

# Fore!



## Your Information

March 2018

### Swing into Spring



Usually our Swing Kick Off event is scheduled to celebrate the start of spring. Although you wouldn't know it by the weather we have been having it is still winter. And we look forward to celebrating the official start of Spring with our annual Spring KickOff scheduled for March 31 at Lockwood Folly. We will of course play golf, eat and have a whole lot of fun. We always hope to have potential members come to this event and this is a wonderful opportunity for you to bring a friend (or two) and introduce them to our Cape Fear/Wilmington, NC Chapter. You can forward the Evite invitation to them, reply to the Evite that you are bringing a guest, or just e-mail

[golfevents@wilmingtonewga.com](mailto:golfevents@wilmingtonewga.com).

We will have 50/50 drawing, goodie bags, and raffle prizes. And as usual, we could use items for either goodie bags or raffle prizes. If you have something you would like to donate, please let Jane McGann know. We can pick up any items from you. Or, if your company would like to donate something, it would be greatly appreciated. You can email Jane at [sponsorship@wilmingtonewga.com](mailto:sponsorship@wilmingtonewga.com).

The Spring KickOff is a prepay event and we will be sending you an updated Evite in the next few days. We will have the cost and payment information included. And, please be sure to return your payment as soon as possible.

### Mark Your Calendar

March 12—Handicap Seminar

March 17—Golf Clinic w/Lori's Golf Pros

March 31— Spring Kick-Off—Lockwood Folly

April 28—Chapter Championship—Olde Point

October 6—Membership Appreciation—Beau Rivage

## Classic Swing Golf School

BJ Couto

Eleven hardy EWGA ladies traveled to Myrtle Beach the end of January to attend an in-depth 3-day golf school at the Classic Swing Golf School located at the Legends Resort. Accommodations at the Grand Atlantic were great, only disappointment was the lazy river was closed for maintenance so no wild stories this year. After a great dinner and closing the doors of Maggi D's, we all went back to the condo for cards, wine and conversation. Bright and early Thursday morning everyone was up and in their cars by 7:30 for the 15-minute drive to check in and start learning.

Teaching began with Ted Frick, owner of Classic Golf Swing, He went over the agenda for the three days and gave us our Instruction Manual. We had 4 instructors for a total of 12 ladies (one snow bird joined our group).

The days were split into different areas we all need to work on. The putting green drill was challenging but so much fun. The group was divided each day into smaller groups so we normally had a four-to-one ratio of students to instructor. We learned that chipping is a low flying shot while pitching is a high-flying shot. Then we conquered the dreaded sand shot (or attempted to). We were videoed two days and the videos analyzed and compared to a pro's shot. On the final day our clubs were tested to see if they were really the best shaft, loft, and grip for our shots. You really can see the difference in using the proper shaft for your swing speed! Some girls re-gripped, re-shafted and bought new- some of us did not! But we all left with the proper numbers so we could now be informed buyers for our next club purchases!

All-in-all this school is the best and well worth the money. We thought that golf the end of January would be cold: outside for four hours in the cold didn't sound like a good time. But the way the school is operated we weren't outside for a solid four hours. What makes a trip fun is the ladies you are with and we had a ball. Most of us played golf after school and MJ & Meghan got in 17 holes before dark! But we all played 9 holes the next day and went shopping! We closed down restaurants (Maggie D's and Sticky Fingers) for 2 nights and on our last night we decided to walk two blocks to the Angus Steakhouse & Seafood, food was good but it was a taxidermy shrine inside! It was a good idea except the walk home was FREEZING!

We look forward to attending next year's Grade 2 classes! We all want to play better and attending school is one thing. NOW we start the monthly Practice League to refine our swings!



# Practice League: It all begins somewhere!

BJ Couto

Practice League idea began during lunch at Legends Resort after our last day of lessons at the Classic Swing Golf School. Someone said, "we took and take lessons all the time, but what is really needed is practice time." We decided let's start a Practice League. But we need a spot where we can practice all the shots, chip, pitch, sand, putt and a range!

This is just practice **no instructor** involved. We will practice 60 minutes! and follow this practice **hour** with 9 holes of golf and lunch. Our first outing was February 25 at Magnolia Greens. This will be a **monthly event** and if you can make it, respond to the evite sent out with: "count me in for practice and golf; or just practice, just golf, whatever; even just lunch". We will try to rotate between Magnolia Greens and Compass Pointe since both have great practice areas.

We will meet at the Driving range. See you on the Range!



# What to do after golf lessons

Carol Malicki

Now that you've taken a lesson or been to golf school, your brain is crammed with all the things you are trying to remember. Stop, take a minute, jot down the things you want to work on, then **PRIORITIZE**.

Start by organizing the elements by the ones that will give you the biggest benefit. Put those on the top of your list. Start with the basics, posture, grip, stance and move up from there. Then look at things like speed of back swing, shifting your weight, and your follow thru. Once you've prioritized them, set goals for each element and only work on one or two at a time. Remember the time to practice is on the driving range. These changes take time, they need to be ingrained in your muscle memory. The connection between your brain and your body can only absorb so much. If you try to work on too many things, overload will set in. So, go easy on yourself, set a goal, accomplish that element and then go on to the next one. Look for support especially with the EWGA friends. Come join our monthly EWGA Practice League, find a practice buddy or at a minimum practice on your own. But whatever you do, **HAVE FUN!!!!** It takes time to change.

# Meet the Board



**Meet your Golf Programs & Services Director, BJ Couto.** After growing up in Maryland and Northern Virginia, BJ and Frank told their two children and six grandchildren they were running away from home and moving to North Carolina, specifically, Magnolia Greens and living the retirement dream. Frank had always played golf and BJ finally decided to learn to play, After a good 18 years I'm proud to say I'm still learning, but I have fun.

A few years after moving to NC, I was asked to join EWGA. Although I was a member of Steel Magnolias, the ladies league at Magnolia Greens, EWGA offered more than golf. I liked the group of ladies, the golf courses they played and the other events planned. Now I have joined the Board in a new position as Golf Programs & Services Director: planning clinics, playing lessons, rules seminar, wedge & wine event, chip & sip to name a few.

Let me know if you would like to see something else included in the EWGA agenda. We started the Practice League, during lunch, so anything is possible. I love the Wilmington area, Magnolia Greens and the EWGA. LIFE IS GOOD!!!

## Update EWGA Website

EWGA has upgraded our website because **we love our members** and want to add to your EWGA experience. Between the dates of February 19 - March 4, if you login and update your profile, you will be eligible to win one of three \$100 Amazon gift cards. On Monday, February 19, you should (have) received an email with your temporary password. When you login for the first time, you will immediately be prompted to reset your password.

How to update your profile:

1. After logging in and resetting your password, you will be navigated to My Profile - Overview
2. Press Account and edit the demographics within either Personal Info and/or Contact Info. Be sure to press Save to be eligible for the drawing!

If you have any difficulties or questions along the way, [helpdesk@myewga.com](mailto:helpdesk@myewga.com) is here to help you.

## Quick Notes

- There are still a few openings for the Dixie Cup to be held at Pinehurst in early July. For more information or to register, [www.planmygolfevent.com/31357-2018EWGADixieCupChallenge/index.html](http://www.planmygolfevent.com/31357-2018EWGADixieCupChallenge/index.html).
- If you missed our video of our Chapter's 2017 activities go to [www.wilmingtonewga.com](http://www.wilmingtonewga.com) and view the "year in review" under the gallery tab.
- For a short time, new member can receive a \$20.00 discount - contact Val at [currentmembers@wilmingtonewga.com](mailto:currentmembers@wilmingtonewga.com).

# Chapter Championship

The Cape Fear/Wilmington, NC Chapter's Chapter Championship is set for April 28 at Olde Point Country Club. If you have never competed in a "real" golf tournament, this is your chance. It is a wonderful experience. And this year any member with a USGA handicap is eligible to compete in either the stroke play or scramble division. When you compete in the EWGA Championship, you will compete against players with similar handicaps. And, again this year, two scramble teams will advance to the EWGA Sectional tournament. Last year our Chapter was represented by Juni Fraser and Shannon Boston at the Finals in Hot Springs. Just ask them about the experience!

The Low Gross and Low Net Winner in each flight are eligible to advance to the Section tournament. Please note that you are not obligated to advance to the next phase if you are the winner of your flight. This year the Carolina's Semi-Finals will be held at the Members Club at Wildwood in Columbia, SC. And, the EWGA Championship will be at the North & South Courses at Innsbrook Resort in Palm Harbor, Florida.

If you are interested in being on a scramble team but don't have playing partners yet, contact Carol Malicki, Tournament Director at [chapterchampionship@wilmingtonewga.com](mailto:chapterchampionship@wilmingtonewga.com). There is a large amount of information on the Championship website about the whole Championship experience – [www.ewgachampionship.com](http://www.ewgachampionship.com)

## 2018 EWGA Championship Changes and Updates from 2017

- Pace of Play policy is more descriptive and will be enforced.
- Local Rule-eliminates 2 stroke penalty for turning in scorecard when a penalty incurred by the player was unknown at the time.

### Participant Information - Stroke Play:

- Eligibility Rules now allow stroke play for members with a Handicap Index above 40.4 as long as it is a USGA index. The player must play to a 40.4 when the Course Handicap is calculated. (Prior tournaments forced players to play Scramble).
- Flights have been changed:
  - Championship Flight: 0.0-10.0 (Old was 0.0-12.0)
  - First Flight: 10.1-17.0 (Old was 12.1-19.0)
  - Second Flight: 17.1-24.0 (Old was 19.1-25.0)
  - Third Flight: 24.1-32.0 (Old was 25.1-32.0)
  - Fourth Flight remains the same, 32.1-40.4
- Yardages will now include a more forward set of tees for the 3rd and 4th Flight at Semi Finals and Finals.

### Participant Information - Scramble Play:

- Flights have been changed:
  - Championship Flight (+2): 0.0-10.0 (Old was 0.0-12.0)
  - First Flight (+1): 10.1-17.0 (Old was 12.1-19.0)
  - Second Flight (0): 17.1-24.0 (Old was 19.1-25.0)
  - Third Flight (-1): 24.1-32. (Old was 25.1-32.0)
  - Fourth Flight (-2) remains the same, 32.1-40.4

# Volunteer for the First Tee.



The First Tee of Greater Wilmington's mission is to impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf. What does that mean? We use the game of golf to teach our youth the importance of respect, responsibility, honesty, integrity, sportsmanship, confidence, perseverance, courtesy, and judgement in life, on the golf

course, or wherever they may be.

Giving back through the game you love can be even very rewarding. This is where you come in to play. Our after-school programs operate with a lead coach and a team of volunteer coaches. We offer Spring, Summer, and Fall programming after school. Each session is 8 weeks in length, one night a week for one hour. The Spring session begins the first week of April and runs through May.

Monday: Masonboro County Club 4:00 PM, Muni 4:00 & 4:30 PM, Pine Valley Country Club 4:30 PM  
Wednesday: Muni (9:30 AM home school, 4:15 PM Girls Only Class, & 5:00 PM)  
Thursday: Belvedere 4:30 PM, Porters Neck Country Club 4:30 PM, Beau Rivage 4:30, Muni 4:00

We understand an 8-week commitment can be a bit intimidating and encourage you to make as many classes as your schedule allows. Refer below to the roles of each coach.

**Lead Coach:** A Lead Coach oversees the class each week. They make sure the equipment is set-up prior to class, assign coaches a role for the class, and can answer questions parents may have about the program. A Lead Coach is often a part-time paid position once you attend The First Tee coaching training (which we pay for).

**Volunteer Coach:** Offers a support role in the class. Often a volunteer coach will be assigned one role during the class whether it be introducing the core value of the day, assisting at one of the golf activity stations or checking participants in when arrive.

**Girls Golf Coach:** Girls Golf is a program for girls ages 5-17 interested in learning the game of golf. Brittany Zachrich, a PGA Professional, runs the program that meets once a month on Fridays and twice a month on Fridays during the summer months. It is a great program encouraging young females to learn the game and meet female mentors that play the game.

All coaches are welcome to use our facility during non-programming times and special events. Our new facility is located at Wilmington Municipal Golf Course and features a 3-hole short course loop. A great challenge for your short game. We offer our volunteers additional golf opportunities such as coaches clinics, opportunities to play at other local courses, volunteer cook-outs, and an awesome Holiday Party to wrap things up at the end of the year.

If you would like to learn more, please contact Brittany Zachrich at [brittan@TheFirstTeeGreaterWilmington.org](mailto:brittan@TheFirstTeeGreaterWilmington.org).

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Your comments and suggestions are always welcome. If you have an article or a suggestion for an article please send to Jane McGann at [chaptercommunications@wilmingtonewga.com](mailto:chaptercommunications@wilmingtonewga.com). And don't hesitate to send pictures.

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