

# JUNIOR GOLF CENTRAL™ MAGAZINE

**ETHAN CHUNG**  
The Defending  
Western Regional Champion

## FASHION TRENDS

Making **BOLD** Statements  
With Your Belt Buckle

**Short Game Solutions**  
Pass The Broccoli!

**Equipment Review:**  
45 gram Shafts

Why These Must Have Items  
Are *Flying* Off The Shelf!

## GLOBAL SCENE



## FITNESS

My Kid's NOT Fat!

**Who's A Better Caddy?**  
Mommy ♀ or Daddy ♂?

**TRICKED OUT GOLF CARTS**

APRIL 2010




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The Story Behind **The Pepsi Little People's** Golf Championship p.18





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## "Connecting the Global Junior Golf Community"

Welcome to the digital edition of *Junior Golf Central Magazine* - a free monthly publication distributed via email, that is dedicated to junior golfers, their parents, and individuals actively involved in junior golf. The Junior Golf Central Magazine's mission is to connect the global junior golf community.



### A Helpful Guide to our digital edition:

- Use the table of contents to click and go quickly to the article you want to read.
- Browse the magazine page by page using the right and left arrows.
- Click on live hyperlinks included in articles and advertisements to instantly access helpful Web resources.
- Use the search feature to find topics mentioned in our magazine.
- Print the articles you find helpful and take them with you!
- Download the entire pdf version of the magazine to access it offline.
- Share the Junior Golf Central Magazine with your family and friends!

Our "Featured Junior Golfer" department highlights the achievements of junior golfers who are passionate about the game and want to share their challenges and successes with you. This section of our magazine explores the concepts of golf, the impact the game has on golfing families on and off the course, and how the game of golf helped them forge a bond with each other.

In this month's issue we feature **Ethan Chung** and his parents. This dynamo junior golfer posted the lowest score of all boys groups in any USKG tournament. At the age of seven, he shot a 28, with six birdies, one eagle, and no bogies at the USKG Jekyll Island Cup 2009. His resume already shows a seasoned competitor with a drive to win!

Read about this amazing and inspiring junior golfer in this month's issue. Then, keep an eye on our next digital edition...you may see your child featured there as well!

Enjoy reading and thanks for giving our magazine a try! We would love to hear from you. Please email your suggestions, equipment reviews, local junior golf news, stories, and letters to the editor at [editorial@juniorgolfcentralmagazine.com](mailto:editorial@juniorgolfcentralmagazine.com).

Happy reading!

*Rebecca Davie*

Rebecca Davie, Editor-in-Chief  
*Junior Golf Central Magazine*



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# Who's a Better Caddy...Mommy or Daddy?

By R.Davie

"Mr. Ouimet, I can carry that bag!" Eddy's emphatic declaration to Francis Ouimet in the movie, "The Greatest Game Ever Played" convinced Francis to allow the small, young boy to caddy. Eddy's ardent effort, sheer determination, and quite frankly...his good advice, enhanced Francis Ouimet's experience on the course during the tournament. He was the right person for the job!

The question is...should you "carry that bag?" Is it your place to: serve as your child's mentor, guide them on their road of tournament challenges, help enforce the rules, foster good sportsmanship, act as adviser, and (at young ages) perform as nurse, caretaker, and nutritionist? How do you decide? Can you apply basic principles like the theory of relativity ( $E=mc^2$ ) or do you just toss a coin?

When recalling past tournaments, I am quite sure that we can all remember caddies that we felt should not have been serving in that capacity. Let's face it, Mommy, don't bring your baby in a stroller to an 18 hole tournament! Surely if your darling child decided to wail shrilly right during the top swing of a junior golfer, you would feel somewhat guilty, right? Oddly enough, the very same moms who deem it proper to tote their tots to a match are oblivious to their harmful effects on the competitors. Yes, moms, one stroke can make a difference.

---

**While we are on the topic of interruptions, allowing your child to yell into the fan on the putting green is not at that moment a lesson in how sound travels! It is a disturbing distraction for the dedicated junior who is attempting to putt!**

---

Similarly, we could recall moments where Daddies have exercised their own "faux-pas". For example, it is not proper to give guidance to another person's child on the range which might confuse the junior golfer concerning their swing (unless the parents requested your help). They have their own parents and perhaps a coach for aid and training. Even those involved individuals wouldn't change a child's swing mechanics or pre-shot routine fifteen minutes before their tee time. During a round, it is not your place to tell another person's child that they did not record the proper score, or to inform them of their current complete score. It is not OK to say anything derogatory about another player and it is certainly never OK to use foul

language in front of any junior golfer, especially about a junior golfer (even your own)! While it is easy to be critical and complain about the behavior of caddies that really shouldn't have even touched the bag, it is much more difficult to actually choose the right person to carry the bag. In order to make that



R.Davie's sons when Justin caddied for Luke.

choice, let's first approach this logically. Can you positively answer the following questions?

- Are you able to rouse your child, organize them, and get them "out the door"?
- Is effective transportation to the course a possibility for you?
- Are you physically able to walk the nine, 18, 36, or more holes, perhaps carrying their bag?
- Do you have the patience to guide your younger child without smothering them, allowing them to make decisions when they are able?
- Do you have the temperament to watch as a spectator if your child is older and provide only positive encouragement?
- Are you willing to carry the necessary gear as well...extra water bottles, a source of protein, sunscreen, first aid tape, band aids, prescription meds, OTC meds, etc...need I go on?





- Do you know the basic rules of golf? What are your junior golfer's options in red, yellow, or white stakes? What is rule 3-3 in the USGA handbook? Do you know what to do with a ball near loose impediments?

- Etiquette rules, are they part of your repertoire? Will you be able to gently suggest to players not to walk through others' lies, when to remove their hats, shake hands, etc?

- Are you willing to serve as your child's advocate, speaking up for them when it is necessary, yet remaining silent when they are able and required to act on their own?

- Do you have the ability to determine if siblings are acceptable companions on the golf course?

- Do you know whether your young junior golfer is one that needs to be kept abreast of their mounting strokes, or do they perform better not knowing the accumulating total?

- Can you exert ardent effort, sheer determination, and give great advice?

The bottom line is that you must be as prepared as possible. Your child does not have the ability to choose the appropriate tournaments and register themselves. They cannot drive to the tournament. They are not able to monitor themselves and those playing with them. They will not grow and learn in the game of golf without guidance. Your junior golfer depends upon you for these

things and so much more.

An important piece on tournament day is who will be caddy? If you were able to positively answer the majority of the questions above, then it may indeed be you. The next factors to consider, how well do you know your child and how well do you know yourself? We could choose to investigate personality types, brain function, learning styles, and basic psychology to determine the right person. Without researching or understanding some of these areas of study, we could just consider that each child and each parent is different. Within your family, there may be a better match between Dad and daughter or Mom and son, or vice versa.

**Only you know which parent is able to bring out the best in your junior golfer in a tournament situation.**

Rather than flipping a coin, picking a number from one to ten, applying basic formulas ( $E=mc^2$ , which

could really mean... Effectiveness = mommycaddy<sup>2</sup>), or tossing a tee, consider the questions posed in this article. Are you able, prepared, and knowledgeable? Do you bring out the best in your child? Will you both enjoy the process and grow together? The question still remains, who is the better caddy, Mommy or Daddy? Only you can answer...

What do you think? Who is the better caddy, Mommy or Daddy? Send us your vote and let us know why. The entry with the most creative answer will receive free gifts and their response will be printed next month. ●

**Send your vote to: [rdavie@juniorgolcentral.com](mailto:rdavie@juniorgolcentral.com)**

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*Rebecca Davie is a former educator and mother of two junior golfers. She is currently the editor and content contributor for the Junior Golf Central Magazine.*



## Junior Golfer Profile

# ETHAN CHUNG

**Ethan Chung** was chosen to be highlighted by Junior Golf Central Magazine this month. This bubbly, pint sized golfer has drive and determination to motivate even the recreational golfer. The focus is not the fact that this child garners enough attention for his own website or even media attention of his victories at his young age; it is on the vibrant boy himself. Ethan is the “real deal”. He makes his own news with diligence in practice and results on the course.

This hard working young man has achieved many titles on the national and international scenes and continues to strive for better scores and more wins. For the balance at which his parents maintain his life, they are to be commended. Their sacrifices for his sport are weighed against the desires of each family member. Decisions are made to help further his blossoming career, but also to develop the “whole” child as well. This well rounded youth has captured many titles and top ten finishes in local and national tours. Some of his most notable accolades are:

- . **Won** USKG Western Regional Championship, Desert Shootout, 12/2009
- . **8th** seven year old division at USKG World Championship 8/2009
- . **2nd** six & under USKG Regional Championship 2/2009
- . **2nd** eight & under San Diego Junior Amateur 1/2009
- . **Won** six & under USKG Regional Championship, Desert Shootout, 12/2008
- . **10th** six & under USKG World Championship 8/2008
- . **4th** six & under Callaway Golf Junior World Championship 7/2008

We were captivated by the brilliance of this experienced, but very young golfer. Fortunately, we were able to spend time seeking answers to questions we pondered about Ethan and his family. They were gracious in sharing insight into their lives.

**JGC How did you get started in junior golf?**

**EC** At first, I watched my dad play golf when I was three and I wanted to play too. So, my dad bought me a NIKE 5-wood and I started swinging it everyday in our backyard.

**JGC So how soon after that did you catch the “tournament bug”?**

**EC** ... after about two years of practicing, I started to play local tournaments when I was five and started playing USKG tournaments when I was six.

**JGC How much do you play now?**

**EC** In winter, I am off-season, so I play/practice at most two days a week. But when I am in season, I play/practice about seven days a week.

**JGC What do you look for in a coach?**

**EC** To me, a good coach is someone who has experience in the game of golf and takes time to really figure out what his student's problem is.

**JGC And how busy is your current tournament schedule?**

**EC** I play one local tournament per month and some regional and world championships each year.

**JGC Where have you played and where is your favorite?**

**EC** I have played at Wigwam Resort at Arizona; Midland, Mid Pines at





North Carolina; Santa Teresa at Shoreline, and Palo Alto at California. My favorite course is the Blue course at Wigwam Resort where I played the USKG Desert Shootout Tournament. I like the island green on the 15th hole.

### **JGC** Let's talk about that. Sounds like a lot of work and sacrifice for the parents, right?

**Mom** Yes, there is a lot of work. In fact, I don't play golf at all and my husband is just a casual golfer. So, there is not much we can coach Ethan on and he pretty much learned all stuff from TV. All we do is take him to the golf course as much as he wants and be with him as much as we can. Besides, we videotape his game (swing/putt) all the time, especially during tournaments. So, he can find out which part went wrong afterwards. If Ethan cannot figure out what the problem was, we will bring the tape to his coach, Terry Sullivan at Santa Teresa GC. Terry usually explains to him what's the cause and discusses what might be the fix for him. We also posted some videos on Ethan's website, so our families and friends in Taiwan can watch him play as well. We are a small family (Dad, Mom, and Ethan). We truly enjoy doing everything together. We always have an agreement before we make any big decision, so none of us

## Ethan's 2010 Equipment Lineup

**Driver:** U.S. Kids Golf tour series orange driver (320CC 16" reshafted to 34")

**Woods:** U.S. Kids Golf tour series orange 3 wood (21 ), 5 wood (25 ), and 4 hybrid (29 )

**Irons:** U.S. Kids Golf tour series orange 5-9 irons (32 - 44 ) and pitching wedge (48 )

**Wedges:** U.S. Kids Golf tour series orange black nickel gap (52 ), sand (56 ), and lob (60 ) wedge

**Putter:** Scotty Cameron studio select newport 2 with a +10 head-weight (360g)

**Ball:** Nike One Tour D (suggested by head coach John Snopkowski @ Santa Teresa GC)

**Note:** All clubs, except putter, were cut 1" shorter and the lie angles of irons and wedges were adjusted 1 - 2 lower by Hide Nakagawa @ Fairway Golf U.S.A.

will feel sacrificed. For example, we convinced him to take winter off and encouraged him to do something else (like biking, baseball, and basketball), so we (as parents) can have a break and will not burn out.

### **JGC** ...and the expenses?

**Mom** The major expense is travel for tournaments which is about \$7000/year including world championships in the summer and regional championships in the winter. For equipment and green fees, it is around \$2000/year. So I would say \$9,000 is the average cost every year. If he plays more tournaments in the future, the cost will definitely get higher.

### **JGC** So what do you get out of all of this, Mom? What's in it for you?

**Mom** Our biggest pleasure from all

of this is to see Ethan gain a lot of confidence through golf, especially when he won the championship and gave a speech in front of people at such young age.

He has learned how to calm himself down, catch up from behind, and keep in mind "Never give up!". Those experiences are not only good in golf , but for every step in his whole life.

### **JGC** What was your favorite day on the golf course?

**EC** My favorite day on the golf course was the last round of USKG Jekyll Island Cup 2009. I shot 28 including six birdies, one eagle, and no bogies.

That's the lowest score in any boys group in any USKG tournament. <http://www.youtube.com/watch?v=DVBzXJ5CTm4>.

There is no doubt that Ethan has





captured the attention of many in his eight short years of life. This is evidenced by the 11,830 visitors to his website since January of 2009. Explore Ethan's website to see for yourself, [www.ethanchung.com](http://www.ethanchung.com). We can all observe and learn from Ethan, from across the country or around the globe. As he is determined to make his way in the golf world, one stroke at a time; we are able to watch him birdie, eagle, and win!

From the staff at Junior Golf Central, we wish you, **Ethan...a Happy Birthday...as you turn eight this month!** We wish you all the best and much success on your road to the PGA! •



Follow Ethan on: Twitter, Facebook, and [www.ethanchung.com](http://www.ethanchung.com)!

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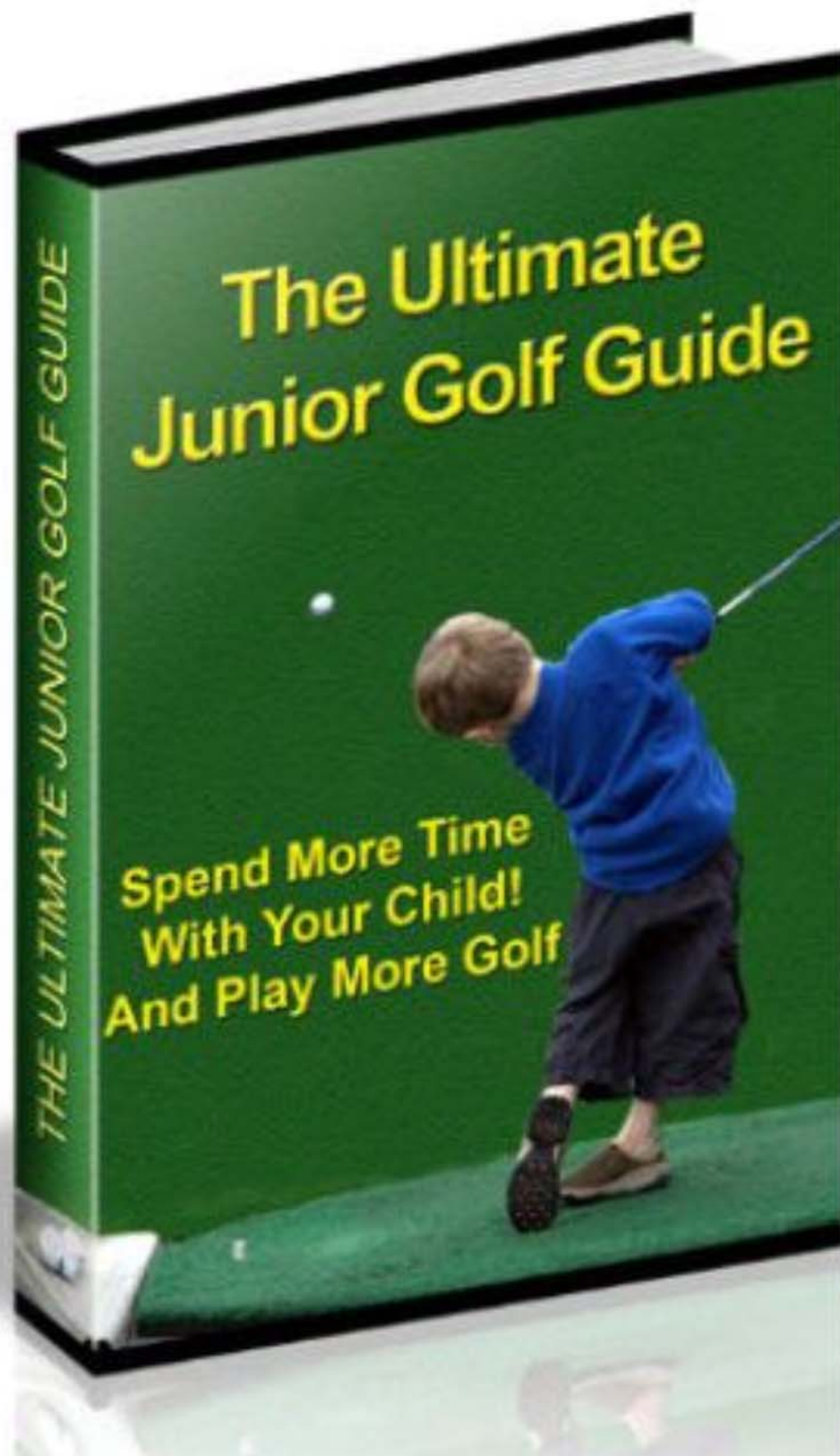
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# 45 Grams to More Distance!

By Don Law

Do you ever wonder why cars these days are getting more miles per gallon of gas? One very important factor is that they are made of much lighter materials. The idea is simple and effective...lower the total weight of the car and your car goes further.

One of the problems facing junior golfers today is that their woods (especially the drivers) are far too heavy to control or produce enough speed to get the proper loft for maximum distance. Fear not, technology has come to the rescue with a great solution...the 45 gram shaft!

Graphite shafts usually come in weights of 55-85 grams. Lighter weights are for slower swing speed and heavier shafts are for the stronger players who have faster swing speeds. Most ladies shafts are built for slower swing speeds and weigh in from 45-55 grams. PGA tour players are likely to use shafts that are much heavier, around 85-90 grams. This gives them control over their already high swing speeds.

Pre-teen juniors producing less than 70 mph of speed would benefit greatly from using a 45 gram shaft

in a Ladies Flex. Keep in mind that the shaft will be a bit stiffer if it is shortened to fit a junior.

Make sure that the shaft is cut/shortened from the butt end ONLY! Any cutting on the tip end will greatly affect the flex of the shaft and could produce an undesirable ball flight.

Cutting down an adult driver for a junior makes the shaft too stiff and produces a very low launch angle. Think back to your first experience with baseball. Most of us learned to swing with a very light plastic bat that hit wiffle balls. It was light, easy, and even a child could produce enough speed to hit the ball quite far. Compare that to the weight of today's metal bats, which are very heavy and much harder to start with. If your goal as a golfer, junior or adult, is to increase your driving distance, you need to increase your swing speed. A 45 gram super light graphite shaft in your driver would provide these benefits:

1. lighter total weight of driver,
2. more swing speed,
3. increased launch angle,



Don Law, PGA  
Director of Instruction

**4. the chance to use a longer driver than standard (be careful with this one, you still need to control it).**

Several companies now offer shafts in 45 grams. Don't be worried if it says "Lady Flex". These shafts are made with the latest materials and technologies...and will help you drive further. Your local PGA/LPGA professional is a trained expert in club fitting and can recommend the right shaft for you. Just like the lightweight cars, a 45 gram graphite shaft could add more miles to your drives. ●







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# Mistake after Mistake

By Michael Riggs, M.Ed.



Tell me if this sounds familiar... The round is over and you are driving home unconsciously replaying the missed five foot putt for birdie, or the duck hook that found the center of the pond, or the simple chip shot that carried all but eight inches, or... And, with each painful replay you find yourself shaking your head back and forth, ever so gently, wondering what went wrong?

---

**The truth, first and foremost, is that your concept of the game is wrong.**

---

You believe that golf is a game of hitting perfect drives, chips, and making perfect putts. You believe that deep down inside you is a scratch player that effortlessly moves his ball from point A to point B to point C and gently rolls it into a hole cut in the grass at point D. You believe that you should complete this simple sequence eighteen times with each round followed by a predictable totaling of your card - followed with a cheeky grin. There is a more fundamental truth,

however, that you must grasp if you are to move toward a greater sense of satisfaction within the game and greater success (S<sup>2</sup>) on the course.

Golf is a game of mistake management. If you look at the best players in the world, from this era and last, including ladies, men, and seniors, you will find that the game is actually a series of off target shots followed by attempts of recovery followed by more off target shots. Sure, an occasional perfect shot magically appears where the ball does exactly what it is supposed to do and lands exactly where it was instructed to go; but the vast majority of golf swings result in error.

Once a player earnestly adopts this simple philosophy, the game changes and the player begins his transformation. His emphasis shifts from destination to route and from perfection to excellence. **He accepts fallibility and embraces the opportunity to play the game.**

Now, the ultimate question emerges -- **How are you going to handle your mistakes?** Will you blame and accuse? Will you become angry and frustrated?

Will you quit and desert? Or, will you take the correct road and recognize each shot for what it is and give it another try?

Make no mistake; golf is a game of mistakes. ●

**Great Habits Start Here**

---

*Michael holds a masters degree in sport and performance psychology from the University of Virginia, Charlottesville. Over the past 17 years he has been enrolled by literally thousands of junior golfers to assist them in achieving their true playing potential.*

*Michael is the architect of ONE Way Golf, a one-on-one mental skills development program designed for young golfers who are seeking to reach extraordinary levels of success and satisfaction within their games.*





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**PEPSI**  
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**GOLF CHAMPIONSHIPS**



The idea for a junior golf tournament in the Midwest began with an offhand statement by a newspaper reporter to Nan when she was playing in the Quincy Women's City Golf Championships. "It's too bad there isn't a junior tournament in the Midwest like the International in Florida,"

he said. Nan's answer – "I think I'll start one." Nan's daughter, Kathleen,



now an Associate Professor of Plant and Microbial Biology at Berkeley, named the tournament at age 4. "It's for Little People's isn't it" she asked, "so why not call it Little People's?"

Pepsi Little People's started on the 9-hole Cedar Crest Country Club course in Quincy – a club where all the work was done by member volunteers. "It was the ideal place to start," remembers Nan, "because we wanted to give something back to the golfing community, particularly the high school golf teams."

There were 174 players aged three through 15 that first year in 1974, coming from 13 states and Canada.

## PEPSI LITTLE PEOPLE'S GOLF CHAMPIONSHIPS

By Nan Ryan

*How did it happen* that a city of 45,000 situated on the Mississippi River, with the only major airport 120 miles away, became host to the third largest junior golf tournament in the World? "Three things," says Pepsi Little People's Founder and Executive Director Nan Ryan, "and not necessarily in this order: the hospitality of the city and the friendliness and support of the volunteers, the organization and pro-like structure of the tournament, high quality international competition for all ages, and maybe because I lived in Quincy in 1974 when all of this started".

It became apparent in 1975 that another course needed to be added, so the 27 holes at Westview Golf Course were brought into play. The tournament soon outgrew those 36 holes. In 2010, six golf courses (99 holes) in Quincy and three neighboring cities will be used to accommodate the players aged three through 21.

Pepsi Little People's is the third largest junior golf tournament in the World and the oldest continuous running event with a 3-5 year-old division. The age limit was increased to 17 in 1986, to 19 in 2007, and to 21 in 2008. Good sportsmanship, rather than winning as the ultimate goal, is of utmost importance at Little People's. Poor sportsmanship among players or their parents is not tolerated. In honor of sportsmanship, awards are given annually to the boy and girl exemplifying this trait during the tournament.

Family togetherness is one of the focuses of the tournament, so one of



the highlights is the annual Family Celebration Picnic held on Monday night following the official practice



rounds. Several PGA and LPGA professionals have been a part of this event, including D.A. Weibring, Dicky Pride, Jerry Haas, Marilyn Smith and Libby Pancake. The Picnic is sponsored by Refreshment Services Pepsi, WGEM, and The Quincy Herald Whig. The picnic is attended by players, families, friends, sponsors, and volunteers.

Another family affair is the Pepsi Parent-Child tournament, annually held on Father's Day at River View Golf Club in Canton, MO, site of the boys' 10-11 competition. Some 180 teams compete in this event each year, which is the official "kick off" to Pepsi Little People's Golf Week.

Completing the Week are the Pepsi International Team Events, played on the Thursday and Friday following competition. These have also become family affairs, as all players are





allowed to have a caddie, usually a Mom or Dad. Competition is friendly and fierce and the gallery sometimes has the appearance of a gallery at a professional tournament. Thursday's competition is a Mixed Scramble event, while on Friday the players compete in the Mixed 3-2-1 tournament. Teams are in four divisions and players are not allowed to enter as a team. This helps officials to be able to team international and local players together, adding a real "international flavor" to the events.

Between the Parent-Child and Team events is the REAL Pepsi Little People's Golf Championships, with official practice rounds on Monday and competition at all courses on Tuesday and Wednesday. The tournament annually draws upwards of 600 players from all over the World to compete on the six golf courses in the Quincy, Illinois, area. A record 922 players entered in 2000.

There are seven age divisions for boys and nine for girls in Pepsi Little People's (3-5, 6-7, 8-9, 10-11, 12-13, 14-15, and 16-17). In 2009, the 18-21 division for men and women became known as the Pepsi LP Collegiate Golf Championships, and was played on the Harry Mussatto (Western Illinois University) Golf Course in Macomb, IL.

Numerous PGA and LPGA Tour players made their golfing debuts in Pepsi Little People's. Most noted are Rory McIlroy from Northern Ireland, who played as a 12 and 13-year old and Zach Johnson, the 2007 Masters Champion, who

played in Little People's in 1992 and 1993.

Pepsi Little People's has been a part of the AJGA Tour's ranked tournament program since 1987 and is now included in the AJGA Performance Based Entry system for boys and girls aged 16-17, as well as the AJGA Junior All-Star exempt status criteria for 12-13 and 14-15 boys and girls. It is a ranked tournament for the Junior Golf Scoreboard for boys and girls 10-17 and GolfWeek/Titleist Junior Rankings

for boys  
16 - 17  
and  
girls  
14 - 17.  
It is a  
qualifier  
for boys  
and girls



6 through 14 for the 2010 Callaway Golf Junior World and for the Optimists tournament.

In keeping with its mission of helping young people, three other programs are also under the tournament's "Kids Helping Kids" umbrella. They include the Tri-State Junior Golf Association, which runs five or six one-day events in the Illinois-Iowa-Missouri area each summer for kids who need more experience in tournament play, the Pepsi Little People's Scholarship Programs, which offers scholarships to young players based on family need and a complete profile including civic activities, and Little People's Charitable Program, in which part of the proceeds from the tournament go to local and national charitable organizations involving young people.

The primary recipients of the charitable program are Transitions of Western Illinois, which provides special services for emotionally and physically challenged young people

and their families and The First Tee of Great River. Since its inception, Pepsi Little People's has donated more than \$270,000 to charitable organizations and scholarships through its "Kids Helping Kids" program.

As with any event of this size, volunteers help to make the tournament possible. Some 300 men and women donate their time and support to the tournament, some of them working on projects throughout the year, while others focus on helping during Pepsi Little People's Golf Week.

In May of 1997, Nan received the Golf Digest Junior Development Award for an individual, and the tournament was honored by Golf Digest Magazine. "Throughout the past 36 years of Pepsi Little People's, we have enjoyed more than 14,000 young people and more than twice as many parents and families," says Ryan. "Each has become special to us, and we are thrilled to read about each of our alumni in the media today, doing whatever it is they love to do. Little People's got off to a great start in 1974," continues Nan. "A combination of enthusiastic people with good ideas, strong community support, and plain good luck, has made it successful throughout the years. It looks like Little People's is here to stay. We've had a lot of good bounces!" ●

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*Nan Ryan began her golf career at the age of nine, when her eye doctor suggested that she "get off the couch, stop reading, and go outside -- play some golf". Nan was elected to the Illinois Golf Hall of Fame in October of 2005 and to the Quincy Golf Hall of Fame in June of 2006.*





[www.JuniorGolfBelts.com](http://www.JuniorGolfBelts.com)

## Hot Item : Belt Buckles

*In Junior Golf communities across the globe, bold, bright, and customized belts are everywhere.*

The belt buckle trend has been gaining momentum over the past few years. Players are showing up on the course wearing large, colorful, and unique buckles; buckles to match the junior golfer's personality...that golf clothing doesn't always permit.

In 2008, Anthony Kim, the youngest golfer on the PGA Tour, wowed the crowds not only with his incredible golfing abilities, but also with his stunning "AK" initial belt. The oval "AK", Swarovski crystal encrusted belt



## In The World Of Belts, The Buckle is King

gathered a lot of attention. It became Kim's "good luck" belt buckle as he went on to finish First on the PGA Tour twice in 2008. Kim's performance on the PGA Tour showed the world he was a force to be reckoned with in the game of golf and his stunning golf buckle showed he would do it in style.



Since then, companies such as Adidas, Nike, and The Junior Golf Clothing Company have capitalized on that moment in golf fashion history...made famous by Anthony Kim. These companies prove that there are no limits to the size, color, or creation of buckles that highlight the personality of the player. Adidas's popular, brightly-colored Trophy belt buckle line

provides junior golfers with a unique belt in an unlimited array of colors and the Nike swoosh is well... the Nike swoosh.

The Junior Golf Clothing Company has taken this one step further and introduced belt buckles that range in style from classic to distressed. Their latest line, hand crafted custom buckles, can be personalized to match the styles of young men and women in junior golf circuits.

While golf apparel may be limited in style and color, for now at least, golf belt buckles give junior golfers an outlet to showcase their style. The question is...have you gotten yours yet? Buckle up! ●





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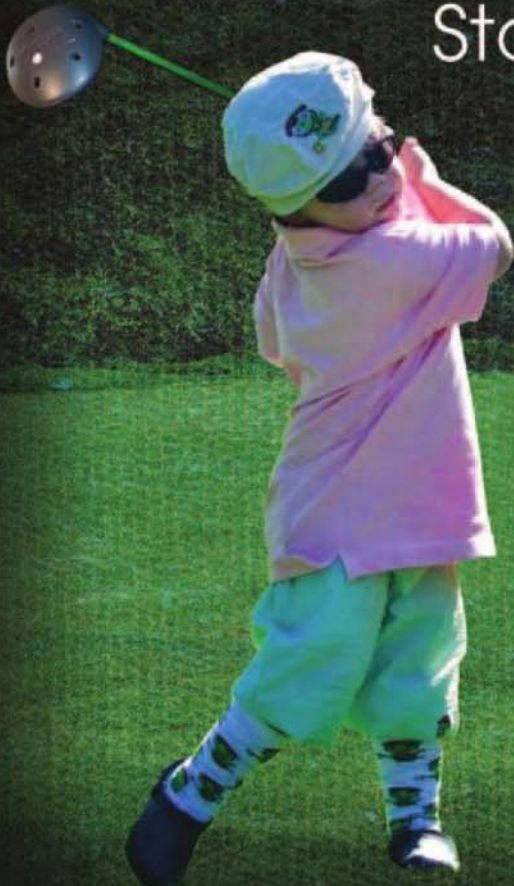
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# Highlights from the GM International Junior Golf Tour



Graham Moore Junior Golf Tour...a series of global Junior Golf Tournaments, Graham Moore International Golf Schools and Junior Academies, the first junior only golf club in England, Moore's European Championship, Graham Moore Junior World Championships, private lessons for juniors, amateurs, and pros...these are just a few of Graham Moore's programs and accomplishments. It is no wonder that he was the Winner of the 2002 Vale Royal Sports Council Award for Achievement in Junior Golf Development and became a fellow of the PGA in 2005, for his achievements.

His dedication to junior golf stems partly from his belief that it is important to introduce children to golf at a very young age and the fact that there were not any other programs for juniors in the UK at that time.

Graham states that "in order for any golfer to fully maximize their golfing potential they have to have the basic structures ingrained at a young age."

Currently, at his academies, juniors work through the "Graham Moore Junior Academy Order of Merit" a color coded system with 18 levels. He starts with children as young as

two years old and works with them through age 16. Graham focuses on the development of the whole player. His players are enrolled in a structured program which "entails on course competitions, skills tests, etiquette and rules training as well as other aspects of the game such as fitness and speech making."

Graham also spends five months in the USA touring with players, usually from his 14 - 16 age group. They compete in tournaments, mini tours, and other programs out of Florida. He is invested in his students' futures and helps them to find a place in college. Many become PGA professionals.





These junior golfers are a force to be reckoned with. With their development being closely watched by Graham, they are afforded opportunities to “learn how to win”, not just “learn how to compete” like their British counter parts, according to Moore. He is striving to provide avenues for juniors in the UK to compete successfully like other juniors around the world. He has created such ground breaking programs and tours, that it would behoove youth from other countries to seek his guidance as well. The GM Junior Golf Tour will help pave the road for junior golfers’ bright futures.

The courses at which the GM Junior Golf Tour hosts tournaments are elite to say the least. How incredible it is for junior golfers to play on the very courses that host the Ryder Cup; The Belfry, the EGU; the National Golf Centre at Woodhall Spa, and St. Andrews to name a few. The GM International is the only European tour recognized by Junior Golf Scoreboard of the United States. Players are able to have a world ranking against other juniors their age when they compete in a tournament of 36 holes or more.

The GM National Junior Tour is sponsored by Miguel Angel Jimenez. The inaugural Miguel Angel Jimenez Trophy was first



given in August 2009. The GM Junior Golf Tour of 2010 will consist of national and international events, championship series, and the European Championships in Switzerland. Most notably, the first ever GM World Championships will be held this year in Florida.

Visit [www.gmintgolfschools.co.uk](http://www.gmintgolfschools.co.uk) to learn more about Graham Moore International Golf Schools and GM Junior Golf Tours. Their motto embodies the mission of Graham Moore, “developing golf’s next generation!” •



Sources:

[www.gmintgolfschools.co.uk](http://www.gmintgolfschools.co.uk)

*Golf Tourism by Simon & Louise Hudson*

*Graham Moore Profile, provided by GM*  
[www.golfempire.co.uk](http://www.golfempire.co.uk)

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## Raising a Golfer: A Parents' Guide

By Brendon Elliott, PGA

Article first appeared on PGA.com, May 2008

Over the past decade the Junior Golf Industry has become Big Business. Numerous Junior-only equipment, training aid, and apparel companies have sprung up; not to mention the countless number of junior tours and college recruiting/resume services that have come along. Undoubtedly, there is ample opportunity for junior golfers, starting even as early as a few years old, to develop their game and have numerous opportunities for playing both recreationally and competitively.

**Recently, the PGA of America and U.S. Kids Golf announced the establishment of The PGA of America Family Course Program. This program is a nationwide initiative that is intended to provide PGA Golf Professionals a means to make golf enjoyable for all members of a family, regardless of age and ability.**

With so much out there to choose from, where should a parent start in planning the roadmap for their junior golfer's development? No need to worry, I'm here to help.

### First Things First

My first bit of advice is simple; no matter what age your child is when they get started, make sure that having fun is #1. Whatever your aspirations may be for your child with golf, you need to remember

(and remind your child) that it's just a game. In my mind golf is the greatest game known to man and perhaps you feel the same; but if your child does not see things that way, that's fine. Even if your child does grow to love the game and winds up devoting a great deal of time to it, make sure they grow up to be a well-rounded individual. Encourage them to play other sports or develop talents in other areas such as Art and Music.

### What Next?

#### Before They Pick Up a Club

I highly recommend that you start your child out by teaching them some of the most important principles of the game. These initial teachings do not even require a club or a ball. The most wonderful thing about the game of golf lies in these principals. What are these principals? I'm speaking about the Etiquette and Rules of the game. Golf is historically an honorable game. The idea of a game where a participant is more or less self-policing themselves cannot be found in many (if any) other games. The aspects of etiquette within the game mirror that of the way people should act in everyday life...with respect and concern for others. The moral core of golf which will resonate throughout your child's entire life is unquestionably what makes golf, in my opinion, the greatest game in the world. For more information on the Rules of Golf, log



onto the USGA's website and their page on The Rules. For more information on Golf Etiquette, log onto Mr. Golf Etiquette and the USGA's website and their page on Etiquette.

#### Finding an Instructor

Now that your child has been primed on the core values of the game it's time to look for an instructor. One great resource for starting your search is PGA.com. Look at the top of the page at the site page options. Go to PGA of America, then in the drop down box, go to "Juniors" at the bottom OR go to the "Instruction" page.

#### Finding the Right Equipment

When it comes to looking for the right equipment, you have a lot to choose from. Most of the major golf club companies make junior sets. I would suggest however to initially look at junior specific golf equipment manufacturers such as Accu-Length or US Kids Golf. My personal recommendation is purchasing a set of clubs from



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US Kids Golf. Studies have shown that a large number of juniors develop their swings using faulty equipment and that leads to lifelong swing flaws. Historically, kids learned the game with adult clubs that were cut down to junior size; but were still way too heavy and unbalanced. This made learning the game difficult for even the most athletic kids. That's why equipment from companies like US Kids Golf or Accu-Length makes the most sense for junior golfers. Log onto [www.USKidsGolf.com](http://www.USKidsGolf.com) and [www.acculength.com](http://www.acculength.com) for more information.

In addition, a great new junior golf company called The Littlest Golfer has developed a great set of clubs for very young golfers, ages 3-6. Their clubs, with a patent-pending forced grip will be ideal for "Pee-Wee" golfers.

Visit [www.TheLittlestGolfer.com](http://www.TheLittlestGolfer.com) for more information on these clubs and everything else that TLG has to offer.

### Where to Play

Most golf courses are very accommodating to junior golfers. Some set aside specific times when juniors are allowed to play, so be aware of that. I suggest looking for a course that offers junior or "family tees." Recently, the PGA of America and U.S. Kids Golf announced the establishment of The PGA of America Family Course Program. This program is a nationwide initiative that is intended to provide PGA Golf Professionals a means to make golf enjoyable for all members of a family, regardless of age and ability. Log on to the Play Golf America website or the US Kids Golf website for more information. We installed these tees at my facility in Winter Park, FL and the initial response has

been extremely positive.

Keep in mind that this is a fairly new program so more and more golf facilities will be adding these tees as time goes by.

### Be Realistic

If your junior golfer develops into a good golfer, you need to remember to be realistic in your potential expectations for them. The quantity of quality junior golfers today is great and in reality there are only a handful of college scholarships available for the vast number of juniors out there. If your son or daughter can make the cut on the course, make sure what they do off the course is equally as impressive. Make sure that they are true student-athletes and that their grades are up to par. Also make sure that they are well-rounded and are active in extracurricular activities away from the course. This will make all the difference.

### **From a competitive playing stand point, make sure your child plays in as many quality and high profile events as possible.**

Log onto the American Junior Golf Association website and the National Junior Golf Scoreboard site for more information on playing opportunities. If your son or daughter indeed has what it takes to play at the college level, then you should consider using one of the several golf scholarship and resume writing services out there. I personally recommend checking out The Golf Bridge Company.

### **Professional Golfer vs. Golf Professional**

A Professional Golfer is an individual who makes a living by playing golf and a Golf Professional

(notice the order of words) is an individual who makes a living in the business of golf. For more information on the classifications of Golf Professionals as designated by The PGA of America, [click here](#).

If your son or daughter is not quite a tour quality golfer (don't worry...very few are) there are still tremendous opportunities out there for a career in golf. The PGA of America offers an in-depth training program for those interested in a career in the golf business. The PGA Professional Golf Management Program is the vehicle that allows your child to navigate their way toward a rewarding career in the golf business. Log on to the PGA CareerNet website and go to the PGA and You section for more information. There are two ways to earn your Class A classification in the PGA of America. The first is going through the PGA PGM Program at one of the 20 universities throughout the country that offer this degree program. The second is by going through the program in a self study manor while being employed at a PGA recognized golf facility.

### **The 18th Hole**

As you can see there are endless opportunities out there for your son or daughter within the wonderful game of golf. What I gave you is just a small sampling of the resources available to you, if your child shows an interest in the game. ●

---

*If you have any questions on Junior Golf please feel free to contact me at [brendonelliott@pga.com](mailto:brendonelliott@pga.com) or log onto my website [www.BrendonElliottGolf.com](http://www.BrendonElliottGolf.com) and go to the Junior Golf Central page for more information.*



# Please Pass the Broccoli

By Rick Heard, PGA Instructor

“Eat your vegetables!” “Do your homework!” “Drink your milk!” “Practice your short game!”

**Why is it that we don't enjoy doing so many of the things that are really good for us?**

We all know that eating right makes us strong and healthy. We know that studying helps us learn and prepare for the future. And, we know that practicing our short game is probably the most important key to lowering our golf scores. However, short game practice often seems too much like work.

But what if it was more fun to practice the short game? How much better could you be if you sharpened your putting, chipping, pitching, and bunker skills? Let's look at some numbers. A typical round of 80 includes 36 full shots and 44 shots from on or around the green. If this imaginary 80-shooter could make only a small improvement in his/her short game and save par just half the time, his/her score would drop to 75!

Is this realistic? Absolutely... in fact, it is a conservative example. The difference between great scores and average scores is not in hitting more greens in regulation. It is in what happens on and around the green – making clutch putts and salvaging a par or an “up and down.”

The challenge of improving the short game is the mission of this “Short Game Solutions” section of Junior Golf Central Magazine. This section will focus on specific short

game skills and techniques to help you lower your scores. Most importantly, it will introduce ways of making short game practice fun and exciting so that you will *want* to do it. I'm sure that if it were dipped in chocolate, you would say “please pass the broccoli!”

## The Most Important Short Game Skill

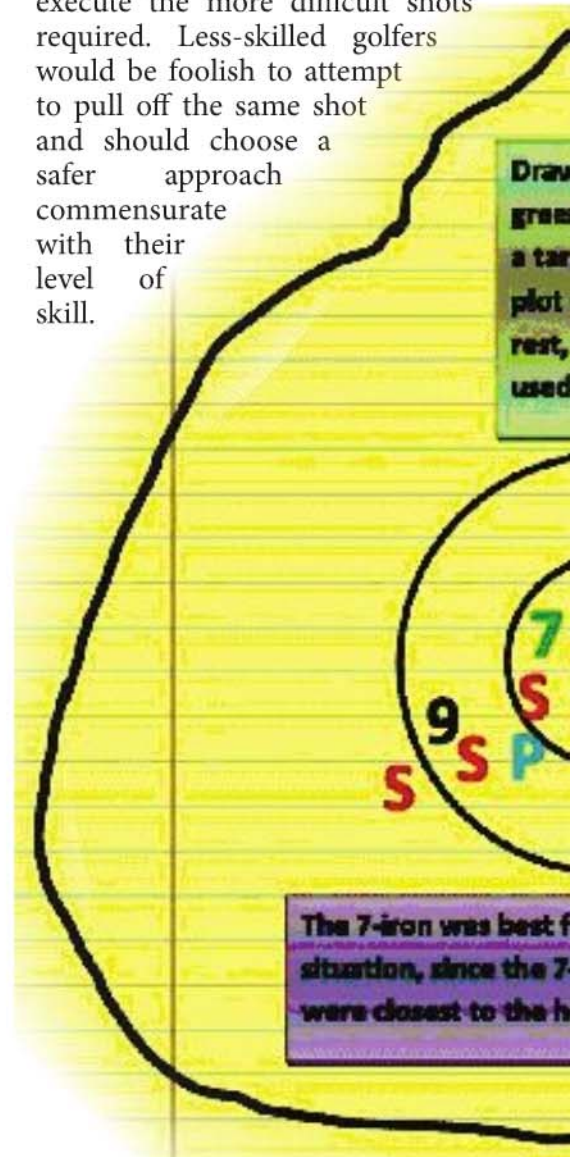
There are many skills involved in the short game and we will be discussing them in issues to come.

**However, perhaps the most important short game skill is that of assessing the situation,** then selecting the best club and technique to use to deal with that situation. It never ceases to amaze me when a golfer automatically pulls out his sand wedge or lob wedge when his ball is off the green. When he does this, most of the time he is choosing to hit the most difficult shot, with the greatest chance for error and the highest probability that any error will be a big one.

In almost every situation we face on the golf course (and in life, for that matter) there is an easy solution and a difficult one. Off the course, most of us tend to choose the easy way to accomplish a task. On the course however, it seems that we too often choose the difficult way, such as chipping with a wedge when we might be better off using a putter. But how can you recognize what is easy and what is difficult, especially when shots which are easy for some golfers are extremely difficult for others?

The answer is a personal one that has to do with your skill level and ability to execute certain shots from different positions. Great wedge players can select the wedge from

many situations because they have the skill and confidence needed to execute the more difficult shots required. Less-skilled golfers would be foolish to attempt to pull off the same shot and should choose a safer approach commensurate with their level of skill.



## Club Tricks

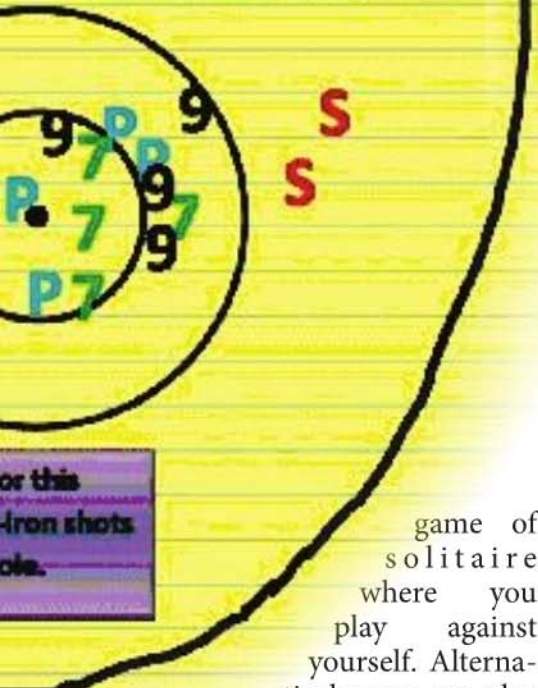
Each golfer needs to understand their skill level and limitations and be able to make good decisions on which club and what technique to use in a given situation. This can best be accomplished by practicing with a variety of clubs from the same situation around the green. For example, create a situation around the practice green by placing a ball on the fringe and choos-





ing a target hole. Then, play a game we call "Club Tricks." This game, like many golf practice games, is a

For a rough diagram of the game, use GolfRings to create a target around a hole. Then, place five balls on the green, where each ball comes to labeling which club was used to hit the shot.



For this game, use 7-iron shots to create a target.

game of solitaire where you play against yourself. Alternatively, you can play an imaginary game, pitting several clubs "against" one another, to see which club "wins."

Club Tricks is a simple game that explores what happens when you try to use different clubs to hit the same shot from the same situation. It is simple and fun to play. The game helps you understand your current skill level and which club to select for the best results. To play, follow these steps:

1. Select several clubs such as a putter, 7-iron, 9-iron, and sand wedge.
2. Create a situation around the green, such as a chip from the fringe to a hole 20 feet away. Make sure the lie of the ball is the same for each shot (for example, a tight lie and a soft fluffy lie represent two completely different situations from the same general location.)
3. Use targets such as The GolfRing around the hole to help focus on the target and to help measure how far from the hole your shots are.
4. Hit five balls with each club, trying your best to come as close as possible to the target hole.
5. Before picking up the balls for use with the next club, mark their position on the green or on paper as shown in the diagram.

When you are finished with each club, you should have a good idea of which club "won" the game; i.e. which one produced the best shot pattern or was the easiest for you to use for that shot. Do this from several different situations around

the green and you will find that one club is not the best for all situations. You will better understand your skill level and just by playing this game, you will be improving your skills at both club selection and shot execution. ●

*Rick Heard is a PGA instructor at the Don Law Golf Academy where we frequently use fun, skill-based games to enhance our teaching program. Rick is also a co-founder and Vice President of ParKit Golf, Inc. ParKit Golf specializes in developing creative ways to enhance golf practice and markets practice kits that turn boring drills into fun and challenging skill-based games. See us at [www.parkitgolf.com](http://www.parkitgolf.com).*

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# "My Kid's NOT Fat!"

By Jasmin Illkay, MPH, RD & Fitwize 4 Kids

Plenty of kids are overweight, but not in the eyes of their parents. This is according to a recent survey that assessed whether parents accurately perceived their children as overweight, or at risk for obesity in adulthood. Dr. Rona Levy and colleagues at the University of Washington in Seattle and the University of Minnesota completed the study which assessed parental perceptions of their children's current weight and perceived risk for developing obesity as adults.

Forty-six parents of children, ages five to nine with a body mass index (BMI) in the 70th percentile or higher were recruited for the study (5th percentile to less than the 85th percentile is considered a healthy weight). Parents were mailed a series of questionnaires, which included questions on their perception of their child's current weight and whether they perceived that their child was at risk for developing obesity as an adult.

Researchers concluded that even though most of the children had a high BMI, less than 13 percent of the parents of overweight kids reported their child as currently being overweight. Plus, less than one-third of the parents thought

that their child's risk for being obese as an adult was above average or very high.

Levy and colleagues concluded that there was a clear misconception by parents of their child's weight and risk for obesity. Levy also acknowledged, "If we are going to address the growing epidemic of childhood obesity, parents' assessment and awareness of their children's weight will have to be more accurate."

---

**Parents aren't solely to blame for their child's unhealthy lifestyle practices or weight status. It's obvious that the cause is multifaceted as it involves schools, media, communities, politics, culture, and much more.**

---

However, parents need to be involved in helping their children adopt healthier lifestyles. Without parental support, a child's chances of getting to a healthier weight are considerably decreased.

The process begins with identifying that a child even has a problem. Parents can help their children maintain a healthy weight by tuning into their child's, as well as their family's current lifestyle.



Here are tips to further aid in promoting and assessing a healthy lifestyle:

1. Talk with your child's doctor. Some doctors may not even bring up weight at a routine visit, so parents need to ask, "What was my child's BMI? Is that normal?"
2. Monitor your child's exercise routine. Are they active most days of the week? Do minor physical tasks, such as climbing stairs, leave their child out of breath? Is their child more interested in X-box than riding bikes with buddies?
3. Monitor your child's eating practices. Does your child regularly choose healthy foods such as fruits, vegetables, and whole grains? How often do they drink soda, juice, and other high calorie beverages?
4. Does your child complain of being over-weight or bigger than their classmates? Parents should realize that this could either indicate a weight problem or be an early sign of poor body image. This, in some cases could lead to an eating disorder or disordered eating habits (and sometimes all of the above).
5. Monitor your family's eating and exercise habits. Does your family eat together regularly? How







often does your family exercise together? How often does the family eat out? Is the kitchen stocked with whole grain crackers and fresh fruit or chips and Coke?

It is essential that obesity prevention efforts include education for parents so they can properly identify and help their children (whether they are at risk for or are currently overweight or obese). Unfortunately, most children who are overweight will not “outgrow” it unless they are getting enough exercise and making healthy eating choices. The key is early detection from parents, followed with a whole family approach to living healthier. ●

Jasmin Ilkay, MPH, RD is the Director of Nutrition for Fitwize 4 Kids. Her goal is to help families make positive changes for a healthier lifestyle.

Fitwize 4 Kids™ is an innovative concept that combines resistance circuit training with a world-class nutrition curriculum specifically designed for kids between the ages of 6 1/2 to 15 yrs. Go to <http://fitwize4kids.com/> for more information about the unique Fitwize 4 Kids program.



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Source: American College of Gastroenterology (2008, October 6). Parents Foster Significant Misperceptions of Children's Weight. Science Daily. Retrieved October 8, 2008, from <http://www.sciencedaily.com/releases/2008/10/081006092658.htm>

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