

In This Issue

March 2015

- 2 Entertainment:** Met Area Pros took over The Golf Channel one night this month to throw a tip or two your way, right in time for spring.
- 4 Players:** These four college studs are not only getting it done for their schools, but they expect to do big things on the MGA circuit this summer.
- 6 Instruction:** Mosholu Pro Todd Bordonaro introduces us to his 'Fit For Golf – Set For Life' program that combines instruction, fitness, and nutrition.
- 8 Gear:** You wouldn't think it is possible to make yardage devices more essential than they already are, but a couple manufacturers did just that.
- 10 54 Holes in...** Tennessee, where these stellar courses could have you making rocky top your home sweet home.
- 12 Met Open Moment:** This month we take you back to 1981, when the Met Open was played in Golf Central's backyard.

***This page:** A spectator looks on at last year's U.S. Open Sectional Qualifying Round at Old Oaks Country Club. This year we'll be back again on June 8, when some of the best in the world try to punch their ticket to Chambers Bay for the U.S. Open on 'Golf's Longest Day.' It can't get here soon enough.*



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Live with Labritz



This March, Rob Labritz, two-time Met PGA Professional Champion and Director of Golf at GlenArbor Golf Club, was a guest on “Lesson Tee Live,” a fast-paced, social media driven instruction show on the Golf Channel. The hosts of the show are former teaching professional from Trump National – Westchester, Annabel Roley, and Brian Crowell, head golf professional at GlenArbor and television broadcaster, radio host, and author. For 30 minutes earlier this month, the teachers of the Met Area took over the network, discussing and demonstrating topics like the importance of proper set up and alignment in the golf swing.

#LESSONTEELIVE



NOW

GALLERY RESULTS

UP NEXT

STOP THE SLICE

OVER THE TOP

SWING BREAKDOWN

TRUE OR FALSE?

Fearless **FOUR**

As we know, the young talent in the Met Area knows no bounds, evidenced by great play every year in the Carter Cup, Met Junior, and even in the MGA's 'majors,' by the rising stars. This season expects to be no different, and there are a couple of players who are integral parts of their respective college teams, and who are poised to break out on the MGA circuit. These four players have had success at school **this past fall and this past fall** and already during the early season. All of them have been **close to victory in MGA events in recent years**. So don't be surprised if they are the ones lifting the trophies this summer.

Others to Watch:

- Max Greyserman, - Duke University, Sophomore (Crestmont Country Club)
- Erick Alonso – Saint Leo University, Freshman (Darlington Golf Course)
- Christopher Troy – Cornell University, Freshman (Stanwich Club)
- Will Bernstein – Yale University, Freshman (Century Country Club)
- Theo Humphrey - Vanderbilt University. Freshman (Sleepy Hollow Country Club)


Goals for 2015
 "Every week is a battle at Wake, just trying to make the starting lineup is tough. I just have to stay patient and enjoy my experience and the same goes for this summer, I want to have a great start at the Ike, but also just have fun and enjoy the courses and seeing all the guys I played junior golf with."

Goals for 2015
 "The only thing I can ask for is that I improve from year to year. I can't get caught up in what I did last year because everyone has been working hard so they can play well this season. I can assure you I am no different, and I hope my hard work pays off this season."




Goals for 2015
 "I haven't gotten off to a great start at school, but I feel my game definitely coming around. I've never been more excited for an MGA season."

Matthew Lowe, Colonial Springs Golf Club
College: University of Richmond, Freshman
Fall Highlights: Golfweek Challenge – T-21st; Janney VCU Shootout – T-20th; Wendy's Kiawah Classic – T-43rd
MGA Highlights: 2014 Met Amateur – Runner-up; 2014 Carter Cup – T-2nd; 2014 Ike – T-3rd; 2014 MGA Player of the Year Honor Roll; 2010 MGA/MetLife Boys Champion




Harrison Shih, Alpine Country Club
College: Columbia University, Junior
Fall Highlights: The Doc Gimpler -T-29th; John Dallio Memorial – T-21st; The Miramont Invitational – T-5th
MGA Highlights: 2014 Met Open – T-4th (low amateur); 2014 Met Amateur – Quarterfinalist; 2013 Ike – T-7th; 2012 Met Amateur – Semifinalist



Danny Guise, Griffith E. Harris Men's Club
College: Wake Forest, Sophomore
Fall Highlights: Primland Collegiate Invitational – T-7th; Bank of Tennessee Intercollegiate – T-4th
MGA Highlights: 2014 Ike – T-3rd; 2013 Ike – 6th; 2012 Carter Cup – T-15th

Goals for 2015
 "Coming off my low amateur finish at the Met Open, I didn't think I played to my standards during the fall at school. Heading into the spring, and on the summer amateur circuit, I'd like to get back into the winner's circle."



Thomas La Morte, Haworth Country Club
College: Campbell University, Freshman
Fall Highlights: (did not play in fall): Wexford Plantation Intercollegiate – T-16th; Del Walker Intercollegiate – T-19th
MGA Highlights: 2014 Ike – T-7th; 2014 Carter Cup – 4th; 2014 Met Junior – Semifinalist

Improving Your Impact

BY TODD BORDONARO
www.toddbordonaro.com

Todd Bordonaro, PGA Certified Professional 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 first in a series of three that will be featured in EXTRA, focusing first on instruction, then on fitness, and then nutrition.



These two different drills will help you achieve solid impact. No matter how you swing the club, what happens at impact is the key factor in producing consistent golf shots.



The flat left wrist (for right handed golfers) at impact is the number one alignment key in golf. It allows maximum compression of the golf ball and provides the structure needed to withstand the force of impact. It is a fact that no two golfers have the same swing. Body type, physical ability, flexibility and other factors contribute to a distinctive swing style. There is one thing however that all swings should have in common “**Solid Impact.**” Impact is golf’s moment of truth. Though swing styles of the best players in the history of the game vary greatly, the position at impact is almost always the same.



The Divot Drill

Draw a line in the grass (or use an alignment aid) that is perpendicular to your target line. Set up with the club on the line and make a chipping swing. The club should enter the turf at the front edge of the line, then continue down and forward. Practice this drill without hitting balls until you can consistently create a divot in front of the line.



The Hill Drill

Set up on an uphill slope. Tilt your shoulders in the direction of the slope. Swing the club keeping your hands ahead of the ball at impact (correct position in left photo). If the clubhead passes your hands you will impact the ground before the ball and not make solid impact. (right photo).

SHRINKKY LINKS

BY SCOTT KRAMER

Was there even an obvious next step for GPS devices? After all, they'd already gotten incredibly accurate and convenient. Last year, we saw a slew of wristwatch versions emerge, as well as some smartphone apps that hardly eroded battery life compared to their predecessors. For 2015, several manufacturers debuted tiny, thin GPS devices that can clip to your belt loop or golf bag. That's especially convenient because they're with you—yet out of the way—wherever you find yourself on the course. You'll hardly even know they're there. Think of them as keychains that are pre-loaded with maps of nearly every course in the world. Best of all, they're deadly accurate and lightning fast—displaying distances to the front, center and back of the green. Each has a rechargeable battery that lasts two full rounds in GPS mode. And none require you to pay any subscription fees.



SkyGolf's SkyCaddie AIRE II (\$150) features an odometer, calorie counter, distance tracker, watch functions and stopwatch.



IZZO
IZZO Golf's Swami Sport (\$80) is offered in green, yellow, orange and gray.



Callaway's
2-ounce eCLIPse (\$200) automatically recognizes the course and hole course and hole location.

54 Holes in Tennessee

By Maddi Vetrano

It's about that time to throw your clubs in the back of your pickup, grab your blue suede shoes and head on down to Tennessee, where the music is legendary, the hospitality is famous and the greens will be something you, "can't help falling in love with."

COURSES

- 1 **Mirimichi** – Consecutively named as the "Best Course You Can Play in Tennessee" in 2013 and '14 by Golfweek magazine, Justin Timberlake's own Mirimichi Golf Course provides golfers with a world-class experience. The course is highlighted by its stunning and strategically placed winding creeks, scenic waterfalls and that good ol' Tennessee grassland, which will call for every part of your golf game to be "N'Sync."
- 2 **Hermitage** – Named after President Andrew Jackson's estate, Hermitage boasts two stellar courses, the President's Reserve and General's Retreat, both of which are aptly named in Jackson's image and exemplify his values in southern hospitality.
- 3 **Gaylord Springs** – This Larry Nelson designed, links-style course provides golfers with an oasis-like experience as the Cumberland River guides your journey along limestone bluffs, rolling hills, and native wetlands. Each aspect of this natural landscape will not only test your skill and adaptability, but also enhance your appreciation for Tennessee's beauty.

WHERE TO STAY

- **Gaylord Opryland Resort and Convention Center** – Plan a golf getaway with amazing package deals at the luxurious Gaylord Opryland Resort, inside the historic walls of Nashville. This resort is the perfect combination of southern hospitality, elegance, and musicality, all encompassed underneath its incredibly gorgeous, signature glass atrium.

OFF-COURSE

- **The Grand Ol Opry** – You can't go to Tennessee without experiencing country music, and you can't experience country music without going back to its roots at the Grand Ol Opry in the Music City itself. The Grand Ol Opry moved from its home at the Ryman Theater in 1974, taking with it a part of the wooden stage that grounded country greats like Dolly Parton, Loretta Lynn, and Bill Anderson. Take a shuttle from the Gaylord Opryland Resort, and experience shows every Friday and Saturday that feature the country stars of today, like Trace Atkins, Carrie Underwood, and Dierks Bently, or be the first to discover the next great country icon.

MET OPEN *Magic*



This month's Met Open Moment comes from 1981, right here in the MGA's backyard at Knollwood Country Club. The champion was Shorehaven head pro Kelley Moser (*second from right, sitting down*), who would later that year become the head pro at Brae Burn Country Club, where he remained until 2002. An Honorable Mention All American golfer during his junior year at San Jose State, Moser had previously worked a stint at Winged Foot on Claude Harmon's staff, followed by four years at California's Thunderbird Country Club, before making the move to Shorehaven in 1975. In this photo, Kelley sits down with some notable members of the media after his victory, where he fended off runner-up and two-time Met Open champion David Glenz by two strokes thanks to a steady 1-under final round 70.

Included in the picture is *NY Daily News* sports writer Dana Mozley (*middle*), who, along with former MGA President George Sands, was an instrumental figure in founding the Ike Championship in 1953. Also in the photo is Rick Carpiniello (*first from left*), who has been writing about the local and pro sport scene in the *Journal News* for more than 30 years, and still is today. Moser was a hot commodity after the win at Knollwood and rightfully so, as it was his fifth win of his career and second of the year, the first coming at the 1981 Westchester PGA. While it was his only Met Open victory, he still had great success in the event, tying for third in 1974 and 1975, and then back to back top ten finishes coming in 1982-1983. Today he is 13 years retired from Brae Burn, but still helps out on the staff at Westchester Country Club and maintains an active teaching schedule.

