

# The Met Golfer

# EXTRA



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MGAGOLF.ORG

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November 2014

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*This page: Cameron Young celebrates with a fellow USA teammate after a match at the Junior Ryder Cup. Click on 'Parting Shot' to see more. Photo courtesy of The PGA of America*



# TUNING IN THE LONG BALL

BY SCOTT KRAMER

**M**ind-blowing to think, but these days you can buy a driver that fits your swing close enough and then fine-tune it until it's dead perfect. Aah, the merits of adjustability. It's like having instant access to your own private clubfitter and a pro shop full of drivers in your bag. Really, all you have to decide is what model you're comfortable playing and how you may want to personalize it.

When it's extensive loft and lie angles you're interested in tailoring to your game, then consider Titleist's high-MOI, pear-shaped 915 D2 (\$499) with 16 possible combinations. Its "Active Recoil Channel" on the sole yields distance with forgiveness.

Want to toy with both loft and sole weighting? Try Tour Edge's 440cc Exotics E8 Beta driver (\$400) with a high-forward CG that results in a penetrating trajectory, ball velocity and minimal spin.

Two other new models go even further with customization. Cobra's Fly-Z+ (\$499) has a "FLIPZONE" sole weight that can position the CG either front (low flight and plenty of roll) or back (high trajectory with more carry). Loft is also adjustable. And you can modify Callaway's Big Bertha Alpha 815 (\$450) three ways: The loft; horizontal CG through sole weights; and vertical CG by flipping its "Gravity Core" sole plug.



# Proper Posture

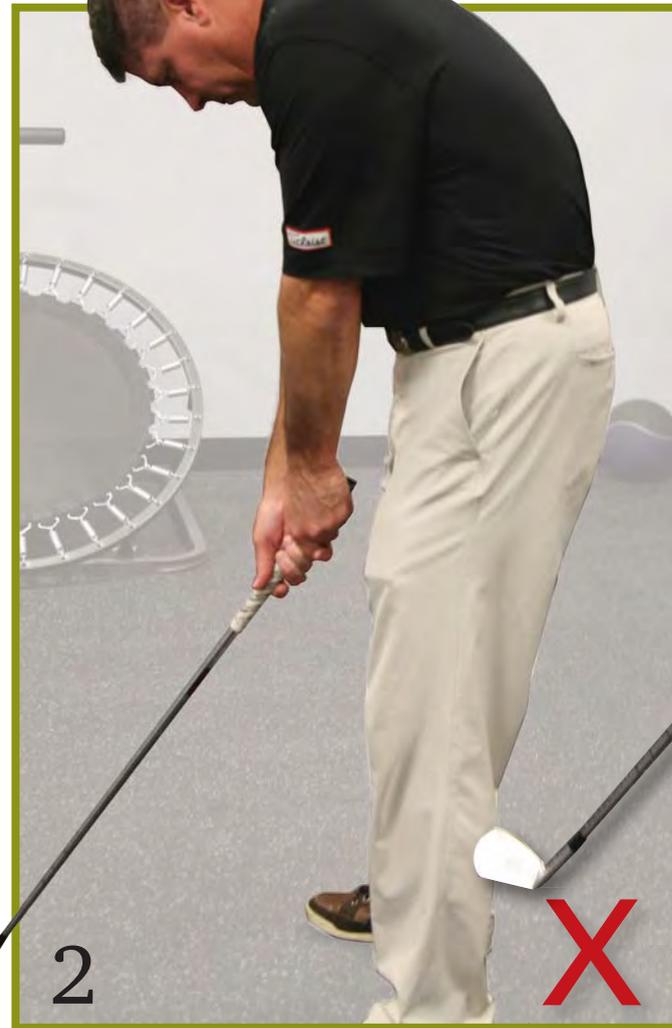
The offseason is imminent and soon we will all be stuck inside watching the snow fall. Jim Beadle and Scott Riehl are here to give you some indoor tips and drills to work on in the comfort of your own home during the dreaded winter months.

Jim Beadle (pictured) is a golf professional at the Essex Golf Center in Roseland, N.J. He works with Scott Riehl, who has been working with professional golfers on the TOUR Fitness Trailers for the past 14 years.

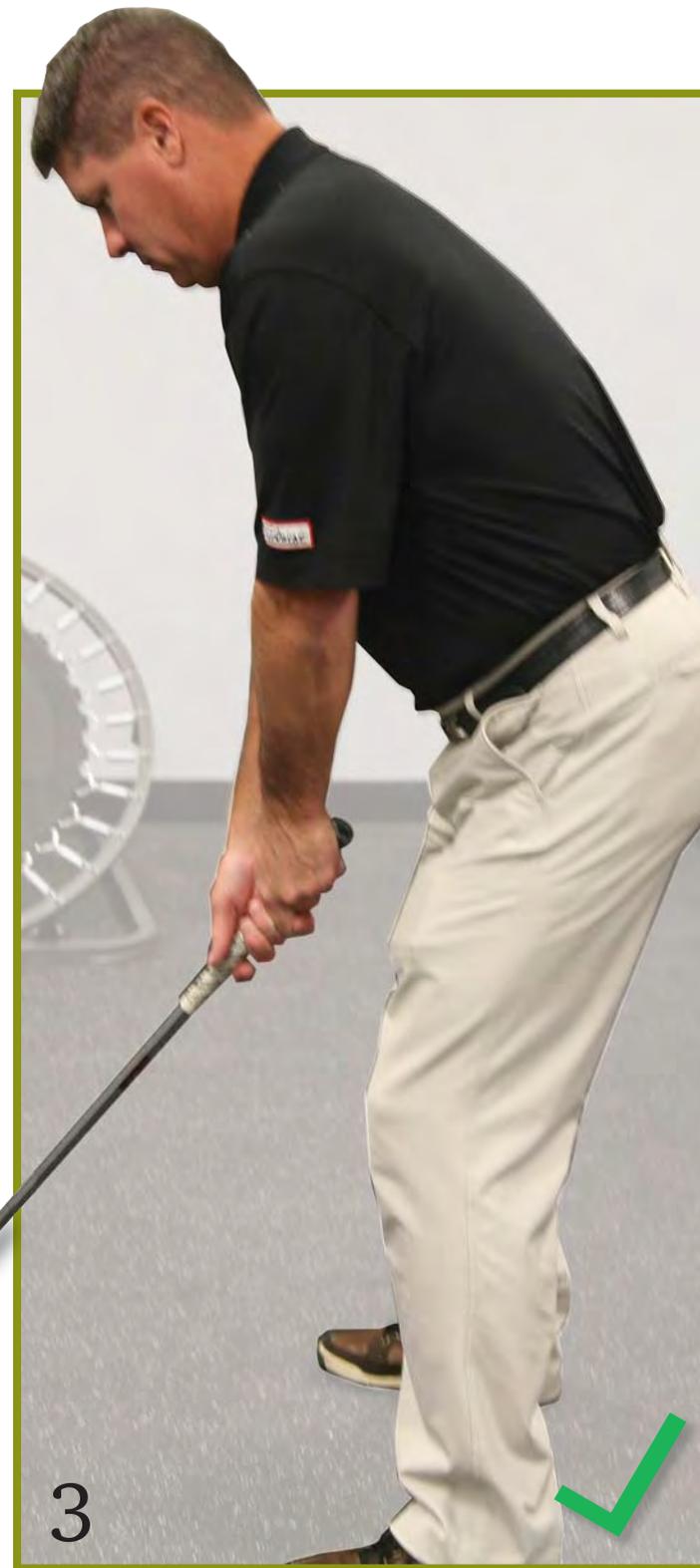
**BY: JIM BEADLE AND SCOTT RIEHL**



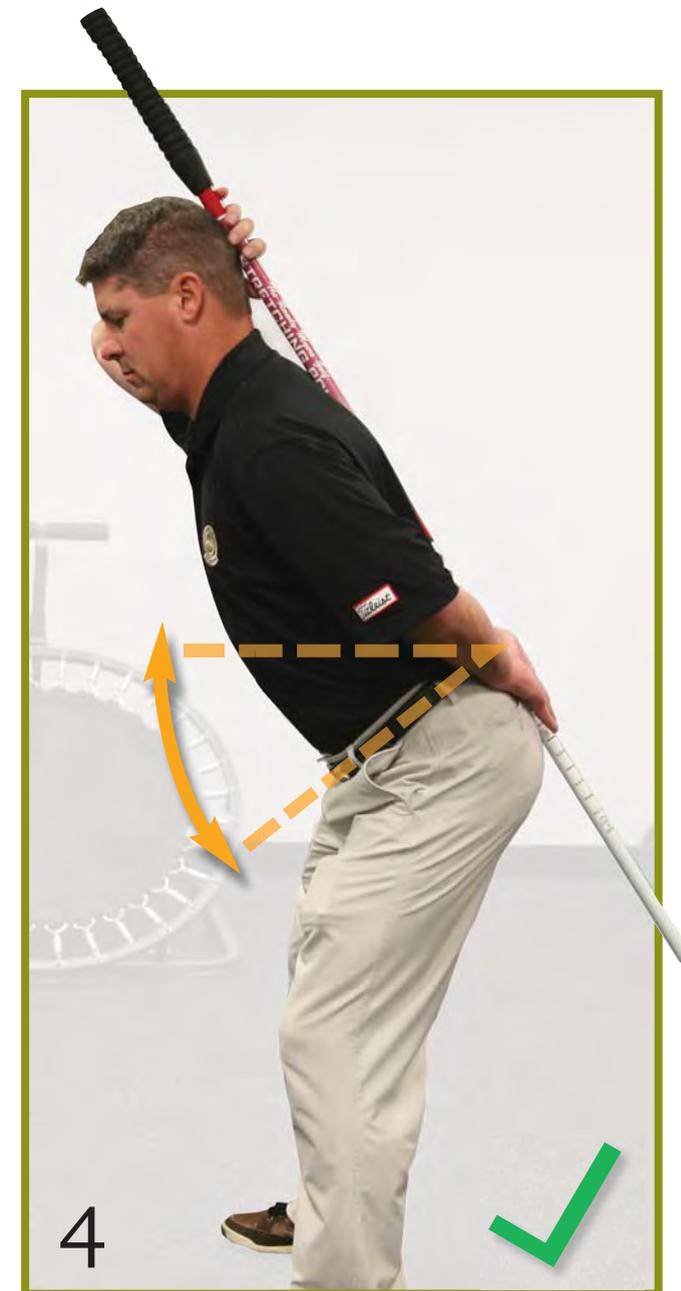
This is what is called “S” posture and something many amateurs struggle with. As you can see there is an excessive amount of pelvic tilt and his upper back is rounded. He has his chin stuck in his chest, knees are back, and all his weight is in his heels, which causes poor balance and loss of speed.



Another posture type many golfers struggle with is what is known as “C” posture. It is very similar to “S” posture with the difference being no pelvic tilt, which again causes a loss of balance and no speed.



In this picture we see proper posture when addressing the golf ball. His back is flat, chin is up, and he is hinging from his hip joints. He has the perfect amount of pelvic tilt and his kneecaps are over balls of feet, which creates good weight distribution and balance. His shoulders are over his toes and his hips are over his heels.



So how do we work on getting in proper posture like the above photo, and avoid the common mistakes we see in “S” and “C” posture? In this drill you can use a bar similar to this, a club, a baseball bat – whatever can lie on your back like it does in this photo. You affix the bar on the back of your head, the middle of your back, and your tailbone. Make sure you have good flex in your knees and that they go over the balls of your feet. You then simply hinge from the hip joints until you are in proper posture. Repeat the process over and over and you will see improvement in your overall posture when you address the golf ball.

**T**he end of the season is rapidly approaching, but there are still plenty of fall rounds to be snuck in. Inevitably during fall golf, your ball is going to come into contact with leaves that have fallen. MGA Managing Director of Rules & Competitions Brian R. Mahoney is here to help with this common autumn round dilemma. *Click the video below to learn more.*



**Video by Christopher Powers**



# FOR JERSEYS JERSEY

BY MADDI VETRANO



**P**GA Junior League Golf, created in 2012, is the fastest growing youth sports league in the entire country and has become golf's version of Little League Baseball. Players ages 13 and under compete in a team format, with each Junior League Golf Team made up of 12 players. The regular season begins May 1 and ends July 31, but regional all-star and travel play continue until it is narrowed down from nearly 1,500 teams to eight that compete for the PGA Junior League Championship. Teams dressed in matching uniforms, play four 9-hole matches in a two-person scramble format and coaches can substitute players every three holes, ensuring that each player gets the chance to play. This year's event was hosted by TPC Sugarloaf in Duluth, Ga.

In 2013, the Met Area had 21 teams representing various clubs: now, a year later, there are 81 total teams in the area. **Now, a year later, there are 81 teams total in the area.** Jonathan Gold, PGA Player Development Regional Manager, expects that number to double in 2015. In 2014, there were 18,800 junior participating in leagues throughout the country.

The Met Area was represented by teams from New Jersey and Connecticut in this year's Championship. New Jersey's team came in 7th while the team from Connecticut finished in 5th.



Team New Jersey finished in 7th place in the Championship

# 54 Holes <sup>in</sup> Mesquite, Nevada

By George Angevine

**W**hen your winning streak runs out at the casino, escape the bright lights of Las Vegas to some of the country's most unique golf destinations in Mesquite, Nevada. Just an hour drive from the strip, the magnificent landscape through rugged desert canyons will amaze. Don't forget your sunscreen!

## COURSES

- 1 **Wolf Creek** – Carved out of the desert canyons, the lush green fairways visually pop against the rocky, brown terrain. Tee boxes grant mesmerizing panoramas, and then challenge players with holes that traverse canyons and water features.
- 2 **The Palmer Course at Oasis Golf Club** – Featured on Golf Channel's "The Big Break" series, this Arnold Palmer designed work of art demands accuracy off the tee to navigate picturesque canyons. With five sets of tees, long hitters can tee it up from the tips and pretend Golf Channel is watching!
- 3 **Conestoga Golf Club** – Rising canyons and descending ravines drastically change to green fairways as if they are painted on the desert background. Trust your swing through the blind shots as the generous fairways provide navigable landing zones.

## LODGING

- **Eureka Casino** – Find the best of Mesquite in this beautiful setting that features 60 acres of stunning mountain and mesa views as well as some of the most luxurious accommodations the state has to offer. The casino, outdoor pool, restaurants, newly open town square, and so much more earned Eureka the #1 spot on TripAdvisor's 2013 top hotels in Mesquite, Nevada list.

## OFF-COURSE

- Mesquite is nestled close to three state lines offering access to some of our country's most notable attractions. Only a day trip away from the golf course, check out the Grand Canyon's North Rim, the Hoover Dam or Zion National Park. Get your cameras ready for an unforgettable experience.

# A DESERVING HONOR

**R**uss Helwig, head professional at Essex Fells Country Club, was honored with the Distinguished Service Award at last month's 11th Annual NJPGA/NJSGA Celebration of Golf Dinner at Trump National Golf Club in Bedminster, N.J. Helwig, who will be retiring after 39 years as the club's head professional, has contributed model service to the game of golf in New Jersey during his tenure. The award was created with guys like Helwig in mind, ones who serve as role models for PGA Professionals everywhere. He is known for not only being an exceptional instructor, but also for developing high quality assistant pros, many of whom moved on to become head professionals themselves. Receiving awards is something the Bloomfield, N.J. native is used to, as he has been the recipient of multiple ones in his career including three Bill Strausbaugh Awards ('87, '94, '00), a Horton Smith Award ('86), and Golf Professional of the Year ('87). Not only does he win awards, he wins golf tournaments as well. Helwig won two two NJSGA State Opens ('80 and '82), two NJ Senior Opens ('98 and '05), the 1997 NJ Senior PGA, the 1980 Dodge Open, and as well as consecutive MGA Senior Opens in 1998 and 1999. He has also teed it up in the PGA and Senior PGA Championships, as well as two U.S. Opens.



Helwig with his family.

Helwig accepting his award alongside former NJSGA Caddie Scholarship Foundation Chairman Ed Batta (left) and NJPGA Executive Director Chris Bauer (right).

WINNING

# Surging Sturgeon

By Christopher Powers



For many ambitious assistant club pros, playing at a high level in competitive tournaments is certainly a goal they all wish to achieve. Winning four of them in one season is a whole different ball game.

Whether or not that was one of Grant Sturgeon's goals coming in to this season is irrelevant, he did it, and often in clutch fashion. The second year assistant pro from Winged Foot and Met Open Champion just captured his fourth victory of the year at the National Car Rental PGA Assistant Championship in Port St. Lucie, Fla., at PGA Golf Club's Wanamaker Course. Sturgeon won by seven shots with the lowest final round of 7-under 65 in the tournament's history, after starting the day in a three-way tie for the lead. Before this win and his Met Open victory, he won the MasterCard Westchester PGA, as well as the Met PGA Assistants Championship. It was a spectacular season for the Kentucky native and one that earned him the Met PGA Player of the Year honors.



"That, along with trying to be the low club pro at Valhalla (PGA Championship), those were the two main goals that Mike Gilmore and I set last fall," the former assistant at Oakmont said. "You set goals that you think are achievable, but are maybe just out of reach, so you always have something you are working towards."

While he didn't make it to Valhalla, winning Player of the Year in this section is certainly something to be proud of.

"It's everyone's goal at the beginning of the year, and only one guy gets it, I feel very very fortunate," he said.

He has played in PGA Championships before and is playing great golf right now, so why not make a run at the TOUR?

"I have been as or more fortunate than most guys in that I have had the opportunity to play and compete full time. As great as that was, it just isn't the best fit for me," Sturgeon said, referring to his brief stints on the Hooters Tour and most recently E-Golf Tour in 2010. "I tend to play my best golf working as a club professional; it kind of defies logic a little bit, but that's how it works for me. I'm enjoying every second I get to have here at Winged Foot."

(Left) Sturgeon after winning the PGA Assistant's Championship in Port St. Lucie, Fla. (Inset) Sturgeon on the 18th green after winning the Met Open