

LINKS



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No Coordinator for the London District

At the end of last year, we posted a job opportunity for a District Coordinator position and as of this time we have not received any responses and as a result the London District does not presently have a District Coordinator.

The only event being run by the district this year is the Ladies Team Trials.

Last spring, we cancelled the Captains Meeting due to a lack of attendees.

This year we are cancelling the Captains Meeting due to the fact that the district does not have a coordinator.

If any club would like to list their Open or Invitational tournaments in the LINKS newsletter they should send the information to Judy Oryniak, at judyoryniak@rogers.com.

If the club wishes to have their tournament flyer and/or entry form in the District Events page of the GAO web site, they should email the PDF or JPEG files to Al Penford at alpenford@rogers.com and he will pass them on to the GAO head office to be added to the web site.

Al Penford

Amateur Status

Amateur or Pro. That is the question.

It may come as a surprise to some of you, but there is such a thing as the Rules for Amateur Status. It is an interesting read and can be found on the Golf Canada web site. The rules spell out the things that you can and cannot do as an Amateur and how you would go about getting your Amateur Status back after losing it. They are crafted to protect the professionals and their livelihood. Simply put, an Amateur cannot receive cash for their golfing ability.

You and your buddies can throw \$\$ into a pot with the winner collecting the cash and you will still be an Amateur. If however, I said to your foursome, that I would give \$\$ to the winner, your whole foursome would lose their Amateur Status as soon as they teed off. At tee off your intent was to win the \$\$ so you lose your Amateur Status at that time regardless of you winning the cash. You are allowed to play for your own money but not someone else's.

If you are playing in a tournament with prizes of non-cash merchandize or vouchers in the Pro Shop you are allowed to receive \$1,000 in value and still retain your Amateur Status. The rules were changed a number of years ago for Hole-In-One prizes by allowing that a hole-in-one is a lucky shot and therefore falls outside the definition of Golfing Ability.

Your buddy, a non-Pro but decent golfer, can give you advice on how to fix some part of your game as long as you do not pay him for that advice. As soon as he accepts income for his golfing ability he loses his Amateur Status. If an Amateur were to put on a golfing clinic and receive \$\$ compensation they would lose their Amateur Status.

Anyone who organizes an Amateur tournament should put the word Amateur in their tournament title and/or detail the requirement in their conditions for the tournament. This protects the entries from having to compete against non-Amateurs in the event. Amateurs who compete in a Professional tournament can do so and still retain their Amateur Status if they sign a waiver before teeing off that states they will not accept any monies if they should win any in this event.

See the Rules of Amateur Status at www.golfcanada.ca.

Al Penford

GAO Announces Regional Teams' Rosters

UXBRIDGE, ON— The Golf Association of Ontario (GAO) is pleased to announce the formation of three regional junior teams comprised of some of the best U17 athletes in the province, a first for the association. The GAO Team Ontario program formerly was made up of a U19 and U17 team, now the provincial team features the 12 best U19 athletes, regardless of age, while three regional teams in the Ottawa, York and Waterloo regions have been set up for an additional 36 male and female athletes under the age of 17 (12 on each squad).

The teams were created in the fall based on combines held in the three regions. Each region features a head coach and a strength and condition coach to help the athletes train during the winter months.

The pilot project was made possible thanks to a grant from the Sport Priority Funding Program through the Ministry of Tourism, Culture and Sport. It focuses on two educational components: technical and physical. The technical aspect identifies gaps in the athlete's game, then targets and monitors improvements. As for the physical side, the athletes get a biomechanical assessment followed by custom workout and nutrition plans.

“The GAO is thrilled to be expanding the pool of talented athletes and coaches in Ontario and the opportunity to enhance our support to members clubs and families in all parts of this great province,” said GAO Managing Director, Sport Mike Kelly. “As we inch closer to golf’s return to the Olympic program in 2016 and 2015 Pan-Para Pan-Am Games in Toronto, investments like these will clear the path for podium performances in the near future, hopefully paved in gold!”

The program will run during the months of November to March and is comprised of 11 three-hour training sessions (approximately two per month). The teams will conclude the program with a five-day training camp and Regional Team Competition during March Break in Myrtle Beach, South Carolina.

Team Ottawa

Team Ottawa is made up of athletes from Ottawa and surrounding area stretching from Almonte to Kingston. The team is led by Head Coach Adam Holden, a PGA Canada and PGA Australia Class ‘A’ Professional. Holden is in his 12th year coaching at the Kevin Haime Golf School in Kanata. Allen Hicks is the team’s strength and condition coach. He brings more than 20-years of experience as a physiotherapist and strength coach.

Team Ottawa consists of: Jake Bryson, 14, from Dunrobin, a GAO Public Player, coached by Kevin Haime; Christopher Carwardine, 14, from Kanata and Kanata Lakes Golf & Country Club; Ty Celone, 14, from Long Sault and Summerheights Golf Links; David Iaderosa, 15, from Ottawa, a GAO Public Player, coached by Kevin Haime; James Parsons, 15, from Almonte and Mississippi Golf Club, coached by Adam Holden; Tyler Read, 13, from Brockville and Brockville Golf & Country Club, coached by Matt Wilson; Nicolas Valiquette, 15, from Cornwall and Canadian Golf & Country Club; Sarah Cushing, 14, from Brockville and the Brockville Golf & Country Club, coached by Derek McDonald; Danielle Humilde, 14, from Greeley and Greyhawk Golf Club, coached by Marty Rog; Lilian Klekner-Alt, 15, from Ottawa and Camelot Golf Club, coached by Dale Trafford; Diana McDonald, 15, from Kingston and Loyalist Country Club, coached by Matt Robinson; and Kiley Rodrigues, 13, from Kingston and Cataraqui Golf & Country Club, coached by Kevin Dickey.

Team York

The York team pulls together athletes from the Toronto area as far east as Peterborough and the Oakville area in the west. They are coached PGA of Canada Class ‘A’ Professional Jeff Overholt. Overholt has worked with Team Ontario in the past and is the Head Coach of the Toronto North Junior Golf Development Centre. He was named 2013 Coach of the Year by the PGA of Ontario. Kathryn Robinson is the team’s strength and condition coach. Robinson is currently the Assistant Strength and Conditioning Specialist at York University.

Athletes on Team York are: Kyle MacDonald, 15, from Oakville and Rattlesnake Point Golf Club, coached by Rich Storey; Sam Meek, 15, from Peterborough and Kawartha Golf & Country Club, coached by Mark Ahrens; Nicklaus Naumovski, 14, from Halton Hills and Brampton Golf Club; Lachlan O’Hara, 14, from Mississauga and Credit Valley Golf & Country Club, coached by Jerry Anderson; Mathew Suarez, 15, from Toronto and Mad River Golf Club, coached by Jeff Overholt and Andrew Love; James Wyndham-West, 15, from King City and King’s Riding Golf Club, coached by Henry Brunton; David Yoon, 15, from Richmond Hill and Station Creek Golf Club; Delana Basanisi, 13, from Mississauga and Trafalgar Golf Club, coached by Gary Hay; Ellice Hong, 14, from Thornhill and Glendale Golf & Country Club, coached by Don Lee; Hailey McLaughlin, 12, from Markham and Cedar Brae Golf & Country Club, coached by Cameron Carty; Alexandra Naumovski, 16, from Hornby and

Brampton Golf Club; and Emily Zhu, 9, from Richmond Hill and Station Creek Golf Club, coached by Jason Helman.

Team Waterloo

The Team Waterloo region includes Kitchener-Waterloo and everything south and west to the U.S. boarder. Mike Martz, PGA Class 'A' Professional, is the Head Coach for this team. He has more than 25 years of experience. Most recently Mike has become Certified as a Coach for New Competitors and trained as a Coach for Developing Competitors with the PGA of Canada and Golf Canada. The team's strength and conditioning coach is Angella Lee. She is currently the strength and conditioning coach of the Whistle Bear Junior Team in Cambridge.

The athletes on the team are: Jackson Bowery, 16, from London and Greenhills Golf Club, coached by Len Foran; Drake Jefferson, 15, from Bayfield and Bluewater Golf Club, coached by Brian Gallant; Vince Friyia, 15, from Niagara Falls and St. Catharines Golf Club; Mackenzie Raines, 14, from Kitchener and Whistle Bear Golf Club, coached by Mark Wilson; Thomas Code, 16, from Dorchester, GAO Public Player, coached by Dean Code; Justin DiCienzo, 13, from Niagara Falls and St. Catherine's Golf Club, coached by John White; Sparky MacLean, 14, from Niagara Falls and St. Catherine's Golf Club, coached by John White; Madeline Marck-Sherk, 16, from Ridgeway and Bridgewater Golf & Country Club, coached by Mary Kraus; Isabella Portokalis, 12, from London and London Hunt and Country Club, coached by Chris Lawson; Haley Barclay, 13, from Strathroy and Sawmill Creek Golf; Kristen Giles, 13, from Georgetown and Cutten Fields, coached by Bradlee Ryall; and Taylor Kehoe, 9, from Strathroy and Whistle Bear Golf Club, coached by Dave Smallwood and Carrie Vaughn.

You can be a Better Putter

Whether you are a touring pro or a Sunday hacker everyone who plays golf wishes they could be a better putter. When they calculate the par for a course, 36 strokes are added for putting. If you can play a round of golf in fewer than 36 putts, you are ahead of the game. It's really not difficult to improve your putting results. Here is a list of things that you could do to fix this part of your game.

1. Buy a new putter in the same style as your old one
2. Buy a new putter in a different style as your old one
3. Resurrect an old putter that you've had in the basement for years
4. Put a new grip on your putter
5. Change your grip by putting an index finger down the shaft
6. Change your grip by putting the other index finger down the shaft
7. Go left hand low if right handed or right low if left
8. Put most of your weight on the right foot
9. Put most of your weight on the left foot
10. Look at the hole when you putt
11. Put a line on your ball and point it at the target
12. Open the putter head going back and close it going forward
13. Take it straight back and straight forward

14. Rock the shoulders
15. Pivot at the nape of the neck
16. Stand taller
17. Bend more at the waist
18. Stand further from the ball
19. Stand closer to the ball
20. Yada Yada Yada

All of these fixes singularly or in any combination will, after a brief number of putts, improve your success rate with the putter. Unfortunately, over a period of time your putting will deteriorate again to be the same as it was before you changed anything. All of the above fixes plus most of those that your playing buddies offer will give initial benefits but ultimately you will still be putting the same as you did before. Why is that?

When you used a fix for your putting, you spent more time than you normally did over each putt while you concentrated on applying the fix. That was the reason your putting improved - not the fix. As your fix became the norm, you spent less time over each putt and your putting reverted its norm. Short of going to a PGA professional for a putting lesson, you can improve your putting by concentrating more on the putt at hand. I don't mean that you should take longer over each putt, but that you should apply just a little more thought to the putt in your pre-putt routine.

If you find that you are three putting a lot or missing short putts, it's probably because you did not apply enough importance to the putt in the first place. When you have three putted or missed that tap in, take your putter and give the little knobby bone on the inside of your ankle a good rap. Sure it hurts and may bring tears to your eyes, but do that a few times in a round and you'll start to take your putting seriously.

One great web site to help you understand all facets of putting is: www.better-golf-by-putting-better.com. Enjoy!

Al Penford



(cartoon submission from Walt Cherwaty)

2014 Tournaments

GAO Men's Better Ball Qualifier	May 1	St. Thomas G&CC, Union
IG Spring Classic U19 Boys Qualifier	May 3	Thames Valley GC, London
GAO Men's Match Play Qualifier	May 6	Greenhills GC, Lambeth
London District Women's Team Trial 1	May 12	Greenhills GC, Lambeth
IG Men's Mid-Am Qualifier	May 13	Tarandowah GC, Avon
GAO Men's Better Ball Championship	May 15	Oakdale G&CC, Downsview
Investors Group Spring Classic U19 Boys	May 17-19	Wooden Sticks G&CC, Uxbridge
Investors Group Spring Classic U19 Girls	May 17-19	Sleepy Hollow G&CC, Stouffville
GAO Women's Match Play Championship	Jun 2-4	Woodington Lake G&CC, Totenham
GAO Men's Match Play Championship	Jun 3-6	Lake Joseph GC, Port Carling
IG Men's Amateur Qualifier	Jun 3	Greenhills GC, Lambeth
Sr. Men's Invitational	Jun 4	Wardsville Golf Club
London District Women's Team Trial 2	Jun 9	RiverBend GC, London
GAO Women's Champion of Champions	Jun 11	Grey Silo GC, Waterloo
GAO Men's Champion of Champions	Jun 12	Peterborough GC, Peterborough
Investors Group Men's Mid-Amateur	Jun 17-19	Burlington G&CC, Burlington
GAO Senior Men's Champion of Champions	Jun 23	RiverBend GC, London
Investors Group U19 Boys Match Play	Jul 1-4	Taboo Resort, Gravenhurst
Investors Group U19 Girls Match Play	Jul 2-4	Galt GC, Cambridge
27 Hole Ladies Scramble	Jul 2	Wardsville Golf Club
IG Sr. Men's Qualifier	Jul 7	Fanshawe GC, London
Investors Group Men's Amateur Championship	Jul 8-11	The Club at North Halton, Georgetown
Investors Group Women's Amateur "	Jul 8-11	Brampton GC, Brampton
Investors Group U19 Girls Championship	Jul 15-18	Maple City CC, Chatham
Investors Group U19 Boys Championship	Jul 15-18	Timberwolf GC, Garson
Investors Group Sr. Women's Amateur "	Jul 29-31	Ambassador GC, Windsor
GAO Girls U15 Championship	Aug 6-7	Canadian G&CC West, Ashton
GAO Boys U15 Championship	Aug 6-7	Canadian G&CC West, Ashton
Ontario Summer Games Boys U17	Aug 8-10	Roseland G&CC, Windsor
Investors Group Sr. Men's Am 70+	Aug 12-14	Hunters Pointe GC, Welland
Investors Group Women's Mid-Amateur	Aug 12-14	Hawk Ridge G&CC, Orillia
Investors Group Sr. Men's Championship	Aug 12-14	Hunters Pointe GC, Welland
George S Lyon Club Team Championship	Sep 2	The Club at Bond Head, Bond Head
GAO Women's Four-Ball Championship	Sep 15	Horseshoe Resort, Barrie
GAO Sr. Men's Better Ball Championship	Sep 22	Highland G&CC, London

Please submit the dates for your tournaments to me. They will appear on the tournament list in the next issue of **LINKS**.

Fare "Fore" Friends



Here is a great cookie recipe that you will want to make again and again.

Molasses Ginger Cookies

Cream:

- 1 ½ cups sugar
- 1 cup minus 2 tbsp. butter
- ½ cup molasses
- 2 eggs

Mix together:

- 4 ¼ cups flour
- 2 tsp. soda
- 2 tsp. ginger
- 1 tsp. cloves
- 1 tsp. cinnamon

Add dry ingredients to creamed ingredients a bit at a time. Form into a ball, roll top in sugar and place on ungreased cookie sheet. Bake in 350°F. oven for 11 minutes. Cool on cookie rack. Makes 3 ½ dozen cookies.

About Our Newsletter

Any golf related articles that would be of interest to our readers are welcomed. Please submit them to me by the 25th of April for publication in the May newsletter. Thank you.

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