



THE SANDY SENTINEL

Kosmos Drive, Kosmos, Hartebeespoort Dam, Bojanala

Tel: 012 2443000 slg@mweb.co.za

March 2009



Good day dear Members,

Sandy Lane has decided to make an attempt to enhance your golfing experience at Sandy Lane. Henceforth we will be sending you a monthly newsletter to inform you of happenings at the Club. Besides current news relevant to golf, your newsletter will further provide the following:-

- Some golfing trivia
- Some coaching advice
- Rules explanations
- Some golfing humour
- A sports psychology article
- Results and fixtures.

We gladly welcome contributions from you as there must be many a story out there concerning your regular playing partners which you are just itching to tell. You can email your stories/suggestions etc to slgolf@mweb.co.za.



Club Champs

With January and February a thing of the past, its time to get our entries in for this years Club Championship which is to be held on the 14th & 15th March 2009

Format:

| | | |
|-------------------|---|-------|
| Men A Division | - | Medal |
| Men B Division | - | Medal |
| Men C Division | - | IPS |
| Ladies B Division | - | Medal |
| Ladies C Division | - | IPS |

Draw will be posted up at the club by the 11th March 2009.

Please contact Sandy Lane on 012 244 3000 to book.

Closing date for entries – 10th March 2009.





Your club newsletter offers an affordable means of advertising your business

Contact admin@docray.co.za

Tel: 011 9531316

083 7396396

Men's Handicap League

| ROUND | DATE | Sandy Lane | OPPONENT | SCORE |
|-------|------------|------------|-------------|-------|
| 1 | 18/01/2009 | 1.5 | Cullinan | 2.5 |
| 2 | 01/02/2009 | 0.5 | Pebble Rock | 3.5 |
| 3 | 15/02/2009 | 2.0 | Wingate | 2.0 |

Our guys have two home games on the 22nd March and the 29th March 2009. Good Luck gents, your club supports you.

Ladies League

Our ladies have tackled 2009 at full speed with having won their first game on the 24th Jan 09.

Until next month

Sandy Lane Golf Committee

IT'S GREAT TO HAVE YOU AS MEMBERS!!!

Which golfer hit Ben Crenshaw on the head with a putter in 1986, forcing him to go to hospital?
(see page 7)

MAMMA MIA!!!

For several years, a married man was having an affair with an Italian woman. One night, she confided in him that she was pregnant. Not wanting to ruin his reputation or his marriage, He paid her a large sum of money if she would go to Italy to secretly have the child.

If she stayed in Italy to raise the child, he would also provide child support until the child turned 18. She agreed, but asked how he would know when the baby was born. To keep it discreet, he told her to simply mail him a post card, and write "Spaghetti" on the back. He would then arrange for the child support payments to begin.

One day, about 9 months later, he came home to his confused wife.

"Honey," she said, "you received a very strange post card today."

"Oh, just give it to me and I'll explain it later," he said. The wife obeyed and watched as her husband read the card, turned white, and fainted.

On the card was written:

"Spaghetti, Spaghetti, Spaghetti, Spaghetti, Spaghetti.

Three with meatballs, two without.

"Send extra sauce



Test your knowledge of the Rules

(Answers on page 7)

1.

A player's ball lies on the putting green. He strikes the ball too hard and the ball rolls off the green, down the slope at the front of the green, and it stops 25 yards away in the middle of the fairway. The player may deem his ball unplayable and place a ball on the green where he last played from.

True False

2.

A player putts from 20 feet and his ball comes to rest on the edge of the hole. The player watches his ball for some 15 seconds before walking slowly to his ball. His ball falls into the hole 8 seconds after he arrives by the side of the hole. There is no penalty.

True False

3.

Player A holes out for a 4. Player B has a putt for a half. Player A tells player B that the putt is just inside the left edge. Player B does not need to take his putt as the hole is halved.

True False

4.

A player is entitled to free relief from a burrowing animal hole in a water hazard

True False

5.

A player's ball lies in a hole made by a rabbit in a bunker, he is entitled to free relief

True False



COMING SOON - ASK YOUR PRO!!!



TAKE A CAREFUL LOOK AT THIS PAIR.....



CAN YOU SEE THEM?



OF COURSE YOU CAN!!!

Beatrice Reccari (top) and Lynn Kenny (bottom) with their Yes putters during the Australian Women's Open. Five of the top 12 ladies used Yes Putters. ps. Stewart Cink has switched to the Lizzy model.



Fine-Tune A Draw

Few shots offer the benefits of a draw: It carries more, runs more, and holds its line better in the wind than a fade. But learning to hit a draw if you normally hit a fade or a slice is hard. Since your body is used to making the opposite moves, you must re-train your muscles to hit a draw. That's hard. But adjusting your stance and grip, plus practicing two drills work wonders.

Below are five keys to hitting a draw:

1. Adopt a closed stance
2. Use a stronger left-hand grip
3. Follow an inside track
4. Aim right at the top of the swing
5. Release the club through impact

The key to hitting a draw is shallowing out your swing. If you start your downswing by spinning your shoulders, you create a steep angle of attack, resulting in a slice, pop-up, or pull. To create a shallow angle of attack, quiet your shoulders and let your arms control the swing. Adjusting your stance and grip help.

Take a square stance. Now draw your back foot back a few inches, which closes your stance and clubface. With this stance, your clubface aims directly along the target line, but follows an in-to-out path in to the ball, rather than a fade's out-to-in path. Adopting a slightly stronger left-hand grip also helps. It encourages an active release of the hands and imparts the necessary sidespin on the ball for a draw.

To fine-tune a draw, try this drill:

Tee up a ball. Position it forward in your stance. And drop to your knees. Now swing back and through, knocking the ball off the tee. Don't worry about how far you hit it. Swinging back is easy. But coming forward is not. You'll probably hit the ground a few times before hitting the ball cleanly. That's your shoulders kicking in. You'll make solid contact with the ball once your arms learn to control the shoulders.

In addition to this drill, try hitting a ball off a sidehill—a drill we've discussed in previous golf tips. Use a hill with a 15 percent to 20 percent slope. However, the angle of the slope is less important than the re-training of your muscles, so don't go crazy measuring the slope's angle.

Practicing these two drills fine-tunes your draw. Before long, you'll be hitting one on demand, just like the pros do.

NOTHING FEELS LIKE A MIZUNO

CUTTER & BUCK.

MENTAL SKILLS – THE GAME FOR ALL

Jeffrey Timmons and Stephen Spinelli the authors of *New Venture Creation: Entrepreneurship for the 21st Century* wrote the following:

“No other sport, at any one time, demands so much physically, is so complex, is so intricate, and delicate, and simultaneously so rewarding and punishing; and no one tests one’s will, patience, self - discipline, and self - control like golf”.

It was the legendary Bobby Jones who commented, *“Competitive golf is played mainly on a five and a half inch course: The space between your ears”.*

From above it should be quite evident that the mental side of golf is one of paramount importance yet the one which is most neglected by amateurs. In the deliberations of the value of mental skills for us the average players, some predominant views emerge from within.

Firstly there are those who when hearing any form of reference to the word psychology think in terms of some form of pathological behaviour for which men in white coats are required. While some behaviour patterns which can be witnessed after the consumption of our favourite amber liquid while discussing the days play tend toward the ridiculous, we generally regard ourselves as being of sound mind!

Secondly there is the all embracing one. No matter how bad the reverse pivot, the ball position, the take away or the swing plane is, good mental skills will overcome all and create a golfer of outstanding ability. May I assure you my fellow mortals, this will not happen.

Thirdly there is the opinion of selective convenience. Yes, mental skills play a huge role in the fulfillment of potential but they are there only for the top players in much the same way as the practice range is. Not so according to World Golf Hall of Fame inductee Tom Kite who wrote, “...no matter what a player’s handicap, the scores will always be lower if the golfer thinks well”.

What then you may ask, should be the approach to adopt toward mental skills in this wonderful game we are privileged to be part of? Hopefully the following guidelines will serve to enhance your golfing experience:

- Mental skills are part of a holistic approach to the game and as such do not operate in isolation.
- In what Prof. Justus Potgieter refers to as “Mental Toughness”, a number of mental skills are seen as constituting this state of mind in golf. Some of these include effective goal - setting, the use of positive affirmations, thinking rationally and controlling the controllables.
- Mental skills need to be practiced in the same way as other aspects of the game (putting, chipping etc.) as they take time to develop and become personalized.
- Good mental skills can drive the other components in the holistic approach and thus lead to performance enhancement for players of all abilities.

In the ensuing months your Docray article will provide you with information which I trust you will find useful in improving your golfing performance.

The Docray website provides useful guidelines relating to diet and fitness which too may lead to improved performance. www.docray.co.za

YOUR CLUB RESULTS ARE PROUDLY BROUGHT TO YOU BY



Sat 3/1/2009 – IPS

| | | |
|--------|--------------|-------|
| Winner | David Victor | 42pts |
|--------|--------------|-------|

Sat 10/1/2009 – Ind Bonus Bogey

| | | |
|--------|-----------------|----|
| Winner | Lenore Kerrigan | +5 |
|--------|-----------------|----|

Sun 11/1/2009 – BBS Merry Mixed Open

| | | |
|---------|-------------------------|--------|
| Winners | Lenore & Colin Kerrigan | 42 pts |
|---------|-------------------------|--------|

Sat 17/1/2009 – BBS

| | | |
|---------|------------------------------|--------|
| Winners | JJ Mitchell & Reece Atherton | 46 pts |
|---------|------------------------------|--------|

Sat 24/1/2009 – Ind Pairs Multiplier

| | | |
|---------|---------------------------------|--------|
| Winners | Sarel vd Walt & Kucas Steyn jnr | 75 pts |
|---------|---------------------------------|--------|

Sat 31/1/2009 – Monthly Medal

| | | |
|----------------|------------------|---------|
| A & B Division | Mr A Miller | 63 nett |
| C Division | Mr S vd Walt snr | 34 pts |

Sat 7/2/2009 – IPS

| | | |
|--------|-------------|--------|
| Winner | Andre Smuts | 42 pts |
|--------|-------------|--------|

Sat 8/2/2009 – BBS Merry Mixed Open

| | | |
|---------|---------------------|--------|
| Winners | Terry & Susan White | 48 pts |
|---------|---------------------|--------|

Sat 14/2/2009 – Ind Bonus Bogey

| | | |
|--------|---------------|----|
| Winner | Brian Daubern | +6 |
|--------|---------------|----|

Sat 21/2/2009 – BBS

| | | |
|---------|-------------------------|--------|
| Winners | Greg Law & Ian Setzkorn | 43 pts |
|---------|-------------------------|--------|

Sat 28/2/2009 – Monthly Medal

| | | |
|----------------|----------------|---------|
| A & B Division | A Richards | 63 nett |
| C Division | Sanet vd Merwe | 37 pts |



UPCOMING EVENTS

| <i>Date</i> | <i>Time</i> | <i>Event</i> | <i>Information</i> |
|-------------------|---------------------|-------------------------------|------------------------|
| <u>2009/02/27</u> | 13h00 | Meat Comp | Sandy Lane Competition |
| <u>2009/02/28</u> | 06h30 to 08h30 | Monthly Medal | Sandy Lane Competition |
| <u>2009/03/01</u> | 07h40 to 08h30 | SABS | Corporate Day |
| <u>2009/03/02</u> | Closed | Hollowtyne Greens | Closed |
| <u>2009/03/07</u> | 06h30 - 08h30 | Individual Points stableford | Sandy Lane Competition |
| <u>2009/03/08</u> | 08h00 - 08h30 | Merry Mixed Open | Sandy Lane Competition |
| <u>2009/03/12</u> | 12h00 | Thursday Sluggers | Sandy Lane Competition |
| <u>2009/03/14</u> | 07h00 | Club Champs | Sandy Lane Competition |
| <u>2009/03/15</u> | 07h00 | Club Champs | Sandy Lane Competition |
| <u>2009/03/17</u> | 07h00 | Magalies Hoppers | |
| <u>2009/03/20</u> | 13h00 | Meat Comp | Sandy Lane Competition |
| <u>2009/03/21</u> | 06h30 - 08h30 | Captains Cup - BBS | Sandy Lane Competition |
| <u>2009/03/22</u> | 07h00 | Sandy Lane Vs Bronkhorstspuit | GNGU Handicap League |
| <u>2009/03/26</u> | 12h00 | Thursday Sluggers | Sandy Lane Competition |
| <u>2009/03/28</u> | 12h00 to 14h00 | EMC | Corporate Day |
| <u>2009/03/28</u> | 06h30 to 08h10 | Monthly Medal | Sandy Lane Competition |
| <u>2009/03/29</u> | 07h30 | Sandy Lane Vs Irene | GNGU Handicap League |
| <u>2009/04/01</u> | 08h00 shotgun start | Ladies Open | Sandy Lane Competition |

Your answer: Ben Crenshaw

Rules answers

Yes that's right. The damage was self – inflicted. Hard to believe from a man who is widely regarded as one of the game's greatest putters. In 1995 Ben Crenshaw won his second Masters with not a single 3 putt during the tournament!

1. True (see Rule 28)
2. False (see Rule 16 – 2)
3. True (see Rule 2 – 2 and 8 – 1)
4. False (see Rule 25 – 1)
5. True (see Rule 25 – 1 and definition Abnormal Ground Conditions)