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The Ventura County Junior Golf Association

*The Newsletter of
Ventura County
Junior Golf
Association
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Newsletter

NEXT VCJGA TOURNAMENT

March 19 & 20, 2011 –

Andria's Seafood Classic

**Buenaventura GC,
Ventura, CA**



Hole # 5 Par Buenaventura GC

**Entry Deadline
March 11, 2011**



FINAL RESULTS: DISNEY STORE WINTER CLASSIC

CAMARILLO SPRINGS GOLF COURSE – Par 35-37-72

Thank you to Danny Comando, Dan Warn and their staffs for their hospitality of the VCJGA players and the Camarillo Springs staff. The weather was warm both days with some really strong winds on Saturday and perfect conditions on Sunday. The greens were fast and smooth!

THANKS YOU to Disney Stores for their support of the VCJGA. The "Mickey Mouse" trophies were a

BIG hit! Special

Thanks to Steve Finney, Ed Dunawyevich, Siara Perez of Disney Stores.

Championship Boys:

RUIZ LEAVES NO DOUBT

Johnny Ruiz (2012) of Camarillo led from start to finish this weekend posting sub-par rounds of 69-66 to win by eleven shots in some big winds. The Camarillo H.S. Junior standout made an eagle, 12 birdies and 19 pars over two days. Ruiz had some hot streaks that included three birdies in-a-row on 8, 9 and 10. He did it again on 13, 14 and 15; then made an eagle 3 on 16. After a slow first round start, Stephan Moffatt (2013) of Simi Valley finished second with rounds of 75-71. He led the tournament with 27 pars and had five birdies, but a couple bumps in each round put a comeback out of reach. Finishing in third with rounds of 77-71 was David Stitt (2014) of Simi Valley. David had an up and down first round, but posted a personal best, sub-par final round. Jonathan Chang (2012) of Valencia finished fourth with rounds of 80-

74. In fifth place was Riley Michaelis (2012) of Simi Valley with rounds of 82-75. Tied for sixth were Brian Cook (2012) and Tyler Soosman (2011), both of Westlake Village shooting rounds of 80-78. Tied for eighth was Johnathan Nicholson (2014) of Newbury Park with 79-80 and Gianni Pink (2014) of Calabasas with rounds of 78-81.

Tied for tenth was Adrian Sun (2012) of Camarillo with 82-78 and John Davis (2012) of Westlake Village with 83-77.

Championship Girls:

ROOKIE GILLASPY EARNS VICTORY

VCJGA rookie Desiree Gillaspay (2014) of Santa Maria shot a really impressive 76 in a strong Santa Ana wind on Saturday, giving her a five stroke lead going into the final round. Her solid 82 on Sunday earned her a two-stroke victory. The St. Joseph H.S. Freshman made three birdies and 21 pars. Finishing is second place was Camarillo's, Divya Manthena (2015) who posted rounds of 85-75. Her final round included three birdies and an eagle. Tied for third place were VCJGA rookie, Brann Fox (2016) of Chino with rounds of 87-81 and Madison McBride (2011) of Moorpark with rounds of 81-87. Amanda Hobbs (2013) of Santa Clarita finished alone in fifth place (86-89).

Boys 12-15:

CROCKER STARTS SEASON RIGHT

Sean Crocker (2014) of Westlake Village put together two solid

rounds of 72-70 to win by seven strokes. Crocker, a freshman at Westlake H.S. had nine birdies and 21 pars. Placing in a tie for second were Peter Griffith (2015) of Westlake Village with rounds of 75-74 and Camarillo's, Victor Ponte (2014) with rounds of 76-73. Alone in fourth place was Justin De Los Santos (2013) of Chatsworth with rounds of 77-73. In fifth place was Sam Orue (2016) of Westlake Village posting 73-78. Finishing is sixth was Elias Gross (2016) of Calabasas with rounds of 78-75. After a long absence from play was Jack Biwer (2016) of Westlake Village with 84-72. Tied for eighth place were Andrew Spilman ((2015) of Simi Valley (77-82) and Spencer Soosman (2016) of Westlake Village (79-80). Alone in tenth place was Michael Finney (2014) of La Canada posting 81-79.

VOLUNTEERS:

As always, it takes many volunteers to run a tournament of this size. Thank you to the many volunteers that gave their time to help make the VCJGA experience fun for everyone! [Mike Shiney](#), [Rico & Tammy Tubbs](#), [Kelly Doyle](#), [Randall Stitt](#), [John Davis](#), [Rick & Cyndi Nicholson](#), [William Hsiang](#), [Michael Moffatt](#), [Annette Kessler](#), [Christine Biwer](#) and [Tom Holzer](#). JOB WELL DONE! We appreciate your hours of help to support the junior players.

FINAL RESULTS: Mini-Tour Warm-Up Classic

Saticoy Regional Golf Course - Ventura - Par 34

Thank you to Don Mutina and your staff for your kind support of the VCJGA. The weather was absolutely perfect for our first ever VCJGA Mini-Tour event in January!

Boys 10-11:

ZEMAN WINS FIRST TIME OUT

Steen Zeman of Oxnard picked up his first victory as a rookie in the Boys 10-11 division. His round of 41 was highlighted by a birdie on the par-5 third. Finishing is a tie for second was Nathan Hanretta of Simi Valley and VCJGA rookie, Nicholas Burns of Agoura Hills. In fourth place was Matthew Pate of Santa Barbara and in fifth was another VCJGA rookie, Aaron Pessin of Woodland Hills. A special welcome to VCJGA rookie, Rachele Aurino (Girls 10-11) of Los Angeles.

Boys & Girls 8-9:

HANRETTA GETS ONE

Austin Liu of Oak Park earned his first victory of 2011 shooting a 40 that included five pars. Two strokes back was Justin Biwer of Westlake Village posting a 42. In third place was Cooper Goyette of Newbury Park with a 45. Welcome to VCJGA rookies Celina You of Thousand Oaks and Jaden Jones of Oxnard.

Q-SCHOOL:

TWO PLAYERS EARN POINTS

Six players set out to earn VCJGA Tour status and Hunter Pyke (2013) of Thousand Oaks earned his final point by shooting a solid 38 and will advance to the VCJGA Tour Boys 12-15 division. Christopher Van Son (2016) of Ojai shot a 43 to earn his first point. Players in Q-School need to shoot the target score (or better) three times to earn their spot on the VCJGA Tour.

VOLUNTEERS:

Thank you to those that volunteered their time to help make the VCJGA experience fun! **Robin Lindsey, Ed Bero, Craig Zeman, Francis Aurino, Christine Biber, Charlie You and Dirk Guthrie.** We appreciate your time, energy and efforts.



CIF Rules and Regulations

state that California High School students may NOT wear any article of clothing (shirts, pants, hats, shoes, gloves, turtlenecks, rain gear, wind shirts, etc.) or may not use any equipment (bags, tees, balls, etc.) that displays their high school's name or logo imprinted, embroidered, or stamped at a VCJGA Tournament, event or program during their high school golf season.

FALL - GIRLS GOLF
SEASON: August 10th through post season competition (December 1st).

SPRING - BOYS GOLF
SEASON: February 1st through post season competition (June 10th).

If a player is not participating in CIF post season play at the end of their golf season, said player may resume using their school bag, equipment and wear school logo clothing etc. at any VCJGA Tournaments.

It is important to change out your school golf bag to a non-school bag before you play in ANY outside school tournament during your high school golf season.

Quote of the Month

"It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently."

- Warren Buffett

ABOUT THE VCJGA

Mission Statement

The VCJGA is a 501 (c) (3) non-profit organization established to develop boys and girls golf skills and character by providing quality competitive golf events that merit integrity and honor the traditions of the game of golf.

Who Started It

Mike Andonian Sr., a math teacher and golf coach at Ventura High School founded the VCJGA in 1967 - For 25 years each summer, he conducted a dozen summer tournaments.

What We Are About

The VCJGA is one of California's finest Junior Golf Programs operating year-round. Former VCJGA members include: U.S. Open & PGA Tour Champion Corey Pavin; PGA Tour Champion Paul Stankowski; PGA Tour member Charlie Wi; LPGA Tour Champion Dana Dormann and LPGA Tour member Beth Allen; as well as many other Nationwide Tour players and PGA and LPGA of America Professionals.

The VCJGA also has a history of giving by helping golfers with financial assistance to play on the VCJGA Tour. Education was very important to our founder, Mike Andonian, Sr. He also founded the VCJGA scholarship fund which is given to deserving VCJGA members upon high school graduation.

Our tour has had a tradition of being very affordable. Our summer series is played during

weekdays and gives us the opportunity to play some of the private clubs as well as quality courses at a much lower cost. During the spring and fall school sessions, we play only one weekend per month as this prime time will cost more.

Contact US

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Character Counts

The Nature of Character 705.4

Abraham Lincoln was very concerned with character, but he also was aware of the importance of having a good reputation. He explained the difference this way:

"Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing." Put another way, your reputation is what people think of you, your character is what you actually are.

In a world preoccupied with image, it's easy to worry too much about our reputation and too little about our character. Building a reputation is largely a [public relations](#) project; building character requires us to focus on our values and actions. Noble rhetoric and good intentions aren't enough.

What we're looking for is moral strength based on ethical principles. Character is revealed by actions, not words, especially when there's a gap between what we want to do and what we should do, and when doing the right thing costs more than we want to pay.

Our character is revealed by how we deal with pressures and temptations. But it's also disclosed by everyday actions, including what we say and do when we think no one is looking and we won't get caught. The way we treat people we think can't help or hurt us, like [housekeepers](#), waiters, and secretaries, tells more about our character than how we treat people we think are important. People who are honest, kind, and fair only when there is something to gain shouldn't be confused with people

of real character who demonstrate these qualities habitually, under all circumstances.

Character is not a fancy coat we put on for show; it's who we really are.

This is Michael Josephson reminding you that character counts.

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Know the Rules

Embedded Ball - Rule 25-2



A ball embedded in its own pitch-mark in the ground in any closely mown area through the green may be lifted, cleaned and dropped, without penalty, as near as possible to the spot where it lay but not nearer the hole. The ball when dropped must first strike a part of the course through the green. "Closely mown area" means any area of the course, including paths through the rough, cut to fairway height or less.

When is a ball considered to be embedded?

It must be in its own pitch-mark with part of the ball below the level of the ground. However, the ball does not necessarily have to touch the soil to be considered embedded, e.g., grass or loose impediments may intervene between the ball and the soil (Decision 25-2/0.5).

Where is relief without penalty available for a ball that is embedded?

When the ball is embedded in any closely mown area through the green.

What is a closely mown area? Any area of the course, including paths through the rough, cut to fairway height or less.

Interestingly, the above reference is the only time that the word 'fairway' is mentioned in the Rules of Golf.

What relief is available?

An embedded ball in a closely mown area may be lifted, cleaned and dropped, without penalty, as near as possible to the spot where it lay but not nearer the hole. The ball when dropped must first strike a part of the course through the green.

What if the dropped ball embeds again on impact?

The player is entitled to drop the ball again, Decision 25-2/2.

What if the re-dropped ball embeds?

The player may, in equity (Rule 1-4), place the ball as near as possible to the spot where it embedded when re-dropped, but

not nearer the hole, Decision 25-2/2.5.

Are grass banks or faces of bunkers considered to be closely mown areas?

Only if they are cut to fairway height or less, Decision 25-2/5.

If a player strikes their ball straight into a fairway bank, i.e., the ball is never airborne, is the player entitled to relief for an embedded ball?

No, relief is only available if a ball is embedded in its own pitch-mark, which implies that the ball has to be airborne after the stroke.

Is there ever free relief for a ball that is embedded in the rough?

Only if the Committee has made a Local Rule permitting relief for an embedded ball through the green, due to abnormal course conditions that warrant such relief. The relief has to specifically permit relief for an embedded ball through the green, for example, it is not sufficient for a notice to say "Winter Rules in operation".

(Edit: I have confirmed that the USGA invokes a Local Rule permitting relief without penalty for embedded balls 'through the green' in all their championships, which I am sure has contributed to the confusion on this subject from those that regularly watch these events on TV).

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VOLUNTEER



WE NEED YOU!

The VCJGA is a volunteer based organization.

In order to produce organized, high quality golf tournaments, we need the help of parents.

VCJGA Tour and Mini-Tour events require a minimum number of volunteers to provide the players with a memberable experience. No golf knowledge is necessary and you will be shown exactly what to do.

All interested in volunteering for a specific event need to e-mail: tourinfo@vcjga.org

Thanks for your help and continued support of the VCJGA!



5 Best Yet Simple Golf Exercises

After years of being asked what are the 5 best exercises a golfer can do to improve his or her game,

I have decided to voice my opinion. These five golf exercises will improve several poor trends we see in golf athletes.

1. Lunges: The lunge is a dynamic exercise that puts one hip into flexion and one hip into extension and has a huge demand on core stability. The golf swing puts similar strain on these parts of the body. Adding lunges to your workout routine will improve control and enhance power. There are an abundance of variations of lunges but I prefer a rotational lunge that makes it even better for golfers.

2. Chest Push: Chest strength can add valuable speed and power to your golf swing. In no way am I advocating for bench press and an abundance of chest exercises because this causes increased anterior bulk and stiffness that is counterproductive to the golf swing. Instead I recommend one arm presses from a cable or push up variations where one arm stability is required. Again the golf swing is reciprocal in nature. During back swing (for right hand golfer) the right arm is retracting or pulling while the left arm is reaching or pushing, this assists with spinal rotation. And just the opposite happens on the down swing. The more you push and pull the faster you can get our club head moving.

3. Single Leg Stance: In my assessments this is the most common fault I see that is evident

in all ages. Poor balance is an extreme limitation in amateurs and pro's as the attempt to reproduce great swings. Standing on one leg with other leg bent up at 90 degrees to chest is a great starting point. Then feel free to add any upper body exercises such as rowing or pushing to add control into your golf swing.

4. Back Row: Much like the chest push, it is important to increase your pulling strength to increase your spinal rotation speed and stability. It is always important to pull as much as you can push and in all of my golf athletes we ensure that we do more pulling than pushing exercises. All lat pull downs and rows are great, but try one arm to increase one-arm stability.

5. Burpee: For all of you that have not heard of this exercise, welcome to one of the most dynamic body weight exercises on the planet. This exercise is great for increasing both upper and lower body strength while improving cardiovascular endurance as well. What I like most about this exercise is the fact that it promotes energy transfer between upper and lower body. This same energy transfer is how true explosive power golf swings occur.

Look for

Dr. Zach Ray at future events

Congratulation Corner



Johnny Ruiz



Desiree Gillaspy



Sean Crocker

Ventura County Junior Golf Association

VCJGA News Newsletter
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