

GOLFChicago

Chicago's Premier Multimedia Golf Source & Authority

August 2015, Vol. 19 No. 5

**Waddle and Silvy
on Golf**

High Sierra Golf

**Dave Pelz Short Game Advisor
On the Corkscrews**

GOLFChicagoMagazine.com

DESERT MOUNTAIN TEMPERATURES

| Month | Avg. High | Avg. Low |
|-----------|-----------|----------|
| January | 62 F | 41 F |
| February | 65 F | 43 F |
| March | 70 F | 46 F |
| April | 79 F | 52 F |
| May | 88 F | 60 F |
| June | 97 F | 70 F |
| July | 98 F | 76 F |
| August | 97 F | 74 F |
| September | 94 F | 70 F |
| October | 83 F | 59 F |
| November | 70 F | 47 F |
| December | 62 F | 40 F |



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Marc Silverman and Tom Waddle

Cover: Tom Waddle and Marc Silverman

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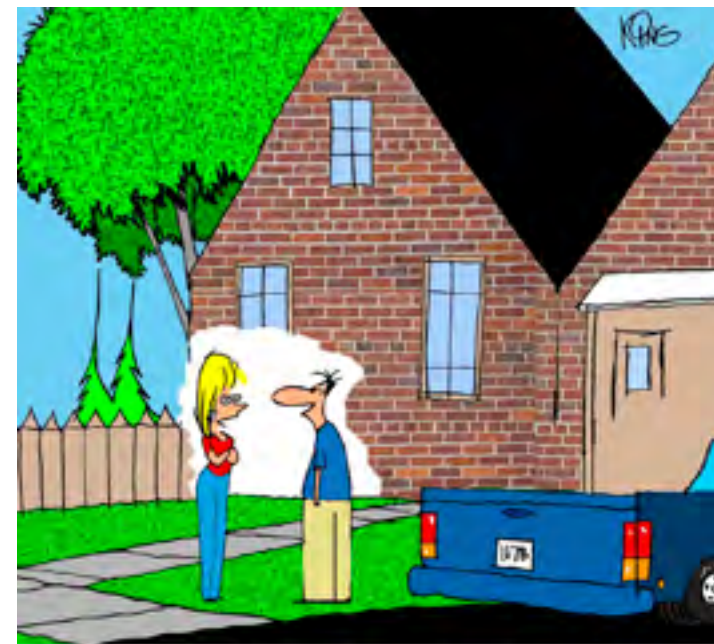
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NOTES FROM GREG AND DAVE

As a monthly publication, we are admittedly limited in bringing golf's "breaking news" to our readers. As social media and the Internet create instantaneous updates, print news has taken a reflective role in bringing information to the public. We may not have the platform to bring you the instant, exciting updates from tournaments local and worldwide, but we continue to set the table with information to get you in the galleries at the events. So, if you need a push to get over to the Western Amateur, or to trek down for the U.S. Amateur, let's rewind to the Palmer Cup.

The event pitted the top college golfers from Europe and America in a Ryder Cup-style format. Record rain did not stop the tournament, and fans and players walked side-by-side down the fairways of Rich Harvest Farms. We were there to watch golf's next generation of champions before they turn professional. In truth, we were there to see the next Ricky Fowler or Justin Rose.

At the Palmer Cup, Greg's son Ben and a few of his friends wanted to follow Ollie Schniederjans, the three-time All American from Georgia Tech. Why would a foursome of ten- and eleven-year olds pick this young gun? They heard he would be turning professional, and they liked saying his name. The boys followed Schniederjans for two days ... in the rain. After he closed out his opponent during



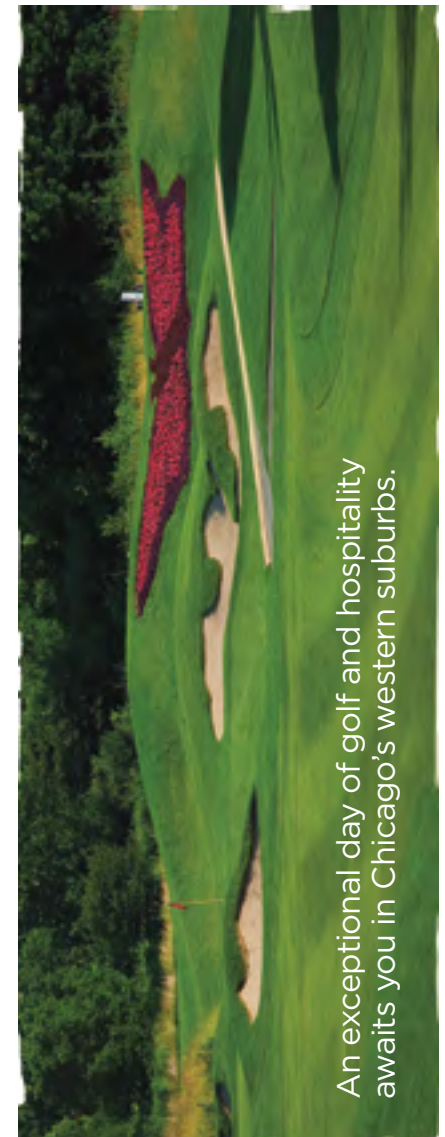
"What do you mean you're late because you decided to play a few extra holes? You were supposed to be home a month ago!"

Saturday's match, the boys walked to the green and gave their new hero fist bumps. Schniederjans talked to the boys, and then he hopped into a cart to join his teammates. He smiled and waved to the boys as he sped down the cart path. Fast forward to the U.S. Open, Schniederjans beat most of the professionals in the field and tied for 42nd place. The boys talked about Ollie during baseball practice. Ben spent Father's Day watching America's Open on television hoping to catch a glimpse of his bud, "Ollie." In the dugout, the boys talked about seeing Ollie on TV. With summer in full swing, Ben spent the week of the Open Championship asking, "Where's Ollie at?" As the weekend at St. Andrews unfolded, Ben and his buddies ate breakfast in front of the television in hopes of seeing Ollie play. On Monday, as Ollie sat tied for 12th place, Ben asked, "Do you think he remembers us?"

It doesn't matter. Four boys have a golf hero.

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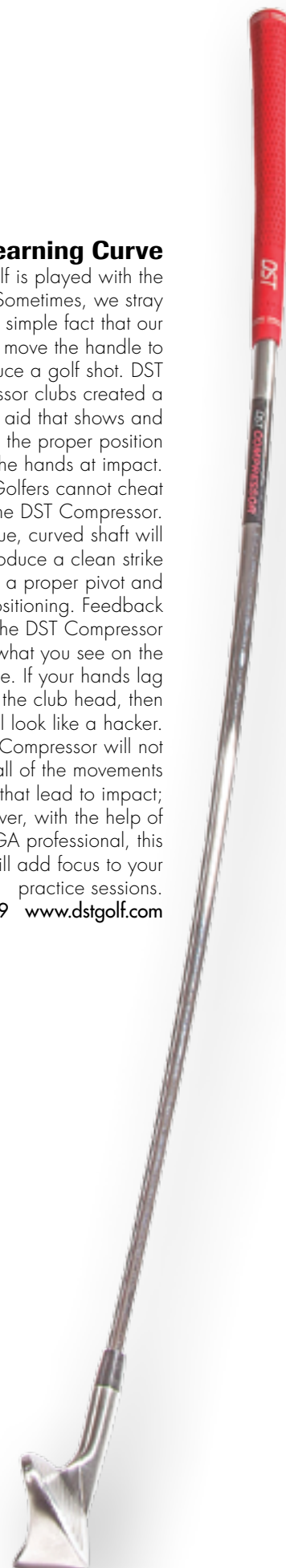


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Golf is played with the hands. Sometimes, we stray from the simple fact that our hands move the handle to produce a golf shot. DST Compressor clubs created a training aid that shows and ingrains the proper position of the hands at impact.

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Bang for Less Bucks

The new Bazooka 460 Black driver shatters the price point for big sticks. Retailing for \$119.99 with a lifetime warranty, 460 Black takes the Batavia-based company back to its Bazooka roots. For many golfers, the right-priced Bazooka woods were the first upgrade we made to our hand-me-down golf set.

Added features are the black finish and 'camo' design highlights on the club head. Very cool. The 460 Black offers a lightweight shaft (50 to 57 grams) and has six shaft/loft options for men, seniors, and women.

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Style Points

It is high time to bump a few of those ol' golf shirts to the curb. As we make the turn toward the back nine of our golf season, here are a few apparel options to add a little panache to your game.

The Sanders Shorts from Oakley (\$70) provide a four-way stretch fabric that never restricts your range of motion. These lightweight shorts with O Hydrolix technology are the perfect complement to today's modern performance shirts; especially Oakley's Newlyn polo shirt (\$70), which has an ergonomic fit, but looks good on bodies that don't frequent the gym. Both items are available at the Oakley Store at Water Tower Place in Chicago.

The Triumphant Collection from AUR brings a fresh palette of colors to your closet. With a selection that includes Sunglo Yellow, Neptune Blue, and White, you will command attention when you step to the tee box. AUR's Sparewood polo (\$60) offers Active-Stretch technology to ensure freedom of movement throughout your swing.

The Intimidation Game

Have you ever had the first tee jitters? You stand on the tee box worrying about what other people will think about your upcoming shot. You're thinking: Don't top it, don't hit it in the trees, the bunker, or the lake. Don't hit a big slice or duck hook. Please, don't miss the ball.

In reality, all you are telling yourself is "top it, trees, bunker, lake, slice, hook, whiff." How do you expect to hit a halfway decent golf shot if you're only focusing on what you *don't* want to do? We all know golf is a mental game, so why fill your head with all these negative thoughts? My advice to you is to stop worrying about what you don't want to do or where you don't want your ball to go, and start focusing on what you do want to do and where you do want the ball to go.

You cannot control the weather, the groups around you, or the unfavorable bounces your ball might take. The only thing you can control is your swing. Yes, your swing. So keep a positive mind frame and focus on what you want to do.

The best way to build a strong mental approach is to start practicing a pre-shot routine at the driving range. It is way too easy to get into the habit of rapid firing a large bucket of balls at the range and calling

it practice. We spend very little time on the golf course actually hitting a golf ball, so why rush through a practice bucket? The average golfer takes 45 to 55 shots per nine holes in about two hours. How on earth would blitzing through 80 to 100 golf balls in 30 minutes help you become a better golfer? It won't.

There is a great book by Pia Nilsson and Lynn Marriott called *Play Your Best Golf Now*, which goes into detail about the importance of establishing a pre-shot routine. Nilsson and Lynn define it as the "THINK BOX" and "PLAY BOX." In short, you start each shot in the THINK BOX, which is an area you stand in directly behind the ball looking out at your target. Find your target and commit to the shot you want to take. Then you move to the PLAY BOX, and that is designed for one thing only: grip it and rip it. I see so many golfers stand over the ball, take five practice swings, then stand there for 10 to 15 seconds before they take their shot. Every second you stand over the ball allows your mind to wander and question your decision-making. Those precious seconds are all it takes to go from focused to complete loss of control.

INSTRUCTION

POINTERS
FROM
THE PROS



Matthew Nations

I challenge all my students to take the extra 10 to 15 seconds between shots to choose their target (even if it's the same target over and over again), line up the shot, visualize the flight of the ball, and step up and hit it. The golf swing is the only thing you can control out there so take ownership of it!

I only call it a challenge because it takes commitment. Staying committed to that routine helps you stay committed to each shot, which allows you to better concentrate your energy on your swing as opposed to the surrounding distractions. By following that process on the range you will build a routine that will translate to the golf course. This routine will help train your mind to focus on what you want to do as opposed to what you don't want to do.

A positive attitude and a commitment to a routine will allow your mind and body to work seamlessly together to produce a much more effective golf swing without letting the obstacles, both on the course and in your head, interfere. For more information and tips regarding your golf game reach out to your local PGA Professional.

Matthew Nations is Assistant Golf Professional at Arrowhead Golf Club, Wheaton, Illinois.

When You Absolutely, Positively, Need to Hit it High and Land it Soft

The cut lob is a shot golfers frequently need but rarely use. It strikes fear in the hearts of many golfers because the misses (when the shot is not properly executed) can be embarrassing.

I'll spare you the suspense and tell you the technique. In order to hit a shot that flies high and lands softly, you must aim left of your target and open your clubface. You must also play the ball in the center of your stance. To an observer, your ball position will look forward, but that's because you're aiming your body to the left of your target (if you play golf right-handed).

The cut-lob technique eliminates all the difficulties you encounter when you adjust your swing for a forward ball position. Imagine having to lunge at the ball and cup your wrists to hit an 8-iron up and over a tree. No thanks!

You are much better off using an open-faced cut-lob swing with a centered ball position.

The cut-lob technique also works well when you need to play a high trajectory shot from sand. I know I keep preaching the same three principles for the cut lob shot, but they're all you really need to master the high trajectory shots with confidence. To review, you want to aim your body and swing to the left, center the ball in your stance, and open your clubface. It's really that simple. The higher you want to launch your shots, the farther left you aim and the more you open the clubface.

You won't see anyone hit shots higher than Phil Mickelson when he gets a cut-lob. Phil practices the shot everywhere he goes because he uses it so often in tournament play. It comes in handy when you need to land the ball softly and keep the roll to a minimum on firm greens.

INSTRUCTION

SHORT
GAME
ADVISOR



Dave Pelz



After the 2008 U.S. Open at Torrey Pines in San Diego, I went out for Golf Channel to duplicate the shot that lost the tournament for Rocco Mediate in his playoff with Tiger Woods. I found the spot near the bleachers from where Rocco played a normal trajectory wedge shot that ended up 20 feet past the pin after he landed it short of the green and let it bounce up.

He missed the putt for par, but had he played a cut-lob wedge from here, I think he might've been able to save his par and continue his incredible battle against Tiger.

When you have confidence that you can aim left, open your club face, and use your normal wedge swing to hit high, soft cut-lobs, you can make treacherous-looking shots seem simple to play. Try it and I really think that you'll love it!



Alpine golf is defined by a course's proximity to mountains, or Alps. Golf in California's Sierra Nevada Mountain Range will provide an interactive definition of what encompasses an alpine golf experience. These alpine golf courses are worlds away from the urban pound of Chicago, and an equal contrast to life in suburbia. "Earthy and organic" meet "laid-back Sierra highs" is a synthesis of the local scene. Spectacular and dramatic are just the beginning of the string of adjectives this region's golf courses inspire.

Each July, there is one place where Hollywood, NFL, NBA, MLB, and NHL stars gather to play golf. The American Century Championship is the best celebrity golf tournament on the planet, but it should not be mistaken for an exhibition match—these guys are playing to win. What makes this event so special is that these stars interact with the 30,000+ spectators. If you have watched its coverage on NBC, then you understand that this event is as engaging as The Crosby Clambake was at Pebble Beach. This shindig is hosted by Edgewood Tahoe Golf Club, and should be a bucket-list event for golfers

and stargazers alike. Be sure to bring a camera, a few Sharpie markers, and an appetite for golf. At Edgewood Tahoe, the red carpet is replaced with lush turf and a panoramic backdrop that will turn your head faster than Charles Barkley attacking a free buffet table.

While it is highly unlikely you can get a round in at Edgewood Tahoe (edgewoodtahoe.com) during tournament week, the rest of the summer is wide open for traveling golfers. The 7,555-yard, George Fazio-designed track showcases the Sierra Nevadas, Lake Tahoe, and the magic of South Tahoe. With sneaky doglegs and elevated



Coyote Moon Golf Course Hole 12

Alpine Cali Golf in the High Sierras

By Greg Jourdan



Set on 250 acres, each hole will leave you howling with delight as each challenge cascades over ridges and into valleys.

Edgewood Tahoe Hole 18

greens, Edgewood Tahoe is manageable for all golfers, yet is a strategic journey for players looking to best old man par. The lake is featured on 14 holes, so bring a camera because this course could fill a 12-month calendar with awe-inspiring images that do not require Photoshop.

Truckee is gold for golfers and just 15 minutes from Lake Tahoe, and this is where Chicago's golfers should set up their base camp. Truckee is geared for tourist and has lodging options from cabins to motels to historic hotels.

For a comfortable room with breakfast, you cannot miss with a room at the Hampton Inn (hamptoninn3.hilton.com). After a day of climbing mountains, you will appreciate their comfortable beds and quiet rooms.

Established in 1873, The Truckee Inn takes guests back in time. It is also one of the hot spots for live music.

Truckee is a collection of boutiques, artisan galleries, and culinary surprises. It would be difficult to find a more charming alpine town. The downtown will remind guests of the old west, except this planked boardwalk offers charming coffee shops, terrific bars, and fine dining.

At 6,300 feet above sea level, Coyote Moon Golf Course (coyotemoongolf.com) is a journey in isolation. The property is free of home sites and manmade distraction. Coyote Moon surrounds your foursome with ponderosa pines, granite bluffs, and the peaks of mountain ridges. Set on 250 acres, each hole will leave you howling with delight as each challenge cascades over ridges and into valleys. If you only have time for one round in Truckee, tee it up at Coyote Moon for a full

serving of High Sierra golf on an impressive track.

The mountainous golf course at Tahoe Donner Resort (tahoedonner.com) is challenging and thrilling. The course received a complete bunker renovation project a few years ago. The results were a facelift that brought new life to the property. While the course is narrow, it is enchanting with unique green complexes that shine with gorgeous bunkering. Buena Vista, the finishing hole at Tahoe Donner, plays as a short par 5, where golfers must layup short of the creek, or a short, downhill par 4. When the tee is up, lace your shoes, and activate your launch sequence for one of the most thrilling shots in the High Sierras!

At 5,800-foot elevation, the immaculately groomed Grizzly Ranch Golf Club (grizzlybeargolfclub.com) is another high experience in isolation. The club is in Portola, 45 minutes from Tahoe, and home to grizzly bears, mountain cats, and deer. I did see a few deer, but thankfully, no bears had to play through. The heroic Bob Cupp layout, much like its namesake, requires power and skill to defeat it. The beauty and breathtaking views, not to mention 18 robust golf holes, will not be enough to satisfy your alpine golf fix. Consider a couple of nights at Grizzly Ranch's Wolf Tree Cabins. The three log cabins are well appointed and are a short walk to the pro shop and Lake House restaurant.

Each hole at Grizzly Ranch is unique, and the routing takes golfers on a journey that will be the talk of your foursome long after returning to Chicagoland. Hole 12 is a three shooter like none other. An elevated green is visible throughout the hole, yet it seems like



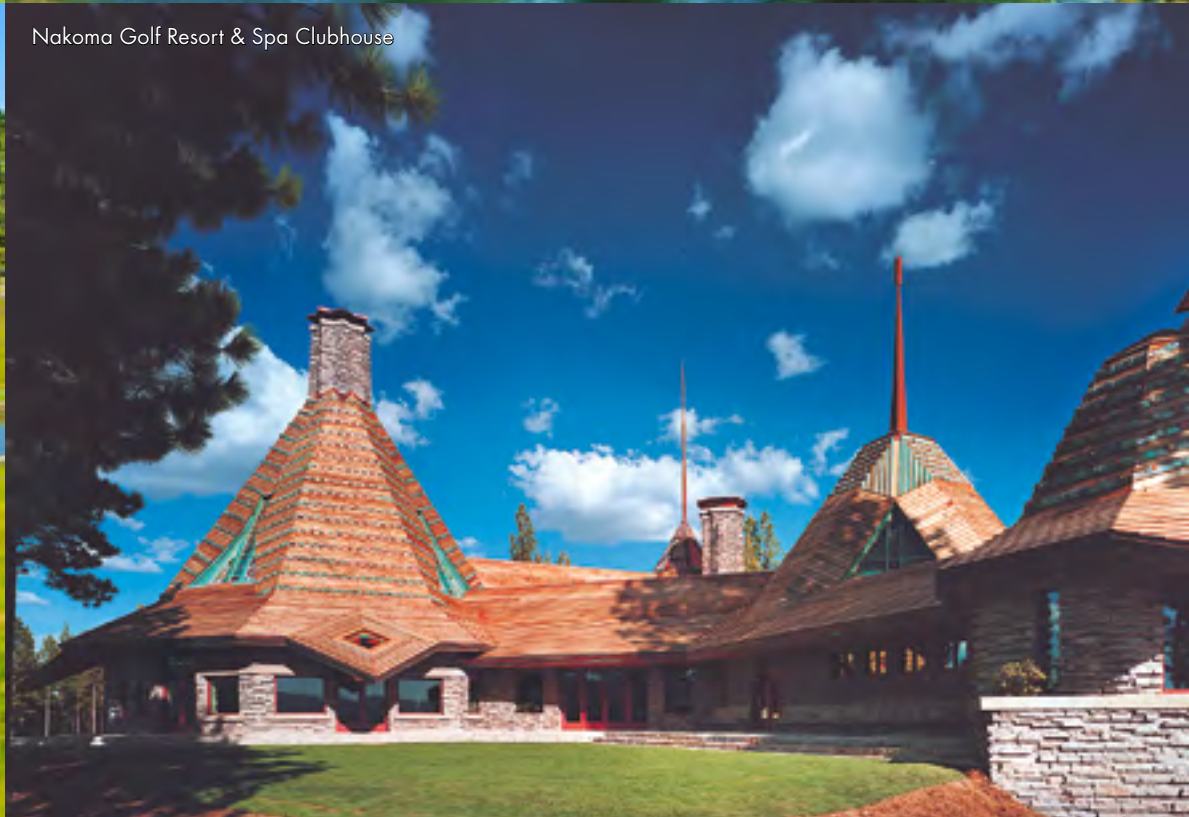
Tahoe Donner Resort Hole 18



Grizzly Ranch Golf Club Hole 18



Whitehawk Ranch Golf Club Hole 9



Nakoma Golf Resort & Spa Clubhouse

an impossible expedition to reach it. It takes three solid shots for an opportunity to grab a birdie; however, even a bogey feels respectable when you look green to tee after holing out.

Whitehawk Ranch Golf Club (golfwhitehawk.com), located 40 miles from Truckee, is a pristine layout that blends meadows with forests, and

golf holes seem to appear where the pine, cedar, and aspen trees steer the mowers. A speedy pace of play seems to be the norm at Whitehawk Ranch GC; both my rounds finished in less than four and a half hours.

It is not very often that a golf writer could scribble as many words about a clubhouse as he can about its

golf course. At Nakoma Golf Resort & Spa, the golf plays second fiddle to the Frank Lloyd Wright-designed clubhouse and prairie-style architecture that encompasses its community. This is Wright's only clubhouse design and it sat in his archives until fifteen years ago. When Nakoma gave life to the wigwam/alpine peak clubhouse design,

an awe-inspiring community and golf course followed. The Dragon, Nakoma's scenic yet ever so challenging golf course, is dramatic and penal. Slaying The Dragon requires practiced patience, steely nerves, and possibly a sword. The Nakoma experience is about more than slaying dragons. Nakoma is an experience where design

meets nature. However, be sure to include a round on this mystic golf course where a fire-breathing nemesis lurks around every dogleg.

In the High Sierras, each course is suited for multiple plays and this approach will ensure lasting memories. The charms of the Sierra Nevada Mountain Range and cozy alpine

towns like Truckee will not leave you wanting more amenities, but they will leave you wanting more time on higher ground for another elevated experience among the ponderosa pines and snow-capped peaks.

For more information, visit www.tahoosouth.com, www.truckee.com, and www.mytahoevacation.com.



SWEET HOME CHICAGO

Chicago Spotlight

Pettersen Dominates Illinois Women's Open

Who says that experience always triumphs over youth? Fifteen-year-old Madasyn Pettersen was not only the youngest player in the field at the Illinois Women's Open in July, she was also the best. Entering her sophomore year at Auburn High School in Rockford, Pettersen posted an 8-under-par 208 total to earn the open title by five strokes. "I came (here) to be low amateur, but this means a lot," Pettersen said, "mainly because I broke my personal records. I've shot 67s and 68s before, and now I finally shot a 66." As it turned out, her final round 66 was more than enough to defeat Brooke Ferrell and Chelsea Harris who finished five strokes off the pace.

The 21st Annual Phil Kossin Illinois Women's Open was played at Mistwood Golf Club in Romeoville July 27 – 29th and featured a field of 66 talented players from across the U.S. playing in the 54-hole event. Pettersen's opening round of four-under-par 68 set the pace for the tournament and only her second round 74 provided a glimmer of hope for the rest of the

field. Her final round began with a birdie on No. 1. Three other birdies combined with a single bogey gave her a front nine score of 3-under-par 33. The rout was on and the chasm between Pettersen and the rest of the field only widened after she rang up birdies on Nos. 14, 15, 16, 17, and 18. Playing partner Chelsea Harris of Normal was dazzled by Pettersen's poise and skills. "I got outplayed," said Harris who was low pro in the event. "She's a great player to make five birdies. She was a machine."

Pettersen, Harris, and Symetra Tour player Ember Schult of Sterling teed off on the final day tied for the lead. Schult kept Pettersen in her sights for much of the final round until she missed short birdie putts on Nos. 14 and 15 while Pettersen went on her own birdie binge. Harris wound up earning a \$5,000 check as low pro, since co-second place finisher Ferrell is a University of Wisconsin amateur.

Although only 15, Pettersen was not a newcomer to the Illinois Women's Open. She entered the tournament as a precocious 11-year-old but failed to make the 36-hole cut. She didn't return until this year. "I was just focusing on closing it out," Pettersen said about her final holes that featured birdie putts from 15 feet on No. 16, 12 feet on No. 17 and 15 feet on No. 18. "One day this spring I woke up and decided I wanted to putt like Jordan Spieth. I copied his putting grip but I kind of do my own thing."

Mistwood Golf Club is in the final stages of construction on an expansive clubhouse that will feature banquet facilities and locker rooms. Recipient of *Golf* magazine's "Best U.S. Renovation of the Year" in 2014, the publicly accessible complex has also won awards for best practice facility and "America's 100 Best Clubfitters." For more information on the course and to arrange tee times, visit its website: www.mistwoodgc.com.

—Neal Kotlarek



Down Memory Lane

Scott Verplank's Siren Song

It was the siren Scott Verplank never heard that signified the mental strength he brought, along with a superior game, to Butler National Golf Club in 1985.

Verplank was the reigning champion of the Western Amateur, which earned him an exemption into the Western Open and the U.S. Amateur. He'd played brilliant golf in the spring, and the day before the Western began, had scored a course record 65 on Medinah No. 3's par-71 configuration the last day it was open before reconstruction for the 1988 U.S. Senior Open.

Now Verplank was swimming in a sea of professionals that included sharks Jack Nicklaus, defending champion Tom Watson, and Seve Ballesteros (who would finish third), and he proved equally dangerous. In his first round, he reached the par-4 16th hole 3 under and tied for the lead on a steamy Thursday afternoon. His approach finished about 12 feet to the left of the cup. As he addressed a slider with considerable break, the siren of a police car wailed on Jorie Boulevard, not far from the green. Any player would have backed off. Any player but Verplank. He knocked the putt into the hole and went into the lead at 4-under-par, saying later he'd not heard the horn.

Clearly, this Oklahoma State Cowboy was not to be trifled with. Asked if he imagined winning the Western in his wildest dreams, he said, "I don't have wild dreams."

He led the first three rounds on 68-68-69, then stumbled to a 74 in the final round while Jim Thorpe, after a brilliant par save at the last hole, scored 72 to tie Verplank at 9-under 279. Thorpe would pocket the first prize of \$90,000, but there would be a sudden-death playoff for the title.

Verplank would capture it on the second hole, the 17th, with an up-and-down, five-foot par save after Thorpe had missed a par-saving putt from 10 feet.

Said Verplank after lifting the J.K. Wadley Trophy, "I asked myself, 'How many five-footers straight uphill have you had in your life?' That's the putt I practice every day."

Usually without a siren.

—By Tim Cronin

GOLFChicago Wire

Amateur Cooke Wins Illinois Open Championship

The 66th Illinois Open Championship concluded on July 22nd, and it will go down as one of the most memorable and historic Championships of all time.

"It was definitely nerve-racking, the first time with an overnight lead in a professional event," said Cooke. There were some nerves on the first tee, and I was just trying to get off to a good start."



David Cooke

Photo courtesy of Nick Novelli / IPGA

For the first time ever the Championship was contested at two courses, Royal Melbourne Country Club and Hawthorn Woods Country Club. In addition, the field size increased from 156 players in 2014 to 258 this year. At the end, 22-year-old amateur David Cooke stood alone with victorious numbers for the record books. His aggregated score of 199 (-16 for 54 holes) was five shots clear of Web.com professional Vince India. Cooke will be entering his senior year at North Carolina State and is a resident of Lisle.

Going into the final round, Cooke was tied with Brad Marek. Not much seemed to faze Cooke though as he didn't lay off the gas en route to a final round 63.

The victory was not without its emotions for Cooke, though. On December 23rd his younger brother, Chad, passed away while he and David played a game of pick-up basketball. It was found that a heart disorder was the cause. At the trophy ceremony, with his family near, Cooke acknowledged the difficulty of not having his brother present.

"It's been an emotional few months," said Cooke. "It's been really difficult. We've been helping each other out but he was a strong encourager of everybody, and so I knew if it was up to him he'd definitely want me playing. I tried to focus on that, think about the positives."

David's older brother, Jay,

was on his bag for the event.

Indiana University sophomore (and Hinsdale resident) Matt Weber was on fire in the final round posting a 10-under score of 62. It matched the course record which was set during round one by David Lawrence when the course was set up as a par 71.

Mike Small T6 at Illinois Open/named GCAA Coach of the Year
University of Illinois men's head golf coach Mike Small was named the Coach of the Year by the Golf Coaches Association of America. It is the first time Small received the award, and it was well deserved. The Illini were ranked No. 1 in the NCAA and help the top position at the NCAA Championship in June.

At the Illinois Open Championship, Small was going for his fifth title in the event. After posting rounds of 70, 73, and 68 Small finished -4 (211) and tied

for sixth with Algonquin's Scott Cahill.

Oak Meadows Goes Under the Knife
Oak Meadows Golf Club in Addison had their bulldozers arrive earlier this month. The facility will undergo a full renovation that will encompass all 18 holes in addition to the East 9 holes of neighboring Maple Meadows. When the course re-opens in 2017, a new layout with some old touches is expected as well as new practice facilities and a new clubhouse.

Freedom Golf Association Outing
The Freedom Golf Association will host its Annual Golf Outing on Monday, September 14th at Cog Hill Golf & CC. The FGA is dedicated to bringing joy and a sense of freedom to the special needs community through their inclusion in the game of golf. The outing will be a day of golf, entertainment, prizes, and food. New for this year will be Derby for the Disabled, which allows you and your team to

compete against others on the fundraising leaderboard. To register for the event please visit www.fgagolfouting.com.

2017 U.S. Open Volunteer Registration
The 2017 U.S. Open will be held at Erin Hills June 12 - 18 and the USGA wants 4,500 of you to join them. Volunteers are needed to help put on the championship, and you can assist with hospitality, marshaling, merchandising, on-course operations, scoring, and spectator services. To sign-up or for more information visit <https://2017volunteers.usga.org>.

Rosinia Wins Senior Masters
Flagg Creek Golf Club's Billy Rosinia took home the top prize at this year's Senior Masters Championship. The tournament, which is put on the by Illinois PGA, was held at Onwentsia Club on July 27th. Rosinia was the only person under par with a 1-under score of 70.

Brian Morrison and Rick Groessl Honored at Senior Masters

Olympia Fields CC Director of Golf Brian Morrison and Park Ridge CC head golf professional Rick Groessl were recognized at the Senior Masters Championship as the 2015 Illinois PGA Senior Master Honorees.

Morrison, a PGA of America member since 1980, is a highly respected merchandiser with his golf shop featured in *Golf world's Top 25 Private Golf Shops in America* for the past seven years. It was under Morrison's tenure that Olympia Fields hosted the 2003 U.S. Open, among many other prestigious events.

Groessl, a Buffalo Grove native, has been at Park Ridge CC since 1991. He is a graduate of Buffalo Grove High School, Western Illinois University, and played on the golf team at Harper College.



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The GOLFCChicago Interview

From 2:00pm until 6:00pm, Waddle and Silvy are on the air at ESPN AM 1000 with keen insights and clever banter for Chicago's sports fanatics. Retired Chicago Bear hero Tom Waddle and Skokie-native Marc Silverman hold court weekdays and make our commute back home more bearable. Moreover, listeners will find themselves joining the conversation as the tandem slides from baseball to football to all things sports. Both men are golfers, which is what brings them to our pages for an extended session of Waddle and Silvy on the other end of the questions.

WMVP- ESPN 1000's Tom Waddle and Marc Silverman

by Dave Weretka

Photos by Mondo Productions



GOLFCChicago: How long have you guys been together now?

Marc Silverman (aka Silvy): We have been together since right after the Bears Super Bowl. So it's been over eight years already. We started doing some night shows and then they put us on nine to noon.

GC: Who is on your bucket list for guests on the show?

Silvy: Michael! Michael Jordan. Charles Barkley is a big fan of the show and we are sitting here in Chicago and have not talked to Michael Jordan once. I think that is weird.

Tom Waddle: I would say Tiger and Michael are the only two.

GC: What are your thoughts of John Fox, the new Bears head coach?

Waddle: I think it is a fantastic hire. This team will instantly be held more accountable. Accountability and respectability are two key words that come to mind. I would not predict instant greatness for them. I think his history and his resume tell you

that he will take a bad situation and make it much better in a short period of time. I think he will continue that trend.

Silvy: If you look at his track record, and that is what we judge a lot of people on, wherever he has been—like Carolina, where he took a group that was really bad and improved them the first year and eventually went to a Super Bowl with Jake Delhomme as their quarterback. He goes to Denver and takes a team led by Tim Tebow and they win a playoff game in his first year. He's then able to adjust on the fly as they get Payton Manning as their quarterback, and they get back to another Super Bowl. With Cutler, and with a lot of bad on the defense, I think he is going to build respect back for the Bears.

GC: Did you ever get a chance to play golf with Jim Harbaugh or Coach Ditka?

Waddle: Over the years, I have probably played with Jim 10 to 20 different times with various groups. That was our summer group activity: golf. We had a lot of good golfers on the team.



Neal Anderson was a very good golfer, and Jim (Harbaugh) was a good golfer. P.T. Willis was an excellent golfer. We also had Shane Matthews, Koz, Jim Morrissey, and Jim Thornton. We played in that large group pretty consistently. Then when the weather would turn bad, everyone would go bowling. That was back in the day where we really functioned as a unit both on and off the field. Everyone was pretty close. Kemper Lakes was our destination most of the time. It was close and such a beautiful course.

GC: Where did you pick up the game?

Waddle: I picked up the game as a kid, growing up in Cincinnati. My dad has been an avid golfer for as long as I can remember. I have been playing since I was 12 or 13 years old. Silvy: My grandfather would take me golfing on Saturdays. We started when I was probably seven years old. I played at the Weber par-3 course in Skokie. When we were in junior high, my friends and I got season passes, and we would play two or three rounds a day at Weber. My grandfather belonged to Buffalo Grove GC. We would go to Winnetka as well. In high school, my friends and I would play Chick Evans all the time. Golfing off the mats—good memories there. I played with Niles North golf team. I was on [the] the varsity

team for three years. Our home course was Glencoe. We would get out of school every day at 2:15 and we would go play nine holes. It was quite the life my sophomore and junior year. We had a chance to play all the good courses up north. We were in the North Suburban Conference, so we got to go to Libertyville, Mundelein, and some of the good courses up there.

GC: Where would you take your foursome of buddies for a golf trip in the States?

Waddle: I go to Kiawah Island every year, and that is where my family hangs out. There's all the golf you want there. The Ocean Course is the most challenging course I have ever played. If you like golf and you like good weather, I haven't found a better place on this planet than Kiawah Island.

Silvy: Pebble Beach is a bucket list item for me. I watch the tournament every year that is held there.

Waddle: One of the best trips I have taken was to Pebble Beach. We went with some other couples and played Poppy Hills, Spyglass, and Pebble. We will go back there at some point. The golf course was nice, but the view was the best part.

GC: Is Tiger done? Is it mental or physical or both?

Silvy: I think it's both. We used to be asked would Tiger break Jack's record. It used to be *when* would Tiger break the record. Then it went to *will* he break Jack's record. It has now changed into, will he win another major? I really do think it's both and when a back goes- it's not easy to fix. That changes everything.

Waddle: When we were asked that question, I have said from the beginning that, no, I don't believe he will break Jack's record. I think it is physical. He is almost 40 years old. I don't think he has the mental intimidation factor that he once had. The level of competition and number of quality players is significantly better. The international guys are more involved. There is a deeper pool of talent now.

GC: Is there one rule that you would like to change in the game of golf?

Silvy: You don't need silence. To me, as a sports fan, where in sports do we ever see a time when they ask the crowd to



be quiet? In every critical moment of a big game—the crowd roars. The littlest camera click can sidetrack a guy. As a meathead sports fan, that's always one that has rubbed me the wrong way.

Waddle: I don't think the game needs to be manipulated. This is what makes the game unique. It's a completely different set of rules and attitude. They do need to address the golf ball. They are going to run out of land. Some of these courses can't be stretched any further.

GC: What makes you tune into television golf coverage?

Silvy: To me, it's when the stars of the game are great. The drama this year has been very good. I'm a star guy. I think that is what changes all sports. When stars are great, that is when fans embrace a sport. The Tiger factor still rings for me. I tune in to watch him.

Waddle: I would agree with that. I'm watching the majors, for sure. I love watching the British early in the morning. I would watch the Greenbrier Classic if Tiger Woods was playing. Because I knew that if I tuned in, then something dynamic might happen.

GC: Do you have any unique betting games while out on the links?

Waddle: Not really. Just a standard Scotch game. My handicap got down to a four and my phone has never rung more often. Everyone wanted a piece of me because they knew I couldn't play to a four handicap. The sharks I was playing with knew I was an easy mark.

GC: Do you have any pet peeves on the course?

Waddle: I won't play golf if it's slow. I'm not interested in any round over four hours and fifteen minutes...

Silvy: I agree. Who has five to six hours to spend on the course?

Waddle: I heard a suggestion to play golf as 12 holes. That is intriguing and more appealing.

GC: What is your most memorable golf experience?

Silvy: I shot a 39 against Lake Forest in high school. It was at Glencoe GC. That is by far my highlight round. I don't know what happened that day. I had a chance for a 38, but I missed the putt. I remember looking up and my golf coach was shaking his head. I had just turned in the best round of my life against one of the top golf teams in Illinois ... And he's shaking his head.

Waddle: I won the inaugural Chicago Bears shootout on CBS 2. I beat George Blanda on the final hole. It was me, Ditka, Fencik, Hampton, and McMahon. I won the event at Kemper Lakes.

GC: What would you suggest to grow the game of golf?

Waddle: It's too much of a time commitment, especially for people with young kids. I think the idea of six or 12-hole loops would be great.

Silvy: Cheaper beer prices. I go to that beverage cart often. Let's knock that down a little.

GC: Is there anyone that you would like to play golf with that you haven't had the chance to?

Silvy: Isn't the fun of golf to be with a good group, share great stories, and have good fun? I would love to play with Barkley. How many great stories would he share?!

Waddle: I would like to go back in time to the days of Midlane CC with all [my] former teammates. To get P.T. Willis, Koz, and RoboCop together— that would be great.



Out of Balance

Not since Alfred Hitchcock released *Vertigo* in 1958 has the condition vertigo received the amount of attention it did during the U.S. Open at Chambers Bay. Jason Day suffered through an episode of benign paroxysmal positional vertigo (BPPV) at the end of the second round that left him on the ground with his world spinning violently. BPPV is a condition that affects the vestibular organs in our inner ear, and is the most common cause of dizziness and vertigo related to the inner ear. To swing a golf club well requires good balance, and it is truly amazing that he was able to finish the remainder of the tournament.

Proper functioning of our vestibular system is essential for good balance, but it is not the only cause of balance issues. Balance requires the coordination of three complex systems within your body. The vestibular system provides sensory information for a sense of motion, equilibrium, and orientation. Your vision gives you information of where you are to other surrounding objects and depth perception, in addition to other visual information. You also receive constant information from skin, muscles, and joints through sensory receptors that give proprioceptive cues about our environment, such as the position and movement of your body and the surface you are standing on. All three of these systems send input to our brain in a coordinated manner for optimal balance.

Unfortunately, age, injury, and illness take a toll on all of these systems and can affect your golf swing. Something as simple as bifocals or progressive lenses can distort your vision, causing you to miss the sweet spot on the club. Sprained ankles, arthritic knees, back, and shoulder strains can cause pain and alter the information sent to the brain from your body. The result is that your swing is unconsciously altered. Age, disease, and trauma can weaken your vestibular system and your tolerance for movement. Any combination of these three, as is the reality for many of us, will make your golf swing much different than in years past. As in the case of Jason Day, a sudden episode of vertigo caused by a disruption in a key

system for balance can cause havoc to your golf game and life.

You can check your balance by simply trying to stand on one leg. If you can hold the position for 30 seconds on each leg, then you are doing well. But depending on previous injuries this may be difficult. To challenge the vestibular system and proprioceptors in the body, try standing on one leg with your eyes closed. It is normal for the time you can stand to go down when eyes are closed, but you should still be able to hold for 15 seconds. If you are not able to hold the position for these time increments, then you may need to work on your balance. There are simple activities that can help your balance.

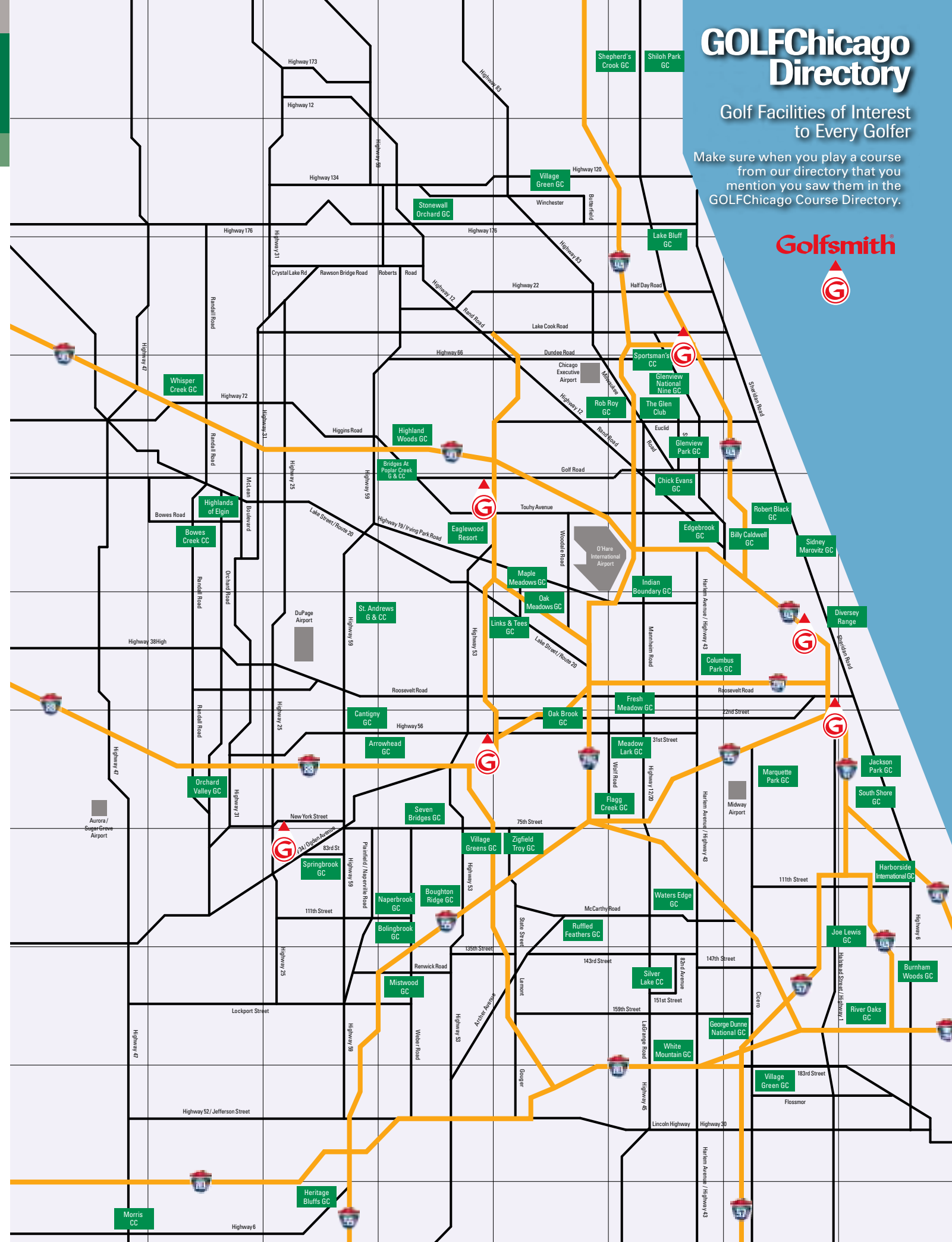
Work your way up to standing on each leg for 30 seconds with eyes open and then

THE FITNESS EDGE

Brad Jourdan

for 15 seconds with eyes closed. For a final challenge try standing on one leg while rotating your head side to side slowly with eyes open for 15 seconds. Then, close your eyes while you rotate your head side to side for 15 seconds. Perform these daily and your overall balance may improve and so could your golf swing.

As mentioned, balance is complex. If you have balance issues, talk with your doctor to rule out other health problems. If you have a sudden onset of dizziness, lightheadedness, or vertigo (spinning) contact your doctor immediately. These symptoms can be the result of a serious health condition. But if all else is good, add these simple activities to your day to improve your balance and maybe even your swing.



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bolingbrookgolfclub.com

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Bolingbrook Golf Club was named #28 in the 2010 *Golf World* Readers' Choice Awards for best public course in the country; named to the 2009 *Golfweek* Best Courses You Can Play list; and received 4½ stars from *Golf Digest*.



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847-214-5880
1250 Bowes Creek Blvd.
Elgin, Illinois 60124
bowescreekcc.com
bowescreekcountryclub.com

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highlandsofelgin.com

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- Golf Range Association of America "2013 Top 50 Golf Ranges."

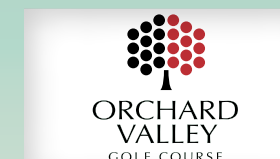


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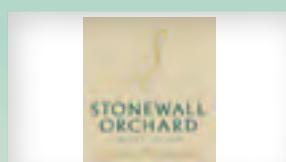
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630-554-3939
3516 Route 34
Oswego, IL 60543
foxbendgolfcourse.com
Par 72
Yardage: 6,890 – 5,325
Weekday: \$38 walk
\$54 ride
Weekend: \$43 walk
\$59 ride
Jr./Sr. Rates: Yes
Twilight Rates: Yes
Banquets/Outings: Yes
Resident rates available

Green Meadows Golf Club

630-810-5330
18 W 201 West 63rd Street
Westmont, IL 60559
DuPageGolf.com
Par 30
Yardage: 1,888 - 1,545 yds.
Weekday: \$14 walk
\$22 ride
Weekend: \$16 walk
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Jr./Sr. Rates: Yes
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Banquets/Outings: No

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West 18 - Par 70
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East 9 - Par 34
Yardage: 2,815 - 2,427 yds.
Rate: \$16 walk / \$25 ride
Discount Program: Yes
Jr./Sr. Rates: Yes
Twilight Rates: Yes
Banquets/Outings: Yes

Naperbrook Golf Course

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22204 W. Hassert
Boulevard
Plainfield, IL 60585
golfnaperville.org
Par 72
Yardage: 6677
Weekday: \$39.50
Weekend: \$49.50
Mid-day Rates: Yes
Jr./Sr. Rates: Yes
Super Twilight Rates: Yes
Banquets/Outings: Yes

Oak Meadows Golf Club

630-595-0071
900 N. Wood Dale Road
Addison, IL 60101
DuPageGolf.com
Par 71
Yardage: 6,718 - 5,628 yds.
Weekday: \$32 walk
\$49 ride
Weekend: \$41 walk
\$58 ride
*Frequent specials on course website
Discount Program: Yes
Jr./Sr. Rates: Yes
Twilight Rates: Yes
Banquets/Outings: No

Sentry World

866-479-6753
Stevens Point, WI 54481
18 holes
Par 72
6,951 yards
sentryworld.com

Shepherd's Crook

847-872-2080
351 N. Green Bay Rd.
Zion, IL 60099
shepherdcrook.org

Shiloh Park

847-746-5500
23rd and Bethesda Blvd.
Zion, IL 60099
shilohparkgolf.com

Springbrook Golf Course

630-848-5060
2220 W. 83rd Street
Naperville, IL 60564
golfnaperville.org
Par 72
Yardage: 6,896
Weekday: \$41.50
Weekend: \$51.50
Mid-day Rates: Yes
Jr./Sr. Rates: Yes
Super Twilight Rates: Yes
Banquets/Outings: Yes

Western Golf Association / Evans Scholars Foundation

westerngolfassociation.com

Zigfield Troy Par 3

630-985-9860
1535 W. 75th Street
Woodridge, IL 60517w

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Course Managers:

For inclusion in this directory, or to update your listing, please call 815.741.8005 or email us at dweretka@golfchicagomagazine.com



Whisper Creek Golf Course

12840 Del Webb
Boulevard
Huntley, IL 60142
847-515-7680
whispercreekgolf.com

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White Mountain Golf Park

9901 179th Street
Tinley Park, IL 60477
708-478-4653
whitemountaingolfpark.com

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- Fully stocked golf shop
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White Pines Golf Club & Banquets

500 W Jefferson Ave
Bensenville, IL 60106
630-766-0304
whitepinesgolf.com

36-hole championship course situated on over 240 acres, has been a favorite among Chicago area golfers since 1928. Ten minutes from O'Hare International Airport, White Pines in Bensenville is a perfect choice for anyone looking for a challenging game of golf any time of the year.

White Pines Golf Club offers a superb setting, sure to make you feel like you are "away from it all."

Arlington Lakes Golf Club

847-577-3030
Arlington Heights, IL 60005

Blackberry Oaks

630-553-7170
Bristol, IL 60512
blackberryoaks.com

Bonnie Brook GC

847-360-4735
2800 N. Lewis Ave.
Waukegan, IL 60087
waukegangolf.org

Boughton Ridge

630-739-4100
Bolingbrook, IL 60440

Eaglewood Resort and Spa

630-773-3510
1401 Nordic Rd.
Itasca, IL. 60143
eaglewoodresort.com
Par 72
Yardage 6,015 - 5,410 yds.
Weekday: \$39.00 w/cart (Spring Rate)
Weekend: \$45.00 w/cart (Spring Rate)
Jr./Sr. Rates: Yes
Twilight Rates: Yes
Banquets/Outings: Yes



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From Beginner to Competitor

Don't Choke: A Champion's Guide to Winning Under Pressure

By Gary Player
196 pages
\$22.99
ISBN: 978-1-63220-355-7
www.skyhorsepublishing.com

Stuff Every Golfer Should Know

By Brian Bertoldo
144 pages
\$9.95
ISBN: 978-1-59474-799-1
www.quirkbooks.com

We learn the most from our mistakes, not our successes." —Gary Player

This issue we go between the covers of two books for golfers on opposite ends of the experience spectrum. For beginners, *Stuff Every Golfer Should Know* should add

the basic schema of the game to build your golfing IQ. The second edition of Gary Player's *Don't Choke: A Champion's Guide to Winning Under Pressure* is an insightful collection of tournament memories and mental strategies to bring your golf game to a higher level.

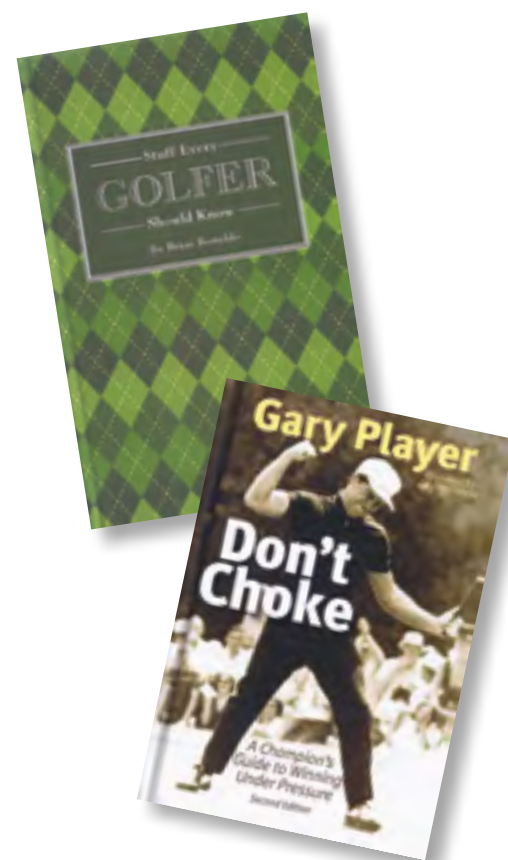
Each day, there is a charity outing with a handful of players who do not know the difference between a hosel and a hazard. We have fielded quite a few calls from anxious friends about to play their first round of golf. The questions are usually centered on etiquette and keeping pace with their playing partners. Brian Bertoldo's *Stuff Every Golfer Should Know* is a bite-sized handbook for beginners to whet their whistle with basic facts, helpful tips, and a brief historical summary of all things golf. While most of our readers have secured these basic tips and tidbits, we all know a new player who could use a little tutorial on how to play, and talk, golf.

ON THE SHELF

Between the Covers

The Black Knight built a hall of fame career on mental toughness and talent. He was also one of the first golfers to place a premium on physical fitness. *Don't Choke: A Champion's Guide to Winning Under Pressure* is a narrative from a legend who reflects upon the role mental toughness had in his career. For readers, Player's sage advice and attitude can be applied to more than the game of balls and sticks. His message has far-reaching themes about success and what it takes to compete on a high level. While Player imparts his wisdom on building a strong mental game, he also shares his mental strategies for some of his biggest championships against players like Nicklaus, Palmer, and Watson. An added bonus in *Don't Choke* is the images, which span Player's career and are worth the price of the book.

Both titles are great gifts for the golfers on your gift list. The newbie will appreciate the resources in *Stuff Every Golfer Should Know*, while competitive golfers and historians of the game will enjoy the visual memories from Player's career in *Don't Choke: A Champion's Guide to Winning Under Pressure*.



The Halls of Power

Kathryn Walt Hall has a most impressive *curriculum vitae*. To touch on just a few of the high points, she is the proprietor of Hall Wines and Walt Wines [family businesses she has been involved with for over thirty years], was assistant city attorney in Berkeley, California, worked as an attorney and businesswoman in Dallas, Texas, and has served on numerous non-profit and institutional boards, with an emphasis on issues related to social care and mental health. From 1997 to July 2001, Ms. Hall served as the United States Ambassador to Austria. In the midst of this, together with her husband Craig she has raised four children.

Hall wines hail from five estate vineyards: Sacrashe (Rutherford), Bergfeld (St. Helena), Hardester (Napa Valley), Atlas Peak Estate, (Atlas Peak), and T Bar T Ranch (Alexander Valley). From these 500 acres come classic Bordeaux varietals; Cabernet Sauvignon, Merlot, and Sauvignon Blanc. In each vineyard, small-vine farming is employed to produce low-yield, highly concentrated fruit.

Reflecting Kathryn Hall's long record of progressive activism, the winery is dedicated to environmental responsibility. Only natural products are used for weed and pest control, and the vineyards are certified organic. The farming operations use 50% bio-diesel fuel to reduce carbon emissions.

The St. Helena winery qualified for the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED®) Green Building Rating System, and was the first in California to earn LEED Gold Certification.™

Finally, A portion of all business profits is donated to charity via the Craig and Kathryn Hall Foundation.

2012 T Bar T Ranch Sauvignon Blanc \$30 The fruit for this wine hails from a vineyard Hall acquired from Iron Horse. It is made into this straw-colored and highly aromatic wine that features scents of cantaloupe, pineapple, and citrus on the nose. The flavors follow through on this, with the addition of mango and lemon, plus a hint of toast and nutmeg from the nicely integrated new French oak. Unusual for a Sauvignon Blanc, there is an unctuous mouthfeel and lengthy finish.

Once the high heat of summer has passed, pair this wine with Coq au Vin with Autumn

Vegetables, Crispy Salmon with Spiced Lentils, or Turkey Sandwich with Tapenade and Fontina. ■■■■■

2012 "Kathryn Hall" \$150 This special-occasion wine is sourced from the Sacrashe and Bergfeld estate vineyards. A blend of 75% Cabernet Sauvignon and 25% Merlot, it is dark and dense, concentrated but well integrated. On the nose, there are aromas of cola, plum, and black pepper. The rich, juicy flavor is built around blackberry, black currant, and cedary oak. The soft, round mouthfeel is complemented by a long finish. It will easily cellar for 10 or more years, but is expected to peak in 2020 or 2021.

This robust wine wants to go with Crown Roast of Port with Baked Apples, Cassoulet (yes, please), or Lamb Chops with Prune Chutney. ■■■■■

ON THE CORKSCREWS

Stephen Hawk



leo849@comcast.net

Ciao, Italia!

Roberto Anselmi is a legend of north Italian wine-making, a charismatic, motorbike-riding rebel whose uncompromising quality-over-quantity approach has helped redefine the wines of the Veneto through his insistence on higher standards, which has earned him the title, "the conscience of Soave."

Anselmi produces crisp white wines from the indigenous Garganega (gahr-GAH-neh-gah) grapes. Garganega is known for its distinctive lemon and almond flavor profiles.

These two summer sippers are characteristic of his work.

San Vincenzo is grown in the Monteforte area of northern Italy. Vines are planted on 110 acres of volcanic tuff and limestone. Light straw in color, with scents of minerals, lemon/lime, apricot, and yellow apple. It is medium-bodied and dry. \$13.

Capitel Foscarino is grown on 24 acres of cru vineyards at the top of the Foscarino Hill. The soil is volcanic tuff with grass undergrowth. Light straw-gold in the glass, opening to vibrant aromas of tropical fruit, citrus, and honey. It's medium to full body features flavors of fresh apples peach, and lime underscored by mineral notes. \$16.



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The Internet Kills

Golf's future is uncertain. Courses are closing, membership numbers are shrinking faster than D.J.'s bladder before a clutch putt. Jordan, Rory, and Rickie have injected some much-needed sizzle, but not enough to reverse the downward trajectory of the game at large.

Old codgers, teaching pros, course owners, fellow coaches, and media can blame the same triple-headed monster: "It's too hard, too expensive, and takes too long." The industry has responded with gimmicks like foot golf, enlarged cups, 13-hole courses, and golf "experiences" like Top Golf where you can "play" while slurping margaritas and jamming chili cheese fries. Private clubs are slashing rates, partnering with fitness centers (no thanks), and letting Joe Public play at select times. The First Tee's impact appears to be negligible, and a broken, balding Tiger Woods did not bring about a generation of minority players; at the high school regional tournament where I coach in metro Detroit, there was exactly one African-American golfer.

Yes, the game is difficult, pricey, and time-consuming, but I think the real culprit is more insidious; it's one that has infiltrated every aspect of our lives, often without our permission.

It's the Internet. I'll wait for you to stop looking at your phone. *It's the Internet.*

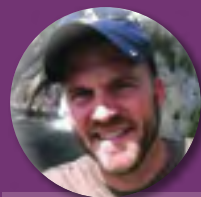
This might be a curmudgeonly "kids these days" argument, but consider the extent to which the interwebs have spun their way into every crevice of our lives. What's the first thing you do when you get up in the morning? Before you go to bed? Stopped in traffic? Watching the baseball game? At the game? While you're at the game and the winning home run is being hit? If you didn't answer "check my phone," then you're probably lying.

Mobile web access has rendered useless three traits vital to golf: patience, concentration, and the ability to interact with strangers. In 10 years of teaching high school English and five years of coaching golf, I've witnessed a precipitous decline. And it would be lazy to suggest that only teenagers are in this electronic thrall. We're all more impatient, more distracted, and more self-absorbed. I have to tell my 67-year-old dad to put down his iPhone during conversations. "No dad, I didn't see Rachel Maddow's tweet."

So it's no wonder that when you ask a kid if he wants to play golf, he's not interested.

I hear, "Want to escape for four hours and play a game in nature with some good people? You might even get close to God."

AGAINST THE GRAIN



Rory Hughes

He hears, "Want to put on a collared shirt, turn off your phone, abandon your X Box, walk through the woods, and get really frustrated?"

Golf requires the very qualities that digital technology doesn't:

Patience. On the golf course, if the foursome ahead is holding up play, you wait, take some practice swings, and visualize the rest of the round. In our digital world, if you're stuck in traffic, you can read a *Times* article, check email, text three friends, deposit a check, and update your Fantasy roster. Consider that for 3 hours and 58 minutes of a 4-hour round, you're not even swinging a club. Why would anyone "waste" that much time when he can get so much done?

Concentration. On the golf course, in order to properly execute a difficult shot, your body, mind, and soul converge in a Zen-like state of concentration on a single task. In the modern world, you can simultaneously run a spreadsheet, listen to a Podcast, IM a co-worker, and order lunch. And despite the prevailing research that less than 2% of the population can effectively multitask, we insist on—even take pride in—doing multiple things at once.

Ability to interact with strangers. Without a clean foursome, you experience that awkward first tee moment when the starter introduces you to your playing partners. As an introvert, this has always induced anxiety for me. But isn't it healthy to be uncomfortable? I look Bob or Bill or Mike (90% of the time they have one of these names) in his eyes, smile, and firmly shake hands. And we're off. When was the last time you shook hands with someone in his twenties? Exactly. There's a decent chance he spends 80% of his life on the Internet, where—with sound tech skills, serviceable writing, and cleverly placed emoticons—he can earn a paycheck, "run" errands, and find a wife. Try using an emoticon when you've got a 220 carry into a postage stamp with the club championship on the line.

In Nicholas Carr's book, *The Shallows: What the Internet is Doing to our Brains*, he argues that the Internet is rewiring our neural pathways such that we are experiencing the world much differently from our predecessors. Specifically, we're conditioned to crave instant gratification, distraction, and artificial light. I submit that these pathways are leading us away from golf and into a scary place where silence isn't golden and nothing is worth waiting for. Yes, golf is hard, it takes time, and it's costly. But so is a bottle of Scotch. So is a great marriage. So is being a parent. Remember that progress is not always good. So call me old-fashioned ... please.

The Internet is rewiring our neural pathways such that we are experiencing the world much differently from our predecessors. Specifically, we're conditioned to crave instant gratification, distraction, and artificial light.

STAY & PLAY

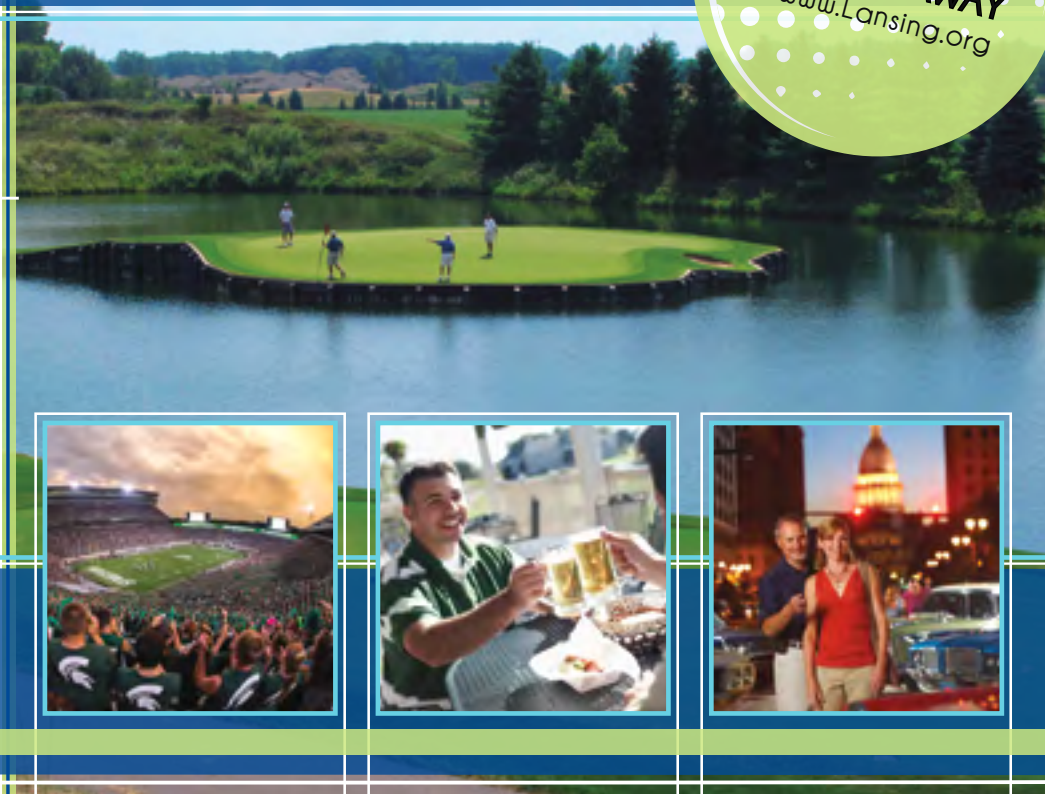
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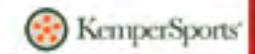


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