

# Golf Insider

By T.J. TOMASI

## BIRDIES AND BOGIES



Cox News Service

The price of a round of golf is quite reasonable when compared to other forms of entertainment.

### How cheap it is

For Rent: A 100-acre facility, with a huge house and restaurant included, for 4 1/2 hours. Cost: 100 bucks.

That's \$22 an hour, including a large service staff and a special transport vehicle.

What a low price for such a situation, you say. Where can such a deal be obtained? At practically any golf course in the USA. When you compare the cost of golf, which is exercise as well as entertainment, to other pastimes, it comes out cheap on a per-hour basis.

Match golf against gambling, for example. Betting quarters, the average cost per hour is \$105 or \$475.50 for 4 1/2 hours. Blackjack, betting with a \$5 minimum, costs \$240 per hour or \$1,080.

So there's no doubt that golf is less expensive and more healthy than gambling. But what are the chances that golfers will stop complaining about the high cost of greens fees? Don't bet on it!

## QUOTE OF THE WEEK

*"Somebody told me he had 41 more wins than I had starts. I know he's going to be there down the stretch. It's just a matter of keeping my wits about me."*

PGA Tour rookie Brandt Snedeker, just before Tiger Woods caught and passed him to win the year's Buick Invitational.

## SCHEDULE

All Times EST  
PGA TOUR  
Nissan Open

- Site: Los Angeles.
- Schedule: Thursday-Sunday.
- Course: Riviera Country Club (7,260 yards, par 71).
- Purse: \$5.2 million. Winner's share: \$986,000.
- TV: Golf Channel (Thursday-Friday, 3-6 p.m.; 8:30-11:30 p.m.) and CBS (Saturday, 3-6 p.m.; Sunday, 3-6:30 p.m.).

LPGA TOUR  
SBS Open at Turtle Bay

- Site: Kahuku, Hawaii.
- Schedule: Thursday-Saturday.
- Course: Turtle Bay Resort, Arnold Palmer Course (6,578 yards, par 72).
- Purse: \$1.1 million. Winner's share: \$165,000.
- TV: Golf Channel (Thursday, 6:30-9 p.m.; Friday-Saturday, 1-3 a.m., 6:30-9 p.m.; Sunday, 1-3 a.m.).

CHAMPIONS TOUR  
Outback Steakhouse Pro-Am

- Site: Lutz, Fla.
- Schedule: Friday-Sunday.
- Course: TPC of Tampa Bay (6,628 yards, par 71).
- Purse: \$1.6 million. Winner's share: \$240,000.
- TV: Golf Channel (Friday, 12:30-3 p.m.) and NBC (Saturday, 4-6 p.m.; Sunday, 1:30-3:30 p.m.).

PGA EUROPEAN TOUR/ASIAN TOUR  
Indonesian Open

- Site: Jakarta, Indonesia.
- Schedule: Thursday-Sunday.
- Course: Damai Indah Golf and Country Club (7,121 yards, par 71).
- Purse: \$1 million. Winner's share: \$166,660.
- TV: Golf Channel (Thursday-Sunday, 7:30-10:30 a.m.).

NATIONWIDE TOUR/AUSTRALASIAN  
PGA TOUR  
Jacob's Creek Open

- Site: Adelaide, Australia.
- Schedule: Thursday-Sunday.
- Course: Kooyonga Golf Club (6,711 yards, par 72).
- Purse: \$600,000. Winner's share: \$108,000.
- TV: Golf Channel (Thursday-Sunday, 10:30 a.m.-12:30 p.m.).

## IT'S GOOD FOR YOUR GAME



Staying behind the ball involves the relationship of your two power centers, upper and lower. Here at the top of the swing, they are stacked up to form a vertical straight line. During the downswing, the bottom power center glides out from under the top one, and this serves to ratchet up the coil to its maximum.

# POWER management

One of the things I focus on when I examine a student's swing is the power center meridian, a line connecting the sternum and the navel. I call the sternum or breast bone area the "upper power center" and the navel the "lower power center." These two centers must be in proper relation to one another for maximum coil. Visualizing a line connecting them allows me to monitor the power centers (PCs) as the swing unfolds.

## ABOUT THE WRITER



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the target before the powerful rotation around their front hip socket begins.

In fact, a good swing has the lower center closer to the target at impact than it was at address, while the upper center has returned to about the same spot it occupied at setup, creating a power line that tilts away from the target.

If this sounds complicated, that's because it is, but fortunately, correct management of your power centers should happen all by itself if you simply shift your weight to your front leg to start your downswing, and then allow your hips to rotate without spinning your shoulders. This is the pro move.

## DRILLS FOR SKILLS

### Step on it

Studies conducted at Centinela Hospital in Inglewood, Calif., prove that the move that starts the downswing is a shifting of weight into the front hip. Researchers placed electrodes on tour players while they swung and documented the fact that there is a switch from the back hip to the front hip at the beginning of the downswing, a switch that reconfigures the power centers.

Here's a drill to help you with this prime-time move:  
Place a 9-iron on the ground so the face is under



Because of the way the body is structured, the only way to correctly stay behind the ball is to allow the realignment of your swing centers, culminating in the "long left spine" look at impact: The power center line runs from a point just below your throat through your navel to the front knee joint.

your front foot and the shaft is parallel with the target line. Hover your front foot above the clubhead and swing to the top with no weight on the front side.

To start the downswing, step on the clubface so your weight is shifted to your front foot. Make this the first move down.

If you do it correctly, stepping on the face will make the shaft of the club pop up so you know exactly when you're shifting. This is important because most golfers are late with the shift.

Once you've stepped forward, then rotate your hips and chest and hit it. Tee the ball, use a 7-iron and swing easy at first.

## TEeing OFF

### Four steps keep your mind focused during game of golf

An effective strategy for maintaining control of your mental landscape comes from Dr. Jeffrey Schwartz in his book "Brain Lock," which outlines a four-step procedure to take back control of the brains of patients debilitated by obsessive-compulsive disorder. Last week I outlined how the first two steps apply to adopting a new swing thought — cocking the wrists earlier.

**Step 1 is Relabel:** Identify the disruptive thought (the warning that you're cocking the club too late) and label it as out-of-date.

**Step 2 is Reattribute:** Reattribution is based on the idea that "if you can explain it, you own it." The explanation for the disruptive warning thought is that it is a normal part of the "no/go" system every brain has.

This week we'll finish up with last two steps:

#### Step 3: Refocus

Focus your attention on returning to the template of the new swing mechanic that you learned on the practice range. In our example of the wrist cock, the refocus thought is "cock the wrists sooner."

After each warning signal, you return to the template by combining a mental thought replacement ("cock the wrists sooner") and a physical act, i.e. a practice swing focusing on an early wrist cock.

In the refocus stage you must be active. This is a prepared intervention strategy that prevents unwanted thoughts from controlling you. The logic is that these are your thoughts and are therefore under your control.

#### Step 4: Repeat

An incubation period is necessary to install new learning, so a time gap exists between the old learning (late cocking of the wrists) and the new learning (early cocking). During this gap, your message system is still sending warnings based on the old learning. You'll get a "no" signal when you try to cock your wrists early.

The key is to repeat the template learning while you are in the gap in order to engrain it as a habit. The more you repeat it, the sooner it will take the place of the old learning template and the sooner the "no" signals will stop. Until then, be patient.

This step recognizes the importance of repetition of the template until it is so deeply imbedded that it replaces the old learning. At this point, if you were to reintroduce the old-style wrist cock, it would trigger a "no" warning signal.

So the next time an unwanted thought intervenes into your mental landscape:

**Step 1:** Relabel by tagging the new thought as being based on out-of-date information.

**Step 2:** Reattribute by acknowledging its origins in your "no/go" warning system.

**Step 3:** Refocus by going directly back to the new learning template instead of tinkering.

**Step 4:** Repeat by recognizing that a new piece of learning is installed by doing it again and again until the "no" signals stop.

## GOLF SPOKEN HERE

### Caddie

The word comes from the French "cadet," referring to a younger or junior person.

## DON'T MISS IT

### The Putting Pegz

If you want to improve your putting, Don't Miss the Putting Pegz. These two pegs connected by two strings help you to keep your feet, knees, shoulders, head and putter square to the target.



Putting Pegz are designed to improve your putting game.

It's a simple device you can use indoors or out, and it won't break the bank at only \$20. Check it out at [www.izzo.com](http://www.izzo.com).

## ASK THE PRO

**Q:** I'm starting to play in a few tournaments, and I get really nervous. What can I do to keep my cool?  
— C.T., from the Web

**A:** To keep your cool, you've got to know what your cool is — you've got to know yourself. Developing self-report involves finding out how you posture yourself, how you talk, your tone of voice, all of the things you do when you are successful, and then doing them in order to produce success.

Study yourself when you're playing well. Notice whether you walk a certain way, carry yourself in a certain way, have a certain pace, if your voice has a certain volume to it or tonal quality.

One way to do this is to videotape yourself while you play. Mark the tape when you hit a good shot (thumbs up to the cameraman) then study it for clues as to how you conduct yourself when you're in prime time.

(To Ask the Pro a question about golf, e-mail him at: [TJInsider@aol.com](mailto:TJInsider@aol.com).)



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Tiger Woods earned an average of \$2,782 for every swing he took in 2006.

## GOLF BY THE NUMBERS

3,574

The number of swings Tiger Woods took in 2006. For every swing, he made \$2,782, or \$9,941,563 million in all.

By comparison, David Toms won \$2,911,187, taking 6,921 strokes for \$421 per swing. And John Daly was paid \$54 per swing, winning \$192,134 while taking 3,568 strokes. He finished 193th on the 2006 money list while Toms finished 11th and Tiger, of course, finished No. 1.

But don't get too carried away with this comparison. The object is still to take fewer swings to win more money.