

Quotes of The Month:

“If I look confused it is because I am thinking.” — Samuel Goldwyn

“The difference between a warrior and an ordinary man is that a warrior sees everything as a challenge, while an ordinary man sees everything as either a blessing or a curse.” — Don Juan

2009 Golfer of the Year
Mike Franz

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2010 Goals

As I look at the Freezing Rain and snow falling in Orlando, FL it seems like the golf season is *far, far* away in Michigan. But we will be teeing it up in less than three months! Three months is only like three tenths of 1% of your entire life expectancy. So you don't have much **time** to prepare. What are you going to do this *next* hour, this *next* day. Have you set your goals and are you taking action to implement them? *Let's dive in...*

Better Golf Section:

FOREARM STRENGTH & BALANCE AND THE GOLF SWING

*By Bob Forman
Certified Golf Fitness Instructor
MS, Exercise Physiology*

There's little written about the relationship the forearm muscle groups have with the golf swing and it's an area that needs more atten-

tion. The ability to maintain a good wrist hinge during the downswing, enhancing club head speed and making efficient contact with the golf ball is influenced quite a bit by the forearms, wrists, and hands.

At issue is that many of us are walking around with a strength imbalance in our forearms. Our flexors, on the underside of the forearm, tend to be stronger than the extensors on the top of the forearm. This due to the simple fact that we use the flexors a great deal more.

All day long, we're gripping objects in order to lift, lower, pull, push, open, and close. This grasping works the flexors of the forearm, and due to the number of times we repeat this one-sided action during a typical day, we create a discrepancy between the flexors and extensors. Think of it, when was the last time you worked against a resistance while extending your fingers?

This imbalance, like other muscle imbalances in the body, can have a deleterious effect on the body. In this case, the areas of vulnerability are the elbows and wrists. Combining

this imbalance with the demands of swinging a golf club repetitively during a round of golf and it's easy to understand why wrist and elbow joints often times get injured.

Exercises to correct forearm imbalance are essential. These should include strengthening of the extensors and flexors, as well as a rotational component to cover all aspects of the golf swing. Exercises, too, that isolate abduction and adduction of the wrist can also be included into the routine.

Finger Extension – Close the fingers together and wrap a thin rubber band around them at the last knuckle. Open and close the fingers about 20 to 25 times. Repeat with the other hand. Once this gets easy, use a thicker rubber band. If any discomfort is felt, discontinue the exercise.

For additional forearm exercises, check out the "Exercise of the Month" on the home page Get photo at <http://www.golfitcarolina.com/articles/48-forearm-balance-and-the-golf-swing.html>



Birthday Winner

This months birthday winner is **Stephen Ibanez**. Stephen wins a free coaching session. Have a February birthday? Please submit the day and month to info@grandrapidsgolflesson.com for contest eligibility.

Hazard Rule Change-

One of the most significant changes to the rules of golf in recent years involves what happens when a player makes a stroke at a ball that isn't his or hers. Prior to 2008, there was no penalty if the player played a wrong ball from a hazard.

As of Jan. 1, 2008, that was no longer the case. Rule 15-3 (Wrong Ball) now prohibits a player from making a stroke at a wrong ball from anywhere on the course.

Along with the 2008 change to rule 15-3, Rule 12-2 (Identifying Ball) was changed. A player is *now* allowed to identify his or her ball even when it lies in a hazard; however, there is a specific procedure that must be followed.

The player must notify the competition or nearby official of intention to lift the ball to identify it and allow the competitor to observe this action. The player shall mark the position of the ball, lift the ball, identify it as their own and then replace the ball in the exact same lie in which the player lifted it.

If you compete, **KNOW THE RULES.**

Do you know someone who's golf game is scary?

Scary Golf Campaign.

While writing this months newsletter I was watching a movie called The Omen. Scary stuff. Do you know **someone who's golf game is scary?** The Scary golf campaign runs from Jan. 21st through Feb. 14th. Invite them to the golf show, if you invite stops by to talk to me at the golf show they get the **Highlands VIP Card with over \$500 in value.**

Worst Swing Contest

Submit a 100 word essay and video of your swing to info@grandrapidsgolflesson.com for West Michigan's Worst Swing. Deadline is 10:00pm February 14th. Winner will receive \$300 of golf lessons from PGA Golf Guru Scott Seifferlein.

Happy Birthday Jack!

Jack Nicklaus turns 70 on Jan. 21st. View this site for a comprehensive retrospective of Jack Nicklaus's golf career.

http://www.golfdigest.com/magazine/2010/01/jack_nicklaus_at_70

Congratulations to Mike

Franz for winning the 2009 Golfer of the Year Contest. Mike wins year long publicity in the golf newsletter, a free round of golf at The Highlands Golf Club and a \$20 gift certificate for dinner at Marco's Restaurant.

Vote for your favorite Grand Rapids course at http://www.grandrapidsgolflesson.com/#pd_a_2401390

Schedule update

Indoor Training w/ Scott Seifferlein
Available at Champions Gate
Monday—Friday 10:00am to 8:00pm
Saturday 10:00am to 5pm
Book on-line at
www.grandrapidsgolflesson.com

Group Programs and schedules have been released for Family Fun Night, Coaching Sessions and Ladies Golf Extravaganza. Check the blog at <http://seif-pro.wordpress.com/2009/01/09/2010-group-sessions/> for the details.

Golf Show— February 12th—14th. Booth #1814

The Mental Game

How can you help young athletes undo the cycle of performing tentatively and being afraid of making mistakes? Read on to learn about how one sports dad used sports psychology---and saw his son become more confident and assertive in just a few weeks. Sports dad Adam says his 10-year-old wrestler, Josh, is a perfectionist who tends to try too hard to get things "right."

"His perfectionism was leading him to hesitate. He worries if he looks good. He tries too hard to be perfect," Adam says. "This causes him to hesitate a brief second in between moves, by then it's too late."

"He doesn't act from instinct. He over

thinks: What's going to happen if he doesn't do this perfectly?"

Adam approached Dr. Patrick Cohn and the Ultimate Sports Parent for help. Among other important things, Adam learned how to change his own behavior in ways that better supported his son.

He learned that perfectionists are hard enough on themselves; they don't need their parents reminding them how to improve their technique or try harder. In fact, what they need is permission to perform or play at a more intuitive level or with less thinking.

Four weeks later, Josh is more assertive and confident, says Adam. "He's making things happen rather than waiting for things to happen." His coaches have noticed his improvement.

After learning perfectionism-busting strategies with Dr. Cohn, Adam says he now understands that both coaches and parents need to learn how to provide "mental" training to young athletes.

Jump over to our site and listen to Adam's success story and learn more about how to help your young athletes kick perfectionism and fear of failure, and perform more freely:

Use this link to listen to the Adam's success story:

http://www.youthsportspsychology.com/success_story1.php

Dr. Patrick Cohn is a Mental Game Expert with The Ultimate Sports Parent.

Your Partner In Golf Success,

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**Stop Slicing
Five Swings
Guaranteed!!**