

The SCORECARD

CONTENTS

- THE TEEING GROUND
- SHAG BAG
- FROM TEE TO GREEN ITS BETWEEN THE EARS
- ODE TO GOLF
- DEALING WITH FIRST TEE JITTERS
- GOOD TO KNOW
- OUTREACH PARTNERS

MAY 2018

THE TEEING GROUND

Mike, Ken, Jeff and team have been busy. We have been scalped, infused with water, punched and sanded. Sounds just like something out of the Wild West and a true desert golf phenomenon. We're finding that the ball holds its line (at least the one you chose); but it's a darn tootin shame that the putter can't seem to find the right speed from one day to the next just yet. No matter, it's GAME ON every Thursday. How about some of the recent games? 20 balls a nine—great fun for all. Two groups shoot lights out so we're looking for a rematch in coming weeks. One of our members even offered his collection of 1960's "clubs" to another as we checked scores. Hey, I might find a real gem somewhere in his garage.

We're expecting the course to round into great shape over the coming weeks. Come on out and Golf with your friends, maybe make a few new friends.

UPCOMING EVENT

Mixed Sticks is on its way. June 4, 2018 the MGA and the WGA will hold a combined event. An abbreviated Ryder Cup format of mixed doubles (sport mixology) competing for a "Grand Prize". Said Grand Prize to be determined. 30 women and 30 men. Fortunately for us it's mixed doubles. Look to June SCORECARD for coverage.

SPECIAL THANKS TO Robert Christianson and Mike Koen for their continued contributions to The SCORECARD and to our Handicap and Rules Chair Rob Nemecek and his team for their ongoing support.



The SHAG BAG



We've been pounding balls but getting no where. So we turn our minds to grass. Have you read the latest on grass and weeds? Neither has the Shag Bag and memories other than cutting and trimming are, we're told, distorted. Well we have visited the turf areas, the non-turf areas (USGA has special definitions) and of course those areas that we often recognize as desert even the encroaching kind of desert. Regardless, we live here and accept many of life's anomalies but rest assured your MGA is working to improve playing conditions for all. More to come in the future.

A few pitches and putts from the Shag Bag

- ◆ Best 9 I ever had only to be beaten by a playing partner's 10. "Celebrate"
- ◆ The generalization that a tree is 90% air does not apply on our desert course. A mesquite tree is not a friend. In fact there is at least one that multiple members are assessing which may have the right to place a plaque. Seems that the 4th hole tree may force a runoff vote.
- ◆ No politicians allowed on the SaddleBrooke Ranch Golf Course. The only wheeling and dealing should be between you and your golf. See the "Seven Mental Golf Skills"
- ◆ Practice is good for all. The day before Beat the Pros there were two gentlemen at the range after the Golf Shop closed. Any thoughts who?
- ◆ Word is that warmup is 20 balls but practice is more. The Shagmiester has several Dr. Tucker referral cards available as well as some shoulder specialists. Referral fees (whoops no wheeling and dealing) ...

If our Shag Bag is ever O.B. we'll tee it up and hit it again. Contributions are always appreciated, thanks to all. No need to come up with a unique comment just rely on your playing partners listening closely to that being said valiantly or perhaps in vain.

Send to communications@sbrmga.org

FROM TEE TO GREEN IT'S BETWEEN THE EARS



I've been told that there is a mental side to our game of golf. Often we speak passionately of our golf

something called a handicap, bragging rights and even special events. There has been more than one Thursday where the words "I am the handicap" have been uttered and even some less tactful yet just as meaningful.

We'll make this a two part

series. After all how many want to spend the afternoon contemplating such things as our 10th hole? Two arroyos, yet neither in a usual landing area for most of our members. Yet we do stew and fret. Let's free ourselves for the mental challenge of golf.

Focus

Commitment

Present

Acceptance

Attitude

Strategy

Awareness

Seven Mental Golf Skills

adapted from David MacKenzie "Founder" of Golf State of Mind

1. THE ABILITY TO FOCUS

Being able to focus and not let what is going on around you distract you from the task at hand, is one of the most important mental skills for golf. There are so many variables for each shot, that if you haven't factored everything in (the lie, slope, wind, carries, etc.) and gone through your full routine of visualizing and committing to every shot, you're not maximizing your chances of success. This requires focus of your mental ener-

gy, which is why it's perhaps the most important of the mental skills for golf.

2. COMMITMENT

Once you've decided on the optimal shot to hit, based on the conditions and how much risk you want to take, it's all about staying committed to your decision. When you're not committed, there's doubt. And when there's doubt over the ball, you're not going to make your best swing or stroke.

3. STAYING PRESENT

Good golf is played when the mind is quiet and calm, there's no thinking about what has preceded, or what will happen next. You let thoughts go – you don't pay attention to them and give them energy. You're "in the NOW". When you're able to stay present and calm, you conserve valuable mental energy for your shot routines.

Contributor: Mike Koen

Continued June 2018

ODE TO GOLF: *Author Unknown*

Contributor: Robert Christianson



In My Hand I Hold A Ball,
 White And Dimpled, And Rather Small.
 Oh How Bland It Does Appear,
 This Harmless Looking Little Sphere.
 By Its Size I Could Not Guess,
 Of The Awesome Strength It Does Possess.
 But Since I Fell Beneath Its Spell,
 I've Wandered Through The Fires Of Hell.
 My Life Has Not Been Quite The Same,
 Since I Chose To Play This Stupid Game.
 It Rules My Mind For Hours On End,
 A Fortune It Has Made Me Spend.
 It Has Made Me Curse And Made Me Cry,
 And Hate Myself And Want To Die.
 It Promises Me A Thing Called Par,
 If I Hit It Straight And Far.
 To Master Such A Tiny Ball,
 Should Not Be Very Hard At All.
 But My Desires The Ball Refuses,
 And Does Exactly As It Chooses.
 It Hooks And Slices, Dribbles And Dies,
 And Disappears Before My Eyes.
 Often It Will Have A Whim,
 To Hit A Tree Or Take A Swim.
 With Miles Of Grass On Which To Land,
 It Finds A Tiny Patch Of Sand.
 Then Has Me Offering Up My Soul,
 If Only It Would Find The Hole.
 It's Made Me Whimper Like A Pup,
 And Swear That I Will Give It Up.
 And Take To Drink To Ease My Sorrow,
 But The Ball Knows ... I'll Be Back Tomorrow.

DEALING WITH FIRST TEE JITTERS



In March we visited with Butch Harmon and Annika Sorenstam about their

thoughts on the First Tee. Of course none of our members experience First Tee Jitters or at least feel the need to admit to such humbling experiences. Regardless we take the mantle and wield the cudgel. Let it not be said we have but limited space and time for such a formi-

dable task as the FIRST TEE

We now find the wisdom of Maria Palozola as researched by one of our own and presented herein.

Contributor: Mike Koen

It's One Shot

Who Cares

Routine

Relax

Dealing with First Tee Jitters

Even if Assigned to 12B

1) Remember it's only one shot. It's easy to lose perspective, but for many golfers they are going to hit 80 to 90 plus shots anyway and this is only one shot. It doesn't matter if you miss hit the first shot, the last shot, a short putt or a tee shot, a miss is a miss and they are going to occur for all of us. It's one shot at a time.

2) Realize nobody cares, but you. It's easy to get caught up in what others think, but in the long run no one cares what you shoot or how you play except you and no one

will remember what you did anyway. It's somewhat egocentric of ourselves, but we really believe that others care or are affected by the shots we hit and what we score. This could not be farther from the truth unless we are slowing them down on the course. The only person who really cares is you, so stop worrying about what others think.

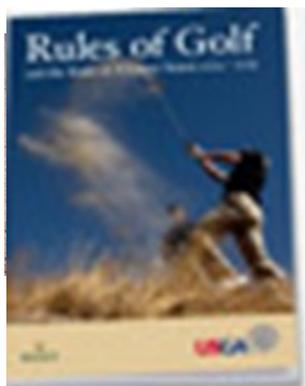
3) Make sure to obtain and maintain a proper pre-shot routine. Your routine gets you in a rhythm. It helps to get you in a men-

tal zone. If it is consistent, chances are your swing and results are going to be consistent and this will cut down on miss hits. Focusing on your routine and your target gets your focus off of yourself and your nerves.

4) Take a deep breath. Deep breathing from your diaphragm (stomach area) will help to slow your heart rate and calm your nerves. You can hear many tour players taking a nice deep breath right before they swing to decompress.

Contributor: Mike Koen

GOOD TO KNOW



The Rules of Golf can be intimidating. We ask for rulings but we create our own rules when all else fails and a knowing person is not around. So let's deal with a common issue, "**Marking the Ball**"

Let's start with the easy: "**When Does a Ball NOT Require Marking**"; and if space permits we'll look to "Marking the Ball", "When Required", "When Advisable" and of course always before it's touched.

Space was scarce below so we'll touch Marking the Ball and When Required next month.

A ball does not have to be marked:

- ◆ When it has been deemed unplayable, Rule 28.
- ◆ When relief is being taken from an immovable obstruction, Rule 24-2.
- ◆ When relief is being taken from a (lateral) water hazard, Rule 26-1.
- ◆ When relief is being taken from an abnormal ground condition, which includes ground under repair, casual water and hole, cast or runway made by a burrowing animal, Rule 25-1.
- ◆ When relief is being taken from a wrong putting green, Rule 25-2.
- ◆ Under some Local Rules, e.g. relief from a staked tree.

A Few Morsels Fine Tuned "Advisable"

There are occasions when the Rules do not require that the position of a ball is marked, **but when it might be advisable to do so:**

Moving a movable obstruction, Rule 24-1. Note that if a ball moves while a movable obstruction is being moved it must be replaced, **so it may be advisable, though not required by the Rules, to mark its position before removing the obstruction.**

Last Morsel of Rules for the Day

Of course you do not have to bother remembering any of the above regarding marking a ball before lifting it. If you take the precaution of always marking the ball before touching it you will avoid any penalty for getting it wrong.

To know the Rules is to truly enjoy the game

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