

GrandRapidsGolfLesson.com

Quote of The Month:

“You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.”
 ~Dave Barry,
 "Things That It Took Me 50 Years to Learn"

2009 Golfer of the Year
Mike Franz

Inside this issue:

| | |
|----------------------------------|---|
| The Due Date | 1 |
| Blow Up Holes: What Causes Them? | 2 |
| Nancy Now Confused | 3 |
| Hall of Fame Golf School | 4 |
| How to get away with a bent arm | 2 |
| Are You Relaxed? | 7 |



Dear Renegade Golfers,

I am the one that Scott refers to as “the boss” “the colonel” “the captain”. There is a fine line between leadership and just plain bossiness and I flirt with it. I can’t help it, I have some pretty aggressive goals and staying on track is easier said than done when there are so many distractions.

Every November (don’t ask me why November) Scott and I sit down as a couple and combine our list of goals to a list of 20. We are learning to write smarter, measurable goals and goals that we hold each other accountable too. Then we post them on the refrigerator where not only do we see our goals on a regular basis but our friends and family can see the goals also.

Some of our goals are on a monthly basis. For example, I want to introduce one new recipe per month to my family. This has been met by mixed reviews....on Jambalaya night Lucas

announced by looking at it that he was full, on eggplant night Scott drank so much milk I think he sloshed away from the dinner table and on burrito night Scott asked “do we have to eat this often?” I have 8 more months to get that one right.

We both resolved that we needed a once-a-month date night. We didn’t have to do anything fancy or extravagant but we needed one night just the two of us. If nothing else, just to remember that before kids there was a Scott and Mary and after kids there will be a Scott and Mary.

Scott and I see so much potential in Lucas and work every day to help him become a responsible adult who will love God, work hard, be kind and loving.....and really is it too much to ask to be potty trained?

Scott always begins every new client series by asking what your goals are and then continues to update your

goals as your lesson series progresses. I wish you all the best of luck this year accomplishing your goals. Feel free to remind Scott he is supposed to play in 5 PGA events this year!

One of last years goals was to have another baby.....well the pesky nine months waiting period will cross that goal out June 7th (due date). Please keep scheduling your lessons but if I call during the middle of your lesson, sorry in advance. For being so patient we thought it would be fun to have a **"baby pool"** Send in your guess for the babies birth **date, time, and the sex** of the baby to info@grandrapidsgolflesson.com. While you won’t receive the naming rights, the person guessing the correct sex and closest to the correct date & time, will receive a Free ½ Hour KVEST Session.

Have a good summer!
 Mary Seifferlein
 (mother, wife, nurse)

Notice the difference in posture position at impact compared to setup.

Is The Difference Between Scoring 98 and 80 One Stroke Per Hole?

98 minus 80 = 18. 18 holes on the golf course, seems like that would be one stroke per hole. But is it really for most golfers? The answer is surprisingly NO.

There are so many different ways to score 98 vs. 80. And **rarely** is it ever just one stroke per hole. More often than not, the 98 Golfer makes similar scores on around 11 of the 18 holes. So you really don't have to improve 1 stroke per hole ... it's more about improving over those 7 BAD holes. In other words, it's not an issue of the 98 Golfer playing badly from hole to hole, it's more of a blow-up hole issue.

An 80 Golfer could be getting there by making: 7 Bogey's, 1 Double Bogey, 1 Birdie and 9 Pars.

A 98 Golfer could be getting there by making: 8 Bogey's, 4 Double Bogey's, 2 Triple Bogey's, 1 Quad Bogey and 3 Par's.

What's interesting is that these two Golfers had 11 holes that were the same

score. 7 bogeys 3 pars and 1 double bogey all identical. The *major difference* is the one extra bogey, 3 extra double bogeys, 2 triple bogeys and one Quad vs. 6 pars and a birdie. That's 18 strokes over 7 holes. What a difference!!

Blow-up holes; what causes them?

Blow-up holes can come from... to get the rest of this article and find out how to improve 10 strokes on just 3 holes, upgrade to the Silver Golf Improvement Membership for only \$14.97! Call 616.802.4969 to upgrade today.

But Scott, I Thought You Said...

To keep the left arm straight. How come Lee Westwood is a successful professional golfer and his left arm is bent at impact?

That's an *awesome* question and a keen observation from last weeks Players Championship. I had a difficult time finding a good face-on video of Lee Westwood. So the picture in exhibit 3 is not directly face-on. But you can see that his lead hand (left) is cupped in relation to the lead fore-

arm. The left arm is also bent. And as you know that is a big taboo. So why can Lee get away with it?

Take a look at exhibit 1 and exhibit 2. Notice the difference in posture position at impact compared to setup. Lee's upper body posture drops down as he gets near the top of his swing. He continues to drop down even more in the downswing. This compensation is a *perfect* balance for the amount of left arm bend that he achieves. He also keeps his right hand bent back in relation to his right forearm just long enough to maintain good impact position. And the most important thing... It is **repeatable** for him. He does this on every swing and is strong enough to get away with it.

Is it right for you? Not likely. Very few golfers are strong enough to get away with such a tremendous amount of both right and left arm bend. And even fewer are skilled enough to get away with a cupped left wrist (lead wrist). Just goes to show you that there are very few absolutes in golf.

The Fun Section:

Is your golf game so complicated that you need the 3 ball drill for center of mass relocation in the lower body? Huh? Exactly, that's what I thought when I came across the article. Here is the rest of it...

To execute begin by establishing a stable setup position. For the right handed golfer this is defined as left eye over a static center of mass that falls directly in the center of our stance (ball 1). Then place a ball on the outside of the left foot to establish a finish position (ball 3). Then establish the dynamic center of mass relocation point by placing another ball directly in the middle of those balls (ball 2). Make slow swings keeping the left eye over ball 1 (static center of mass) and reposition zipper over ball 2 (dynamic center of mass). Dig the right and left feet clockwise into the ground in the backswing. Just prior to completing the backswing, exaggerate this clockwise dig of the feet to trigger the proper plyometric thrust through the ball. Properly executed, this will create a "bowing" effect of the body at the point of impact so the left eye should remain over the static center of mass.

That reminds me of this classic golf lesson with O.R. Smith and Nancy Now Confused about accelerometers. Watch it here: <http://www.youtube.com/watch?v=9OIQK898XFM>

The Telephone Call

((((RING))))

Pick Up

"Hello?"

"Hi honey, this is Daddy, Is Mommy near the phone?"

"No Daddy, She's upstairs in the bedroom with Uncle Paul "

After a brief pause, Daddy says, "But honey, you haven't got an Uncle Paul."

"Oh yes I do. He's upstairs in the room with Mommy, right now."

Brief Pause.....

"Uh, okay then, this is what I want you to do. Put the phone down on the table, run up-stairs and knock on the bedroom door, and shout to Mommy that Daddy's car just pulled into the driveway."

"Okay Daddy, just a minute."

A few minutes later the little girl comes back to the phone.

"I did it Daddy."

"And what happened honey?" he asked.

"Well, Mommy got all scared, jumped out of bed with no clothes on and ran around screaming. Then she tripped over the rug, hit her head on the dresser and now she isn't moving at all!"

"Oh my God!!! What about Uncle Paul?"

"He jumped out of the bed with no clothes on too. He was all scared and he jumped out of the back window and into the swimming pool. But I guess he didn't know that you took out the water last week to clean it. He hit the bottom of the pool and I think he's dead."

Long Pause.....

Longer Pause.....

Then Daddy says, "Swimming pool??"..... Is this 486 - 5731?

Exaggerate this clockwise dig of the feet to trigger the proper plyometric trust.

Many Thanks to all those who passed referrals this month– Eric Delong, Amanda Brand, The Pen Club, Jim Short, Todd Smith, Chad Rayborn, David Wattles and my friends at Google. Also a special thanks to Chad Rayborn of Waddell & Reed for passing the most referrals this month!

What?!@#??? - YOU HAVEN'T YET PROCURED your copies of the 7 Golf Myths That Are Destroying Your Game? What ARE you waiting for? Advice for those buying in quantity, to distribute to clients (a very, very fine idea) - Call Scott Directly at 616.802.4969 and ask about the *corporate* discount program. Hey big spender: if you want to buy at least 5,000 copies, you can get them customized for you and your company including a custom insert by me. If you want to buy 50,000 copies, you can come and hang out at my club for a couple days. Pick my brain, swing my clubs, use my massage therapist. 500,000 copies, heck, you can move in to my house and I'll go stay at the motel down the street. But gee-whiz, you could at least buy one copy for yourself at <http://www.grandrapidsgolflesson.com/store.html>

Schedule update

April 13th through September 30th- Group Programs run through Sept. 30th and schedules have been released for Family Fun Night, Coaching Sessions and Ladies Golf Extravaganza. Check the blog at

<http://seifpro.wordpress.com/2009/01/09/2010-group-sessions/> for details.

Hall of Fame Golf School with Top 50 in the World Golf Instructor Gary Wiren– July 31st, one day golf school at The Highlands Golf Club. Details at

<http://seifpro.wordpress.com/2010/05/08/pga-hall-of-famer-dr-gary-wiren-coming-to-grand-rapids/>

Business Golf Programs launching soon at:

http://www.linkedin.com/groups?gid=1539217&trk=myg_ugrp_ovr

EWGA Ladies Clinics: May 24, June 7 and June 14th 4:45pm to 5:45pm

Referral Success 202 for my business clients: May 28th

Beat the Pro Events: West Michigan Dental Association June 4th at Egypt Valley & Hansen Collision June 7th at The Meadows.

**Highlands Golf club Update-
Win Free Golf for A Month
Text: **FREEGOLF**
To: **67777**
Opt-In for a chance to win.**

Birthday Winner

This months birthday winner is Chad Rayborn. Chad wins a free coaching session. Have a June birthday? Please submit the day and month to info@grandrapidsgolflesson.com for contest eligibility.

Father's Day

Send Personalized Handwritten Father's Day cards on June 20th for less than \$1 in under 60 seconds. Just like junior sends 'em. Go to www.sendoutcards.com/pgatour and click on "Click here to send a card" and I will buy your first card and pay for the postage! Follow Kode Bateman's audio instructions.

The Highlands has also partnered with the Whitecaps baseball organization. Highlands Members will have additional perks including free tickets. Contact Scott Seifferlein for membership information and how you can get a free golf lesson with your membership.

Fitness Vs. Golf Fitness

*by Bob Forman
Certified Golf Fitness Instructor
Director, The Golf Fitness Academy at
High Point Regional*

There might be some confusion and/or wrong impression with the term "golf fitness." Fitness implies a state of health like having a normal blood pressure or not being overweight or even having the endurance to run 3 miles.

Golf fitness, in the context it's used, doesn't really pertain to any of these, although some are often by-products from a well planned golf fitness training program. The term golf fitness refers more to the golfer's physical ability to swing an efficient golf club so as to produce good swing mechanics, effective outcomes, and a decreased potential for injury. It also relates to the golfers ability to produce an efficient golf swing for 18 holes, including the driving range prior to the round and any practice swings taken during. Four plus hours of activity can take its

toll, regardless if you walk or ride, and that fatigue you might be experiencing on the back nine will only increase the potential for bad shots and physical harm.

Most golfers, unfortunately, are not physically prepared to swing a golf club. Factors such as inactivity, lifestyle, and heredity predispose many golfers to anatomical deficiencies in their bodies that rob them of peak performance. These factors often influence swing efficiency, which impacts ball contact and flight, distance, and the development and persistence of those nagging aches and pains so many golfers experience.

Oh sure, there are low handicap golfers that never exercised a day in their lives and who happen to get the club head on the ball square at impact to hit good shots. However, that doesn't mean that their physical make-up and/or swing mechanics are sound. Chances are that one or both of these factors will eventually catch up to the lower scoring golfer and result in inconsistent play and/or a nagging injury that may affect the quality of play or, far worse, the ability to play at all.

Playing golf may actually add to this quandary. Think about it, golf is a one-sided activity that's repeated over and over again throughout the course of play and practice. Because the golfer uses a particular set of muscles in a repetitive nature and in a certain movement pattern, muscle imbalance is likely. Compensation, too, can wreak havoc to the body. The unseemingly constant changes, though minor, golfers make in grip, stance, and/or swing may result in better

ball striking, but those subtle adjustments may also place unwanted stress to the musculoskeletal system, leading to injury. If golfers focused instead on the muscle deficiencies that impact poor swing mechanics and ball striking, they'd play better golf with less risk of injury.

The responsibility of a golf fitness program is to identify the muscle deficiencies and imbalances and to correct them so as to bring balance back into the anatomical system. Only then will the body be able to do what it needs to do to swing an efficient golf club and only then will the body be in proper alignment so as reduce the potential for both acute and chronic injury.

You don't have to run a half-marathon or bench your weight to be in shape to play golf well. Take a look at some of the tour players. Most, if not all, are doing some form of golf fitness training to better their bodies in order to better their swings and improve their games. Find a certified golf fitness instructor in your area and go through a physical assessment to identify your weaker areas. You'll be pleasantly surprised what a little bit of golf-specific stretching and strength training will do for your game. . . and your overall health.

Your Partner In Golf Success,

Scott Seifferlein

PGA Golf Guru

616.802.4969

www.grandrapidsgolflesson.com

www.highlandsgolf.com

www.sendoutcards.com/pgatour

www.facebook.com/sseifferlein

<http://twitter.com/seifferlein>

www.youtube.com/sseifferlein

www.seifpro.wordpress.com

www.linkedin.com/in/Seifferlein



**Stop Slicing
Five Swings
Guaranteed!!**

This newsletter is currently sponsored by The PBSS (Piggy Bank O' Scott Seifferlein). Without a Cent of Federal Stimulus Money, This Newsletter is Delivered to Your Inbox Each and Every Month. To become a sponsor of this golf newsletter and reach West Michigan's Smartest Golfers simply have your company contact Scott directly at 616.802.4969

The Back Page

Are You Relaxed at Setup?

This thought came up during a recent meeting with one of my renegade golfers. She said her husband told her to relax at setup. Too often I see golfers in a weak posture position because of this attempt at relaxation.

For better posture you want to engage your quads, hamstrings, low back abdominals and upper back muscles. You should not be tense but you should be in a ready athletic position.

NOT relaxed like you are in a La-Z-Boy Chair.

Speaking of relaxed. Are you being too relaxed about who is taking up your time? Had a long conversation with this “alleged” renegade golfer last month, he kept leading me on to believe that he was a good prospect. I should have started the clock on him and sent an invoice.



Anyways he asked me to send him the private coaching info and then replies back the very next day that his golf game “is what it is” and some rambling about his back. Can you believe people still believe that things “just are the way they are” and there is no hope for them? Thought Barack had everyone changed with his “hope” campaign. But I guess there are still a few out there. Next time I’ll know better before I get caught up keeping someone company for so long.

Anyways, the experience got me thinking about people who are always telling me about how busy they are. A few people I can think of specifically over the last 15 years. And after further observation, I noticed that they are not actually busy at all, but they **allow** others to suck time from them just like the above “alleged” prospect did to me. So as warning to you in **your** business. There are time vampires out there to get you. They don’t do it intentionally, but they go out everyday to suck the blood from your business by rambling on about themselves. They suck away any chance you have of getting things done so you can **get to the golf course**. So think about that the next time you say you are too busy to practice golf. Are you *really* too busy or are you letting other people suck your time away?