

## Interactive clinic scheduled for Oct. 7 at East Ridge CC in Shreveport

The upcoming Back in Swing Interactive Golf Seminar/Clinic, scheduled for Friday, Oct. 7th at East Ridge Country Club in Shreveport, La., will offer guidelines to keep golfers swinging for a lifetime.

Back in Swing is the region's only comprehensive seminar/clinic which brings together the disciplines of medicine, physical therapy and golf.

The event educates golfers on treatment and, more importantly, prevention of spinal injury and back pain. Plus, golfers get to practice what they learn during nine holes of golf.

The fun and informative event is the brainchild of Dr. William Whyte of Louisiana Pain Physicians and Mike Jones, physical therapist and co-owner of Cornerstone Rehabilitation.

The cost of the seminar, interactive clinic, lunch and nine holes of golf is \$125 for an individual. Team sponsorships are available for \$500 and hole sponsorships are \$1,500. The event is from 7 a.m. to 2 p.m.

All proceeds will benefit the LSU Health Sciences Foundation and are tax deductible. For more information, call 318-675-5002.

### COHN, CONTINUED FROM PAGE 12

done — do not worry if it is not the shot you should play. Get the ball in play off the tee anyway you can even if it is not the shot you prefer or expect you should hit. (3) Save your energy for the end of the round. Do not grind between shots by thinking intensely about your next shot. You cannot possibly focus for four hours straight. Instead, relax your focus between shots, kick it in for 30 seconds when it is your turn to play, and reserve your mental energy for the end of the round. (4) Save the practice for after the round. Work on your swing after the round, not during the round. Do not get into the habit of playing with your golf swing on the course, play golf shots instead. If you hit a couple poor shots, put them in your back pocket for after the round.

*Dr. Patrick J. Cohn is a leading mental game coach who consults with Tour Pros and amateurs. He is the author of Going Low, Peak Performance Golf, The Mental Game of Golf, and The Mental Art of Putting. For more information call (888) 742-7225 or visit [www.Peaksports.com](http://www.Peaksports.com).*

### MGA CORNER, CONTINUED FROM PAGE 18

Canton Country Club. The MJGA Tour players earn points by their top finishes in the MJGA Sanctioned tournaments throughout the season. Twenty Players from the north and twenty players from the south earn spots on their respective teams. The North Cup Team is comprised of Freddie Janneck, Trent Adams, Clay Bounds, Curt Sparks, Nick Brown, Jarrod Moulds, Chad Bounds, Daniel Fulton, Will Black, Randall Weems, Nick Sparks, Spencer Rhodes, Easton Key, Reid Holly, Chad Ramey, Claeb Westmoreland, Nick Pritchard, Noah West, Jackson Pannell, and Zach Wallace. The South Cup Team is made up of Jonathan Randolph, Josh Ivy, Warren Hood, Adam Doleac, Austin Price, Taylor McCrary, Cory Williamson, James Winter, Keith McWilliams, Joseph Henderson, Jeremy Archer, Weston Wallace, Jennings Mills, Kevin Brady, Blake Price, Walker Barrett, Jacob Ross, Luke Archer, Kyle Morrison, and Sam Pickett.

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### LGA CORNER, CONTINUED FROM PAGE 16

Indexes to its membership to attend a USGA approved handicap seminar by Dec. 31, 2005. The LGA has conducted a number of these seminars over the past several years and will conduct three additional USGA approved seminars this fall. These will be the last seminars available prior to the deadline set by the USGA. As mentioned, each club that wants to be licensed to issue USGA Handicap Indexes to its members must attend one of these seminars if it's not already done so. For a listing of clubs that have already met this requirement please visit our website at [www.LGAgolf.org](http://www.LGAgolf.org). The fall seminars will be conducted at The TPC of Louisiana (New Orleans) on Sept. 21; Oakbourne Country Club (Lafayette) on Oct. 5; and at Bayou DeSiard Country Club (Monroe) on Oct. 12. To download registration forms visit [www.LGAgolf.org](http://www.LGAgolf.org), or call the LGA office.

*Carr McCalla is the Executive Director of the LGA. He can be reached at (337) 265-3938 or by e-mail ([cmccalla@lgagolf.org](mailto:cmccalla@lgagolf.org)). Visit LGA's website at [www.lgagolf.org](http://www.lgagolf.org).*

### JUNIOR GOLF CORNER, CONTINUED FROM PAGE 19

Mill Junior Classic in March and at the Sherwood Shootout in May. Lott claimed the girls overall title at Arrowhead's 2004 Oak Harbor Open in Slidell as a 13 year-old. Eleven-year-old Caroline Beebe of Daphne, Ala., has claimed two overall girls championships in the past three months. Beebe, the AJGT Girls 11-14 2004-05 points champion, recently fired a final-round 81 from 5,700 yards. Beebe also captured her age division in the Alabama Golf Association Junior Championship by 16 strokes.

Sarah Hicks of Gulf Breeze, Fla., Amanda dela Cruz of Pensacola, Fla. and Birmingham's Blair Casebere have all captured AJGT Age Division Titles in 2005. Anna Heim of Lafayette, La. and Hannah Schorr of Broussard, La. are scoring in Arrowhead's Girls 11-14 division as well.

The class of 2006 includes Arrowhead girl graduates who have an opportunity to make a collective and significant impact on the collegiate programs of the South. Along with Crochet, Fraiche, McDonald, Cloutier, Hay, Brackin and Bussard, next year's graduates include Chelsea Reynolds of Gulf Breeze, Fla.; Samantha Holt of Pensacola, Fla; Anne Elizabeth Davis of Baton Rouge and Kearstin Grover of Pace, Fla.

They will attempt to join Arrowhead graduates now competing at the college level that include, in addition to the Cloutier sisters at Princeton and St. Louis University, Leigh Phillips of Meridian, Miss. (Mississippi State); Lindsay Cooley of Pace, Fla. (University of West Florida); Mallory Rushing of Shreveport, La., (Mercer University); Herman and Robin Barnes of New Orleans (UNO); Mallory Pusch of Navarre, Fla. (Oglethorpe University) and Mackensie Jimison of Gulf Breeze, Fla. (Springhill College).