

# The Met Golfer

# EXTRA



THE OFFICIAL PUBLICATION OF THE METROPOLITAN GOLF ASSOCIATION

MGAGOLF.ORG



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*This page:* Jennifer Rosenberg of Laurel Hollow, N.Y. participated in this year's Drive, Chip, and Putt Championship at Augusta National and made sure she didn't leave empty handed. The 2013 Glen Oaks Club Champion finished in 2nd in her 14-15 age group, and received her trophy from former Masters Champion Mark O'Meara.  
Photo: Chris Trotman/Augusta National

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**Metropolitan Golf Association**  
49 Knollwood Road, Elmsford, NY 10523 •  
914-347-4653 [www.mgagolf.org](http://www.mgagolf.org) •  
[mgagolf@mgagolf.org](mailto:mgagolf@mgagolf.org)

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**CEO & Publisher:** Richard K. Summers

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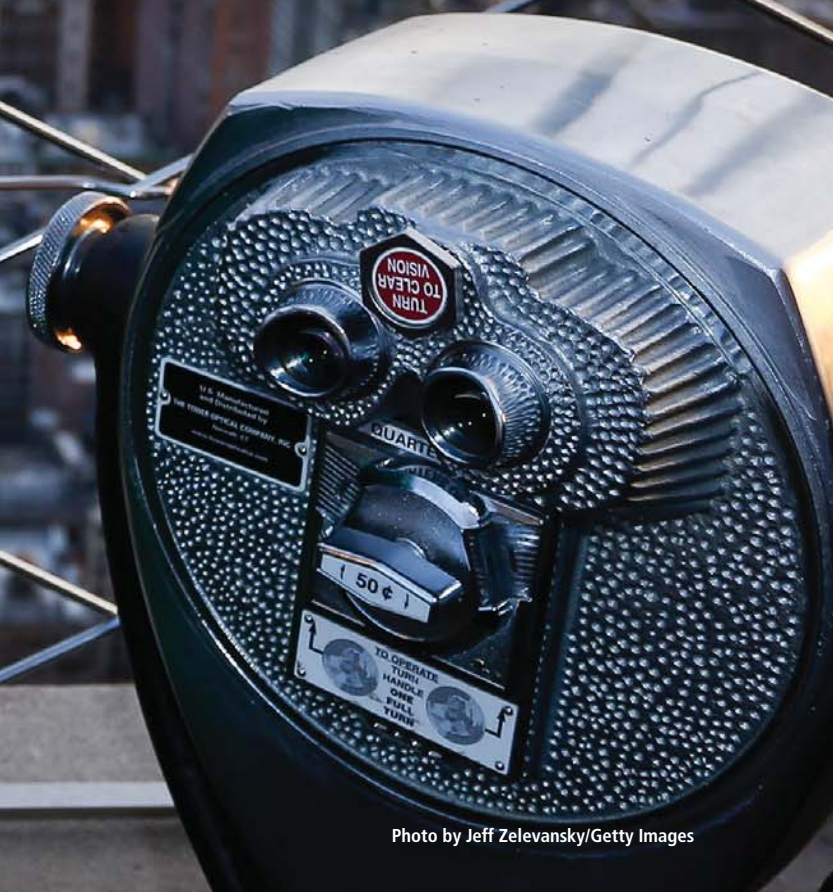
**Advertising:** For information, please contact: please contact: Tom Ott at 914-347-4653, ext. 321, or Nick Fischer at 914-347-4653, ext. 345, or Brian Folino at 623-337-5802 (office) or 661-312-6412 (cell)

**National Sales Manager:** Jim Kahn

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# On Top of the World

After a superb wire-to-wire Masters victory, Jordan Spieth was on top of the world, and Empire State Building, during part of his busy media tour in New York City. The whirlwind journey featured 24 interviews in 24 hours, including stops on NBC's Today Show, The David Letterman Show, and many more.



# LUCKY Charm

BY CHRISTOPHER POWERS

Former MGA Grand Slam winner and three-time PGA TOUR champ Johnson Wagner was back at the site of his first PGA TOUR victory this April. Heading into the Shell Houston Open (which he got into on a sponsor's exemption), let's just say Wagner wasn't firing on all cylinders. Seven days prior to carding an opening round 3-under 69 in Gumble, Texas, Wagner was in San Antonio teeing it up in the Valero Texas Open where he shot an 87 in the opening round in brutal conditions. Despite following it up with a 72, Wagner would miss the cut. Fast forward to the 72nd hole of the Shell Houston Open, where he stood one shot back of two of the hottest players on the PGA TOUR, Jordan Spieth and J.B. Holmes. A 25-foot must-make birdie putt would get Wagner into a three-man playoff and a chance at his fourth PGA TOUR victory. NBC Analyst Johnny Miller said right before the putt, "Nobody wants to win out of these three players more than this man, and he is pumped." Wagner hit the putt, and proved Miller's statement true as he followed the pressure packed putt with an emotional celebration. He wasn't able to finish it off in the playoff, but a T-2 finish and over \$580,000 will do him just fine and will no doubt renew his hopes for another shot on the regular TOUR next year.



# Masters Memories



**T**wenty first-time participants showed up to Augusta this month, and while getting there and taking it all in would seem like enough, eight of them had different plans: Play the weekend. One of those eight was New Jersey's own Morgan Hoffmann, who had to overcome large odds late in his second round in order to make the cut, which he was able to do and finish the tournament at 1-under in a tie for 28th. Out of the eight first-timers who made the cut, Hoffmann had the second best finish only to Bernd Wiesberger of Austria. Being at Augusta is special, and as you can see, Hoffmann was able to experience it with some of his best friends as well as his family. Whether it was hitting up the Whole Foods for some healthy choices, or cooking with his pals, he still found time to get away from the course and kick back for a while.

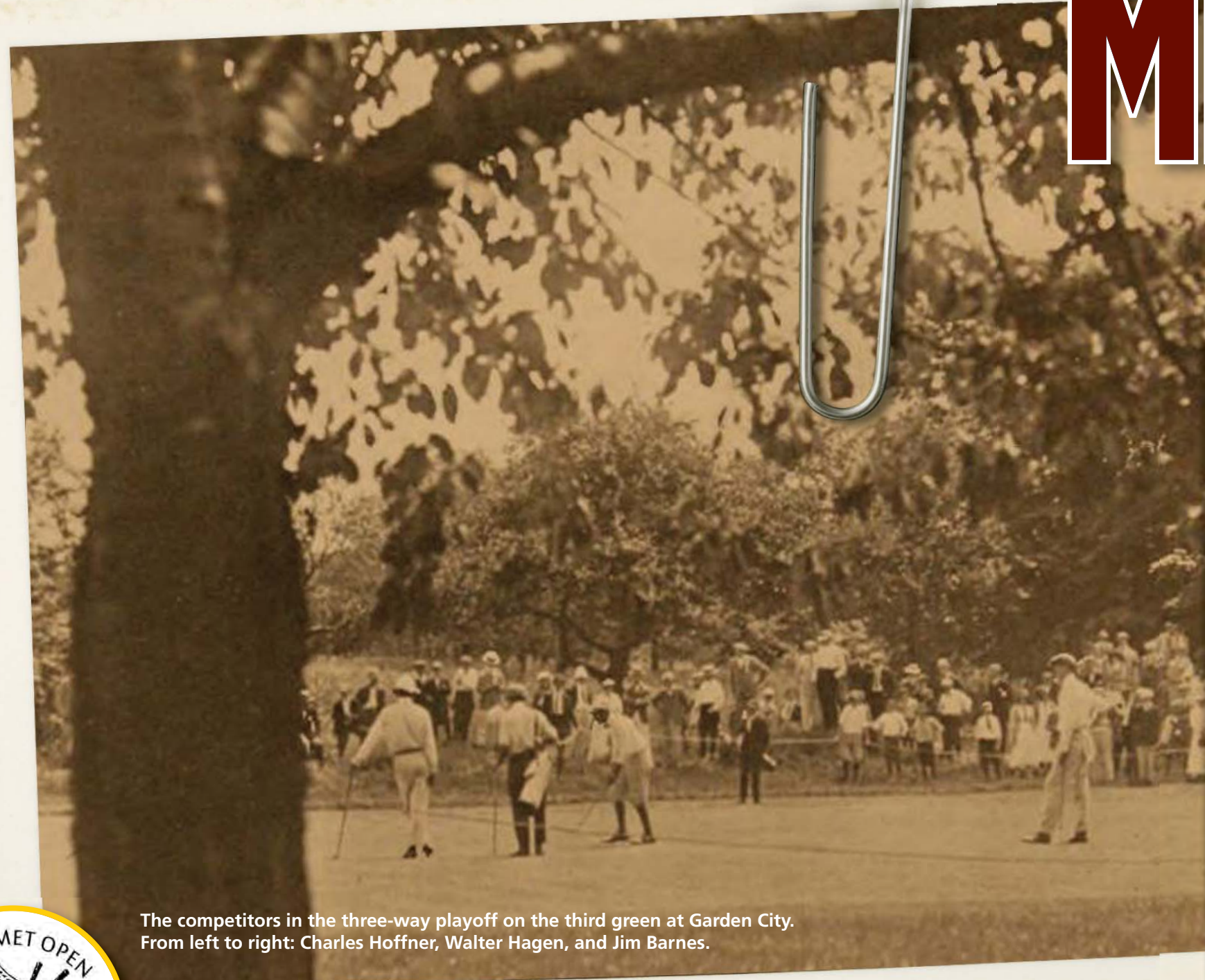


Hoffmann and his entourage embodying everyone's feeling when they get to Augusta National for the first time. Smiles all around.

# MET OPEN

## *Magic*

Let's go way back for this Met Open Moment, all the way back to 1916. It was the 11th Met Open and it took place at the historic Garden City Golf Club. There are only 5 players to have won more than two Met Opens, and one of them, Alex Smith, accomplished that feat before this championship was even played. But the second man to do it was the 1916 champion—the one and only Walter Hagen. Two years after winning his first U.S. Open and first of his 11 major championships, Hagen found himself in a three-way tie at the end of the 11th Met Open with Jim Barnes and Charles Hoffner. A grueling 18 hole playoff between the three players was set for the following day, and it wasn't until the 17th hole that Hagen took control and a two-shot lead into the final hole at Garden City. Just as it seemed all but over, Barnes holed his second shot from off the green for a two and suddenly Hagen was forced to two-putt to preserve his victory. Hagen just missed the first putt from 20 feet, and easily cleaned it up for the win. It began a stretch of three straight Met Open titles for Hagen, making him the only player to do that in Met Open history. The win also put him in an elite group of just four players to have won the U.S. Open, the Met Open, and the PGA Championship in their careers, alongside greats Tommy Armour, Olin Dutra, and Gene Sarazen.



The competitors in the three-way playoff on the third green at Garden City.  
From left to right: Charles Hoffner, Walter Hagen, and Jim Barnes.



GEAR

# GREEN-READING SIMPLIFIED

BY SCOTT KRAMER

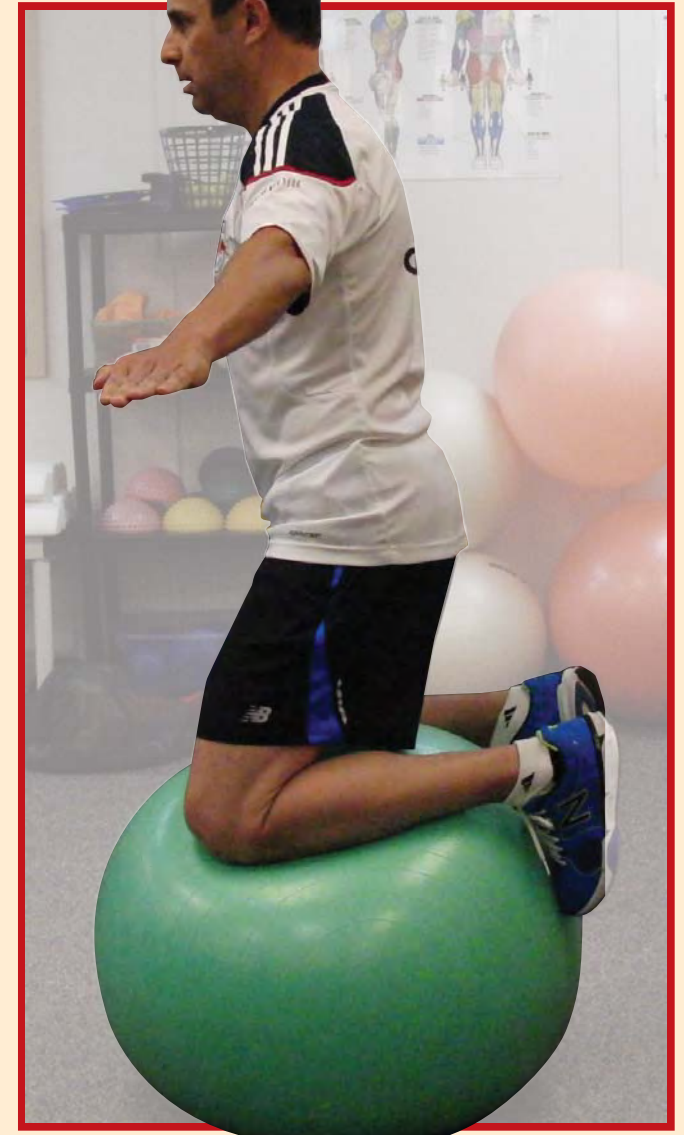


Sunglasses are no longer a golfer's enemy. Used to be that shades would hamper on-course vision, hinder you from seeing ball flight, and not discern between various hues of green so that you'd have no way of knowing which way a putt would break. The latest models should help clear things up. For example, Oakley's latest Prizm lens on the FlakJacket XLJ (\$170) not only helps you read the green by canceling any visual noise, but lets you distinguish grass texture transitions between the fairway, fringe and rough by filtering precise, narrow bands of color. Improving those contrasts between hues won't tire your eyes, either, the way older lenses did. They even let you read the grain – perhaps easier than with the naked eye.

Nike Golf's lightweight X2 Pro (\$156 and up) has a lens that sits above the cheek, making it ideal for golfers with higher cheek bones. Its patented MAX Golf Tint technology enhances fairway and green details, in part by amplifying the contrast between highlights and shadows on the green – so you can more easily and accurately read putts. The matte-finished, nylon frame eliminates reflective glare that can cause visual interference, and comes in a variety of colors.

# Finding STABILITY

BY TODD BORDONARO  
www.toddbordonaro.com



Stability training refers to performing exercises while on an unstable surface with the goal of activating stabilizers and trunk muscles. As all golfers know, not only does the force of the golf swing throw us off balance, very few golf shots are hit from perfectly flat lies.

Whether you're doing stability ball training or other exercises on uneven surfaces, core strengthening and stabilization is a great way to achieve balance in the swing, steadiness on all types of lies and help prevent future back pain.

The first step is learning how to stabilize yourself on the equipment pictured in the photos. After that has been accomplished you may begin to add weights and perform actual exercises on the unstable surfaces.

Additionally, lifting weight on one side at a time requires added core strength and stability that bilateral movements may not provide.

Todd Bordonaro, PGA Certified Professional and First Tee Director of Instruction at Mosholu Golf Course, has designed a program for the intermediate and advanced golfer that combines golf, fitness, and nutrition called *Fit for Golf-Set For Life*. It is meant to help every student maximize their performance both on and off the course. This article is the second in a series of three that will be featured in EXTRA, focusing first on instruction, then on fitness, and then nutrition.



# 54 Holes in Georgia

By Maddi Vetrano

**O**ur sunny salvation has finally come. You've had your clubs ready at the door for weeks, so why not give them their start where you can breathe the same air as Augusta? Lake Oconee waits, where the twinkling water and sun-kissed greens are as sweet as a Georgia peach.

## COURSES

- 1 **Cuscowilla on Lake Oconee** – What could be more perfect than a round of golf on a scenic lake view course? How about if the course is rated as the “#1 course You Can Play” in Georgia by *Golfweek magazine*? Cuscowilla is a gorgeous layout hugging the beds of Lake Oconee, just waiting for you. Of course, all beauty comes at a price, and this price can only be paid in accuracy, concentration and patience on the greens.
- 2 **Great Waters at Reynolds Plantation** – This Jack Nicklaus designed top 100 course is no stranger to competitive play. Great Waters, along with The Landing, hosted the PGA Professional National Championship in 2008 and was a regular host of the Andersen Consulting World Championship of Golf (now known as WGC Cadillac Match Play Championship) from 1995 to 1997. With a unique design, the front nine is enveloped in dense forests and the back nine meets the scenic waters of Lake Oconee, providing you with a difficult, yet rewarding experience.
- 3 **The Harbor Club** – Harbor Club golf course planted itself inside the natural Georgia landscape as it nestles beside the calm edges of Lake Oconee, greets native creeks, and plays around several interior ponds. Its distinctive design and attentiveness to the natural landscape gives clear reason to its election as the “#4 Best Course in Georgia” by *Golfweek magazine* in 2014.

## WHERE TO STAY

- **The Ritz-Carlton Lodge at Reynolds Plantations** – The Ritz-Carlton Lodge is the place to go if you want lakeside luxury on the edges of Georgia's second biggest lake. In 2014, the MetLife owned resort was named an AAA 5 diamond resort and received a Five-Star Forbes review, living up to the grand reputation of southern hospitality and making you wonder why you didn't arrive months sooner.

## OFF-COURSE

- With the introduction of warmer air, it won't take long before the tantalizing shimmer of Lake Oconee begs you let loose and venture into the water. Whether you want to enjoy a gentle kayak ride along the waters or shake up the waves with more exciting activities, like jet skiing or wakeboarding, your body will thank you for freeing it from its winter wool restraints.

The stunning 5th hole at The Harbor Club.