

HAPPY HALLOWEEN !



TN JUNIOR GOLF E-NEWSLETTER
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IN THIS ISSUE

[LPGA-USGA GIRLS GOLF](#)

[TPI NOW FREE](#)

[DON'T MISS COLLEGE
DAY](#)

[EARLY SIGNING](#)

[MENTAL GOLF](#)

QUICK LINKS

[Golf House TN](#)

[TGA Junior Tour](#)

[TPGA Jr Golf Academy](#)

[Competitions Calendar](#)

[Newsletters](#)

[Tournament Results](#)

[National Junior Golf
Scoreboard](#)

[The First Tee](#)

[Join Our Mailing List!](#)

GOLF'S SACRED JOURNEY

You never really know when you might meet someone who will change your life. Golf's Sacred Journey is a story about a "chance" meeting between a fictitious golf professional and his unorthodox mentor. As the story unfolds, we - along with the pro - learn lessons about golf and life that we never expected to learn in places we never expected to learn them.

"This book floored me..." writes NBA World Champion and MVP David Robinson. Bestselling author Max Lucado adds, "I read this book in one sitting. It stirred my heart."

"After reading Golf's Sacred Journey, I felt as if a weight had been lifted off of my shoulders. I began reading in hopes of finding the secret to lower scores. Instead, I found the secret to living a meaningful life," writes PGA Champion Shaun Micheel.

Why the excitement? Why are people ordering copies of this book by the boxful so they can give them away to their golfing friends?

Perhaps the biggest reason is this: The book taps into a need that all of us have but few of us understand - a need for significance. As one of the nation's leading peak performance coaches, Dr. David Cook has spent the last 25 years working with top professional athletes and corporate leaders, moving them forward in their career. But his passion goes beyond that. He is determined to move people from success to significance.

"The book takes people by surprise," writes reviewer Dwight Clough. "Even nongolfers will be moved by the powerful transformation that takes place in this story." In chapter one, the unnamed pro had lost his way. By the last chapter, he had found his game and much much more. By rediscovering a meaningful relationship with his Creator, this pro - and the reader - find an anchor for life itself.

Dr. Cook describes the book like this: "This book is about influence. It is about a man who lived in a simple place but had extraordinary insight. He also had something else on his side. He had time to



invest himself in the life of another who was lost on his journey.

"They represent each of us in the various stages of growth. In life we must be willing to coach and be coached; either one alone will leave us empty."

Significance, transformation, mentoring, and relationship - Dr. Cook takes us beyond the golf course into a place of profound wisdom, handing us secrets for living a meaningful life.

No wonder top motivational expert Zig Ziglar gives this advice.

Speaking of Golf's Sacred Journey, he writes, "Read it. Devour it. Keep it as a reference book. You'll be glad you did."

"I personally couldn't put this book down. Golf's Sacred Journey gives you many great insights and a different perspective to the game of golf and then finishes with truth about life." Aaron Baddeley, PGA Tour Winner

[Click here](#) to find out more and even download a free copy of the book!



LPGA-USGA GIRLS GOLF AT USGA CHAMPIONSHIPS

Former LPGA-USGA Girls Golf participants made a big impact this year at USGA championships. Here

are the total number of LPGA-USGA Girls Golf alumnae who participated in 2009 USGA championships:

27 alumnae competed at the U.S. Girls' Junior; 23 alumnae competed at the U.S. Women's Amateur Public Links; 14 alumnae competed at the U.S. Women's Amateur; 9 alumnae competed at the U.S. Women's Open. What's more, the U.S. Women's Amateur champion, Amanda Blumenherst, was a member of the LPGA-USGA Girls Golf program in Phoenix; Amanda was also a member of the '06 and '08 Curtis Cup Teams.

Tennessee has several LPGA-USGA Girls Golf Clubs. [Click here](#) to find out more.

MY TPI IS NOW FREE !

The Titleist Performance Institute website now offers many free features for you to enjoy. Go to www.mytpi.com to find articles on Fitness, Health, Equipment Reviews and New Product Information, Video Tips from the Pros, Hundreds of Exercise Examples and much more. MyTPI Staff includes leading experts in golf. You can find fitness professionals in your area that have been certified by the TPI.



COLLEGE DAY SITES ARE SET! SIGN UP NOW!

Plan now to attend the 2008 College Day program in November. Tennessee has approximately 350 players competing on the college level. Many of these attended past College Days which aided in their finding the right program for their ability level, academics and financial aid. The afternoon includes a presentation including academics, division options, college choices, writing resumes, NCAA guidelines, NCAA Eligibility Center, facility visits, etc. College Coaches will be present for a Q & A session too! College Day is free to all 2008 TGA Junior Tour members and their families. Non-members are welcome for a small fee to cover the expenses. We encourage anyone and everyone thinking about college golf to attend. It's never too early to plan for the future. Please [click here](#) to find out more.

Schedule: All site times are 1-4pm

- Saturday November 8 - Rhodes College in Memphis
- Saturday November 15 - Golf House Tennessee in Franklin
- Saturday November 15 - Bank of TN Operations Center in Kingsport
- Saturday November 22 - Fox Den CC in Knoxville Addition



MARYVILLE COLLEGE ADDS GOLF FOR 2009

Founded in 1819, Maryville is the 12th-oldest institution of higher education in the South and one of the 50 oldest colleges in the United States. It is a private, four-year, co-educational, liberal arts college. Current enrollment includes 1,176 men and women, representing approximately 31 states, 15 countries and 1 territory. Maryville College is located in the city of Maryville, just 15 minutes south of Knoxville. Fifty diverse fields of study; pre-professional programs are offered in business administration, law, theology/ ministry, medicine, dentistry, veterinary medicine, physical therapy and other health-related professions. Maryville is a member of the NCAA's Division III. The College offers 14 varsity sports. Men's sports include baseball, basketball, cheerleading, cross country, football, soccer and tennis. Women's sports include basketball, cheerleading, cross country, soccer, softball, tennis and volleyball. Golf for both men and women will be added in 2009. Ron Waters is the head coach and currently recruiting players to field his teams. If you are interested, please contact him at ron.waters@maryvillecollege.edu. For more info on the college, please [click here](#).

PERIODIZE YOUR TRAINING

Training to Reach Peak Performance
by Susan Hill borrowed from www.njgs.com



Periodization is a complex term used to define a systematic way of training with the intent of reaching a 'peak' in a given sport. This concept has been used in a wide variety of sports and has eventually been implemented in the training programs of the vast majority of playing professionals. A periodized approach can be applied to all aspects of training including mental, physical and technical training.

The idea is that it is virtually impossible to play at your absolute best every day of the week, much less every single tournament. In fact, it is not even a realistic or reasonable goal to set. Many players set goals of reaching peak playing performance at majors or events where they see more value in terms of prestige, money or other personal or professional goals.

In keeping with this concept, there is a time of natural reflection on one's game. Late Fall is typically the ending of the competitive golf season. Use this time wisely to evaluate your past season. Try and be as objective as possible when reviewing your playing performance and outcome. The best way to do this is through not only your own self reflection, but through observations from your parents, playing partners and advisors or instructors.

From a fitness perspective, ask yourself the following questions

Were you able to• maintain your energy levels throughout the entire round, even when playing more than 18 holes per day?

Are there specific holes or times of play when you• seem to have more energy or less energy while playing?

Do you feel strong• in your wrists, hands, upper body, lower body, core and throughout your entire body? If not, where do you feel weakness? Which areas do you think need improvement?

Do you feel like you have complete freedom in your swing? Or• do you feel like you have tightness in your shoulders, neck or hips?

Have• you had pain, discomfort or some areas that just seem to be more prone to weakness?

The answers to these questions will help guide and direct your fitness routine throughout the off

season. The goal is always to improve upon weak links, making you stronger, fitter and an overall better player for the next season. Periodize your overall program by breaking it into small more manageable parts that you can selectively work on. This will help you see improvement the quickest. [Click here](#) to learn more about Susan and to see some of her other articles.



NOVEMBER 12-19 NLI EARLY SIGNING PERIOD

In a few weeks many high school seniors will sign a National Letter of Intent to play college golf at the institution of their choice. The NLI is a voluntary program started in 1964 and used today by 610 NCAA Division I and Division II participating institutions. By signing a NLI, a prospective student-athlete agrees to attend the designated college or university for one academic year. Contrary to popular opinion, a scholarship agreement is only valid for one year and not a four year ride. Scholarships are reviewed on a yearly basis.

For those institutions that do not use the NLI, scholarship papers may be signed at those times designated by the institution. The regular signing period for the NLI will begin April 8, 2009 and continue until August 1, 2009.

If you sign with a college or university, please let us know so we can announce it in future newsletters. The National Junior Golf Scoreboard also keeps a comprehensive list of signees. For more info on the NLI, [click here](#).



ALTERNATE SHOT MENTALITY

Taking a "Now What" Approach
by Jeff Troesch borrowed from www.njgs.com

Recently I sat with the UCLA men's team, with whom I work, and we watched some Ryder Cup action during a break in the tournament in which the Bruins were participating. As we watched and discussed the action, something struck me that we chatted about. During the Friday morning foursome, which is a two-man team, played in alternate shot format, Kenny Perry and Jim Furyk were playing as a team representing the United States. On one hole, Perry snapped his drive into a hazard, and the two players walked down to look at their situation. What struck me was this- when watching Perry, he was obviously agitated and frustrated and angry about the situation. When watching Furyk, who was the person to hit next, he was focused and calm and on task. This was, of course, because Furyk did not hit it into the bad situation and took no ownership of it, and he was completely absorbed in how to make an intelligent decision and how to execute a quality shot- given the circumstance.

It occurred to me how incredible it would be if every golfer, when faced with a difficult situation, chose to adopt an "alternate shot mentality". The essence of Furyk's response was that he didn't really care how the ball got to be where it was. He was solely interested in what to do with the

opportunity that was in front of him. This is precisely the kind of response that is the best response for every golfer who is in any kind of situation on the golf course. It's not relevant how the ball ended up where it is. The only thing that is of concern is what happens next. For the vast majority of players, the fact that they hit a poor shot or hit a phenomenal shot to a specific place has a tendency to be a distraction away from the place where they want their full attention- on this shot, right here, right now.

See if you can work toward a detachment from the "how did the ball get here", and work on a "now what" approach. This is the essence of the "one shot at a time" tactic that is the optimal way to perform well in this game!

[Click here](#) to learn more about Jeff and see some of his other articles.

2008 COMPETITIONS

Looking for competitions to play or just see results? Below are some results from Tennessee junior golfers competing in local, state and national events. You can find a list of popular events by going to our State and National Competitions Calendar. Just [click here](#). You may also access over 700 events by going to the National Junior Golf Scoreboard. Just [click here](#).



RTJ Junior Tour - Dothan, AL

T6th	Nick West	Ooltewah	80-86	Boys 16-18
3rd	Ben Crane	Brentwood	77-78	Boys 14-15

AAJGT - Chattanooga, TN

2nd	Andy Ford	Knoxville	77-69	Boys High School
3rd	Player Pierce	Chattanooga	72-75	
1st	Lexi Stewart	Soddy Daisy	80-83	Girls High School
3rd	Sara Howard	Knoxville	89-83	
3rd	Landon Albert	Greenbrier	89-83	Boys 6-8 Grade
T4th	Bevin Petrikin	Nashville	89-86	
1st	Teleri Hughes	Knoxville	85-81	Girls 6-8 Grade

TSSAA Class AAA State Championship - Murfreesboro

1st	Cory Gaylord	Collierville	68	
2nd	Mason Griffin	Kingston	69	
1st	Natalie Mitchell	Germantown	71	
2nd	Catherine Smith	Clarksville	74	

SJGT - Dothan, AL

2nd	Olivia Love	Columbia	75-80	Girls 15-19
T21st	Elliot Shin	Estill Springs	84-79	Boys 16-19

SJGT - Ft. Payne, AL

2nd	Mary Alice Murphy	Lookout Mtn.	81-79	Girls 15-19
3rd	Cole Newman	Clarksville	82-84	Boys 12-13
5th	Brendan Caballero	Brentwood	78-77	Boys 14-15
T9th	Hunter Arnold	Lenopir City	83-83	
35th	Richard Powell	Hixson	83-79	Boys 15-19
41st	Kyle Grigsby	Morristown	82-86	

USJGT - Blytheville, AR

T2nd	London Hill	Brighton	77-73	Boys High School
T6th	Kyle Johnson	Brighton	77-80	
4th	Kelsey Schwartz	Bartlett	98-93	Girls High School
1st	Logan Watkins	Covington	77-79	Boys Junior High
2nd	Matt Strube	Germantown	80-76	
1st	Hays Moreland	Memphis	73-71	Boys Rising Stars
3rd	Braden Thornberry	Olive Branch	76-85	
1st	Elizabeth Moon	Germantown	39-38	Girls Rising Stars
T2nd	Aubree Jones	Covington	41-42	
T2nd	Angelo Malacapay	Martin	44-41	Boys Future Stars
5th	Winston Margaritis	Eads	51-39	

AAJGT - Carrollton, GA

1st	Clay Harbin	Jackson	79-75	Boys High School
T3rd	Jeff Maier	Knoxville	77-83	

AJGA - Stillwater, OK

T6th	Jacob Everts	Ooltewah	79-74-74	
T12th	Brandon Rodgers	Knoxville	77-78-78	
T31st	Keith Mitchell	Chattanooga	81-84-75	

TSSAA D II Class A State Championship - Murfreesboro

1st	Hunter Kraus	Germantown	71-71	
2nd	John M Sisinni	Olive Branch	71-71	
1st	Stephanie Smith	Nashville	73-70	
2nd	Becca Godman	Cordova	76-74	

TSSAA D II Class AA State Championship - Murfreesboro

1st	Zach Olsen	Cordova	71-67	
2nd	Ryan Thornton	Chattanooga	67-71	
2nd	Morgan McQuary	Chattanooga	73-73	
3rd	Jordan Britt	Dayton	75-73	

USJGT - Benton, AR

1st	Elizabeth Moon	Germantown	42-37	Girls Rising Stars
2nd	Winston Margaritis	Eads	45-45	Boys Future Stars

FCWT - Orlando, FL

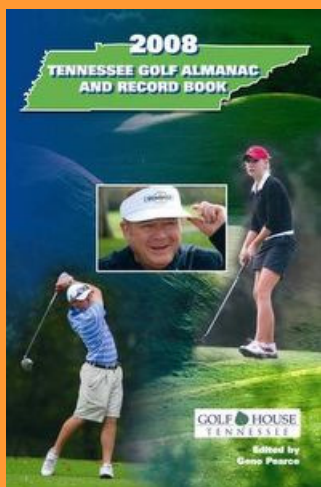
T5th	Marshall Talkington	Jackson	71-71	Boys 16-18
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USJGT - Winchester, TN

1st	Tanner Taddeo	Hendersonville	76-75	Boys High School
2nd	Elliot Shin	Estill Springs	74-77	
1st	Katya Hoffman	Cookeville	93-81	Girls High School
2nd	Eryn Rogers	Goodlettsville	98-104	
1st	Will West	Germantown	82-83	Boys Junior High
2nd	Ben Carroll	Counce	87-90	

AAJGT - Murfreesboro, TN

2nd	Blake Burgett	Nashville	70-75	Boys High School
3rd	Tucker Wallace	Dickson	74-74	
1st	Samantha Gotcher	Clarksville	82-81	Girls High School
T2nd	Sarah Harris	Hermitage	89-79	
T2nd	Jordan Hollinshead	Old Hickory	86-82	
1st	Matthew Broadbent	Brentwood	78-87	Boys 6-8 Grade
2nd	Quintin Scheitlin	Franklin	83-86	
1st	Haley Smith	Spring Hill	113-116	Girls 6-8 Grade
1st	Riley Rennell	Columbia	95-85	Girls 3-5 Grade
2nd	Meghann Stamps	Gallatin	89-98	



TN GOLF HISTORY 101

Answer: The Western Junior was held at Belle Meade Country Club in 1921 and The Honors Course in 2001. Hillman Robbins from Memphis has been the only Tennessean to win the Championship. He did so in 1951.

Question: There are 16 golfers who are inductees of the Tennessee Sports Hall of Fame. Twelve are also members of the TN Golf Hall of Fame located at Golf House Tennessee. Can you name the 12?

[Click Here](#) for more information on the 2008 Golf Almanac.



GOLF HOUSE TENNESSEE EVERYTHING GOLF FOR YOU!

Golf House Tennessee houses all the major golf bodies in the state. The TN Golf Foundation's goal is to preserve the game of golf and its future in TN. The Tennessee Golf Association runs competitions and programs for amateur golfers ages 4-104. The Tennessee Section of the PGA conducts the business and competitions for over 400 golf professionals in our state. The Little Course at Conner Lane is open to the public March through December. The staff conducts countless junior golf programs, events and overnight camps. Finding the information you are looking for can get confusing. Hopefully the chart below will help with your search.

Subject	Phone Number	Contact	Website
Jr Golf Instruction & Programs	615-790-7600	Aaron	Click Here
Adult Golf Instruction	615-790-7600	Vikki	Click Here

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