

Fore!



Your Information

December 2017



The Cape Fear/Wilmington, NC Chapter EWGA Board of Directors wish all of our members a Merry Christmas and a Happy New Year. 2017 has been a great year for our Chapter and we are working to make 2018 even better! The Board is very thankful for our members and for your participation in golf and social activities.

We hope to see you at our annual Christmas Party at Indochine on Market Street December 12. If you have not signed up on Evite, please do so that we can advise the restaurant on the count. Also, we will be collecting toiletries for a domestic violence shelter. Please bring beauty samples or travel size toiletries for us to donate.

Also, please be sure to plan on attending our Annual Meeting/Potluck on January 26, 2018. We will discuss some of our plans for 2018. Details to follow in an Evite.

Mark your Calendar

December 2—Travel League at Olde Point

Dec 13 – CFW Chapter Christmas Party @ Indochine Restaurant – (members only)

January 26—Annual Meeting

February 1-3, 2018 – Classic Golf School – The Legends – Myrtle Beach, SC

Welcome New Members

Please welcome the following ladies when they join us for golf or a social event.

Brenda Stubby recently moved from Wichita, Kansas to work for a different company. Brenda was born and raised in Wichita and started playing golf when she was 7 years old. She started playing competitive golf when she was 11 and went to Wichita State University on a golf scholarship. Being burned out on golf, she gave it up for several years but started playing again about 6 years ago. She is looking forward to playing year-round golf and socializing with a fun group of ladies.

Suzanne Peltier comes to us from the Southeast Michigan EWGA Chapter. Suzanne liked to play golf 3 times a week in season and as often as possible when the weather permitted. She is looking forward to playing even more golf in our warmer climate.

Handicaps

By Linda Case—Handicap Chair

As 2017 comes to a close and our EWGA chapter prepares for the 2018 season, one of the areas we wish to focus on is the golf handicap. Going forward we will be presenting information about what a handicap is, why you need a handicap, how is a handicap determined, and how to post scores to obtain a handicap. In this issue, we will begin with some basics.

What is a handicap?

A handicap (often referred to as course handicap) is the USGA's mark that indicates the number of strokes a player receives from a specific set of tees at the course being played to adjust the player's scoring ability to the level of a zero-handicap golfer (scratch golfer). Simply put, a golf handicap is a number that tells you how many strokes over par ON AVERAGE that you usually play.

Why do I need a handicap?

(1) A handicap levels the playing field so that everyone with varying abilities can compete either in casual play or tournaments. (2) Handicaps travel with you (the more difficult the course, the more strokes you get). (3) Handicaps give you the ability to track your progress. (4) Handicaps allow you to play in tournaments. A course handicap is determined using lots of mathematical formulas. First, a differential is calculated. That calculation leads to a handicap index which is then formulated into a course handicap. It is not important that you know these formulas but it is important that you enter your scores as you play golf. In that way, you can compete in our chapter's match play events, the chapter championship, and other handicapped tournaments. In the next issue we will address the posting of scores and equitable stroke control. The entire process of obtaining a handicap starts with the correct posting of scores. For further questions concerning handicaps, email chapter handicap chair Linda Case (handicap@wilmingtonewga.com).

EWGA Benefits

Because we are a part of a National organization, we enjoy many benefits that smaller local groups do not have. The benefits include discounts from numerous National vendors; complimentary access to all domestic LPGA Tour and Symetra Tour Tournaments; access to EWGA Golf Handicap System; 1-year subscription to Golf Magazine. But perhaps one of the biggest benefits is the opportunity to play competitive golf on a local, regional and national level. Many of our members have participated in the EWGA Championship and the EWGA cup. Be sure to check out EWGA.com to see all the vendors that offer discounts.

Of course, the Cape Fear/Wilmington, NC Chapter has many additional benefits: Girls Weekend Away, travel league, nine & dine leagues in summer; Match Play series, social activities, educational seminars on handicap and Rules of Golf, and golf clinics.

Is Your Balance On Par?

Shannon Boston

When you watch tour players play golf, there are certain fundamentals most of them possess. A good grip and a committed finish would be among them. One of the fundamentals that is often overlooked is good balance. Balance is important for a number of reasons. Most importantly, good balance is a key factor in golf because it allows us to make mistakes in our swing and still hit respectable shots. Good balance can make up for areas of your swing that may not be perfect. Rarely will you find a great player who does not have a balanced golf swing. Here are some simple practice drills and balance exercises you can perform to help you improve your balance and your golf game.

HITTING SHOTS WITH YOUR FEET TOGETHER

Hitting shots with your feet together is a great drill to help establish good balance, because your body senses a lack of stability. This drill forces you to swing within yourself (or under control). If you have time to take some practice shots before your round of golf, take your first few with your feet together. Not only are you establishing good balance from the start of your day, but you're setting the tone for how you will swing as well. Starting your day with good balance is crucial to swinging under control for the rest of your round. If your swing is too hard and fast, you tend to lose your balance when your feet are together.

ONE LEGGED BALANCE DRILL

Stand near a wall or a chair for this drill. With feet together, pick up one foot—knee facing forward or to the side. Hold the position with eyes open, then closed. Switch feet and repeat for four reps on each foot. Use the wall for support at first if needed, then try to build your confidence and stability to balance without support.

SINGLE LEG CHAIR SQUATS

Start by standing about a foot in front of a sturdy chair, facing away from the chair. Lift your left leg off the floor, keeping it straight. Slowly, over a count of about 4 seconds, squat down using only your right leg, until you're sitting in the chair. Stand up using both legs, and then repeat the repetitions before switching to work the left leg.

Once you're comfortable performing 10 repetitions in a row on each leg, switch it up. When you stand back up, try to do it on one leg, so you're completing your whole set without touching the floor with your non-working leg. Start with only 2 or 3 repetitions, and work your way up to 10.

FYI is published monthly by the EWGA Cape Fear/Wilmington, N C Chapter

Your comments and suggestions are always welcome. If you have an article or a suggestion for an article please send to Jane McGann at chap-tercommunications@wilmingtonewga.com. And don't hesitate to send pictures.

Editor – Jane McGann

President - Ann Thacker - president@wilmingtonewga.com

Member Recruitment Director and Co-Chair – Shannon Boston & Deborah Watts – membershipinfo@wilmingtonewga.com

Member Services Director – Val Hammond - currentmembers@wilmingtonewga.com

Golf Events Director - Meghan Kobelt - golfevents@wilmingtonewga.com

Golf Activities Director - BJ Couto - golfeducation@wilmingtonewga.com

Finance & Records Director - MJ Smith - financedirector@wilmingtonewga.com

Marketing & Sponsorship Director: Jane McGann - sponsorship@wilmingtonewga.com

