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The Ventura County Junior Golf Association

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Ventura County
Junior Golf
Association*

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Editor: Rico Tubbs

Newsletter

NEXT VCJGA TOURNAMENT

April 30-May 01, 2011

Crystal Clear Glass

**Simi Hills GC
Simi Valley , CA**



**Entry Deadline
April 22, 2011**



FINAL RESULTS:

CUSTOM AWARDS CLASSIC

**RIVER RIDGE GOLF CLUB –
Victoria Lakes Course Par 36-36-72
(Sat); Vineyard Course 35-37-72
(Sun)**

Thanks to Susan Olsen-Sipes, PGA, Jon Gomez and their staffs for their kind hospitality of the VCJGA and its players and staff. The golf course was beautiful and the greens were firm and extremely fast. The weather was warm and dry on Saturday; cloudy and cooler on Sunday with light winds.

SPECIAL THANKS to Custom Awards & Engraving located in Ventura (658-2139) for their loyal support of the VCJGA.

Championship Boys: **MOFFATT FINISHES ON TOP**

Stephan Moffatt (2013) of Simi Valley posted rounds of 70-76, to win wire to wire on a course that he is very comfortable on playing. Moffatt said, "The greens were really fast, especially on the Vineyard." His two days included seven birdies and 20 pars on greens that were 12 on the Steipmeter. His victory puts him and second place finisher, Johnny Ruiz (2012) of Camarillo tied on top the Player of the Year standings as they have swap first and second in the first two events. Ruiz was in great shape through 27 holes, but the 15th hole had the final say. One of the great things about Ruiz is that he doesn't let his emotions get the best of him and stays level headed even when something goes wrong. Ruiz made six birdies and 23 pars over two days, posting rounds of 71-78. In third place, his best career VCJGA

finish with rounds of 72-79 was Mitchell Martin (2013) of Arroyo Grande. Martin posted one eagle, five birdies and 19 pars over two days.

Other top finishers were: Jonny Hogan (2012) of Solvang finished in fourth at 154 (75-79); in fifth was John Davis (2012) of Westlake Village at 155 (76-79); in sixth was Lane Fuller (2012) of Goleta at 158; in seventh was Benjamin Molnar (2012) of Calabasas at 160; in eighth was Matt Weitz (2011) of Thousand Oaks at 161; and tied for ninth were Kevin Holzer (2012) of Saugus and Zachary DeBruno (2011) of Newbury Park at 164.

Championship

Girls: **MANTHENA MANAGES**

Divya Manthena (2015) of Camarillo posted the tournament low round of 76, followed by an 80 to earn the victory from a charging Morgan Salm (2012) of Lompoc. Manthena made a birdie and a big 23 pars over two days of play to finish on top. Salm made it interesting on the final hole (the island 18th on the Vineyard) by stuffing her tee shot to just inside ten feet. The putt just missed and her playoff hope was over as she posted a steady 78-79 to finish one stroke back in second. In third place was last month's champion, Desiree Gillaspay (2014) of Santa Maria at 167 (80-87). Tied for fourth were Breann Fox (2015) of Chino and Danielle O'Keefe (2011) of Santa Maria.

Boys 12-15: **SOOSMAN SATISFIED**

Spencer Soosman (2016) of Westlake Village won by two

strokes shooting an even par 72, followed by a much less satisfying 79. The final result, however, was very satisfying as played the final five holes one under, including a birdie on the final "island" green to win the tournament. Soosman had six birdies along with 18 pars through 36-holes. Finishing two-strokes back in second place was Victor Ponte (2014) of

Camarillo. Ponte returned rounds of 77-76 and now has two second place finishes in 2011. Tied for third were Michael Finney (2014) of La Canada and Thomas Weaver (2015) of Westlake Village. Finney started slow with an 81 but posted the best round of the day in the final round and Weaver was very consistent with rounds of 78-78.

In fifth place was Elias Gross (2016) of Calabasas with a 157 (77-80); in sixth was Andrew Spilman (2015) of Simi Valley with 158 (76-82); finishing in seventh was Jack Biwer (2016) of Westlake Village posting a 159 (77-82); in eighth was Willy Moffly (2014) of Pasadena; in ninth was Brandon Jacobs (2016) of Westlake Village and rounding up the top-10 was Steven Moetmann (2014) of Stevenson Ranch.

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! **Rico Tubbs, Bill Herrera, John Davis, Mike & Cyndi Michaelis, Kelly Doyle, Howard Van Zandt, Mike Biwer, Bill Wolff, Robin Lindsey, Michael Moffatt, Annette & Trevor Kessler, Howard**

Weitz, Kurt McBride, Carolina Weaver, Greg Hollander, Terri Ponte and Suzi Ruiz.

We appreciate your hours of help to support the junior players.

Visit: vcjga.org - The VCJGA is a 501 (c) (3) Non-Profit Organization Since 1967

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 in 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 Biwer, 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

"A human being is not attaining his full heights until he is educated."

- Horace Mann

Being a Golf Parent

Parental Do's and Don'ts

DO:

- Stay involved in a positive way
- De-emphasize winning
- Emphasize emotional development
- Be supporting, interested and encouraging
- Be sympathetic when your child loses
- Forbid cheating and lack of sportsmanship
- Discourage temperamental behavior and vulgarity
- Make sure your child's self-esteem is not on the line
- Stress the lifetime value of golf as a sport
- Look relaxed and comfortable on the course

DON'T:

- Expect financial returns from your child's interest
- Put pressure on your child to win
- Get too excited if your child does win
- Get too excited if your child loses or plays poorly
- Show negative emotion, fear or nervousness on the course
- Say, "We're playing today" or "We won."
- Be a coach
- Use love to get your child to work harder
- Equate your own self-worth with your child's performance

Contact US

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Character Counts

A Coach's Dilemma 681.5

A high school football coach wrote to tell me his team was going to the state finals, but he was troubled. An English teacher had caught three of his players cheating on an exam they had to pass to remain eligible. He told the coach he had passed them anyway, “for the good of the school.”

The coach realized if his players had not really passed the test, they

were ineligible and, according to league rules, all games in which they had played must be forfeited, and his team must be disqualified from the finals.

The coach asked me, “What good would it do to report the ineligibility?” The players who committed the act would be devastated, and the ones who didn’t would be unfairly denied their shot at the championship. Parents, players, and others would be furious. The English teacher would get in big-time trouble, and he, the coach, might lose his job. “Wouldn’t the greater good be accomplished if I just kept quiet?” he asked.

Of course not. Although it would take great moral courage to do the right thing – play by the rules and let the chips fall where they may – I told him that’s precisely what he should do.

There were many stakeholders involved (people who would be affected by the decision), and the coach was duty-bound to use his teaching platform to send an unequivocal positive message about honor and integrity. Failing to do so would deprive another team of its right to go to the finals. Looking the other way would undermine his credibility.

It’s a high price to pay, but as the years go by, the decision to pursue the path of honor will be an enduring gift to his players and community.

This is Michael Josephson reminding you that character counts.

“© 2011. Reprinted with permission from Michael Josephson’s Commentary.

Know the Rules



Staying Put

Have you ever played on a windy day when, on a relatively fast or sloping putting green after marking, lifting and perhaps giving your golf ball a good cleaning, you attempt to replace it, but it won’t stay in place?

There is a Rule to help out: If the ball will not stay at rest after you replace it, you must proceed in accordance with Rule 20-3d (Ball Fails to Come to Rest on Spot), which says the following:

If a ball when placed fails to come to rest on the spot on which it was placed, there is no penalty and the ball must be replaced. If it still fails to come to rest on that spot:

(i) except in a hazard, it must be placed at the nearest spot where it can be placed at rest that is not nearer the hole and not in a hazard:

(ii) in a hazard, it must be placed in the hazard at the nearest spot where it can be placed at rest that is not nearer the hole.

If a ball when placed comes to rest on the spot on which it is placed, and it subsequently moves, there is no penalty and the ball must be played as it lies, unless the provisions of any other Rule apply.

There is a spot on the golf course where the ball will come to rest and it might be off the putting green -- you've simply got to find that nearest spot.

The last part of the Rule explains that once the ball is replaced and at rest, if it subsequently moves as a result of wind or gravity, the ball must be played from where it came to rest, without penalty.

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!



Golf fitness tip: Simple exercises can strengthen your shoulders

Pain of the lead shoulder and elbow are very common in golfers of all ages.

Muscular imbalances and poor movement patterns lead to poor shoulder positioning throughout the swing, making you less efficient.

Inefficient shoulder and elbow posture during impact increases torque on joints and that overuse can result in stiffness and pain, and overtime can develop into a tendonitis.

To help prevent this, the rotator cuff must be strong enough to control the rotational forces of the shoulder and absorb “fat” and “thin” shots.

Also, it's important to strengthen the muscles surrounding the scapula (shoulder blade). These muscles anchor your shoulder blade to your rib cage and spine and create stability.

Here's how to do both:

To improve rotator cuff strength, lie on your side, and bend your top elbow so now the top arm is bent at 90 degrees with hand resting on belly button.

Now keep your top elbow against your ribs, make a fist, and rotate the back of your hand up to the sky while maintaining the elbow against the ribs and with the same amount of bend. Perform this on both shoulders until you can complete 50 without burn.

To increase scapular stability, stand facing a wall with your forehead on a wall. Put your arms overhead as if to signal a touchdown in football. Position your thumbs perpendicular to the wall. At this point, your arms should be resting on the wall with elbows straight. Now maintain your forehead on the wall and lift your arms as far away from the wall as possible without bending elbows. Repeat 20 times.

— Zach Ray is a doctor of physical therapy and president of the Ventura County-based X2 Performance Institute, specializing in golf performance and rehabilitation. He can be reached at zach @x2pi.com.

Look for

Dr. Zach Ray at future events

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Where Are They Now?

This section is dedicated to those previous VCJGA members if you know of anyone you would like to submit please send us an email



Brett Silvernail

Currently a freshman for the Ventura College Pirates Golf Team

Past Toumeay Pictures



