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# NewsLinks

A publication of the Arizona Women's Golf Association | Dedicated to promoting golf for women in Arizona

## The AWGA Annual Meeting: A Little Business and a LOT of Fun!



The AWGA's Annual Meeting and Recognition Dinner took place on January 26th at Moon Valley Country Club. Much of this year's business meeting focused on outlining various elements of our three-year Strategic Plan, including efforts to grow participation and engagement in golf, create new and enhanced program offerings, and expand community outreach programs.

Specific actions we're pursuing include:

- Engaging more players in Just for Fun play days
- Continuing to develop the Build a TEAM program
- Developing the 35 to 55 age demographic
- Increasing participation in educational events
- Expanding the GEM Program nationally
- Strengthening the effectiveness of our marketing and communications
- And engaging and growing our volunteer corps

The meeting wrapped up with a description of how the golf industry is evolving, the current challenges the AWGA faces, and the many exciting opportunities that exist for growth, especially in the underserved women's market. There was a social hour immediately afterwards, followed by the 2016 Recognition Dinner honoring our special awardees for the year.



Many 2017 GEM awardees were on hand to receive their trophies, as were our six major award winners for the year. They are:

### Tui Selvaratnam, Player of the Year

Tui's points in the 2016 Player of the Year rankings were earned when she

qualified with partner Mari Miezwa for the US Women's 4-Ball Championship, and included three runner-up finishes: at the Arizona Women's 4-Ball Championship, the Arizona Women's Amateur Match Play Championship, and the Phoenix City Championship.

A champion golfer since age 12, Tui is a former Sun Devil who was named AWGA Player of the Year 11 consecutive times from 2001 to 2011. She led the first Arizona team to win the USGA Women's State Team Championship in 2007 and has successfully competed in many other USGA National Championships. Her best individual finish to date was second place in the 2006 US Women's Mid-Amateur Championship.

### Kim Eaton, Senior Player of the Year

For the fifth time in seven years, the award for Senior Player of the Year goes to Kim Eaton. Kim played exceptionally well in 2016, winning the Senior Jones/Doherty Women's Amateur, the Senior Trans 4-Ball Championship, and the AWGA Stroke Play Championship. She finished runner up in the Senior Division of the AWGA Match Play Championship, and also qualified for and progressed to the quarter final round of the US Senior Women's Amateur Championship.



Kim has been an AWGA Champion more than a dozen times, is a member of the Colorado Golf Hall of Fame, and claimed her first national championship in 2010 at the Ione D. Jones/Doherty Women's Amateur. She earned the most points in the Player of the Year standings also, but as the selection policy does not allow one player to win both awards, she chose to accept the senior award.



**Barb Byrnes, Dorothy Pease  
Achievement Award Recipient**

The Dorothy Pease Achievement Award is given to women who have contributed to the game in significant and enduring ways. The 2016 recipient, Barbara Byrnes, has had a successful career as an amateur

golfer. She has won 12 AWGA tournaments and Championships, earned the AWGA Senior Player of the Year award an impressive four times, and has competed in 18 USGA events. But it's Barb's volunteer spirit that has truly made its mark on the game.

Barb has served as AWGA Treasurer, President and Tournament Committee Chair, and still serves on the Rules Committee. She was Director for the Women's Trans National, has served on several USGA Committees, and volunteered for several US Women's Open Championships. Most recently she has been a champion of junior girl's golf on the state and national levels, through her service on the USGA Junior Girls Championship Committee, and in her role as Board President of the Joanne Winter Arizona Silver Belle Championship.

Barb's dedicated leadership, as well as her gifts of time and talent to strengthen and support the game of golf for women throughout the country, have earned her this prestigious award.

**Patty Garbrick,  
AWGA Rep of the Year**

AWGA Reps are liaisons between women's leagues and the AWGA. They encourage club members to participate in AWGA events and seminars, and keep club members updated through various communications and meetings. This year's AWGA Rep of the Year is Patty Garbrick of Briarwood CC, whose dedication, fun-loving nature, and "outside the box" thinking are a big part of what makes her a successful Rep. She's able to make people listen when she talks about how important it is to fill out GEM surveys, or the many reasons you might want to participate in a tournament halfway across the city. If she needs to, she'll even bring in props and put on a skit to try and get her message across! We are happy to name her the 2016 AWGA Rep of the Year.



**Melanie Bridges, Kathy Ehrlich  
Volunteer of the Year**

When Melanie Bridges moved to Prescott in the 1990s, her lifelong passions of volunteering and golf began to intersect. She began volunteering for the Prescott CC Women, and has served on their Nominating, Invitational and Finance Committees. She's the current Chair of their Major Tournaments, Awards, and Rules Committees, and has been Handicap Certified, an AWGA Rep, a Team Captain, Treasurer, and Club President.

She joined the AWGA Course Rating Committee in 1999 and it sparked a passion for her. She's been that committee's Chair since 2008, and has helped lead the AWGA Course Rating Team to top finishes at numerous USGA Course Rating Calibration Seminars. She's also volunteered for the Prescott CC Board of Governors, the AWGA Board of Directors, and for the Northern AZ WGA. A new project she's helping with is coaching boys and girls ages 7-16 two afternoons a week for her local PGA Junior League Golf Program.

Enthusiastic, reliable, a true leader and lover of golf, Melanie has poured her soul into her volunteer work, and we thank her for her many contributions to women's golf.



**Briarwood Country Club,  
AWGA Host Club of the Year**

The Host Club of the Year is selected by an objective survey taken of players, AWGA staff and volunteers after each AWGA event. Briarwood finished with high marks in every category in 2016's survey, after hosting our Season Opener. In fact, they finished first in most categories, namely: first impression, practice facility and course conditions, support for the tournament staff, and the 19th Hole. The Food and Beverage team captivated everyone with the food they served, and Briarwood's members graciously loaned their street-legal carts to players, which were much faster – and better looking – than ordinary rentals. Players enjoyed Briarwood's parkland design, and describe it as a first class venue with "great flow".



*2017 GEM winners can be found at [awga.org/GEM](http://awga.org/GEM)*



**Over 200 women join the fun at the inaugural AZ Women's Golf Expo!**

The First Annual Arizona Women's Golf Expo was held The Westin Kierland Golf Club on Sunday, February 12, which was "Women's Golf Day" in Scottsdale. The Expo was created to highlight, celebrate and connect Arizona women through golf, and was supported by Scottsdale Mayor Lane, Troon Golf, The Westin Kierland Golf Club, many of Arizona's best LPGA golf instructors, and the Arizona Women's Golf Association.

A crowd of over 220 golf lovers of all levels joined the Expo to work on their golf games, connect with other golfers, and HAVE FUN! Fifteen of the Valley's top-ranked LPGA golf teachers offered hourly clinics such as: Performance Coaching by VISION54, putting technique by Born2Golf, short game "Stroke Savers", full-swing FUNdamentals, and Groove the Move and FORE-MAX fitness training. These clinics were well attended, with more than 15-30 golfers participating at each station simultaneously at the top of every hour. Participants were able try out the latest PING ladies gear and to experience

*continued on page 3*

Titleist Golf's ball fitting booth, while the Kierland GC team also organized a retail marketplace showcasing ladies golf accessories and merchandise. Over 60 players even got to hit the pristine links and play golf at a discounted rate!



Sandy LaBauve, a Class A member of the PGA and LPGA, was the event's lead coordinator, and worked with a committee of LPGA Teaching Professionals to kick off this huge initiative to build awareness for women's golf. The money raised went to the LPGA\*USGA Girls Golf of Phoenix, a program Sandy founded in 1989. Girls Golf Director Cori Matheson said she was happy the program could benefit from "such a fun event that is engaging women, celebrating women while building awareness to grow the game for the younger players." Sandy added "It was a full circle event. Young girl golfers welcomed participants at the door and women from all over Phoenix contributed to Girls Golf of Phoenix. It was a day of helping each other and working together for the good of the game." Between the Expo and an Ambassador Clinic that was held last fall, almost \$10,000 was raised for the Girls Golf of Phoenix program.

The AWGA were proud sponsors of this event and we thank Sandy, Cori and their team for organizing it. Thanks also to volunteer Kristin Baumgartner and to Martha Belinke for their help at our booth, and to all our members who attended and made it a successful day!

## Medallion: The State-wide Showdown

The 2016 Club State Medallion Tournament was a true representation of club golf from every corner of Arizona. Sierra Vista to Lake Havasu, Yuma to Show Low and everywhere in between was represented. Pebblecreek Golf Resort played host to 113 teams from 18-hole clubs and 20 teams from 9-hole clubs on January 14 & 15. Each club sent their 2-person team consisting of a gross winner and a net winner. The gross winners played with no handicap and the net winners played at 100% of their handicap.

Well before sun up each day, AWGA and course staff, along with volunteers, arrived to prepare for the golfers. There were 116 players on Saturday, and while a few raindrops fell before play started, the sun came out shortly thereafter. A few people posted personal best scores and there were players from every flight shooting below-par rounds. It was a great start to the weekend! Flight winners came from:

**Mountainview/Preserve (Tucson)**  
**Talking Rock (Prescott)**  
**Power Ranch (Gilbert)**

**The Views (Oro Valley)**  
**Queen Valley (Queen Valley)**  
**Continental (Scottsdale)**

Sunday was cooler and overcast, so all 110 players moved quickly and were off the course in 4 hours. Net players were huge contributors to team efforts, as demonstrated by Alta Mesa Golf Club's winning team. The gross player was -1, but the net player was -7! Other flight winners were:

**Briarwood (Sun City West)**  
**Sun City North (Sun City)**  
**Mesa del Sol (Yuma)**

**DC Ranch (Scottsdale)**  
**Yuma G&CC (Yuma)**

**Arizona CC (Phoenix)**  
**Lone Tree (Gilbert)**

At the same time, 40 players were competing in the 9-Hole Tournament. Eight teams across all flights had players that shot under par. When all the scores were tallied, first time participating club Terravita Golf and Country Club was thrilled to put their name on the trophy. Flight winners were **Pinewood (Munds Park)**, **The Views (Oro Valley)**, and **Pebblecreek (Goodyear)**.

For a list of all the award winners, go to [awga.org/Tournaments](http://awga.org/Tournaments) and click on "Add'l Info".

JANUARY 2017	REGISTER	ADD'L INFO
<a href="#">AWGA State Medallion Club Team - 18 Hole</a> January 14-15 Pebblecreek Golf Resort (Goodyear) Half the field will play on Saturday, half will play on Sunday	Closed	
<a href="#">AWGA State Medallion Club Team - 9 Hole</a> January 15 Pebblecreek Golf Resort (Goodyear)	Closed	



## Inside the AWGA



The AWGA often seeks assistance from other nonprofits in the community that are dedicated to making 501c3 organizations like ours stronger and more successful. In the past, we've utilized mentors from **SCORE** to help guide our Strategic Planning, and have sought input from the **ASU Lodestar Center** for our Fundraising and Board Development efforts. Most recently, we connected with an organization called **Experience Matters**, and the results so far have been phenomenal.

Through their Encore Fellowship Program, Experience Matters recruits highly skilled professionals who are transitioning out of their primary career, and match them with year-long assignments at nonprofits where their skills and talents can make an impact. Experience Matters works hard to ensure that the nonprofit and the Encore Fellow are a good match before finalizing a Fellowship. We reached out to them last summer for help with a database documentation project.



As luck would have it, Sally Coffin had just retired from Intel Corporation and become an Encore Fellow. Sally spent 27 years in Purchasing and Supply Chain positions which made her uniquely qualified to assist in our database documentation project. And as a lifelong golfer, she thought we'd make a perfect match. She came onboard as our database consultant last August.

Working closely with AWGA employees as well as our database designer, Sally is creating a user guide for the robust database that allows us to manage the day-to-day operations of the organization. The guide will educate new employees on how to navigate the database, and will help aid current staff members with database tasks, as well. This will save us time, and help us focus on activities that add the most value to our membership. While working on the guide, Sally's learned that the AWGA staff is very busy behind the scenes in order to make a difference for Arizona's women golfers. She wants to volunteer with the AWGA when her Fellowship is over, and we'll be lucky to have her!

The Encore Fellowship Program is an invaluable resource to small nonprofits such as ours. Nonprofit employees often need to be generalists, and even if they have the expertise to accomplish large-scale projects such as this, they rarely have the time to do so. We are thankful for Sally's assistance on this journey, and also for all the people behind-the-scenes at Experience Matters who are striving to make Arizona's nonprofits the best they can be.

MENU ITEMS
Person Management
Club Management
Event Management
Handicap Provider Linkup/Sync
Volunteer Management
eCommerce
Membership Signup & Renewals
Club Invoicing & Billing
Player Contact
Web Content Maint.
Reports / Exports
Troubleshooting
System Management
Equipment Tracking
Fundraising
Surveys

## Handicap Allocations

By Erin Groeneveld

We're all familiar with the idea of the "number 1 Handicapped Hole", but do you know where those numbers (commonly referred to as Handicap Allocations) at the bottom of your scorecard come from, and what they should be used for?

Equalizing the abilities of different levels of players is the whole premise behind the Handicap System, making it possible, as an example, for a 30 handicap to play evenly against a 20 handicap. In Stroke Play we could simply subtract each player's handicap at the end of the round. However, in Match Play each hole is like its own competition, so the playing field needs to be leveled on a hole-by-hole basis. The Handicap Allocations help us do this. In Match Play we are going to have the lower Handicap player play at scratch ("0") and the higher Handicap player will play to the difference in the two handicaps. So in our example above, the 20 will play to "0" and the 30 will play to "10". This means that she will receive 10 strokes over the course of the match, on the holes with Women's Handicap Allocation values of 1-10.

These strokes are made available on holes where the 30 handicap player needs the most help, they are NOT an indication of the hardest hole on the golf course. In Figure 1 for example, Hole #5 is a fairly long par 4 and statistically the scratch (or lower handicap) players who play this course consistently record low scores of 5. But the bogey (higher handicap) players who play this course consistently record scores of 8. It makes sense that this hole would be the #1 Handicapped hole, because clearly the higher handicap player needs help here.

Figure #1

Hole	1	2	3	4	5	6	7	8	9
Red	436	318	288	359	370	132	307	126	348
Par	5	4	4	4	4	3	4	3	5
Women's Handicap	5	11	7	3	1	17	9	15	13

But to be clear, these numbers do not always reflect how hard a hole is. Hole #9 is a par 5 with lots of water, and both the scratch and bogey players consistently record scores of 7 or higher. Most would consider this one of the harder holes on the golf course, however the bogey player doesn't need as much help on this hole, which is why the Handicap Allocation value does not help the player in this scenario.

For more about Handicap Allocations, please reference Section 17-1 of the USGA Handicap System Manual or call our Programs Manager Erin Groeneveld at (602) 253-5655.

**Save the Date**

- Ongoing** Registration for many "Just 4 Fun" Days is either open or opening soon. Find a location near you: [awga.org/Tournaments](http://awga.org/Tournaments)
- March 20** Registration opens for the State Four-Ball tournament at Talking Stick.
- April 4** Arizona Gives Day: Help support our nonprofit mission by donating to the AWGA.
- April 7** Weekend Classic registration opens. Team event with female & mixed divisions.

## 1929 Match Play memories

Arizona Women Compete For Honors In Sixth Annual Golf Tournament At Miami



Howard, Hise, Newman, Bostick, DeS. Miller, Mayfield, — — — — —  
 Golf Tournament. Feb 27 to March 2<sup>nd</sup> 1929



Fowler, Adams, Hueston, Miller, Lawrence, Casey, Adams, Stewart  
 Scott, Davis



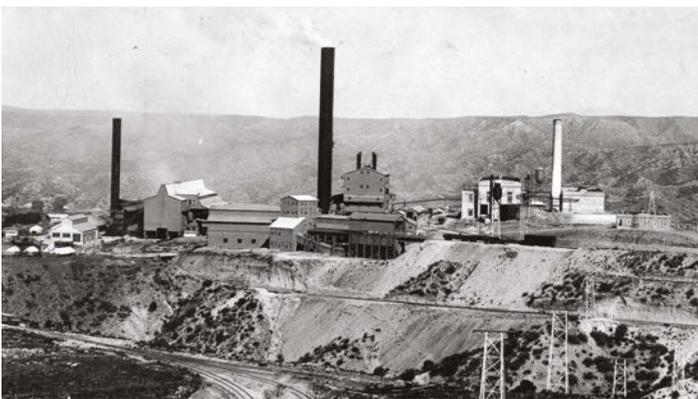
Left to Right:  
 Hueston, Lawrence, Miller, Stewart, Adams, Lawrence, Adams, Stewart

It's strange the way the world works sometimes. When doing research for the AWGA's "90th Anniversary State Amateur Match Play Championship" program a few years ago, we came across a photograph that depicted many of the women who played in the 1929 Championship at Cobre Valley. A grainy print from a newspaper article, the photo shows a large group of ladies from around the state who traveled to the Globe/Miami area for the tournament. Despite the poor quality of the print, it was an exciting find, considering how many of our early players were pictured. Recently, a grand-niece of one of the players contacted us, and not only does she have the original photos from the 1929 Match Play, she has memorabilia from those days as well!



Nancy Gates lives in Manitoba, and as her family's genealogist has collected stories about her Great-Aunt Louise Parker Howard (1878-1959) and her husband Lawrence Ogilvie "Ovie" Howard (1874-1948). Her Great-Aunt "Lou" graduated as a nurse from Johns Hopkins in Boston and married Ovie in 1905 in Montreal. He had graduated from McGill as a mining engineer and soon after they moved to Globe, Arizona where he worked as mine superintendent at both the Old Dominion and Miami Copper mines. As Nancy says, the Howards moved to Arizona before it was a state and was still "outlaw" country. Lou was a crack shot, and photos show her climbing trees, riding horses, attending rodeos and of course playing golf since she was an avid golfer. As it turns out, she was a pretty skilled golfer, as well. In 1929, Lou made it to the consolation round of the Match Play tournament, losing to 1927 Runner-Up Tyler Houston of Prescott, in what the Arizona Republic reported was "a brilliant duel".

When Nancy started golfing at age 10, it was with her Great-Aunt Lou's hickory shafted clubs. They had come to her from Victoria, BC, where Lou and Ovie had retired. Nancy still has the clubs, along with two old bags, balls, tees, counters and more. She says she played some decent golf with those clubs and the bag always generated a few comments. She reached out to us seeking a home for some of this memorabilia, some of which will come to us, and the rest she intends to give to the Cobre Valley WGA and the Gila County Historical Society. But not the serving spoon that was Lou's gift at Match Play, which is engraved with "AWGA 1929" on the back. Nancy says "that's my fave when serving tomatoes."



*Our 93rd Annual Match Play Championship is just around the corner, and if you'd like to take part in this historic event then mark your calendar for the first day of registration, April 25th. Women of all handicaps are welcome, since the event is fledgled.*

# Rules & Etiquette

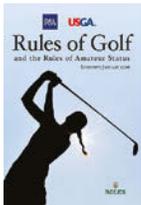
with Lyman Gallup & Marilyn Reynolds



## I was getting ready to putt my ball and it moved, what should I do now?

By Lyman Gallup,  
AWGA Rules Committee Chair

The title of this article is a virtual repeat of one I wrote about a year ago reporting that Rule 18-2b had been eliminated from the 2016 Rules of Golf. Now, in the continuing evolution of Rule 18-2, the USGA and the R&A have approved the wording of a new Local Rule that changes much of what remains. This new Local Rule, available January 1, 2017, will almost surely become a part of Rule 18 in the next quadrennial revision of the Rules of Golf.



The newly authorized Local Rule modifies Rules 18-2, 18-3, and 20-1 so that, if a player's ball (or ball marker) lies on the putting green, there is no penalty if the ball or ball-marker is moved accidentally by the player, her partner, her opponent, or any of their caddies or equipment. The moved ball or ball-marker must be replaced as provided in the Rules of Golf. If it is determined that a player's ball on the putting green was moved as a result of wind, water or some other natural cause such as the effects of gravity, the ball must be played as it lies from its new location. However, a ball-marker moved in such circumstances is replaced.

Previously (with minor exceptions), if the player caused the ball to move she earned a one-stroke penalty, whether the movement was accidental or not. Now the new Local Rule says if a ball on the putting green is accidentally moved, replace it and play on without penalty.

An important distinction between a Rule of Golf and a Local Rule is that a Local Rule must be adopted on a tournament by tournament or a course by course basis. Without such adoption, a Local Rule is not in effect. So it is important in any competition or at any golf course to know which Local Rules have been adopted.

Who decides which Local Rules are in effect? The committee in charge of the competition or the committee in charge of the course must decide which Local Rules are in effect. In a competition, check the Notice to Competitors to see if it is there. At your local golf course, check the Local Rules which are sometimes on the scorecard, sometimes available in the golf shop, or sometimes available on the club's web site. If the new Local Rule isn't listed, you must apply Rules 18-2, 18-3, and 20-1 as they are written in the Rules of Golf. The AWGA, the AGA, the JGAA, the USGA, and all the major professional tours have adopted this new Local Rule for their competitions and many local golf courses have also adopted it to govern play at their courses. Has your course formally adopted this new Local Rule?

## SPIRIT OF THE GAME

by Marilyn Reynolds,  
AWGA Rules Committee



Due to the nature of golf, the phrase "the Spirit of the Game" takes on a different significance than in many other sports. This is due to three major factors: 1) scorekeeping and assessment of penalties, 2) respect for the course, and, (3) respect for other players. These three factors are key to the spirit of the game of golf and crucial for a golfer to successfully navigate the course.

In most sports, there is a scorekeeper upon whom the players rely to keep track of the score. In the game of golf, scorekeeping is left to the integrity of the individual player and she is responsible for accurately reporting the number of strokes she has taken. Most sports have officials like umpires, referees or linesmen that "make" calls for infringements. In golf, the player calls penalties on herself. To do this, she must have a working knowledge of the Rules of Golf. She should know the basics for dealing with loose impediments, obstructions, out-of-bounds, hazards, abnormal ground conditions and doubt as to procedure.

In many games, players have little responsibility in caring for their playing environment. But, golfers are expected to do many things for the care of the course. Playing golf means smoothly raking bunkers, fixing ball marks on the green and repairing divots. Leaving the bunker, green or fairway in better condition than it was, is a part of the spirit of the game of golf.



Respect for other players is also important in golf. While distracting opponents is often a part of other games, golf etiquette requires that a player remain quiet and still while another player is in the act of making a stroke. Most golfers go to great lengths to ensure they do not distract another player, walk on another player's line of putt or interfere in any way. Also, in the spirit of the game, a player should assist other players in determining proper procedures and prevent another player from breaching a rule, if possible. If it looks like another player is going to hit a wrong ball, or tee from a wrong teeing ground or make an improper drop, the player should speak up. It is in the spirit of the game to prevent another player from breaching a rule, if it can be prevented.



Being competitive is no excuse for not conducting yourself with integrity, respect and discipline on the golf course. Courtesy and sportsmanship are expected from every player regardless of skill level. This is all a part of the Spirit of the Game of Golf.

## Staying Grounded *By Peggy Briggs, LPGA*

Unless we're wearing some cool shoes, we don't think much about our feet during our golf swing. But that's where the energy in the golf swing starts – from the ground. Our legs and lower body are also a source of power, but without that strong connection to the ground, power is lost.

Power generation from the ground and legs is probably more obvious in other sports. Shooting a basketball using your legs to generate power is much easier than just using your arms. Throwing or hitting a ball farther is also much easier using the lower body's power. These are just a few sports movements that remind us how important our feet (balance), leg and butt muscles (power) and hips (flexibility) are in all sports – and golf!

If you notice, you are doing a mini squat in each of these movements to generate power from the ground. Your solid connection to the ground also helps with weight transfer. For a right-handed golfer on the back swing, most of the weight should be on the right foot. As you start the down swing, the weight begins to shift to the left foot. As you finish, most of the weight should be on your left foot.

If you want to add power to your swing, be more aware of your connection to the ground and how it shifts through the swing. One of the best power exercises is a simple squat. A squat will strengthen the lower body where power is generated. Check out Dr. Deb's article below to learn how to perform squats the proper way to stay injury free.

Check out [www.peggybriggs.com](http://www.peggybriggs.com) for more tips on playing better golf.

## Generating Power for the Golf Swing

*By Debra Pentz, DC*

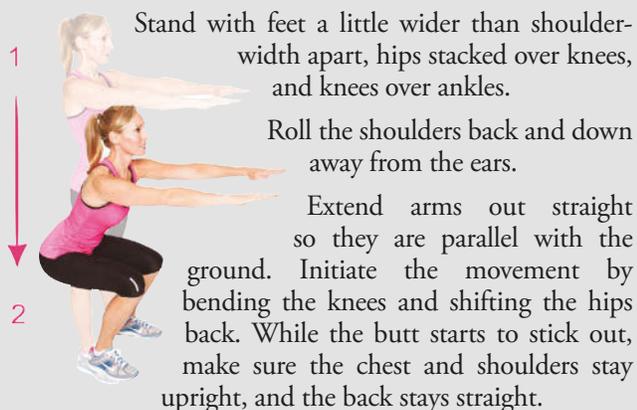
I broke my ankle at the end of September 2016. Of course, my golf was non-existent for a few months, but I did learn a few things. It reinforced what I already knew – the lower body is the key to power. I think we get confused by seeing lots of movement in the upper body. We think that's where the power must come from, but the lower body is key to power. The upper body must be flexible.

While I was out of commission with my broken ankle, I continued to work out my upper body. Using crutches, a walker and wheelchair was quite the upper body workout, too! But when I returned to the golf course, my drives were about 20 yards shorter. My upper body was stronger than ever, but my lower body – legs and gluteal (butt) muscles – were weak. There are a few basic exercises that I recommend to strengthen the lower body: squats, bridges and lunges.

### SQUATS

Squats are a key to developing power because a mini squat occurs in every full golf swing (see Peggy Briggs' article).

To perform a squat:



Squat to your comfort level, and return to standing. You may feel more comfortable squatting to a seated position on a chair. Don't allow the knees to collapse in or flair out. Start slow and work up to doing 3 sets of 15 reps.

### Bridges

Lie down on your back. As you lie down, make sure to keep your knees bent and hip-distance apart, with the soles of your feet planted firmly on the floor. Walk your heels back as close to your buttocks as possible. You'll need to use the strength of your feet and your glutes to help you lift up.

Keep your arms at your sides. Draw your shoulder blades together to pull your shoulders back toward the floor.

Lift your hips toward the ceiling. Press your feet into the floor and lift your hips to the ceiling as high as is comfortable. As you lift, you should squeeze your buttocks.

Keep your knees and thighs parallel.

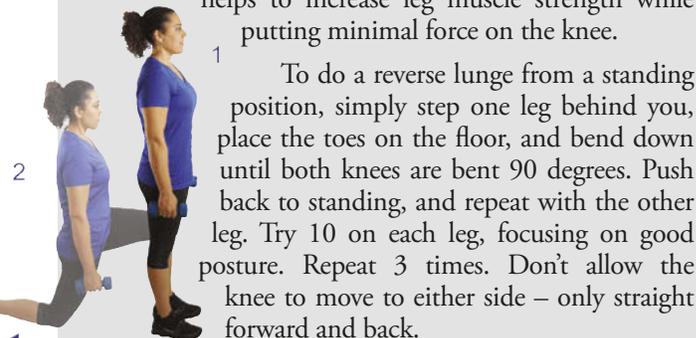
Hold the pose for 5 full breaths and release back to the start position. Gently lower yourself down. Perform the exercise in reps of 10 lifts.

Repeat three times. If your legs cramp, do fewer reps, and make sure you are engaging the gluteal (butt) muscles before lifting the hips.



### Reverse Lunges

If you are going to do any lunge, make it a reverse lunge. A reverse lunge forces you to move with tall posture and helps to increase leg muscle strength while putting minimal force on the knee.



For videos of these exercises visit [awga.org/Resources](http://awga.org/Resources). For specific questions contact Dr. Debra Pentz, DC at (480) 833-0302.



**Arizona Women's Golf Association**  
 141 E. Palm Lane, Suite 210  
 Phoenix, AZ 85004-1555

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 Permit #744



**December 2016**

- 1 | Lydia Salazar | Prescott Lakes
- 5 | Lonni Hocker | Ironwood GC
- 7 | Layne Sheridan | Pebblecreek GR
- 10 | Lisa Benzing | Tucson National
- 15 | Janet Farrell | Sunbird GR
- 20 | Cindy Ryan | Palo Verde CC
- 21 | Mia Yohe | Desert Mountain
- 26 | Penelope Deshur | Desert Mountain
- 27 | Ann Cates | Red Mountain Ranch CC
- 29 | Helen Semple | Ironwood GC



*Lisa Benzing Hole in One*

**January 2017**

- 2 | Jane Hee | Pebblecreek GR
- 3 | Marsha Brockish | Sunbird GR
- 4 | Nancy Gahn | Palo Verde CC
- 5 | Diane Smith | Grandview GC
- 6 | Danis Bobbe | Gallery GC
- 6 | Brenda Williams | Desert Mountain
- 7 | Sandy Wagoner | SaddleBrooke GC
- 9 | Mary Carmody | Continental GC
- 10 | Linda Debiase | CC at DC Ranch
- 10 | Mary Filbert | Wickenburg CC
- 10 | Joy Flowers | Red Mountain Ranch CC
- 10 | Gail Kennedy | Camelback GC
- 10 | Cindy Molitor | Desert Mountain
- 10 | Julie Walters | Dell Urich GC

- 12 | Norma Sorensen | Coyote Lakes GC
- 14 | Paula Garrott | Briarwood CC
- 15 | Sharon Word | Sun City Lakes West GC
- 15 | Mariann Zuk | Pebblecreek GR
- 16 | Jane Wick | Desert Forest GC
- 23 | Suzanne Popelka | Sunbird GR
- 25 | Nancy Gahn | Palo Verde CC
- 29 | Pamela Schunke | Pebblecreek GR
- 31 | Peggy Findlater | Leisure World CC
- 31 | Sue Hewitt | Leisure World CC

**February**

- 1 | Terry Klatt | Sun City Lakes
- 2 | Marty Davies | Sun City Lakes
- 2 | Cari Sorlie | Tonto Verde GC
- 3 | Carmen McLaughlin | Desert Mountain
- 3 | Sharon Slattery | Desert Mountain
- 4 | Nancy Daliege | Rolling Hills GC
- 4 | Lisa Onyx | Oakwood GC
- 6 | Carol Brokschmidt | Dobson Ranch GC
- 6 | Grethe Coleman | Encanterra CC
- 7 | Coralie Watters | Sun City Riverview
- 8 | Suzette Colley | Skyline CC
- 11 | Julia Varda | Tonto Verde GC
- 11 | Linda Thompson | Briarwood CC
- 11 | Linda Weidenbach | Pebblebrook GC
- 14 | Sally Basting | Saddlebrooke GC
- 23 | Kathy Cline | San Ignacio GC



*Kathy Cline Hole in One*

*To ensure inclusion in our Newsletter, please send us your HIO announcements as they happen! We want to be able to brag about the outstanding play by our members, but also want to keep the list of aces as current as possible. Be sure to follow us on social media, where we post these, too: [facebook.com/azwomensgolf](https://www.facebook.com/azwomensgolf) and [twitter.com/azwomensgolf](https://twitter.com/azwomensgolf)*