

# The Tee Box Times

August 26, 2015



Juniper Hill Ladies  
Golf Club  
www.jhlgc.org

## Fit for Golf

By Jim Thomas

Livestrong.com



**G**olf is not a game for weaklings. Although some people don't consider golfers to be true athletes, the golf swing is an exceptionally demanding movement. As IDEA Health & Fitness Association explains, golf requires "muscular strength, joint flexibility, neuromuscular training and the perfect balance between mobility and stability." There are many exercises, some general and some golf-specific, that will help you hit the ball farther and straighter.

You can get in better shape for golf at home as well as in the gym. At LPGA Golf Clinics for Women, personal trainer Meredith Steyer offers a 30-minute workout that will make a golfer -- or anyone else -- stronger and more flexible. The exercises include lunges, pushups, bridges, planks, squats, lying twists, and the superman -- feel free to rename it the superwoman. These exercises can be done as many as five times per week.

The American Council on Exercise recommends two groups of exercises. The first set is a general flexibility program that enables you to stretch your muscles and loosen up before you play. These include a standing trunk rotation, using a golf club as leverage, which loosens up your back and hips, and a yoga warrior pose to open up your hip flexors. The second set of exercises focuses on improving your golf-specific strength and range of motion. The strength drills work your legs, hips, core and shoulders together, since those parts of your body need to work in synch when you swing the club. These exercises include a standing wood chop, which simulates the motion of the golf swing. The range of motion exercises include cobra poses and supine spinal twists.

"The energy for your golf swing comes from the muscles in your torso -- not your arms," says major championship winner Suzann Pettersen in "Shape" magazine. "Your middle needs to be strong and flexible to maintain your rotational power." One of the fittest golfers in the sport, Pettersen uses a cable machine for dynamic twisting exercises that mirror the movements of the golf swing.

The golf swing is a one-way motion. According to IDEA, a round of golf can be compared to doing 100 to 130 oblique curls just to your left -- if you are a right-handed golfer -- with compressive forces that are eight times your body weight. Pilates exercises that rotate your spine and readjust your core muscles help compensate for imbalances the golf swing tends to produce.

## Weekly Scorecard

### Wednesday League

Out of 28 ladies in play ....

1F: Low Gross 1- Donna McNeil; 2LG-Shirley Rodgers (SCP); Low Net 1- Glenda Abrams; 2LN- Susan Goins  
2F: 1LG- Barbara Booze; 2LG- Carol Payton (SCP); 1LN- Sue Wood; 2LN- Nina Sue Rice  
3F: 1LG- Dusty Nelson; 2LG- Ruth Hinkle; 1LN- Rose Tomlinson; 2LN- Jill Lancaster

Low Putts: Barbara Booze, Michele Brown, Shirley Rodgers and Charlotte Nelson (28)

Chip Ins: Glenda Abrams, Ruth Hinkle, Dusty Nelson and Shiley Rodgers

348	325	372	192	320	3016	2777	5793
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### Thursday League

Out of 65 ladies in play 5...

DIV 1-  
1F: Low Gross- Lesa Hodge; 2LG- Donna McNeil; Low Net 1- Teresa Prather; 2LN- Kim Wooldridge  
2F: 1LG- Becky Ebert; 2LG- Natalie Highley (SCP); 1LN- Teresa Coleman; 2LN- Mackenzie Cunningham  
3F: 1LG- Rhoda Shaw (SCP); 2LG- Barbara Booze; 1LN- Lori Elder; 2LN- Madison Cunningham

DIV 2-  
1F: 1LG-Andrea Keatley (SCP); 2LG- Ruth Hinkle; 1LN-Karen Jones; 2LN- Shelby Smith  
2F: 1LG- Reagan Toothaker; 2LG- Sandy Moore; 1LN- Connie Sheets; 2LN- P.J. Johnson (SCP)

Golf 101- 1LG- Robin Cotten 2LG-Jordan Harris  
Golf 102 -1st- Shauna Hill

Chip Ins: Kim Wooldridge(#14)

1	7	11	17	5
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## Juniper Cup Standings

Fifty Shades of Green - 1680; Bunker Babes (Black) - 1535; Summertime Blues - 1495; Pink- 1435; Grateful Red - 1420; Purple People Eaters - 1385; Yellow - 1300



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The Juniper Hill Wednesday Ladies Golf League was established in the late 50s. Our goal is to promote competitive 18-hole play for ladies with an established USGA Handicap and to promote friendship and camaraderie. We have various formats of play each week and Match Play in the month of July. We participate in various tournaments sponsored by the Juniper Hill Ladies Golf Club. We also sponsor an invitational tournament, "The Juniper" which draws the best women golfers in Kentucky, Indiana and Southern Ohio.

The Late Swingers Ladies League was established in 1980 to promote and support women's golf in and around Frankfort. The league's goal was, and is, to have fun while playing golf.

The officers for both leagues 2015 season are listed below. If you would like to serve on any of their committees, please contact one of them:

### Wednesday League

**CHAIR:** Aggie Hampton ..... 502.330.3095  
hampton12@aol.com

**VICE CHAIR:** Ruth Hinkle

**SECRETARY:** Susan Goins

**TREASURER:** Mary Rhodes

### Late Swingers League

**CHAIR:** Lesa Hodge ..... 502.319.5593  
lesakhodge@gmail.com

**Co-CHAIR:** Allison Harrod ..... 502.330.4148  
crystalharrod@yahoo.com

**LEAGUE NIGHT CHAIR:** Ruth Hinkle ..... 502.321.8998  
hink5910@bellsouth.net

**SPECIAL EVENTS CHAIR:** Debbie Wash..... 502.320.1417  
debbie.wash@fewpb.net

**GOLF 101 CHAIR:** Michele Brown ..... 502.219.0562  
michele.brown@fewpb.net

**TOURNAMENT CHAIR:** Donna McNeil ..... 502.330.0015  
dmcneil0324@gmail.com

**NEWSLETTER:** Gina Vaile-Nelson ..... 502.773.1754  
ginavn@gmail.com

**Pro Shop ..... 502.875.8559**

## Upcoming Events

### Thursday August 26

DIV 1: Front  
DIV 2/101: Back

### September 7

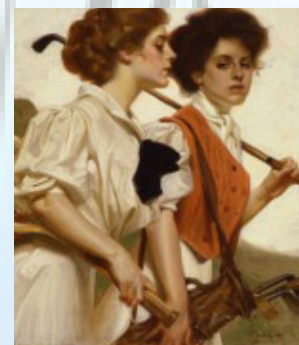
JHLGC event - teams will be assigned from both JHLGC and JHGA. Players must sign in by 8 a.m., shotgun start at 8:30 a.m.

### September 19-20

The Ladies Club Championship is September 19-20 for the members

of our two ladies' leagues at Juniper Hill Golf Course. To participate, you must meet the following qualifications:

1. Be a member of either the Wednesday Ladies Day League or the Thursday Late Swingers League; AND
2. You must have played three times in the Wednesday Ladies Day League; OR
3. You must have played six times in the Late Swingers League; OR
4. You must have a combination of 2 or 3 above to equal three 18-hole league plays; AND
5. Those with a current handicap must have three 18-hole scores posted in the USGA Golf Handicap & Information Network (GHIN) for the current year (March 1 – September 15, 2015).
6. One 18-hole play in a JHLGC-sponsored tournament may be used toward the league play requirement (will count for one play in the Wednesday league and two plays in the Late Swingers league).
7. Any former Ladies Club Champion, as long as she is a current member in good standing of either the Wednesday Ladies Day League or the Late Swingers League, may qualify without having met the minimum number of league plays requirement



# Is un-staking a mistake?

## JHLGC Situation #12

Melanie and Denise are playing in the State Amateur qualifying round. Denise hits a drive close to the out of bounds stakes but the ball is in bounds. A white out-of-bounds stake interferes with Denise's area of intended swing, so thinking it is a moveable obstruction, she removes the stake and sets it aside. Before she makes a stroke at her ball, Melanie tells Denise that out-of-bounds stakes are not obstructions and are not allowed to be moved, so Denise replaces the stake and continues play. A rules official observes the procedure and stops them after play of that hole and asks Denise the facts of the situation. Did Denise incur any penalty?

## JHLGC Situation #12

Objects defining out of bounds (such as stakes) are fixed. Improving the position of a ball by moving anything fixed is a breach of Rule 13-2. Denise incurred a 2-stroke penalty as soon as she moved the stake, and cannot avoid the penalty by replacing the stake. (Definition of "obstruction" and "out of bounds;" decision 13-2/25)



High fives to these ladies who have earned 200+ points for their teams!

Barbara Terrell (blue) - 265  
Pam Rhodes (pink) - 250  
Pauline Carr (purple) - 245  
Charlotte Nelson (blue) - 245  
Donna McNeil (green) - 230

Teresa Prather (black) - 225  
Barbara Reynolds (purple) - 220  
Lori Elder (yellow) - 210  
Jenny Anglin (green) - 205  
Carol Payton (black) - 200

# Volunteers Needed

If you are interested in assisting our younger league members Sept. 5, 2015 at the Gene Hilien Golf Tournament (as a spotter), or if you'd like to assist with future matches, please contact Crystal Harrod at 502-330-5084 or charrod@kyhousing.org, to sign up.



## Happy August Birthday



Trinta Cox (6);  
Denise Wentz (8);  
Connie Wiard (14);  
Pam Rhodes (16);  
Connie Page, Emily Stevens (17);  
Cindy McDonald (19);  
Shauna Hill (21);  
Sue Wood (25);  
Susan Rodgers (31)



# The Juniper

24th Annual



# Invitational

Log on to the Juniper Hills Facebook for the online album with photos and all the scores from each flight.

