

FROM MR. & MRS. D.O.G.

## Mental Game of Golf

**Confidence is related to performance – the better you perform, the more confident you will be.**

Confidence is a must. Every golfer must believe he/she is going to have a good round when he/she walks on the first tee. Where does confidence come from? How much control do you have over confidence

### Four areas where we establish confidence:

#### **1. Believe in your method**

- Work on the practice tee, bring it to the first tee, and believe in yourself. Take who you are and what you are to the course.

#### **2. Positive self talk**

- Self talk is a way our mind communicates to our muscles  
- Two ways to communicate: A) Through Words, B) Through images  
- Teaching aids and methods help build images (pictures) of the correct technique. Golf is a voluntary muscle activity controlled by thoughts in our brains. It has been said that the most intimate messages we ever receive come from ourselves. Therefore, it is important to be our own best friend on the golf course.

#### **3. Visualizing**

- Being able to picture success rather than failure. It is a choice! Everything we do involves making decisions. Each morning you have a choice, simply choose to be positive.

#### **4. Trust**

- Simply trust yourself. Believe in your method.  
- Believe you can make the shot happen.  
- The body functions from thoughts that come from the brain. First thing to do while approaching a shot: Develop a plan. Where is my target? What kind of shot does it call for? What club am I going to use? Remember the ball must go from point A to point B.

### Don't let anything disrupt your trust in your plan.

#### Every golfer should play on the course, not practice on the course.

1. Three elements of good shot-making:
2. Visualize your shot, see it happen
3. Feel the swing to make the shot

Most importantly, trust it. (Errors of trust: pressing, over-aiming and over-thinking)

#### **Special Note: The next stroke is your most important stroke.**

The previous one, good or bad, is no longer important. Always plan and execute your next shot.

Can you believe it is July already? So far this spring has been relatively good to us. We have been able to complete some projects and have only got marginally behind on rough once. We have recently acquired another large area rough mower and it should help tremendously. We have applied our pre-emergent and spring fertilizers. We are looking toward grub control and skunk trapping next. The heat and drought will be here soon and we will be praying for moisture. Unfortunately, Kansas gives us plenty of water for an entire year in the first five months.

In the past month you probably saw us digging a lot of big holes and scratching our heads. We had an electrical fault kill power to all of the irrigation controllers on the west side of Rock Road. When the irrigation system was installed they did not give us any junction points and part of troubleshooting this fault required us to expose the main high-voltage wires about five feet in the ground. We kept digging them up and finally found out that the short was between #18 Tee box and #17 Tee box. There is a pretty good chance that the problem is under the creek in front of #17 green. We decided to abandon the wiring with the fault and we picked up power from the restroom on #14 and fed all the controllers on that side of the creek with this new circuit. It was a real pain and mind boggling at times but we got through it and things are working again.

Other than that things are as to be expected. The greens are starting to roll well again and the poa program is right on schedule. The new cutting unit setup on our tee mowers is working great even with all the rain we have got. The fairways, while not perfect, are in pretty good shape and are considerably better than some of you thought they would be. The rough hasn't really got away from us this year and it has thickened up nicely. The bunkers are in great shape for all the rain we have had. We have been able to get them pumped and plowed fairly quickly after the rain events. We have placed our "return to path" signs on the course and some of you are actually using them, thank you. The rest of you need to work on that. Once again the door is always open, or feel free to call with anything on your mind 744-0400.

I am still waiting for someone to take me up on my offer for a ride around.

### *Important Notice*

Any account that is past due 90 days will be automatically sent to 14 day pre-collection and handled by our collection firm. If any accounts is 120 days delinquent, golfing privileges will be suspended until the account is satisfied.

### *Email*

If you are not receiving emails from the pro shop we probably don't have an email address for you or we have an old address that has been changed. Please send your updated email address to "proshop@willowbendgolfclub.com".  
Thank you for your help.

# Men's Club Results

## Member-Guest

### Flight 1

1st Doug Thurwanger & Doug Atherly  
2nd Jeff McCrory & Mark McCrory  
3rd Jay Wyckoff & Rye Shane

### Flight 3

1st Tom Simon & Sam Simon  
2nd Norm Christiansen & Brent Bartman  
3rd Thom Rosenberg & Bob Neace

### Flight 5

1st Ted Anderson & Randy Coble  
2nd Mike "Cable" Miller & Don Mauldin  
3rd Richard Murrish & Dale Brown

### Flight 7

1st Dan Reiners & Chris Banyay  
2nd Bill Higinbotham & Richard Moore  
3rd Bill Jones & Bob Helsel

### Flight 9

1st Bud Martinez & Chuck Sheppard  
2nd J.V. Blevins & John Banister  
3rd Gary Mason & Frank Shobe

### Horse Race 2 (Flights 4-6)

1st Mike Leahy & Jay Smith  
2nd Bryan Hatcher & Steve Kuczkowski  
3rd Jim Nichols & Dave Koch

### Flight 2

1st Joe White & Carlton Dienstbach  
2nd Jerry May & Mike May  
3rd Mickey Elison & Remington Degarmo

### Flight 4

1st Mike Miller & Mo Penny  
2nd Alan Huffman & J.R. Huffman  
3rd Alan Martin & Brian Brauer

### Flight 6

1st Ben Burgess & Larry Woodward  
2nd Dick Genter & B.J. Bailey  
3rd Bryan Hatcher & Steve Kuczkowski

### Flight 8

1st Ken Gile & Lindon McCall  
2nd Bob Jennings & Hector Fernandez  
3rd Tommy Woznick & Jim Stump

### Horse Race 1 (Flights 1-3)

1st Joe White & Carlton Dienstbach  
2nd Doug Thurwanger & Doug Atherly  
3rd John Kelly & Kelly Lotton

### Horse Race 3 (Flights - 7-9)

1st Jack Vance & Bart Vance  
2nd J.V. Blevins & John Banister  
3rd John Salmans & Ed Jukes

Overall Winner Dan Reiners & Chris Banyay

# Ladies Club Results

## Member-Guest

### Flight 1

1st Sherrie Wynkoop & Patricia Wynkoop  
2nd Debbie Christiansen & Maci Williams  
3rd Pat May & Becky Rogers

### Flight 3

1st Sherry Hawkins & Vicki Smith  
2nd Kelly Rundell & Kathy Webb  
3rd Michelle Koker & Laura Jack

### Horse Race 1 (Flights 1 & 2)

1st Pat May & Becky Rogers  
2nd Marsha Hatcher & Gail Kuczkowski

### Flight 2

1st Marsha Hatcher & Gail Kuczkowski  
2nd Sarah Downey & Bobbi Asper  
3rd Janet Ast & Jodi Bartman

### Flight 4

1st Rosanne Luna & Bette Ott  
2nd Tamara Mosier & Debbie Coan  
3rd Carla Winn & Lynn Ward

### Horse Race 2 (Flights 3 & 4)

1st Sherry Hawkins & Vicki Smith  
2nd Kelly Rundell & Kathy Webb

## Caddyshock Scramble

1st Place – Sherrie Wynkoop, Sarah Downey, Kathy Moore - 34

2nd Place – Margo Shepler, Carolyn Bell, Carla Winn - 35

3rd Place – Kay Watts, Tamara Mosier, Vicki Alfred, Marion Coultis - 35

## Coming Events - July 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Jr. Golf Play Day	2	3 Ladies Team Play 4:45 pm	4 Prather	5
6	7 Shriners	8 Jr. Golf Play Day Half Price Guest Day	9	10	11 Team Play	12 Men's Medal Play
13 Men's Medal Play	14 RCR	15 Jr. Golf Play Day	16 2 <sup>nd</sup> Men's League Play	17	18	19
20	21 R.R.R.	22 Jr. Golf Championship	23	24	25	26 Men's Match Play
27 Men's Match Play	28 Starkey Foundation	29	30 2 <sup>nd</sup> Men's League Play	31 Kansas Sr. Series		

## Coming Events - August 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1 Team Play	2 Men's Match Play
3 Men's Match Play	4	5 Senior Golf Tour	6 Senior Golf Tour Ladies Scramble	7	8 Team Play	9 Horse Race
10 SC PGA Cup Series	11 SC PGA Sr. Qualifier	12 Half Price Guest Day SC PGA Sr. Qualifier	13 2 <sup>nd</sup> Men's League Play	14	15	16 6-6-6
17	18	19 KIOGA	20	21	22 Team Play	23 Ladies Club Chmpship
24 Ladies Club Chmpship	25 Kansas Restaurant	26	27 2 <sup>nd</sup> Men's League Play	28	29	30



*Specializing  
in  
Willowbend!*

Janet Ast  
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cell: 993-8591  
janetast@sbglobal.net



*... I'll see you out  
on the golf course!!*

## *Our Staff*

Rick Nuckolls	General Manager
Rod Nuckolls	Director of Golf
Gene Abernathy	Head Golf Professional
Brad Kipper	Asst. Golf Professional
Vince McAlister	Golf Course Superint.
Brian Anderson	Asst. Golf Course Superint.
Jan Nuckolls	Office Manager

## *Club Phone Numbers*

Office: 636-5555 | Bar and Grill: 858-3287  
Golf Shop: 636-4653 | Maintenance: 744-0400  
(GOLF)

## *Hours of Operation*

November 1 to March 31: 9:00 am – 5:30 pm  
April 1 to April 30: 8:00 am – 7:00 pm  
May 1 to September 16: 7:30 am – 8:00 pm  
September 16 to October 31: 8:00 am – 8:00 pm  
Mondays begin at 12:00 noon  
Weekend tee times start at 6:30 am, Memorial Day  
to Labor Day

## *Tee Time Reservations*

Members may make reservations 1 week in advance for weekday tee times. Weekend and holiday times may be made 3 days in advance. (Example: Call Wed. for Sat. & Thurs. for Sun.) Tee times for weekends and holidays must be made by telephone. Reservations for all tee times may be made 30 minutes prior to the first tee time. Weekend and holiday tee times from Memorial Day to Labor Day will be taken at 7:00 am.