

INSIDE GOLF NEWSPAPER

Golf resorts: There is plenty to like in the Pacific Northwest

Inside Golf Newspaper takes a look at golf resorts of the Pacific Northwest this month with a special section you can find inside. Places like Black Butte Ranch in Oregon (right) are among some of the top places you will find anywhere. See inside for more.



WHAT'S NEW IN NW GOLF

Boeing Classic has tickets on sale for August event at TPC Snoqualmie Ridge

It is a sports experience like no other in the Northwest and an affordable option that the entire family can enjoy. The Boeing Classic will be held August 24-26 at TPC Snoqualmie Ridge. With Tickets starting as low as \$20 per day and kids 14 and under receive free admission with a paid adult, it is affordable family fun.

Fans can also take advantage of tremendous hospitality tents with some of the best views on the course. The Canyon Club is located on the 448-yard par four 14th signature hole, where spectators watch in suspense as their favorite Champions Tour pro take the risk of driving their tee shot over Bear's Canyon or lay it up safely on the fairway.

The Champions Club is located on the 18th green and offers lounge areas, a sun deck, all-inclusive food-and beverage, and a front row seat.

The Boeing Classic offers fantastic options for everyone from the most avid golf fan to those looking for a uniquely Seattle experience. Visit BoeingClassic.com for more information on tickets and the event itself.

C. Oregon Shootout set for April 27-29

The 10th annual Central Oregon Shootout is set for April 27-29, 2012 at some of Central Oregon's top golf courses. The three-day event will feature two-player teams competing in three different formats.

Host courses include Aspen Lakes, Eagle Crest Resort and Black Butte Ranch.

Players will take part in three formats including best-ball, scramble and chapman.

Entry fee is \$580 and includes golf, carts, range balls, tee prize, food and more. Call 541.549.4653 for more.

Rules Quiz

Three of four players in a group assigned by the Committee to the 9:00 starting time arrive at the starting tee ready to play (ball and club in hand). Player #3 arrives in time to play in his proper order but arrived 2 minutes late (9:02:00). What is the ruling? See answer on Page 2.

Pacific Northwest courses are among top in the U.S.

GolfWeek Magazine recently came out with its rankings of the top golf courses state by state. Here's how the top courses in Oregon and Washington stack up:

- Washington: Chambers Bay, Wine Valley (pictured right), Palouse Ridge, Salish Cliffs, Loomis Trail, Olympic Course at Gold Mountain, Semiahmoo, Trophy Lake, Suncadia Prospector and Desert Canyon.

- Oregon: Pacific Dunes, Old Macdonald, Bandon Dunes, Bandon Trails, Tetherow, Pronghorn Nicklaus, Crosswater, Pumpkin Ridge Ghost Creek, Running Y Ranch, Juniper.

In the national rankings among the top new modern courses, Pacific Dunes is second, Old Macdonald is third, Bandon Dunes is seventh, Chambers Bay is 22nd, Bandon Trails is 26th, Pronghorn Fazio is 43rd, Eugene Country Club is 67th, Wine Valley (pictured right) is 84th, Pumpkin Ridge Witch Hollow is 93rd.



Wine Valley is ranked among the top courses in the U.S.

Destination: Langdon Farms



Langdon Farms, just south of Portland in Aurora, might be one of the most distinctive courses in the Pacific Northwest. With its buildings that resemble an old farm, Langdon Farms certainly stands out. It also stands out having been ranked as the top course in Oregon to host tournaments and corporate events. The course opened for play in 1995 and is consistently ranked among the top courses in the Pacific Northwest. For more on Langdon Farms, please see inside this section of *Inside Golf*.



FedEx Cup champ Bill Haas signs to play Umpqua event

Defending FedEx Cup champion Bill Haas has signed on to play in the second annual Umpqua Bank Challenge, set for Aug. 27-28 at the Reserve Vineyards and Golf Club near Portland.

The event returned last year to the Portland Golf Club and was previously called the Fred Meyer Challenge and is hosted by Portland native and PGA Tour star Peter Jacobsen.

Haas, who won the PGA Tour's season-long championship in 2011, will play in the best-ball team competition. Nothing is confirmed but he could be paired with his Champions Tour father Jay Haas.

Officials at Peter Jacobsen Sports, which runs the Challenge, want the event to mix players from the PGA and Champions Tours. But because of a late start and scheduling overlaps, the inaugural event last year featured 10 golfers from the 50-and-over circuit in its 12-player field, although PGA Tour stalwarts Steve Elkington and Scott McCarron won the event at Portland Golf Club.

By getting Haas, who capped his 2011 season by winning the Tour Championship, PJS signaled it will dip into both tours for the 2012 version event that ran for 17 years in the Portland area.

2013 PGA Club Pro event back to Sunriver

Sunriver Resort, one of the country's most scenic golf destinations, featuring acclaimed Crosswater Club, has been selected to host the 46th PGA National Club Professional Championship.

The event will be held June 23-26, 2013 and marks the third visit to Sunriver Resort by The PGA of America's showcase event for PGA Club Pros. The top 20 finishers earn spots in the PGA Championship.

The PGA Club Pro Championship will bring a field of 312 to the Central Oregon resort, utilizing both Crosswater Club and Meadows Golf Course that hosted the 2001 and '07 National Championships.

Puerto Rico recap: A thrill to meet the great Chi Chi; how not to drive a cart

Some quick thoughts after spending a week in Puerto Rico:

• When driving a golf cart, know what the hell you are doing. A group playing behind my foursome went looking for a ball down in a valley. They found the ball and then the driver decided to try and four-wheel-it up a steep hill. You can guess the rest (see photo below).

The cart didn't make it up, the driver didn't go straight back down the hill and the cart flipped over, sending two bodies to the ground. Amazingly no one was hurt, except for the cart, which lost its roof.

And more amazingly, the passenger was able to hang on to his beer throughout the ordeal.

• Our group had a Chi Chi Rodriguez sighting early on in the trip. When the bus stopped at the front door of the Dorado Resort, I stepped out and saw a guy with a Chi Chi hat on approaching the bus. "Hey, look they were nice enough to send a Chi Chi impersonator to meet us," I told the group.

Whoops, turns out it was the real thing. Chi Chi Rodriguez is the golf treasure of Puerto Rico and he is also a spokesman for the Dorado Resort. He came out the front door, met our group and was as nice as you can imagine.

After talking for a few minutes, we asked Chi Chi to give us his sword fight routine like he does when he makes a putt. He obliged and it was as good as ever.

• One of the stops our group made was taking in part of the PGA Tour's Puerto Rico Open. After taking in the sights at the Trump International Golf Club, it was easy to see why the tour stop was voted the most fan friendly event on tour.

A highlight for me was watching Mark Turnesa during the second round. On the 16th hole, he made a great chip but missed a three-footer for par. He proceeded to knock the ball



Steve Turcotte

into a nearby water hazard with his putter and walked with steam coming out of his ears to the next tee. He grabbed his 3-wood on the short par-4 and whacked the ground a few times and then a couple more of times for good measure. He then proceeded to drive the green with his 3-wood and then two-putt for birdie. Good to see these guys can play

mad. I know I can't. When I get mad on the golf course, balls get topped, sliced, hooked and even missed.

• Got a chance to chat with Jason Gore, the guy who almost won the 2005 United States Open. Coming out of hotel casino, Gore was standing alone so I struck up a conversation.

He said he has lost 40 pounds and it has affected his swing. Now, he swings too fast because of the weight loss. He missed the cut but said good things are right around the corner. He's also the guy who threw out a tweet a while back and got a sponsor's invite to the Northern Trust Open by asking people to help him get into the tournament because he is a Southern California guy. It worked.

Steve Turcotte is editor of Inside Golf Newspaper. He can be reached for at stturcotte@comcast.net.



Sometimes driving up a steep golf course hill just doesn't work out very well does it?



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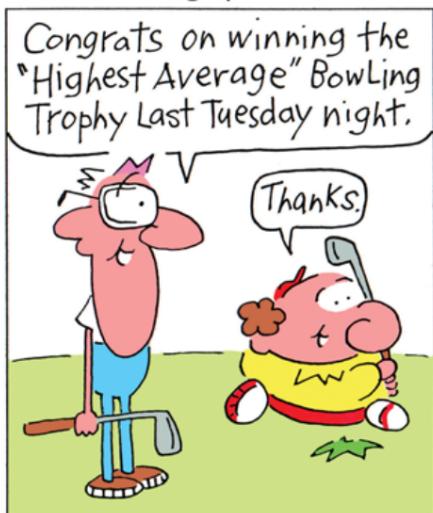
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Double Bogey



Harold Bluestein PGA



Rules Answer

Answer: The 2012 revised rules now provide for a two stroke penalty be applied to the score of the first hole for the #3 player. The #3 player had until 9:05:00 to arrive ready to play before he would be disqualified. The note to Rule 6-3a which provided for 5 minutes of tardiness without a disqualification has been moved into the Rule. Committees no longer need to put the note in effect.

• Inside Golf would like to thank rules official Paul Lucien for the rules questions.

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Oswego Lake team wins Pro-Assistants golf crown; Riverbend will play host to annual demo days event

The Oswego Lake Country Club team of PGA Professionals Brent Murray and Scott Erdmann came from behind to win the Pacific Northwest Pro-Assistants Championship at Columbia Edgewater Country Club in Portland.

Murray and Erdmann were two shots back after the first of the two tournament rounds but came up with a 9 under par 133 thanks to a final round 64 that included 7 birdies and an eagle to overtake first round leaders from Arrowhead GC Rob Gibbons and Bruce Stewart.

Four teams were tied at two shots back 135, including the teams of Rich Friend and Mitch Runge of Tacoma, Mike Gove and John D'Melio of Inglewood, Bryan Tunstill and Adrian Burtner of Columbia Edgewater and Dan Hill and Tim Feenstra of Broadmoor.

New golf event will feature Suncadia and Desert Canyon

At Cascade Golfer, they believe that every golfer should have the chance to experience tournament golf in a fun atmosphere, on an amazing golf course, with incredible prizes on the line.

Like trips to Bandon Dunes, Palm Springs, Central Oregon, Vegas and other top destinations. Twosomes and foursomes to tracks like Wine Valley, Chambers Bay, Suncadia and other top locales, plus golf clubs and more.

Heck, they'll even throw in a weekend in paradise — three nights at the Inn at Spanish Bay and twosomes to Spanish Bay, Spyglass, and the granddaddy of them all ...

Pebble Beach. Those are just some of the more than \$100,000 in prizes on the line for players in Cascade Golfer's two amateur tournament series, the Cascade Golfer Cup and the Central Washington Shootout.

The Cascade Golfer Cup is the region's largest and most popular yearlong amateur tournament series, with seven events played in fun, team-scoring formats on the region's top courses (including Chambers Bay, Gold Mountain Olympic, Washington National and others), and prizes in both net and gross categories.

In addition, CG Cup producers are launching the first-ever Central Washington Shootout, a 54-hole, team-format tournament June 1-3 at Desert Canyon and Suncadia's Prospector and Rope Rider tracks. For more information, visit CascadeGolfer.com, or contact Simon Dubiel at 206-367-2420, x1236, or by e-mail at simon@cascadegolfer.com.

Riverbend Golf Course plans big Demo Days event in April

Riverbend Golf Course in Kent will offer golfers the chance to see and try some of the new equipment for the 2012 season at their Demo Days Saturday, April 14.

The event will run from 10 a.m. through 3 p.m. at the Riverbend Driving range, which is located across the street from the championship 18-hole golf course.

The event will feature manufacturers like Nike, Ping, Titleist, Taylor Made, Callaway, Adams and Cobra. Discounts will be offered by the Riverbend Merchandise Center on most products as well.

Call 253.859.4000 for more information on the Demo Days event.

Circling Raven announces new stay and play packages

Circling Raven Golf Club — the highly decorated amenity of the Coeur d'Alene Casino Resort in scenic Northern Idaho — today announces a new, All-Inclusive Stay-and-Play Package, offering substantial savings on golf, lodging, dining and spa treatments.

For \$299 per person, guests receive two nights lodging (double occupancy) in the luxury Spa Tower of the newly expanded Coeur d'Alene Casino Resort, a round of golf for two, \$50 per person spa service credit, \$25 per person dining credit and more.

Crescent Bar gets a reprieve on their battle to remain on island

Crescent Bar islanders have added a new twist to their battle to remain on the Columbia River island after their leases expire in April — or at least add about 10 years to their stay. They've become their own landlords.

The approximately 400 islanders have sued the public utility district and the Port of Quincy in federal court for either new leases or \$90 million in compensation if they have to remove their RVs or vacate their condominiums.

Lewis Card, attorney for leaseholders in the island's two RV parks, said that the three island homeowners associations — North Park, South Park and condos — have cre-

ated a company called Crescent Bar Holdings LLC that has purchased the stock of Crescent Bar, Inc.

Registrations are open for 2012 Junior Champions Tour

Registration for the 2012 Inaugural Junior Champions Golf Tour opened in March at www.JrChampionsTour.com. The Tour kicks off with the first tournament event at West Seattle Golf Course on April 21, 2012 and concludes with the 3-Day, Seattle Junior Champions Classic tournament in August.

The Junior Champions Tour is a nonprofit association established to foster the growth and development of junior golfers who desire to hone their skills in preparation for high school and collegiate opportunities, while promoting life values through the game of golf.

University of Washington's Chris Williams sets record

Washington junior Chris Williams stands alone atop the Husky record books for career wins after running away from the rest of the field on Sunday for his fifth career victory. At the same time, the Huskies saw a comfortable lead whittle away and ended up tied with Long Beach State for the Bandon Dunes Championship team title.

Williams shot 204 (-9) over the three-day, 54-hole event at Bandon Trails Course to finish six shots better than runner up Kevin Lim of Long Beach State. The victory moved the All-American past Brock Mackenzie and Nick Taylor in the UW record books.



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LESSONS

Cascade Golfer Cup sets dates for 2012 tour; Paige Mackenzie is honored by women's group

The third annual Cascade Golfer Cup returns this year with a solid series of tournaments.

The tour starts off with an event at Chambers Bay on April 28, the first of seven events for the Cascade Golfer Cup.

The series features team-scoring formats and over \$100,000 in prizes awarded to the top net and gross teams at each event. There are also hole prizes, Giveaways and more.

In addition to winning equipment and other travel-related prizes to locations like Central Oregon and Las Vegas, the grand prize winner will receive the 2013 Summer Golf Package that includes 20 twosomes at the top courses in the Northwest.

Here is the schedule: April 28 at Chambers Bay; May 19 at Washington National; June 16 at McCormick Woods; July 21 at Druids Glen; Aug. 18 at White Horse; Sept. 8 at Gold Mountain Olympic Course; Sept. 29 at Chambers Bay.

For more, see www.cascadegolfercup.com/cup.

Women's groups honors NW pro golfer Paige Mackenzie

The National Association of Professional Women announced its partnership with professional golfer, Paige Mackenzie, a veteran of the LPGA Money List and former No. 1 amateur/college golfer in the nation. Paige will represent the almost 400,000-strong NAPW membership at LPGA events as NAPW launches its inspirational nationwide television ad campaign underscoring the NAPW vision statement: The Power To

Be You®.

National Association of Professional Women is the nation's most inclusive network of women, embracing the talents, achievements and ambitions of women from all walks of life. NAPW provides an extensive roster of social, educational and career-based forums to promote members' access to life-changing opportunities for growth and fulfillment.

As a gifted college athlete at the University of Washington, and the school's first female golfer to win the Pac-10 Championship individual title, Paige rounded out her senior year by being honored as one of golf's Top Amateurs of 2006 while also earning her undergraduate degree from UW's prestigious Foster School of Business.

WSGA offers golfers new way to get own handicap

The Washington State Golf Association is offering a way for golfers to get a USGA handicap and other benefits they can use for \$34.95.

The offers also includes regular discounts, special golf offers, WSGA and PPGA membership benefits and a copy of *Pacific Northwest Golfer Magazine*.

For those who have never held a handicap or do not belong to an individual club, this just might be the right way to get a handicap for the first time. It's easy do to and can be done right online.

See www.thewsga.org/special offer to apply for the membership.

Tour Players With NW Ties

PGA Tour

- Fred Couples • Seattle • No events
- Ben Crane • Portland • 16th on the list with \$1,107,103
- Robert Garrigus • Gresham • 19th on the list with \$935,363
- Ryan Moore • Puyallup • 63rd on the list with \$408,325
- Troy Kelly • Bremerton • 188th on the list with \$38,578
- Richard H. Lee • Bellevue • 140th on the list with \$115,420
- Kyle Stanley • Gig Harbor • 2nd on the list with \$1,985,390

Nationwide Tour

- Jason Allred • Ashland • 56th on the list with \$12,089
- Andres Gonzales • Olympia • 8th on the list with \$60,810
- Jeff Gove • Seattle • 99th on the list with \$3,690
- Brock Mackenzie • Yakima • No events
- Alex Prugh • Spokane • 53rd on the list with \$13,455
- Michael Putnam • Tacoma • No cuts made
- Kirk Triplett • Pullman • 23rd on the list with \$26,480

Champions Tour

- Fred Couples • Seattle • 5th on the list with \$333,125
- Bob Gilder • Corvallis • 51st on the list with \$40,259
- Peter Jacobsen • Portland • 63rd on the list with \$23,025

LPGA Tour

- Allison Hanna • Portland • No events
- Jimin Kang • Seattle • 28th on the list with \$69,881
- Paige Mackenzie • Yakima • 75th on the list with \$14,231
- Wendy Ward • Edwall, Wash. • 69th on the list with \$15,445

Did you know....

• The WSGA provides free of charge the GHIN Handicap computer, monitor and technical support that you see in public and private golf facilities throughout Washington and Northern Idaho. These are provided to the men's and women's clubs as a member benefit. The WSGA also provides GHIN's Tournament Pairing Program at no cost.



• The OGA has its own app for you to download and see everything you want to see about the Oregon Golf Association. The new OGA golf app includes a way to post your scores, has interactive course handicap calculator, allows you to look up your handicap, a way to see your recent scores and a way to enter tournaments. Go to oga.org to download the app.



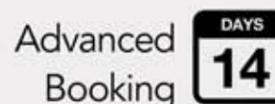
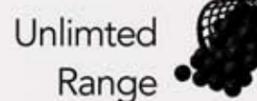
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The Lesson Tee: Time to set in motion new things you've been working on

Finally, the beginning of April! Bingo! Tournament time. Time to set in motion what we've worked on this winter. It could be time to dust off those clubs for 2012. The eagles are soaring and trees blooming up here at Semiahmoo. It's a great place to be from here on out. Unbelievable I'm in my 18th year here! My academy building saves me each winter.

People come to me and most times the song is the same. "I want to be more consistent." Everyone, no matter their level want to be more consistent. I had a couple tour players call me the other day and they expressed the same desire. If a player has a proper grip, alignment and posture; then the player needs to master and build an awareness for the proper path/plane of the shaft and hands; then the squaring of the clubface and forward lean of the shaft at impact.

Mastering and awareness of path and plane; squaring of the clubface, sequence and forward lean to the shaft at impact will produce solid strikes that we all know feel amazing. Through my experience if I (or any player) developed these qualities in my swing, I would strike the golf ball with more quality and consistency. I would rather not leave my ball striking up to chance. I would rather make things take place in my technique that would produce my desired shot pattern. If I make the golf club do certain things I get certain shots. The golf ball (flight) doesn't lie.

In the past I've written much about swing plane and path. I've written a couple times on squaring of the clubface. This month I want to focus on impact, forward lean to the shaft, and solid striking of the golf ball.

I would like you to note it is imperative to square the face and swing on plane to play the



Jeff Coston

"golf of your dreams."

Lets start here! Most golfers that play regularly hit the ball fat and thin because they leave their arms and club behind at the beginning of the downswing.

They get either their upper or lower body too much ahead of the grip/hands and right elbow in the transition. (photo 1). You would hit the ball more solid if the inside right elbow drove down your rib cage to the inside quarter of the golf ball. This happens before anything else moves! A cousin of that would be if you started the downswing with the hands and grip leading to the ball. (photo 2). Then hands, grip and right elbow lead back in front of the hips to the inside quarter of the golf ball. Your hands lead and win the race to and beyond the golf ball. I'm not kidding. Your body will then rotate and drive once you get below the belt to and through the hitting area. Otherwise the clubhead releases early on most everyone and a fat, thin or pull results.

Jeff Coston is a 18-time Pacific Northwest PGA Player of the Year. He is a former PGA Tour Player and can be reached for appointment by calling Semiahmoo at 360.201.4590 or jef-coston.com.



Photo 1



Photo 2

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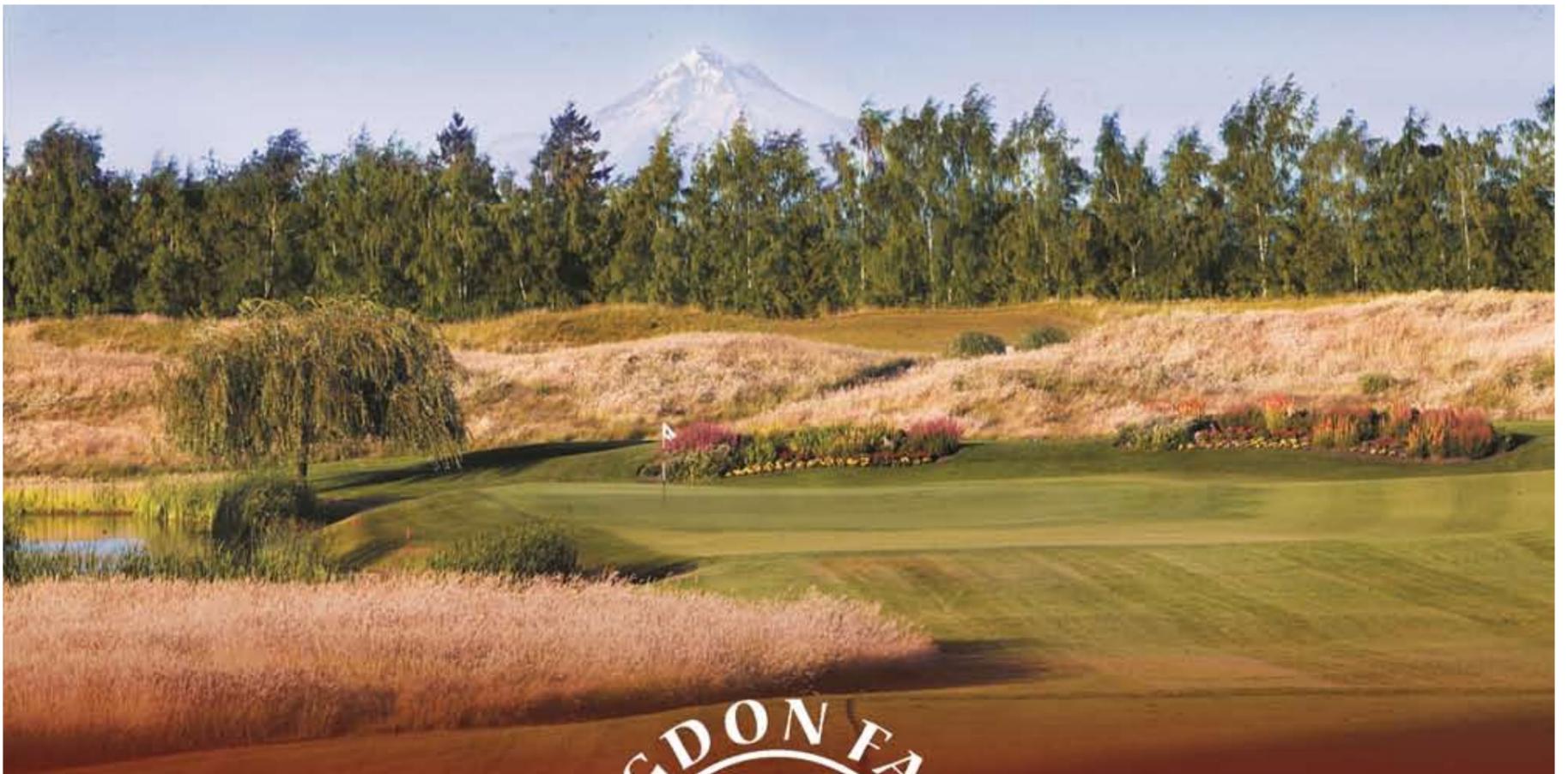
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Destination: Langdon Farms

Langdon Farms Golf Club is known for many things from its farm motif to its award-winning tournament atmosphere to its manicured conditioning. Since opening for play in 1995, Langdon Farms has earned a reputation for the way it treats tournaments. Just ask Mahina Young, who has played the course for years and has watched his Mahina Young Charitable Prostate Cancer Awareness event grow.

In fact, the fourth annual event, which will take place May 24 at Langdon Farms, has grown to a full field and is expected to raise over \$20,000 for Prostate Cancer Awareness. And there is no other place that Young would have his tournament.

"We started small with 50 players and this year we will have a full field of 120 player - and Langdon Farms takes care of us," said Young, who has Prostate Cancer himself. "There is no other place I would go with this tournament."

Langdon Farms, managed by OB Sports, has been rated as the top course in Oregon to host tournament and corporate events and for good reason. David Stead, the General Manager, said the course does over 100 corporate outings from small to big. They do the events in a four-month window so the course knows how to put on a show and make sure that tournament organizers, like Young, get all the help they need.

"No. 1, we try and make it easy for the tournaments," said Stead. "We have really worked hard with people on how to put on a first-class tournament."

Langdon Farms was designed by John Fought and Robert Cupp. And since the course was created on farm land, it was natural that the farm theme came into play. There is a big red barn that serves as the clubhouse, another red building that is the events center and an original working barn that sits on the 8th fairway and is actually still a working barn.

Along with those features, the course also has a challenging layout that has all the water and sand you will need to test your game. The course plays to nearly 7,000 yards from the tips and has hosted some of the top events in the Pacific Northwest. The course is defined by a links-style layout with towering mounds surrounding many of the holes. It's reasons like that why Young keeps coming back with his charity event.

"They know how to do it right at Langdon Farms - and they treat everyone the same, whether you have a small event or large tournament," said Young.

Last year, Young's tournament raised over \$16,000 and much of those proceeds went to help men with Prostate Cancer screenings. In fact, Young's golf tournament helped get over 300 men screened for Prostate Cancer.

"Mahina has put on a great event," said Stead. "This is one event that people get behind because it's for such a good cause. He works hard at it. We want it to be successful."

For more information on the event, see www.mahinayoung.org. And for information on Langdon Farms see www.langdonfarms.com.



Langdon Farms has been ranked as one of the top courses to host a golf tournament.

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Rules of the Game: There is plenty to know about the rules when it comes to the teeing ground area

This month we're going to look at Rules 9, 10, and 11 in our monthly trip through The Rules of Golf.

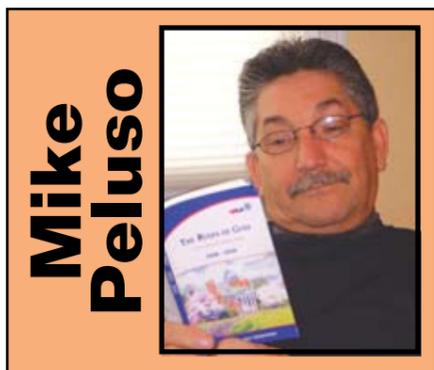
Rule 9 is entitled "Information as to Strokes Taken." It's a short Rule and deals primarily with match play. In a nutshell, if your opponent in match play asks what you lie, he has a right to know that before he makes his next stroke.

If you refuse to tell him, or if the number you give him is incorrect, he wins the hole. In stroke play, all that matters is that each player has the correct score for each hole is recorded before a player turns in his card. Unlike in match play, fellow-competitors in stroke play don't have a "right" to know what someone else is shooting or what he lies. He just needs to make sure that his marker marks the right score down for each hole. Rule 9 has a few other exceptions, but for now, suffice it to say that if you honestly give your match-play opponent your score when he asks, you don't have anything to worry about.

Rule 10 is known as "Order of Play," and, as in Rule 9, the match play component of this Rule is much more important than the stroke play component. In stroke play, if you play out of turn, there is no penalty and the ball stands a played. About the only problem there might be a breach of etiquette, but so many golfers today who are conscious about pace-of-play are playing "ready golf" and are forgoing the etiquette of order of play - which is not necessarily a bad thing, especially if there is no competition involved.

One other possible problem in stroke play that's potentially serious is that if two competitors play out of turn in order to give one of them an advantage of some sort, they're both disqualified.

On the match play side of this Rule, order of play is much more important. In match play, if a player plays out of turn, there is no penalty, but the opponent may immediately recall the player's stroke if he wishes. There's a strategy here: Let's say you played out of turn and boomed a 300-yard drive down the middle. Your opponent might wish



Mike Peluso

to recall that stroke and have you re-tee in turn. But let's say you play out of turn and top it 30 yards or hit it out of bounds or in the water; in this case, your opponent might choose to let the stroke stand as played. Playing in correct order in match play brings a lot of strategy into the game, whereas in stroke play, it is more of an etiquette issue.

The Rule then goes on to say that, on the teeing ground, in either form of play, if a player chooses to play a provisional ball or play under stroke-and-distance, he must do so after everybody else has teed off. If more than one player in the group must play or chooses to play another ball, they retain the order as it was originally.

Rule 11 is called "Teeing Ground." It outlines all of the pertinent situations and objects that are used on the teeing ground.

Rule 11-1 (Teeing) details everything about teeing the ball within the teeing ground. You can do just about anything you want to tee a ball in the teeing ground except use an illegal object to raise the ball off the ground. You can create a mound of sand or dirt, you can create an irregularity of the surface, or you can merely place your ball on the ground. However, when you use an object to raise you ball off the ground, it can only be a conforming tee, which must be "...a device designed to raise the ball off the ground.

A tee must not: a) be longer than 4 inches, b) be designed or manufactured in such a way that it could indicate the line of play, c) unduly influence the movement of the ball (such as reduce spin, slice or hook), or d) otherwise assist the player in making his stroke or in his play." I have often been asked if the "brush" tees or similar tees are legal. The answer is that if it's designed to be a tee and meets the above four limitations, it's OK to use. So, you can't use a pencil or plastic bottle to tee off with. They're not designed to be tees. And if you tee off from an object other than an approved tee, you're DQ'd!

Rule 11-2 (Tee Markers) merely states that tee markers are fixed objects and can't be moved if they're in your way or you want to relocate them, under penalty of two strokes.

Rule 11-3 (Ball Falling off Tee) states that if your

ball falls off the tee or if you accidentally knock it off the tee while addressing it or making a practice swing, there is no penalty and the ball may be re-teeed. (Wouldn't you love to have a nickel for every time the nerd in your group said "One!" when that happened?)

Rules 11-4 (Playing from Outside Teeing Ground) and 11-5 (Playing from Wrong Teeing Ground) both say that if you tee off from outside the prescribed teeing ground of the hole you're playing, you must play from inside the teeing ground and add a two-stroke penalty to your score in stroke play. If you fail to correct that error and tee off on the next teeing ground, you are DQ'd! In match play, it's the same as playing out of turn. There's no penalty, but your opponent can recall the stroke and make you re-tee from within the teeing ground.



Tee markers are fixed objects and can't be moved if they are in your way when you hit.

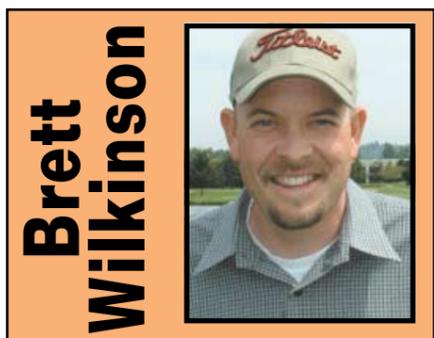
Add stability and mobility to your swing

In your golf swing, certain body parts must be stable and certain body parts must be mobile. The dictionary defines stability as firmness in position and mobility as the ability to move freely.

Stable body parts in the golf swing: Feet, knees, lower back, lower thoracic spine, hands and elbows; while mobile body parts are ankles, hips, upper thoracic spine, wrists, and shoulders. Starting with your feet and moving upward, please understand the areas of stability and mobility alternate. During the golf swing, the body needs both stability and mobility to maximize its performance.

Breaking it down more simply, in your lower body, the feet and knees must be stable. The ankles and hips must be mobile.

In your upper body, the lower back and lower thoracic spine, hands and elbows must be stable. The upper thoracic spine, shoulders and wrists must be mobile. One of the biggest stability issues in most golf swings: Unstable lower body



Brett Wilkinson

in the back swing. You must understand that the width established between your knees at address needs to be maintained, as well as possible, all the way to the top of your golf swing. If you can maintain this width, you will produce a stable lower body. If the space between the knees is drastically lost, the tendencies are to over-rotate and over-tilt the hips. This will lead to the lower body stability being compromised, which can promote

a snowball-effect of troublesome issues in your upper-body back swing positions - and in your down swing.

One of the biggest mobility issues in most golf swings: Proper thoracic spine rotation in the back swing. For proper sequencing in your back swing, you want to generate a good separation or coil between your lower and upper body. You, as the player, must simultaneously stabilize your lower body and have very good rotation or mobility in your thoracic spine. What I often see in quite a few players, in the back swing, is a reversed spine angle in the upper body.

In your back swing, if you can produce a stable lower body and quality rotation from your thoracic spine, you will store potential energy and convert it into kinetic energy in a very easy manner. If you are having trouble with either one or both of these problems, consult with a PGA or LPGA professional knowledgeable with not just the golf swing but how the body should work!

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