

October 2010

GrandRapidsGolfLesson.com

Quotes of The Month:

"Pressure is what you feel when you don't know what you're doing. Our guys know what they are doing" ~ **Chip Kelly**
coach of Oregon Ducks Football.

"I don't fear death, but I sure don't like those three-footers for par."
~ **Chi Chi Rodriguez**

"He who is not every day conquering some fear has not learned the secret of life." ~ **Ralph Waldo Emerson**

2009 Golfer of the Year
Mike Franz

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Pumpkins everywhere - must be time for that "spooky" holiday soon... Speaking of being spooked, frightened or nervous, we've all certainly been there on the links. Whether it's a dime* nassau with Moose, Rocko & Crazy Mary, a friendly match with golf pals, a pro-am, or perhaps something even bigger. Relax - you *are not* alone in feeling all the stress and angst that go along with the game. Not that it will make you feel any better but...

RYDER CUP 2010

<http://www.youtube.com/watch?v=3xTsvtY2Iyw>

At least you don't chilly dip 'em in front of the entire world.

<http://www.youtube.com/watch?v=cTtFh9bupCU&p=0549FBA96C82BF49&playnext=1&index=35>

McDowell said afterwards it's the most nervous he's *ever* been on a golf course. This from the guy who captured the U.S. Open a few months ago on the treacherous and baked out links of Pebble Beach.

<http://www.youtube.com/watch?v=MJMrijyO4Vw&feature=related>

The political correctness movement has most of us scared of being honest and candid - certainly not Stewart Cink in this instance. Bravo!

Nose Breathing For Haunted Houses

Breathing through the mouth tends to inflate only the upper lobes of the lungs, which are connected to sympa-

thetic nerve fibers, the branch of the nervous system that activates the flight-or-flight fear response. ... When you switch to nose breathing, you inflate the entire lung, including the lower lobes, which are connected to the parasympathetic branch of the nervous system, the branch that calms the body, slows the heart rate, relaxes, and soothes. Through proper nose breathing, you employ both branches of the nervous system.

"*Bambi, to a kid, was scary.*"
— Billy Crystal

How To Overcome the Economy Ghosts-

As scary as things seem, you will get through it. And here is how. The biggest secret given away right here in this newsletter. Regardless of what you are up against in golf, life, business. NEVER give up. Rocco Mediate became the oldest wire to wire winner on the PGA tour at the Frys.com Open Oct 17th. After playing the first 15 holes five over par (that's like 30 over par for most golfers) he birdied 16 and eagled 17 to hold the lead and win by one shot. He could have thrown in the towel.

WHY POPEYE WOULD HAVE BEEN A GOOD GOLFER

by Bob Foreman of www.golfitcarolina.com

Not much is written about forearm strength and the golf swing, but it warrants attention. Just take a look at most of the tour players and the long drive contestants and you'll

*A "dime" is \$1,000 in Italian speak

Schedule update

2011 Golf Improvement Membership Launch:

9:01 AM Nov. 1st.
Call 616.802.4969 to be one of only 14 to receive special pricing on 2011 golf improvement memberships.

Winter Coaching-

Champions Gate Indoor Golf will once again be hosting my clients for indoor golf training. Opening day is Nov. 20th.
2960 28th St. SE



quickly note the definition in the forearms. Forearm strength, on all 4 sides, is essential for club control, maintaining a good wrist hinge, and prevention of injury to the elbows, wrists, and shoulders. Here are 5 exercises, 3 you may already be doing and 2 you're probably not, that will isolate the entire forearm and help with your golf swing.

http://www.youtube.com/watch?v=e4xeL35OyBY&feature=player_embedded

FEAR of THE BIG NUMBER

I always get the "If only I could be more consistent." and the "I make a par, then a double bogey, then 2 pars, than a bogey, double bogey, bogey." and then of course the "If I could just eliminate the big number." As if you will suddenly be flown to that Island on Lost where miracles happened. As if the better players have a neat little score card of all pars. Let's get real here. Look at last months Tour Championship at Eastlake. Where those "consistent" tour players just made par after par. Like Matt Kuchar in the third round par-par-birdie-birdie-bogey-birdie-bogey-bogey-bogey-birdie-birdie-bogey-par-bogey-birdie-bogey-bogey-par. That's just like most golfers going bogey-bogey-par-par-double bogey-par-double bogey-double bogey-double bogey-par-par-double bogey-bogey-double bogey-par-double bogey-double bogey-par. Matt shoots 72. Average avid golfer shoots 90. (keep in mind the average golfer shoots 105, avid golfers who play at least 3 times per week nearly year round with 2 mulligans per round and gimmies inside of 3 feet average 90) Or like Luke Donald blowing up with a double bogey on a par five in the third round (equivalent of

most golfers making a 9). Speaking of blowing up, more than half the players in the field had a blow up hole during the week. Many having two, three, four and as many as five blow up holes. Then there is Geoff Ogilvy scoring a 66 and a 75 in the same tournament. Kind of like most golfers P&M'ing about scoring a 96 and then a 105 in the same week. Consistent they are not. Nor will any golfer on the planet ever be. So stop trying to shoot the same score every time. Start playing golf. In the moment. Shot for shot. Each swing a new game in itself. And then add em' up at the end.

How To Overcome the Fear of Putting on Aerified Greens-

My golf experience at Cascade Hills Country Club last month included aerified greens (and Dr. Beeper). Golfers of mere mortal mental ability can be thrown into a great seizure of frustration when they find out the greens have been aerified. You, as a Golf Improvement Member, should not. Here is how I took only 11 putts over 9 holes at Cascade Hills CC.

1. Make sure you only hit 2 out of 7 fairways. This ensures it will be difficult to hit your approach shots onto the green.
2. Make sure you only hit 4 greens in regulation.
3. Of the four greens you hit, make sure you two putt three of them and make a long putt on the fourth.
4. Of the five greens you miss, make sure you chip in one time and chip it close enough on the other four to one putt.



5. Stay focused on the process. It is not easy to miss all those fairways and greens and still believe you are the best darned golfer on the planet.
6. Stabilize your balance and lower body movement while hitting the putt. Practice putting while hooked up to the K-VEST and make sure your lower body does not move more than 1 degree during your entire stroke.

Speaking of Dr. Beeper, here are some of the quotes from the movie Caddyshack, that is now celebrating its 30th anniversary.

Judge Smails: You know, you should play with Dr. Beeper and myself. I mean, he's been club champion for three years running and I'm no slouch myself.

Ty Webb: Don't sell yourself short Judge, you're a tremendous slouch.

Al Czervik: [breaks wind at a dinner] Whoa, did somebody step on a duck?

Ty Webb: Don't be obsessed with your desires Danny. The Zen philosopher Basha once wrote, 'A flute with no holes, is not a flute. A donut with no hole, is a Danish.' He was a funny guy.

Al Czervik: [to his Asian companion] I hear this place is restricted, Wang, so don't tell 'em you're Jewish, okay?

Ty Webb: I'm going to give you a little advice. There's a force in the universe that makes things happen. And all you have to do is get in touch

with it, stop thinking, let things happen, and be the ball.

Lacey Underall: I bet you've got a lot of nice ties.

Ty Webb: How do you mean?

Lacey Underall: Would you like to tie me up with some of your ties, Ty?

Al Czervik: Oh, this is the worst-looking hat I ever saw. What, when you buy a hat like this I bet you get a free bowl of soup, huh?

[looks at Judge Smails, who's wearing the same hat]

Al Czervik: Oh, it looks good on you though.

Carl Spackler: So I jump ship in Hong Kong and I make my way over to Tibet, and I get on as a looper at a course over in the Himalayas.

Angie D'Annunzio: A looper?

Carl Spackler: A looper, you know, a caddy, a looper, a jock. So, I tell them I'm a pro jock, and who do you think they give me? The Dalai Lama, himself. Twelfth son of the Lama. The flowing robes, the grace, bald... striking. So, I'm on the first tee with him.

I give him the driver. He hauls off and whacks one - big hitter, the Lama - long, into a ten-thousand foot crevasse, right at the base of this glacier. Do you know what the Lama says?

Gunga galunga... gunga, gungalagunga. So we finish the eighteenth and he's gonna stiff me. And I say, "Hey, Lama, hey, how about a little something, you know, for the effort, you know." And he says, "Oh, uh, there won't be any money, but when you die, on your deathbed, you will receive total consciousness." So I got that goin' for me, which is nice.

Don't sell yourself short Judge, you're a tremendous slouch.



The Fun Section:

ARMSTRONG'S SECRET, GUARANTEED TO MAKE YOU SMILE

ON JULY 20, 1969, AS COMMANDER OF THE APOLLO 11 LUNAR MODULE, NEIL ARMSTRONG WAS THE FIRST PERSON TO SET FOOT ON THE MOON.

HIS FIRST WORDS AFTER STEPPING ON THE MOON, "THAT'S ONE SMALL STEP FOR MAN, ONE GIANT LEAP FOR MANKIND," WERE TELEVISED TO EARTH AND HEARD BY MILLIONS.*

BUT JUST BEFORE HE RE-ENTERED THE LANDER, HE MADE THE ENIGMATIC REMARK "GOOD LUCK, MR. GORSKY".

MANY PEOPLE AT NASA THOUGH IT WAS A CASUAL REMARK CONCERNING SOME RIVAL SOVIET COSMONAUT.

HOWEVER, UPON CHECKING, THERE WAS NO GORSKY IN EITHER THE RUSSIAN OR AMERICAN SPACE PROGRAMS.

OVER THE YEARS MANY PEOPLE QUESTIONED ARMSTRONG AS TO WHAT THE 'GOOD LUCK, MR. GORSKY' STATEMENT MEANT, BUT ARMSTRONG ALWAYS JUST SMILED.

ON JULY 5, 1995, IN TAMPA BAY , FLORIDA , WHILE ANSWERING QUESTIONS FOLLOWING A SPEECH, A REPORTER BROUGHT UP THE 26- YEAR-OLD QUESTION TO ARMSTRONG. THIS TIME HE FINALLY RESPONDED.

MR. GORSKY HAD DIED, SO NEIL ARMSTRONG FELT HE COULD NOW ANSWER THE QUESTION.

IN 1938, WHEN HE WAS A KID IN A SMALL MID-WESTERN TOWN , HE WAS PLAYING BASEBALL WITH A FRIEND IN THE BACKYARD. HIS FRIEND HIT THE BALL, WHICH LANDED IN HIS NEIGHBOR'S YARD BY THEIR BEDROOM WINDOW.

HIS NEIGHBORS WERE MR. AND MRS. GORSKY.

AS HE LEANED DOWN TO PICK UP THE BALL, YOUNG ARMSTRONG HEARD MRS. GORSKY SHOUTING AT MR. GORSKY.

"SEX! YOU WANT SEX?! YOU'LL GET SEX WHEN THE KID NEXT DOOR WALKS ON THE MOON!"

A Pregnant Question

The room was full of pregnant women with their partners and the instructor was in full swing. The instructor was teaching the women how to breathe properly and telling the men how to give the necessary assurance to their partners at this stage of the pregnancy.

She said, "Ladies, remember that exercise is good for you. Walking is especially beneficial. It strengthens the pelvic muscles and will make delivery that much easier:. She looked at the men in the room, " and gentlemen, remember-- you're in this together -- it wouldn't hurt you to go walking with her."

The room suddenly got very quiet as the men absorbed this information.

Then a man at the back of the room slowly raised his hand.

"Yes?" answered the teacher,

"I was wondering. Is it alright if she carries a golf bag while we walk?"

Top 10 Best Ever Caddie Quips

#10. Golfer: "That can't be my ball, it's too old."

Caddie: "It's been a long time since we teed off, sir."

#9. Golfer: "How should I have played that last shot?"

Many Thanks to all those who passed referrals this month:

Ryan McGrath,
Chris Nadaeu,
Mark Clark,
West Michigan Dental Foundation and my friends at Google.

This months random number- 150.

See page 5 to find out what it means.

Caddie: "Under an assumed name."

#8. Golfer: "This is the worst golf course I ever played."

Caddie: "This isn't the golf course, we left that over an hour ago, sir!"

#7. Golfer: "I've never played this badly before"

Caddie: "I didn't realize that you had played before, sir"

#6. Golfer: "Please stop checking your watch, it is annoying."

Caddie: "This isn't a watch, sir. It is a compass."

#5. Golfer: "I've played so poorly, I think I'm going to go drown myself in that lake."

Caddie: "I don't think you could keep your head down that long."

#4. Golfer: "I'd move heaven and earth to be able to break 100"

Caddie: "Try heaven, you've already moved most of the earth."

#3. Golfer: "Do you think it is a sin to play golf on Sunday?"

Caddie: "The way you play, Sir, its a crime any day of the week!"

#2. Golfer: "Do you think I can get there with a 5-iron?"

Caddie: "Eventually."

#1. Golfer: "You've got to be the worst caddy in the world!" he screamed."

Caddie: "I doubt it. That would be too much of a coincidence."

Rules Question of the Month:

If your golf ball comes to rest against a fence—do you get relief?

Answer on the back page.

Check out the rules quizzes at http://www.usga.org/RulesQuiz/rules_quizzes.html

Fun (Not Scary) Golf Myth Video Highlighted in Michigan Golf News.

See Page 5- http://issuu.com/michigan_golfer/docs/mgn_10-1-10

Random Number- Banging your head against a wall uses 150 calories an hour. (Don't try this at home ; maybe at work.)

One hour private coaching session burns 191 calories (and better for the brain)



According to the American Society of Hand Therapists, the Halloween season often sees an influx of patients with severe injuries in their hands and fingers as a result of pumpkin carving accidents, it offers these suggestions:

(The ASHT suggestions have been omitted due to the fact that if you need an entire society to tell you to ask for help carrying a large pumpkin, you should have a 2 x 4 to the side of your head)

Babes & College Golfers-

Eastern Michigan's Jared Dalga is playing his first college tournament, but already he's learned how to deliver a good quote. Dalga was 4 under through 10 holes in Sunday's first round.

"After nine, I was thinking of all the babes that were probably checking me out online," Dalga said. "I had a bunch of weird thoughts going through my head. I got a little ahead of myself." Somebody should've told Dalga that chicks don't follow college golf. He played his final eight holes 6 over, including a triple bogey at No. 17. He rebounded well Monday, shooting 67.



Rules Quiz Answer– It depends. If the fence defines out of bounds there is no relief. If the fence is an immovable obstruction and does not define out of bounds you would receive relief as described under rule 24-2.

Birthday Winner

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

Thanksgiving Send Personalized Handwritten Thanksgiving cards for less than \$1 in under 60 seconds. 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.

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 Five Swings
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