

KNOXVILLE SINGLES GOLF

Knoxville, TN Chapter - American Singles Golf Association — January 2008

Next Meeting - January 14th!

President's Message

December was a busy month for the Knoxville Chapter! December 8th was our Christmas part hosted by **Karen Walker**. Dinner was delicious and a great time was had by all.

December 10th Golf Tec sponsored a Wine & Cheese happy hour and demonstrations of the Golf Tec technology and teaching methods by their golf professionals. We had a nice turn out and lots of interest.

This is the third year our chapter has adopted a family to provide Christmas from Catholic Charities. Our family this year was a single mother with four children from age 10 to 17. We had fun shopping for clothing for teenagers and also provided a gift card for this family and for one other family. There are many families who need assistance during the year, and we are pleased that we are able to provide a little bit of help. Thanks to all of our members who contributed to the fund for the family and participated in the shopping and taking the gifts to Catholic Charities.

Wishing all of you a happy and healthy new year filled with great golf!! Our first meeting of 2008 is Monday, Jan. 14th at Greene Hills Grille. Social time at 6:30P.M. and dinner at 7:00. Hope to see all of your bright and shiny faces there.
~Jan

ABOUT OUR MEMBERS

Happy Birthday to these members:

John Mitchell - 02/03

These members are up for renewal:

(date shown is last day of membership)

Jan Wright - 01/31/2008

These members did not renew their dues:

(date shown is date membership expired)

Susan Eaton - 11/30/2007

Barbara Everett - 12/31/2007

Our chapter currently has 17 members.

Ask "Dr Golf"

Q. For years I have heard the debate over putting too easy vs. putting too aggressively. Many insist on the philosophy of "never up, never in" while others hold to the axiom that a putt that went past the hole never dropped. What is the correct strategy?

A. You have asked a question that is as old as golf itself. For some golfers, individual style dictates their putting strategy. For example, Arnold Palmer's over-

all style of play was aggressive and he putted the same way. He also acknowledges that his aggressive style possibly caused him to lose as many matches as he won but that was the only way he could play. Tom Watson is another example of an aggressive putter perhaps connected to his overall fast pace of play. There is no better example of the opposite putting style than Davis Love III. His father, a professional golfer and legendary teacher, Davis Love Jr, taught his son to make the ball "die" at the hole. You will rarely ever see Davis Love III putt past the hole. The answer to this age old question is a matter

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NATIONAL OFFICE INFORMATION

Upcoming Event: Dates for New Years in Tampa are Dec 29 - Jan 1st. Dates are contracted and firm. Go ahead - book your airline ticket for the best deal.

National Website: www.SinglesGolf.com

National E-Mail: ASGANational@aol.com

Office Hours: 8:00 - 5:00 Mon - Thurs.; Friday: 8:00-12:00

National Hotline: 1-888-GOLFMATE (1-888-465-3628)

To Join or renew, visit website and join online, or call our hotline.

LOCAL CHAPTER INFORMATION

Regular Meeting Date: Second Monday of each month

Next Meeting: January 14th, 2008 6:30 PM

Meeting Location: Greene Hills Grill

Our Website: www.knoxville.singlesgolf.com

Our Hotline: 1-888-465-3628

**Knoxville Chapter
of the
American Singles Golf Association**



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of physics. That is, an easy putt will “lip in” and a harder putt will “lip out.” In a recent Doral showdown between Tiger Woods and Phil Mickelson, Phil lost due to three painful lip outs. Since all golfers will hit lip shots occasionally, it makes mathematical sense to follow the example of Davis Love III to increase the percentage of putts that find the bottom of the cup.

Q. What is the role of memory?

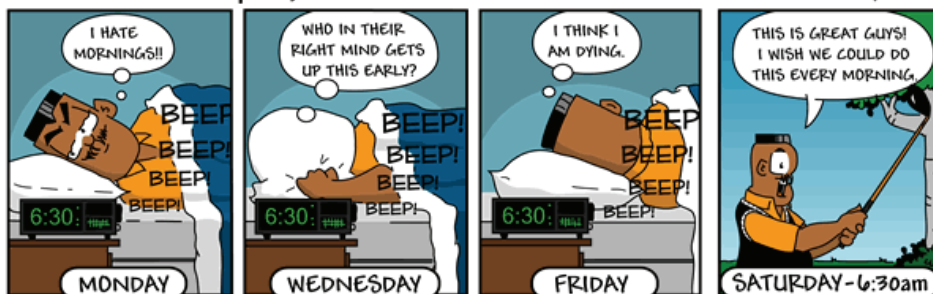
A. Most golfers are better at remembering their bad shots than their good ones. That is because bad memories carry negative images accompanied by anger, tension and adrenaline. With adrenaline at work, your previous poor shot carries a greater emotional charge than your great shot on the same hole. When you set up for that same shot later, the negative image of that poor shot floods your brain and sets the stage for poor execution because of tension and your focus on the hazard instead of your target. The negative memory functions as your default setting for re-creating the same poor shot. To remedy this we are often instructed that all we have to do is focus on the target. Most recreational golfers cannot accomplish this because there is

more to it. The solution is to utilize the selective properties of memory to our advantage by forgetting the bad shots and remembering the good ones.

How is this done? The first step is not getting angry at your bad shots as this plants the negative memory more firmly. Most golfers don't celebrate their great shots enough as it may seem unsportsmanlike. If you are concerned about the outward expression of this, then do it inwardly and permit yourself to savor and bathe in the exquisite pleasure of your great shot. Make a point to remember the image of the ball's flight, the glorious feeling of hitting the sweet spot, its distinctive click and the overall wonderful feeling produced in your body and mind. You can also tell yourself it was a great shot. As young Will McKenzie says, “get stoked.” All of these positive elements will plant that great shot into your memory, create a positive default setting and make it available for future recall and repetition. If you don't have a great shot to recall from a specific hole when you want it, you can always do what Freddie Couples does. Think about the best shot ever made with whatever club is in your hands. With these strategies, you are training your brain to run your game and will be pleased with the results.

Life in the Trap by Rick Newell

www.lifeinthetrap.com



MEMBERSHIP DUES

Dues for the Knoxville Chapter of the American Singles Golf Association are \$70.00 per 12 month period. Payment can be made by check or credit card. Mail with application to: ASGA, Inc., P. O. Box 848, Pineville, NC 28134

JOIN BY PHONE, FAX OR THE WEB

You can join the Knoxville chapter over the phone by calling (toll free) 1-888-GOLFMATE (465-3628) and give us the information on the application form, your credit card number and expiration date. You may prefer to FAX your application to (toll free) 1-888-465-3295. Our hours are from 8:30-5 EST (M-F). Or, go on-line at www.singlesgolf.com and submit your the application and payment.