



PUTTING

SHORT GAME

FULL SWING

FITNESS

MENTAL

PLAYING

EQUIPMENT



Wow! What a tough winter to work on your golf game. It seemed like the whole United States was holding on as we all were a little colder and snowier than years past. The Winter Series Seminars worked their magic as we used the Nicklaus Ballroom to showcase the Academy's seven building blocks and how to make lasting improvements on your game. Winter has finally let go and spring is here and with it the hope of better golf. In keeping with our vision of *operating the finest teaching program for a club community in the U.S.A.*, the Colleton River Golf Academy was busy in the off season attending trade shows, hosting demo days, and training our Professionals on the finer points of instruction. Our goal of *creating a fun and productive learning experience for the Members and their guests* will continue as we head full swing into the spring and summer months. Golf schools, clinics, private lessons and our new Happy Hour Clinic, Thursdays at 5:00 pm are all designed to help you "*Manage Your Golf Game*" so we encourage you to take advantage of these programs.

Please welcome Derrick Garrou and Logan Scott to the Academy team! Both are Class A PGA Professionals and we feel very fortunate to have them on our Team of Instructors. Our CRGA Certified Instructors are available for private and group lessons, all of which can be booked online at ForeTees or by calling the Nicklaus or Dye Golf Shops. For more information on our Instructors or teaching program go to the "Golf Academy" link on the Member's website.



Left to Right: Daryl Shipos, Derrick Garrou, Matt Lucchesi, David La Pour, Matt Stewart, Brett Heisler, Logan Scott

### Use Your Athleticism

Taken from: *The Full Swing Building Block of the Colleton River Golf Academy*

One of the fundamentals of the full swing is to tap into your athleticism while in motion. Much like throwing an object (like a baseball or golf ball), it's best to wind up on your back foot, shift weight toward your front foot (target), then release your arm and ball toward the target. Although more refined, this winding and unwinding when throwing an object is the same athletic move that we use when hitting a golf ball. Look at the sequence of pictures included here and see if you can recognize the athletic move.



1. Athletic set up
2. Shoulders and hips starting to turn back – weight starting to shift toward back foot
3. Full shoulder rotation with more weight on back foot than front foot – hips pivot, not slide
4. Legs and hips starting to shift and unwind toward target
5. Lower body continues to move toward target while upper body unwinds toward ball
6. Arms and club follow the lead of the lower body and square to ball
7. Impact shows most of the body has shifted onto the lead foot, hands are ahead of club at impact
8. The finish shows 90% weight shift toward target and lead foot





PGA Magazine gives national recognition to Colleton River Golf Academy and the training program in a December article titled: **Preparing Your Staff to be Better PGA Professionals.** To read more, go to the Academy's web page.

### *CRGA Special Clinic "Green Reading" April 14<sup>th</sup>*

Did you know that roughly 80% of putts hit by amateurs miss on the low side of the hole and 65% of PGA Tour players also miss their putt on the low side of the hole? Why is this a chronic ailment for golfers? Come to our special green reading clinic April 14<sup>th</sup> to learn the answers to these questions and more:

- ◇ What's more important, distance or direction?
- ◇ What is the proper speed to roll a putt?
- ◇ How do I read a putt?
- ◇ Should we hit or stroke our putt?
- ◇ What is plum bobbing and does it help?
- ◇ How many putts should I be averaging?

Sign up by calling the Dye Golf Shop or sending David an e-mail at [davidl@colletonriverclub.com](mailto:davidl@colletonriverclub.com).



### *Collegiate Golf Teams Visit Colleton River*



**DePaul University Golf Team**

Spring is a busy time for collegiate golf and the time window between hitting balls in a dome and the first match is usually short. Periodically, Colleton River Plantation Club hosts teams which are usually sponsored by an alumni/member and in need of some outdoor practice before matches. DePaul University, Michigan State, Indiana University of Pennsylvania, and Penn State were some of the schools



**Doug Stadler Mike Van Sykle**

that came to Colleton during late winter to tune up their game. Also, Marquette University stand out, Mike Van Sykle, who practiced at Colleton before his bid for PGA Tour status, passed the first stage of Q-school but didn't make it all the way for his tour card. He is currently playing on the Gateway Tour.

*CRGA continued on page 20 ...*

### *CRGA Student Spotlight*

Our student spotlight is shining on Monique Guffey this month for her dedicated effort in becoming the best golfer she can be. Mrs. Guffey has taken advantage of the Fitness Center to tune up her golf muscles and has taken private lessons with Director of Instruction, David La Pour. "From



**Monique "Mo" Guffey**

putting to full swing, Mrs. Guffey's work ethic and desire to play great golf has fit in well with the Golf Academy's instructional program," says La Pour. We applaud her dedication and perseverance in working on her golf game and wish her continued success!