisconsin's resident rules guru Gene Haas, executive director of the Wisconsin State Golf Association. Gene has spoken at our clinic many times before and gets very high grades on his presentation from the coaches. Attendance at this

seminar will meet your requirement to attend a WIAA rules seminar.

Kay McMahon was the first female to become a class A PGA professional in Southern California. She has spoken at PGA, LPGA and other organization's clinics all over the United States. Back home in Palm Desert she averages between 45-60 one hour lessons a week. I have seen several of her appearances on the Golf Channel and was really impressed with her knowledge, and her enthusiasm. She has a teaching degree, K-12, from the University of Minnesota and works with many juniors through individual lessons and in clinics. She understands kids and how to teach them golf. A portion of her appearance here will involve teaching the mental side of the game, which we have heard little of in our seminars. Her enthusiasm for the game and speaking ability have landed her such opportunities as Co-host for TV at the Nabisco's Dinah Shore LPGA tour tournament, a local TV golf tip show throughout 1996, conductor of many seminars for LPGA and PGA club professionals as well as the aforementioned appearances on the Golf Channel. In addition, Kay is the teaching editor of Golf for Women Magazine. Between 1991-1994, she conducted 18 PGA and LPGA workshops for club professionals just on teaching techniques and ball flight laws. In addition, she was named the Western Section

teacher of the year in 1990, 1991, and 1993 and was named the National teacher of the year in 1995. In addition, as a player Kay has won eight LPGA western Section Championships and the LPGA National Teaching Division Championships. She has played in a number of LPGA tour tournaments over the last 18 years and has competed in the USGA Womens Open on several occasions. She also has a long list of successes as an amateur player prior to turning professional.

What Kay McMahon will bring to our clinic is a tremendous depth of knowledge and experience in teaching all levels of golfers from juniors through professionals. Her enthusiasm for the game and excellent speaking ability will make all of us better coaches allowing us to better help our own high school players. You won't want to miss the dynamic 1-2 punch of Gene Haas and Kay McMahon. See you on Saturday, March 15 at Western Lakes Country Club. This is one clinic that promises to be dynamic!

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 18th Hole

WHSGCA 1996 GIRLS GOLF ALL STATE PLAYING TEAM

First Team

Julie Walsh (12)- Watertown
Heather Suhr (10)- Rac Case
Colette Konicek (12) - R
Jessi Polus (10)- E C North
Malinda Johnson (9)- E C North
Arminda Yutuc (12)- L Central

Second Team

Jackie Walsh (10)- Watertown
Raphael Garstecki (11)- Divine
Savior
Mayme Kolenski (11)- Divine
Savior
Jodi Dresen (12)- RHorlick
Kristi Moss (12)- E C North
Laura Krumenauer (12)-
Holmen

Honorable Mention

Stephanie Saniter (11)- Wtn
Nicki Toeppe (11)- Racine Case
Kristin Hoff (10)- Racine Case
Amy Zelinger (11)- Racine Park
Lea Haas (12)- Sparta
Terri Taibl (10)- Brookfield East
Christy Huegerich (11)- Br East

The Scoreboard

UNIVERSITY RIDGE
September 19, 1996

436 Madison Edgewood
457 Madison LaFollette
434 Milton
437 Madison Memorial
380 Watertown
388 Madison West
421 Middleton
476 Madison East
431 Sun Prairie

Julie Walsh, Wtn	84
Jackie Walsh, Wtn	91
Becky White, Middleton	92
Kristin Reives, West	92
Meggan McCallum, West	93
Stephanie Saniter, Wtn	93
Jenny Gerner, Middleton	97
Lynn Malec, Laf	97

Sparta Invitational

September 7, 1996

353	Eau Claire North
389	LaCrosse Central
408	Middleton
410	Onalaska
417	Viroqua
419	Sparta Red
424	Holmen
428	Hayward
443	Tomah
451	Sparta Gold
455	Darlington
460	CFC
473	LaCrosse Logan
478	Lancaster
504	Westby
538	PDC

Individuals

81	Jesse Polus, EC North
84	Arminda Yutec, Lax Cent
84	Shannon Carney, Lax Cent
87	Malinda Johnson, EC North
88	Laura Krumenaur, Holmen
92	Kristi Moss, EC North
93	Carmen Anderson, EC N
96	Shelley Bakken, Onalaska
97	Becky White, Middleton
98	Jenny Schlicht, Viroqua
98	Rachel Sime, Tomah

Watertown Invitational

370	Watertown
375	DSHA
386	Homestead
387	Racine Horlick
401	Mukwonago
404	Brookfield East
408	Fond du Lac
408	Waukesha
413	Arrowhead
420	Sun Prairie
441	Kettle Moraine
449	Kenosha Tremper
452	Oconomowoc
461	Milton
461	Brookfield Central
471	Beaver Dam

Individual Scores

81	Garstecki, DSHA
83	Dresen, Racine Horlick
84	Ju. Walsh, Watertown
84	Kolinski, DSHA
85	Ja. Walsh, Watertown
85	Johnson, Greendale
90	Huegerich, Brook East
90	Taibl, Brookfield East
92	Hammer, Waukesha
93	Vandehey, Mukwonago
93	Nass, Homestead
94	Frommel, Homestead
94	Meyer, Homestead
94	Best, Racine Horlick
97	Sondergard, Fond d Lac

1996 WIAA STATE GIRLS GOLF

University Ridge

821 BARRON- Carl Olson
200 Andrea Springer
212 Michelle Olson
213 Wendie Rogers
208 Amy Fry
209 Lisa Matye

680 EAU CLAIRE NORTH-
Terrie Hanke

164 Jessi Polus
160 Malinda Johnson
168 Kristi Moss
189 Carmen Anderson
195 Beth Childs

763 FOND DU LAC- Gayle
Wilfong

180 Kelly Scharf
192 Leigh Sondergard
193 Jamie McAlister
198 Sandeepa Musunuru
214 Birschbach/Ringler

790 MADISON WEST- Roger
Wiebe

184 Kristina Rieves
214 Meggan McCallum
196 Sonja Wilhelm
199 Gabe Hernan
219 Krissie Hammerback

835 MUKWONAGO- Bob Anderson

205 Katie Vandehey
222 Kristin McAdams
211 Beth Gray
210 Jennie Kulinski
209 Jenny Roder

832 NEENAH/MENASHA-
Sharon Jermstad

188 Janelle Warrick
225 Lisa Irons
217 Merideth Drake
216 Angie Abenroth
229 Katie Walbrandt

709 RACINE HORLICK- Sue
Thompson

161 Colette Konicek
171 Jodi Dresen
187 Stacie Best
190 Jen Zeni
209 Wangaard/Olesoen

747 RACINE PARK- Doug
Lockrem

190 Missy Hazelwood
180 Amy Zelinger
193 Amanda Schneider
184 Annie Redfearn
213 Julie Christensen

794 SPARTA- Joan Olson
192 Lea Haas
217 Amanda Flock
194 Emily Nussdorfer
206 Brooke Pederson
202 Laura Adkins

727 WATERTOWN- Roger
Prickette

159 Julie Walsh
192 Stephanie Saniter
181 Jackie Walsh
195 Angie Hady
214 L. Schaeffer/Gillingham

Individual Qualifiers

200 Laura Kluge- Amery
194 Beth Carlburg- App North
178 Raphael Garstecki- D S
167 Jayme Kolinski- D Savior
200 Bonnie VanderHeyden- GBE
168 Linda Johnson- Green
173 Laura Krumenauer- Holmen
185 Katie Frommell- Homestead
166 Arminda Yutuc- LaCr Central
183 Shannon Carney- LaCr Central
158 Heather Suhr- Racine Case
177 Micki Worzella- West B East

Individual Results

158 Heather Suhr- Rac Case
159 Julie Walsh- Watertown
160 Malinda Johnson- E C North
161 Colette Konicek- Rac Horlick
164 Jessi Polus- Eau C North
166 Arminda Yutuc- LaCr Central
167 Jayme Kolinski- Div Sav
168 Kristi Moss- Eau C North
168 Linda Johnson- Gr
171 Jodi Dresen- Rac Horlick
173 Laura Krumenauer- Holmen
177 Micki Worzella- W B East
178 Raphael Garstecki- Div Savior
180 Amy Zelinger- Rac Park
180 Kelly Scharf- Fond du Lac

Team Results

680 EAU CLAIRE NORTH
709 RACINE HORLICK
727 WATERTOWN
747 RACINE PARK
763 FOND DU LAC
790 MADISON WEST
794 SPARTA
821 BARRON
832 NEENAH/MENASHA
835 MUKWONAGO

Mukwonago Invitational 1996

343 Watertown
350 Divine Savior
365 Racine Case
367 Racine Horlick
390 Brookfield East
391 Mukwonago
394 Homestead
398 Racine Park
401 Waukesha
414 Kettle Moraine
421 Madison Memorial
421 Arrowhead

424 Kenosha Tremper
 441 Delevan-Darien
 443 Elkhorn
 446 Oconomowoc
 447 Kenosha Bradford
 447 Whitewater
 458 Milton
 463 Brookfield Central
 506 West Bend West

Individuals

77 Kolinski, DSHA
 79 Garstecki, DSHA
 80 Dresen, Rac Horlick
 83 Ju Walsh, Watertown
 84 Ja Walsh, Watertown
 85 Frommell, Homestead
 86 Toepe, Racine Case
 86 Saniter, Watertown
 88 Suhr, Racine Case
 89 Hoff, Racine Case
 89 Huegerica, Brook East
 90 Hady, Watertown
 91 Vandehey, Mukwonago
 94 Lara, Waukesha
 94 Hommen, Elkhorn
 94 Schaeffer, Watertown
 95 Floyd, DSHA
 95 Gray, Mukwonago
 95 Benson, Memorial
 95 Duetsch, Kettle Moraine
 95 Hazelwood, Park
 95 Applegate, Milton

Appleton Invitational

359 Watertown
 359 Racine Horlick
 368 Racine Case
 368 LaCrosse Central
 378 Waukesha
 391 Sun Prairie
 410 Appleton West
 441 Two Rivers
 457 Brookfield Central
 460 Beaver Dam
 499 Appleton North JV

519 Appleton East
 Inc Divine Savior
 Individuals
 80 Colette Konicek, Horlick
 82 Arminda Yutec, Lax
 85 Julie Walsh, Watertown
 86 Jodi Dresen, Horlick
 86 Shannon Carney, Lax
 88 Jackie Walsh, Watertown
 88 Heather Suhr, Case
 89 Stephanie Saniter, Wtn
 89 Maya Lara, Waukesha
 89 Nicki Toepe, Case

Oconomowoc Invitational

Paganica GC
 September 28, 1996

357 Watertown
 366 Racine Horlick
 368 DSHA
 377 Racine Case
 389 Homestead
 391 Mukwonago
 392 Sun Prairie
 395 Waukesha
 397 Racine Park
 414 Kenosha Tremper
 418 Brookfield East
 420 Edgewood
 425 Kettle Moraine
 428 Oconomowoc
 440 West Bend East
 450 Madison East
 453 Delevan-Darien
 463 West Bend West
 476 Brookfield Central
 486 Hartford
 500 Beaver Dam
 505 Burlington
 549 East Troy
 Inc Arrowhead

Individual

81 Ju Walsh, Watertown
 82 Dressen, Horlick

83 Konicek, Horlick
 85 Garstecki, DSHA
 86 Kolinski, DSHA
 87 Ja Walsh, Watertown
 88 Toepe, Case
 88 Saniter, Watertown
 88 Farrington, WB West
 89 Johnson, Greendale

Edgewood Invitational

314 Catholic Memorial
 315 Madison Edgewood
 321 Marquette
 323 LaCrosse Aquinas
 327 Martin Luther
 327 St Mary Springs
 329 Thomas More
 333 Heritage Christian
 335 University School
 336 Milwaukee Lutheran
 338 Wausau Newman
 339 KM Lutheran
 341 WFB Dominican
 346 St Catherine's
 357 Wisconsin Lutheran
 360 Ken St Joseph
 382 St Point Pacelli

Individual Scores

75 Joel Rechlicz, Edgewood
 75 Corey Olson, Marquette
 77 Sam Beson-Crane, Edge
 77 Tom McNamara, CMH
 77 Nick Creten, Marquette
 78 Bryon Rieslit, CMH
 78 Pete Zimmer, Dominican
 79 Corey Heasley, Aquinas
 79 BJ Frank, CMH
 79 Eric Schweth, St M Spr
 79 John Burns, More
 80 Jim Dobson, Aquinas
 80 Andy Massa, Aquinas
 80 Andy Kahrs, KM
 80 Justin Kumar, USM
 80 Pete Gaeth, CMH
 80 Kolin Golchart, M Luther