

# The Met Golfer

THE OFFICIAL PUBLICATION OF THE METROPOLITAN GOLF ASSOCIATION

# EXTRA



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February 2017

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*This page: Plainfield Country Club's masterful and classic Donald Ross layout will host the 100th Met Junior Championship July 19-21. Read more on one of the championship's remarkable champions on page 4 as we continue to dive into the event's history (Photo: LC Lambrecht)*

# Capturing a Day of Golf



From sunrise to sunset, it takes multiple teams of dedicated workers to produce a successful operation at golf clubs and courses. With this in mind, the February/March issue of *The Met Golfer* sought to highlight golf's various aspects in a special photo essay, "A Day in the Life of Golf."

Photographers documented those working and playing at a number of Met Area clubs—the result being nine uninterrupted spreads telling golf's story, which is recreated day after day.

"This assignment allowed me to immerse myself fully with the staffs, courses, and members," says photographer Andrew Levine who shot at New Jersey's Baltusrol Golf Club and Bayonne Golf Club (pictured). "It exercised every aspect of my

photography, which was unique."

As he dove into full days at two premier Met Area clubs, Levine had an insightful experience whether among staff or on the course. "The staff's commitment and love for the club and its members was palpable," recalls Levine of Baltusrol. Meanwhile, the landscape of Bayonne will long stand out for Levine, who says, "Bayonne is a complete work of art. Every vantage point and every time of day, its views offered stunning golf holes set against amazing backdrops."

Once you've flipped through the latest issue of *The Met Golfer*, be sure to visit the MGA website for the magazine's expanded content including even more photos from "A Day in the Life of Golf."

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AN OFFICIAL PUBLICATION OF THE  
METROPOLITAN GOLF ASSOCIATION

Volume 5, Number 2 • February 2017

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**Published for the Metropolitan Golf Association by:**

**Great Golf Resorts of the World, Inc.**  
2600 Philmont Avenue, Suite 325  
Huntingdon Valley, PA 19006  
Phone: (215) 914-2071

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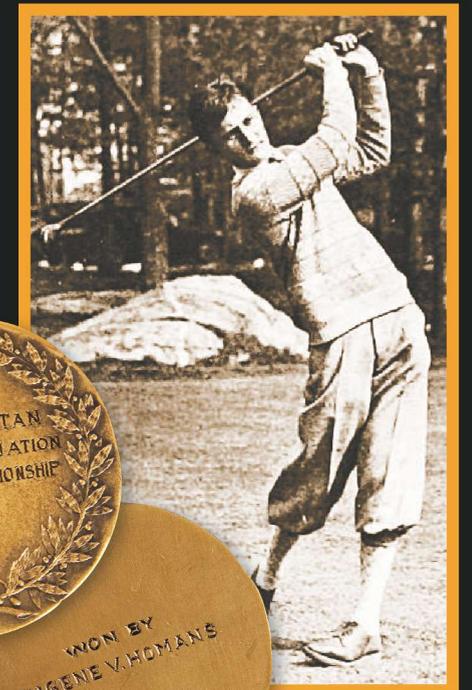
# Eugene Homans

**E**ven in its earliest years, the Met Junior Championship sponsored by MetLife produced noteworthy winners who achieved both regional and national success. Two-time champion Eugene V. Homans of Englewood even found a place in history, playing a role in Bobby Jones' Grand Slam.

Homans certainly asserted dominance in Met Area junior golf during his time, winning the New Jersey Junior Championship five consecutive years (1923-1927) and claiming the Met Junior in 1925 and 1926. A *Golf Illustrated* story on rising junior competitors even described him as "a man in every aspect except years." Homans added a Met Amateur victory to his growing list of accomplishments in 1928—when he also captained Princeton's freshman golf team—and shortly after began to step into the national spotlight.

In 1929, Homans shared medalist honors with Bobby Jones in the U.S. Amateur Championship at Pebble Beach Golf Links. Just a year later Homans, 22, and Jones, 28, squared off in the 36-hole championship match of the U.S. Amateur at Merion Golf Club. However, the young Homans was no match for Jones that day, as Jones claimed the 8-and-7 victory to complete his Grand Slam. Homans did win the prestigious North and South Amateur Championship at Pinehurst in 1930, but slowly stepped away from competitive golf after beginning a career in the life insurance business.

As runner-up, Eugene Homans (right) stands by as USGA president Findlay S. Douglas presents Bobby Jones with the Havemeyer Trophy after the 1930 U.S. Amateur Championship.



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# 3 for the Show

BY SCOTT KRAMER

**T**he 2017 PGA Merchandise Show may be in the rear-view mirror, but some products introduced there have a bright road ahead. Ping's Sigma G Anser (\$195), for example, is one of the brand's nicest-looking putters ever—particularly in a black nickel finish. The elastomer/aluminum True Roll face emits a soft feel, while its milling pattern varies in depth and pitch, to improve roll and make ball speed consistent. Then there's Precision Pro Golf's NX7 Pro rangefinder (\$250) that essentially eliminates shaking by locking in your target within one second. No more mistaking the flagstick for a tree behind the green. Its Adaptive Slope Technology option factors elevation into the yardages and the unit pulses when it secures the distance. While lightweight, the device feels substantial in your hands. And if you're in the market for a pair of golf kicks, you might consider one of the many comfortable new shoes from various brands featuring BOA wire lacing systems that replace traditional laces. FootJoy's ContourFIT BOA (\$140), for instance, feels cozy out of the box. The BOA dial is positioned at the rear of the shoe halfway up the heel. The company claims this helps tug the shoe snug in a uniform way over the tongue.



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**T**he Met Area is in the heart of winter, yet for more and more local clubs that doesn't mean golf is out of season thanks to indoor facilities and golf simulators.

"You're really seeing clubs aiming to keep their members at the facility twelve months a year," says Tommy Monteverdi, head golf professional at Glen Ridge Country Club in Glen Ridge, N.J., which is enjoying its first winter with "The Bunker," the club's new golf performance facility.

Part of Glen Ridge's nearly completed \$12 million construction project, The Bunker is located directly off the golf shop and is centered around two hitting bays that feature retractable screens allowing for simulator use or indoor-to-outdoor hitting. It also features several holes for putting, a lounge area, and fitness elements for pre- or post-round exercises.

"Our goal was to keep the member experience when the golf course is closed," explains Glen Ridge vice president Michael DeRosa. A Thursday night league already includes more than 50 members, while simulator tee times available on Wednesdays and Saturdays are always filled. For Monteverdi, the indoor space is ideal for giving lessons or completing a club fitting in a controlled environment—at any time of the year.

In addition to the many golf benefits, the facility also provides an added social aspect through the winter months. "It continues the camaraderie," says Ed Cerasia. "We have a pretty close-knit group here. With the Thursday night league, at least half the people that come aren't even playing that night."

Glen Ridge is one of several clubs in New Jersey alone that are aiming to keep the golf clubs swinging through the winter, with Forsgate in Monroe, Raritan Valley in Bridgewater, and Neshanic Valley in Neshanic Station also recently adding an indoor golf component.



DeRosa works in the simulator with Monteverdi and assistant professional Chris Olson looking on, while Cerasia gets loose before taking some swings of his own.



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## INSTRUCTION

# PREP for Success

BY KEVIN DISHON

Doctor of Physical Therapy Kevin Dishon is a Titleist Performance Institute (TPI) certified level II fitness and medical professional working in northern New Jersey.

Both professional and recreational athletes are encouraged to warm up properly before competing. Golfers are not exempt from this vital step and far too often go directly from the car to the first tee. If you desire to play your best, the first step is to prepare with a dynamic warm-up. Incorporate these three quick exercises that require minimal equipment into your pre-round routine so you're ready to go once you hit the first tee.

### "A" Frame Stretch

To loosen up the thoracic spine before a round, begin in a squatting position.

**1:** Place your left elbow on the inside of your left knee and your left hand on the inside of your right knee. **2:** Squeeze both knees together, and rotate your right shoulder towards the sky. Rotate as far as you can go and hold it for 10 seconds. Repeat 5 times and then switch sides.



### Monster Walk

To get your glutes firing before a round of golf, all you need is a resistance band. **1:** Place the band around your ankles and assume your golf stance. Take a large step to your right with your right foot, then take a small step with your left foot towards your right foot. **2:** Next, take a large step with your left foot to the left followed by a short step to your left with your right foot. Complete the exercise 10 times going in both directions, while maintaining tension on the band throughout the circuit.



### Hip Turns

Simple hip turns emphasize both balance and hip mobility. **1:** Begin standing and lift your right knee so that it is level with your hip. **2:** Next, rotate your right hip in, towards your midline, as far as you can and then out as far as possible. **3:** Return your knee directly in front of you, and let your right foot come back to the ground. Complete this exercise slowly and perform 10 reps on the right, and then another 10 reps on the left.



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# LAYOVER

BY TIM HARTIN

# MEMPHIS

From world famous Beale Street to Elvis Presley's Graceland and the National Civil Rights Museum, there is no wonder why Memphis is the hub of the Mid-South thanks to its attractions and history. And while the focus of a Memphis trip may very well be trying every barbecue joint in sight, the golf in the region proves to be pretty tasty as well.

#### COURSES:

- 1 Mirimichi** – Mirimichi ranks among Tennessee's top public golf courses and receives high praise worldwide for its environmental stewardship, evidenced by its picturesque ponds, creeks, and native grasses. Just north of Memphis, the course can stretch to 7,400 yards with its mature trees and flat-bottomed, grass-faced bunkers demanding well-positioned shots throughout the round. Several elevated teeing grounds, a rolling landscape, and large greens deliver an enjoyable experience.
- 2 Stonebridge Golf Course** – East of Memphis and easily accessed off Interstate 40, Stonebridge weaves in a figure eight routing through a residential area with its narrow fairways calling for accuracy off the tee. After a pair of sharp doglegs in the first three holes, the remainder of Stonebridge plays right in front of you with gentle turns, measuring 6,700 from its tips. George Cobb designed the par-71 layout, which features small greens often flanked or fronted by bunkers.
- 3 Tunica National Golf & Tennis** – This links-style layout designed by Mark McCumber lies approximately 30 miles south of Memphis, across state lines in Mississippi. A relatively flat landscape provides generous fairways, but wayward shots are sure to find water—in play on 16 holes—or either fairway or greenside bunkers. Large greens are receptive to approach shots, which is welcome especially on days when wind whips across the property.

The par-three eleventh is one of many idyllic scenes at Mirimichi, whose name is a Native American word meaning "place of happy retreat."

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# STATE OF THE GAME

Change has been a rather consistent theme around Golf Central the last couple of years, but the mission to serve the game of golf and its best interests remains as the top priority. With a new year ahead and familiar faces taking on new leadership roles, longtime Metropolitan Golf Writers Association member Dave Donelson found it the perfect time to visit for a roundtable discussion on the “State of the Game” in the Met Area, particularly Westchester and the Hudson Valley for one of his upcoming pieces.

Donelson had an open dialogue with new MGA executive director Brian Mahoney and Metropolitan PGA Section executive director Jeff Voorheis, as well as MGA president Michael Sullivan and Met PGA president Brian Crowell of Silo Ridge—both of whom were elected to their new positions late in 2016. The discussion included trends in the game, challenges faced by member clubs, ways to attract people to golf and much more.

Michael Sullivan (left, then clockwise), Brian Mahoney, Dave Donelson, Brian Crowell and Jeff Voorheis covered a variety of golf topics in discussing the State of the Game.



# GOLF CLUB

If you haven't visited Willoughby Golf Club lately, you're in for a wonderful surprise! The newly and superlatively redesigned pool and cabana was just completed in November 2015. It's the perfect atmosphere to relax with family and friends. Feel free to unwind at the poolside Cabana Bar & Grill and indulge in afternoon cocktails or enjoy evening social events. The renovated clubhouse and updated men's and women's locker rooms give that extra-exclusive feel. To add to the ambiance, the brand new enclosed back patio features a Pecky Cypress ceiling and



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