**Golf Digestion**

**5/2/16: Practice**

**Course – Charlie Yates**

**Par – 30**

**Score – 38**

**Putts – 19**

**F/G – 1, 2**

**3 putts – 2**

**Double Bogeys – 2**

**Bogeys – 4**

**Pars – 3**

**Notes: Irons were inconsistent, wedge game needs work. Putting would have been fruitful if the speed of the greens were more consistent. Had a couple of recovery pars, but gave some bogeys up with poor putting. Was playing with a group of 4 so not much room to mess around with different tee shots. Looking forward to playing a ball from each tee next time I play yates.**

**What needs the most work: wedges from 60 yards and in, putting.**

**5/4/16: Fun round with Jeremy**

**Course – Mystery Valley**

**Par 72**

**Score: 86**

**Putts: 38**

**F/G: Front 9 – 4 fairways/3 greens Back 9 – no record**

**3 putts: 4**

**Triple Bogeys: 1**

**Double Bogeys: 3**

**Bogeys: 5**

**Pars: 10**

**Notes: 1 – Par 5, Third shot 10’ right, 2 putt par**

**2 – Par 3, Tee shot thin, bad putting, bogey**

**3 – Par 4, perfect tee shot, 2nd shot on green, birdie putt went amateur side, par**

**4 – Par 3, Not enough club off tee (wind knocked it down), poor bump n run, putt went low side, bogey**

**5 – Par 4, Played through the trees, poor short game, double**

**6 – Par 4, decent tee shot, average iron play, 2-putt par**

**7 – Par 5, Great tee shot, second shot well right of green, poor 3rd shot, nice recovery shot, 1 putt par**

**8 – Par 4, Tee shot blocked short of bunker on right, 2nd shot on fringe, 2 putt par**

**9 – Par 4, tee shot in fairway, 2nd shot on green, missed 6’ par putt**

**No notes on back 9.**

**Overall played decent. Back out at Mystery for a full 18 was nice. Feeling the swing come back, and feeling the urge to work out and do yoga. Had some decent short game shots and the driver still feels pretty good but putting can use major improvement as well as bump n run shots with unfamiliar clubs/lies.**

**Looking forward to playing 3+ times a week again. Want to get back with Mike Lipnick for a lesson soon and talk about practice regiment.**

**What needs most work: Putting first priority, second priority would be short game.**

**Equipment changes: New grips are needed on wedges and putter. Loft/lie adjustments following a fitting. No new clubs necessary, though a 15\* 3 wood or a loft adjustment to current 13\* 3 wood may be a good idea.**

**5/8/16: Oddball**

**Course – Mystery Valley**

**Par 72**

**Score: 87**

**Putts: 35**

**F/G: Front 9 – 6 fairways/2 greens Back 9 – 5 fairways/3 greens (11/5 total)**

**3 putts: 4**

**Triple Bogeys: 0**

**Double Bogeys: 4**

**Bogeys: 9**

**Pars: 3**

**Birdies: 2**

**Notes:**

**Front 9 – 47**

**1 – Par 5, Great tee shot, great 7 iron 2nd shot, 50\* approach was too much club, poor short game; 1 putt bogey**

**2 – Par 3, Decent 8 iron off tee but was not enough club, this hole had an illegal pin placement which was confirmed and apologized for by superintendent, 4 putted for a 5, but realistically should have been bogey at worst; double bogey**

**3 – Par 4, hooked 3 hybrid into water, dropped and hit 9 iron over green, poor short game; 2 putt for double bogey**

**4 – Par 3, 6 iron was perfect distance off the tee, but had a little too much draw with a 2-club wind into the face. Poor short game; bogey**

**5 – Par 4, Pushed a thin 3 wood into the trees on right side, got an incredible kick out into middle of the fairway. Hit a solid pitching wedge from 147 that rode the wind and almost made birdie; 2-putt par**

**6 – Par 4, Complete miscue on tee shot, topped the driver about 120 yards, hit a 3 wood from 237 out uphill, faded into greenside bunker. Hit a nice clean sand shot but it had a little too much heat. 2 putted from the fringe; bogey.**

**7 – Par 5, Hit another poor drive that was topped (quick wrists), Hit a solid 3 wood out of bounds. Dropped out and played a 50\* wedge within par putt distance, but 3-putted; Double bogey**

**8 – Par 4, Striped a driver to the right side of the fairway, waited on the group in front of us for quite a while before chunking a 58\* wedge far short of the green. Second attempt made the green – from 50 yds out - but was nothing special; 2-putt par**

**9 – Par 4, Striped another drive down the middle of the fairway, hit another subpar 58\* wedge shot to the back right fringe about 20 ft away; 3-putt par**

**Back 9 - 40**

**10 – Par 5, Nice tee shot to right side of fairway, 6 iron was perfect club to green in 2, but missed right because of aim, was trying to avoid greenside bunker. Chunked my first chip, and rushed my second chip which coincidentally hit the pin and got stuck in the hole; birdie**

**11 – Par 3, Missed far right with a 4 iron into the sand, blasted sand shot way over, hit a nice comeback chip and drained the putt; bogey**

**12 – Par 4, Hit a safe 6 iron off the tee, misjudged the distance I needed for the hole and ended up having to hit a 5 iron through trees on the inside of the sharp dogleg left. The 5i was hooked left after passing through the trees but left a difficult pitch that ended up about 15 feet away. Almost drained the par putt; 2-putt bogey**

**13 – Par 4, Drilled a drive down the middle, hit a safe 58\* wedge onto the green; 2-putt par**

**14 – Par 5, Hit a high tee shot with a draw that was magnified by the strong wind and pushed into the trees on the left side, first punch shot off of a super-awkward stance with 4 iron hit a tree, second shot went through the fairway, hit a 6 iron from the right rough to about 15 feet and proceeded to 3-putt what could have been an awesome recovery par; double bogey**

**15 – Par 4, Hit a solid 5 iron off the tee, had a funky lie in the fairway on some settled ground over what looked like an irrigation pipe, led to me pulling my second 5 iron left of the green. Very nearly saved par; 2-putt bogey**

**16 – Par 3, Pushed a 9 iron right of the green then hit a poor short chip about fifteen feet past the hole. Felt like Pop Pop was watching me make the par putt and it slid into the side of the cup; Par**

**17 – Par 4, Hit a heavy draw off the toe of the driver into the left rough then hit a solid 50\* wedge on the green. Could have been better putting; 3-putt bogey**

**18 – Par 4, Best hole of the day and a great way to finish. Drilled a drive down the right side and it kicked off a hill leaving me with a 125 yd shot downwind from the middle of the fairway. I hit a 50\* wedge to about 3 feet and drained the putt; 1-putt birdie**

**Thoughts:**

**Glad to get out at the MV dogfight again. Sunday mornings can be a regular game for me again, and the competition feeling of the possibility of making some money adds a bit of pressure. For the first time in a long time I had a round that started very subpar and ended well to save a disastrous round. 40 on the back 9, no matter how I got there, feels pretty good. Breaking 80 at Mystery Valley is just a few strokes away.**

**Wedge game needs serious work. This is a blaring hole in my game right now that is making my putting seem alright in comparison (which is not). Every once in a while I’ll have a solid shot with a wedge, especially the 50\* from around 115 yards, but the game around the greens needs most work. Talked with Dad about a few practice routines. Going to buy 3 five-gallon buckets and a few cheap towels to practice shots from varying distances less than 40 yards. Also going to start cleaning up the range, so the wedge game should benefit from the extra half bucket of balls a few times a week. 3 two-hour sessions per week is the goal, focused mainly on short game for now.**

**Equipment changes: In dire need of new grips on my wedges, irons are starting to get dry and my 3-wood and 3-hybrid could use an upgrade from the stock grip. Putter grip is starting to dry out and peel apart, looking to upgrade that soon as well. Planning on buying some practice pro-v’s from a fellow employee at E.L. for shag-bag use.**

**5/9/16: Scramble**

**Course: Mystery Valley**

**Played in a best ball scramble today. The team shot 59 gross and net 40. I claimed a 12 and the other three were 20+. Started on the 7th hole with an eagle after a solid drive and 6 iron to 15 feet. 8 and 9 were pars, and 10 a stretch of a birdie. 11 was a par after no one put a tee shot on the green. 12 was a birdie and 13 was a par. 14 no one put a good drive off the tee and everyone else hit their shots before I hit a nice 3 wood to the green. We almost made eagle but settled for birdie. 15 we played a safe par. 16 was a poor tee shot hole, but one of the guys drained the birdie from the fringe. 17 and 18 were birdies after nice play through the hole. Number 1 we were 55 yards out on our second shot and we all played shots off the green. The group took a mulligan and put it on my shoulders, which I holed out for eagle. Number 2 we ended up with a 2-putt par. After we had one safe in the fairway on number 3 I tried to work a 3 wood around the extreme dogleg left, and hit a perfect shot that ended up about 20 yards out. We chipped up to 5 feet and made birdie. Number 4 we got a free birdie from one of the sponsors on the course (through donation). Number 5 we ended up with a drive that left us a short shot in but could not convert for birdie. Number 6 (number 1 handicap hole) we put one tight and finished with a birdie.**

**Team gross best ball: 59, net 40.**

**Thoughts: Wedge game still needs work, would love a new grip on the putter and 58\* wedge, if not all the wedges and 3w/3h. Would feel cleaner. Was nice to get a win in after not playing in a tournament since the same one last year.**

**5/14/16: Oddball**

**Course – Mystery Valley**

**Par 72**

**Score: 83**

**Putts: 35**

**F/G: Front 9 – 3 fairways/5 greens Back 9 – 3 fairways/2 greens (6/7 total)**

**3 putts: 4**

**Sand saves: 1 of 2**

**Woods/trees: 7**

**Water: 0**

**O.B.: 0**

**Triple Bogeys: 1**

**Double Bogeys: 1**

**Bogeys: 8**

**Pars: 7**

**Birdies: 1**

**Notes:**

**Front Nine: 41**

**1 – Par 5, Pulled drive far left, second shot was a thin pitching wedge which clipped a tree and almost went into a bunker, got a really good break. Pushed a 58\* wedge about 12 feet right, 2 putt par**

**2 – Par 3, Great 9 iron off the tee below the hole about 4 feet, drained the putt, birdie**

**3 – Par 4, 3-wood off the tee the exact same way I hit it during the tournament, except this time went to the middle of the fairway. Wanted to capitalize on the good position with a wedge, but my wedge game needs a little more work. Put it to about 18 feet, almost made birdie, 2 putt par**

**4 – Par 3, 5 iron off the tee was thin, felt swing getting quick, but the ball ended up on the green about 25’ from the hole. Really firm first putt went far past the hole, 3-putt bogey**

**5 – Par 4, Driver off the tee was crushed down to 53 yards, hit a 58\* wedge to 10’ and barely missed the birdie putt, 2 putt par**

**6 – Par 4, On the tee had the thought “the fairway is wide open” and swung out of my shoes, push faded the ball very far right and had to come out of trouble a bit with a 4 iron that was left short of the green. Chipping did not put me next to the hole, 2-putt bogey**

**7 – Par 5, Frustrated about the previous hole, tried to crush a drive and topped it. Had a severe downhill lie and a long ways to the hole, ended up topping a 3-wood. A bit further down the hole, creamed a 3 hybrid into the trees on the left, which ended up having a blocked shot from a large pine tree when it fell. Tried to hook a 6 iron around the tree, ended up hitting it straighter than intended, into a bunker. Hit a poor bunker shot over the green, and that was followed by a poor lag putt, 3-putt triple bogey**

**8 – Par 4, Settled back down on the tee and hit a solid drive down the right side that was 63 yards out from the green. Pulled my 58\* wedge to the left fringe, 3-putt bogey**

**9 – Par 4, Pulled my drive with quick hands, ended up with an angle to the green but hit my pitching wedge over the green. A poor chip followed, 2 putt bogey**

**Back Nine: 42**

**10 – Par 5, Driver was pulled far left and got a somewhat good kick off of a tree, ending up in bounds but had to punch out with a 4 iron that ran through the fairway. Had 158 into the green with a decent lie, hit a 9 iron thin and left of the green. Had a fantastic chip up to the hole, 1 putt par**

**11 – Par 3, 5 iron short of the green, wrong club for the distance (198 with a touch of wind in the face). Hit a marvelous chip up to the hole about 1 foot away and one of the other gentlemen gave the putt and hit it back to me, 1 putt par**

**12 – Par 4, Tried to recreate the shot from #3, hooking it around the trees, but hit the ball dead straight into the trees on the right side. Had a decent shot at the green but in trying to keep the ball low I ended up turning it over and left it pretty far left of the green with a severe downhill lie. Hit a pitch shot that, in my book, was pretty amazing considering my level of skill with the wedge right now, but being 12 feet away made for a tough putt. Almost made the par putt, 2 putt bogey**

**13 – Par 4, Pulled drive pretty far left and ended up getting another good break, pulled my 9 iron over to an awkward downhill lie and had to stop the ball on a raised green which did not end well. Made a decent putt up the hill then a 5 footer after that, 2 putt bogey**

**14 – Par 5, Hit a great drive to the right side of the fairway with about 260 in, aim was off but hit a pure 3 wood that unfortunately ended up clipping a tree and dropping straight down. Hit a 9 iron that ended up on the back of the green, a pitching wedge would have been next to the hole. Poor putting, 3 putt bogey**

**15 – Par 4, Hit a 4 iron thin and right. Had a decent, slightly up hill lie. Pulled another with my 3 hybrid, and chunked a chip. Second chip was better, but not stuck tight. 2 putt double bogey**

**16 – Par 3, Hit a thin 7 iron that ended up safely on the green and left my birdie putt short but definitely on the line with enough speed. 2-putt par**

**17 – Par 4, Hit a good drive to the left side, just outside the fairway, and pushed my 50\* wedge, followed by a chunked pitch shot. Chip shot after that was put to 1 foot, 1 putt bogey**

**18 – Par 4, Drive was a high flying draw that ended up in the left side rough, followed by a pushed 54\* wedge that ended up in a greenside bunker. Hit an awesome shot out of the sand to 3 feet, 1 putt par**

**Thoughts:**

**Re-gripped all of my wedges, my 3-wood and 3 hybrid, as well as my putter yesterday. Cleaned the bag up a bit last night.**

**Played in the oddball and was shooting for 24, made 26. No money from the birdie on 2. Felt a lot better about my recovery game today than last week, but full swing needs a little mechanical work on the range. Wedges felt a touch better after the bucket practice I put in yesterday after work. Still need to work on short game a ton. Hoping to get started cleaning the range at E.L. this week. Started off super hot, and got a little bit in my head feeling the nerves starting on 6 thinking that I could shoot a personal best being even par through 5. Need a better method of resetting for each particular shot. Pregame routine works well enough to get focused, but the big picture creeps in from time to time. The blowup on 7 was isolated, which is good news for overall mental game progress. Felt very good about how the back nine started, but didn’t get any back. The drives that I hit well were hit with reasonable strength swings, and the ones that were missed were ones I either tried to crush or did not feel completely comfortable over. Irons just need range work and the punch out shots in particular need better vision, mostly within knowing trajectory and stance position of the ball. Within 15 and 75 yards of the green I could have saved at least 5 shots today and another 3-5 strokes with putting. Overall felt very sound playing today, felt like I did not let the triple bogey beat me with as much golf as there was left to play. In terms of the stableford I scored points on 16 of 18 holes, which I found to be a success from last week’s 14 of 18. A few more rounds at different courses, particularly Stone Mountain lakemont and stonemont, Golf Club of Georgia, Cherokee Run and Heritage are on my radar in the short-term for analysis rounds and to get a better idea of how well my game is traveling right now. There is a possibility of an East Lake play day coming soon.**

**For the 7 holes I hit the green in regulation, I was 1 over par. For the 11 holes I did not, I was 10 over par. Two of my four 3-putts were on holes that I made the green in regulation. I made up and downs for par on three holes (10, 11, 18). For the 6 holes I hit the fairway in regulation, I was 5 over par with one double bogey. For the 8 holes I did not, I was 7 over.**

**Plan:**

**In the next week I plan to practice Tuesday afternoon on short game after a round at Charlie Yates, 1 ball from each tee box. Thursday should have time to practice after caddying. If Sunday morning is open, will try to get back to the oddball. Itching to get back into more competition and feel more pressure while playing once my game gets a little tighter. Men’s association at MV plays a tournament every 3rd Saturday of the month with a 1-time forty-dollar initiation fee to the group. MV also offers a 1-calendar year membership for something like 800 bucks. Might be worth it in the long run if MV is predominant spot. If its 33 bucks to play on the weekends (walking) and I play there once a week, that is almost double what the membership would cost if the membership cost is accurate.**

**Equipment:**

**I really want to get fitted and have my current clubs adjusted to those specifications. Getting new grips on the wedges and woods made me realize how dried out my iron grips are as well. Not in a huge hurry to get more practice golf balls, as they are steadily coming in from playing and working at E.L., though a few new gloves may be in my near future.**

**5/20/16: 3 ball practice**

**Course – Charlie Yates (27 Holes)**

**Par 30**

**Score: 40, 36, 34**

**Putts: 20, 19, 19**

**F/G: F: No record G: 16/27**

**3 putts: 8**

**Sand saves: Sand traps are ground under repair at the moment**

**Woods/trees: No record**

**Water: 1**

**O.B.: 3**

**Quadruple Bogeys: 2**

**Triple Bogeys: 2**

**Double Bogeys: 1**

**Bogeys: 8**

**Pars: 10**

**Birdies: 4**

**Notes:**

**All holes that were started with a O.B. tee shot are considered double par and given a 3 putt.**

**1 – Par 3, 1) 162 yds, downhill, hit 8 iron to 20 feet, 2 putt par. 2) 142 yds, downhill, hit pitching wedge right of green, chipped to 15’ and 2 putted for par. 3) 124 yds, hit 50\* wedge to 20 feet, 1 putt birdie.**

**2 – Par 3, lots of wind at the back 1) 180 yds, hit 7 iron O.B. right, auto double par. 2) 150 yds, hit pitching wedge to 12 feet, 2 putted for par. 3) 127 yds, hit 50\* wedge to 6’, 1 putt birdie.**

**3 – Par 4, 1) 320 yds, pull-hooked driver O.B. left, auto double par. 2) 280 yds (with wind), hit 3 wood to back left side of green, 3 putted for par. 3) 240 yds with wind at back, hit 3 hybrid O.B. right, auto double par.**

**4 – Par 3 with severe downhill slope (30+ yds), 1) 104 yds, 58\* wedge was short, bounced out of maintenance guy’s wheelbarrow into bunker under repair, dropped out and chipped to 15’ and 2-putted for bogey. 2) 72 yds, hit 58\* wedge to 8’, 2 putted for par. 3) 54 yds, hit 58\* wedge thin, behind pin about 20’ and 3 putted for bogey.**

**5 – Par 3, 1) 217 yds, hit a thin 4 iron that ended up 8 feet from the hole, 2 putted for par. 2) 170 yds with wind, hit 8 iron that was pulled left of the green into the water. Dropped and chipped to 7 feet, almost saved bogey but 2 putted for double. 3) 146 yds, hit a decent pitching wedge to right side of green, 2 putt par.**

**6 – Par 4, 1) Lined up on the back tee box which was about 330 yds, pulled driver into water. Dropped out of water 67 yds from pin, hit 58\* wedge to 10’, 1 putt par save that felt very good. Instilled some confidence back into the wedge. 2) 291 yds, hit driver that ended up on the green about 30 feet form the hole, 2 putted for birdie. 3) 242 yds, hit 3 wood pin high in the right fringe and 2 putted for birdie.**

**7 – Par 3 steep uphill, 1) 189 yds, hit 4 iron and pulled it left of green, chipped on and 2 putted for bogey. 2) 137 yds, hit a poor 9 iron that was pushed into the trees but was kicked back onto the green 60+ feet away. 3 putted for bogey. 3) 114 yds, hit 50\* wedge thin to middle of the green about 30 feet out. 3 putted for bogey.**

**8 – Par 3 severely downhill, 1) 220 yds, hit 5 iron pin high onto the left fringe, 3 putted for bogey. 2) 163 yds, hit a clean 7 iron over the green on the right hand side. Hit an awesome chip to 3’ and 1 putted for par. 3) 130 yds, hit 54\* wedge to 30 feet. Left first putt 8 feet out and drained an awesome one for par.**

**9 – Par 4, 1) 360 yds, pulled drive into left side rough, had 69 yds far uphill and hit 58\* wedge to about 50 feet. Awesome lag putt to 3 feet to save par. 2) 335 yds, topped driver into the lake, followed with a re-teed drive into the right bunker. Free drop out, hit 63 yd wedge shot to 50 feet out, 3 putted for bogey. 3) 290 yds, pulled driver into trees on the left, had a poor chip shot that led to a 3 putt bogey.**

**Thoughts: Had some good shots and putted much better than I have been recently. Was nice to hit more iron shots through a round and get a chance to make some nice up-and-downs. Overall still pulling most of my shots, but the misses are manageable. The holes that I ended up O.B. could have been bogeys or better, however the pace of play was important to keep up so I didn’t end up late for an event I had later in the day. I figured that taking an appropriate penalty would be fitting. Wedge game felt much more in check, there were a few shots that I hit very well, but a few others sprinkled in that could have been much better. Need some more short game practice for sure. No opportunity for bunker practice today. Lag putting and putts outside of 15’ are becoming more comfortable. Putts inside 10’ are entering into the ‘must and likely will make’ realm. Need to put some time into long game as well, working on lag, which has become a prominent issue. I’m pulling almost everything, and the shots that I feel very good over are still missing. A lesson may be in order shortly after the 10 rounds are up. Planning on establishing a legitimate handicap after first 10 rounds and joining the men’s association out at Mystery Valley so I can play in the monthly men’s tournament and acquire the handicap through the same fee. Would like to purchase a new 58\* wedge before any other clubs. Putter is fine, more the carpenter than the hammer on this one. Driver and 3 wood feel very good. Continuing to lose faith in my 3 hybrid. Irons are in the same boat as the putter. 50\* wedge and 54\* wedge aren’t used enough to warrant a change yet.**

**5/21/16: Short Game practice at Charlie Yates**

**Had a chance to break out the recently (almost) filled shag bag. Been collecting nicer balls, particularly Pro-V’s from E.L. while caddying, and was very excited to get out on the short game area with them. Got 4 mini sessions in, mostly working with 58\* wedge.**

**1: 30-40 yd pitch shots for warm-up/form practice. Had a few clean shots that felt very good coming off the club. Worked mostly on wrist hinge/lag control. Had a few flop shots sprinkled in as well. Won’t be attempting any flops on the course until I get a few more solid sessions in with flops.**

**2: 25-35 yd pitch shots. Focusing again on form and wrist control, and was aiming to leave myself makeable putts. The form was feeling better this time around and the wrists were becoming more of a unit. 13/48 shots were makeable putts, though 24+ is the next goal in this drill.**

**3: Worked on severe uphill shots between 50 and 80 yds. Most of the shots were hit from a blind angle, could not see anything hitting the green. Made good contact, and this drill was more about becoming visually comfortable with hitting uphill shots in order to envision the shot before hitting it with more effectiveness. Had a few shots from the 40-50 yd range that immediately felt like they were going to be close. Although I did not see anything actually drop into the cup, 2 of the 48 were holed out. 16 shots missed the green and the others were scattered around. Hard to claim which ones were makeable putts as no flag was truly being aimed at for the most part.**

**4: Bump-n-run shots from the fringe in order to start getting comfortable with pitching wedge around the greens. 30/48 shots ended up as makeable putts, and only one shot missed the green. Never really practiced this before, however already feeling pretty confident with the pitching wedge around the greens as opposed to trying a cute flop/pitch with the 58\* when there is no trouble other than taller grass to prevent a putt from being the shot of choice, which would be my go to whenever possible. Good practice for inconvenient greenside lies, but needs a lot more work.**

**Thoughts: Was nice to get out at C.Y. short game area again. Kind of bummed that the area was made smaller, but there is still plenty of room to get good practice in. Will make it a goal to hit the short game area at least once a week as the summer progresses.**

**5/22/16: Oddball**

**Course – Mystery Valley**

**Par 72**

**Score: 79**

**Putts: 31**

**F/G: 8/14, 9/18**

**3 putts: 0**

**Sand saves: 2/4 (1 holed out for birdie)**

**Woods/trees: 2.5**

**Water: 0**

**O.B.: 1**

**Quadruple Bogeys: 0**

**Triple Bogeys: 0**

**Double Bogeys: 2**

**Bogeys: 6**

**Pars: 7**

**Birdies: 1**

**Eagles: 1**

**Notes:**

**1 – Par 5, Snap hooked drive into left rough after waiting for a while on the tee (guy that was supposed to play in group in front of us ended up showing late and held us up) followed by a punch shot to the right side of the fairway. Was 175 out with wind helping and hit a thin 7 iron into a greenside bunker in front of the green. Hit my first sand shot into the lip of the bunker, then second shot went to about 8 feet and made the putt, nice save for bogey.**

**2 – Par 3, Hit my 9 iron left of the green and had a bump-n-run shot that would have been close on a less sloped pin placement, but ended up drifting back to the front of the green, 2 putt bogey.**

**3 – Par 4, Hit a great 3 wood that had a heavy draw on it fitting the shape of the hole, but the wind held it up and ended up through the fairway on a gnarly uphill lie. Hit my second shot fat into a bunker before the green. 3rd shot out of the bunker was decent but still far enough away to lead to a 2 putt bogey.**

**4 – Par 3, Had to get something going. Hit a 7 iron that I figured would be great distance but ended up hooking it into the pine straw far left of the green. Pitched the ball to 8 feet and saved par.**

**5 – Par 4, Hit a decent tee shot to the left side of the fairway and had 73 yds into the green. Hit my 58\* wedge deep and was about 30 feet from the hole and missed the birdie by about 2 inches. 2 putt par.**

**6 – Par 4, Hit a great drive to the left side of the fairway, 6 iron into very strong wind was the right club but hooked it far left of the green. A poor chip far from the hole still left an almost par saving putt, but it was a 2 putt bogey.**

**7 – Par 5, Hit my drive thin through the trees and ended up 215 yds out from the green with wind at the back. Hit a phenomenal 4 iron that felt very pure and flew with a slight fade into the green, ended up 6 feet out for an eagle putt. Walking up I felt the same way I did on 16 a few weeks back where Buddy and Pop Pop were watching. Drained the slight left-to-right putt in the center and immediately looked up at them. Great feeling.**

**8 – Par 4, Hit a monster 3 wood to the right side of the fairway leaving about 125 in, downhill with wind behind, but hit my 50\* wedge fat into the bunker short of the green. Tried to get the bunker shot close and it ended up dropping in the side of the cup for birdie. Serious momentum gain from this.**

**9 – Par 4, Hit a 3 wood with a poor swing but a good miss that ended up in the middle of the fairway. Had a 50\* wedge in that ended up about 10 feet out, lipped out my birdie putt and 2 putted for par.**

**10 – Par 5, Hit a drive that felt very good coming off the face but ended up slightly blocked by some trees requiring a heavy draw with a 6 iron into the green, which is a shot I did not have in my bag but tried anyway. Ended up thinning a hook into a bunker short of the green and left that bunker shot significantly short of the hole. 2 putt par.**

**11 – Par 3, hit a safe 4 iron to the center of the green. Almost made the birdie putt, 2 putt par.**

**12 – Par 4, Started thinking about my score. 1 over through 11 holes, best I’ve played in a very long time, if not ever. Pull hooked my 4 iron into the trees on the left side of the dogleg left. Punched out a 7 iron and had a pitching wedge left into the green. Ball ended up left of the green and I chunked my chip shot and 2 putted for double bogey.**

**13 – Par 4, decent drive that ended up left on a downhill lie. Had 139 into the green with serious wind in the face and hit a solid 9 iron that I figured would be in the middle of the green. Flew the green and hit a very poor chip shot that resulted in a 2 putt bogey.**

**14 – Par 5, wanted to unleash some frustration on the drive with a lot of wind at my back. Hit the longest drive I’ve ever had on this hole, with about 205 left for my second shot. A strong 4-iron fade would have put me in the middle of the green but I hit a weak 5 iron with a fade and was about 20 yds short. Chip shot put me about 12 feet and barely missed the birdie, 2 putt par.**

**15 – Par 4, Felt like I could really score on the way in. Hit my 3 hybrid out of bounds left. Dropped and hit the same club thin to the right that happened to catch cart path and end up behind the green. Chunked my chip and 2 putted for double bogey.**

**16 – Par 3, frustrated from making 5 over in the past 4 holes, I tried to really focus in on the finishing holes and score. From 155 yds out, I tried to hit an 8 iron with a bit of cut around the trees. Topped it and ended up 2 sets of tees further up for my second shot. Hit a pitching wedge with the same cut I wanted to about 18 feet and almost saved par. 2 putt bogey.**

**17 – Par 4, Hit a great drive to the right side, hit a 54\* wedge thinking it would put me safely on the green but ended up 25 feet out where a 58\* wedge with the same swing would have been 6 feet or closer with the same line. Almost made the birdie putt, 2 putt par.**

**18 – Par 4, knew I needed par to break 80 and was determined to get it. Hit my 3 wood knowing it would be a softer miss if it happened than the driver and still keep me far enough away that I wasn’t hitting a ¾ shot or less. Ended up on the left side in the rough with about 135 in with wind behind me. Hit a soft pitching wedge that ended up on the right side of the green. Wanted to drain the putt but it didn’t fall, 2 putt par.**

**Thoughts:**

**Felt very good about my game today. Hit a lot of good recovery shots, and knew that a few others were bound to be less than perfect. Short game still needs work, and as soon as first 10 rounds are done, hitting balls will be more important than getting rounds of golf in. Feeling pretty comfortable playing but knowing what in particular needs more work than other aspects of the game is giving me some good clarity.**

**I knew that thinking of my score was a poor loss of focus that led to a few blow-up holes. Need to do some light work on pre-shot routine and maintain the respect for each shot to allow me to back off of a shot that I do not feel good about. Distractions happened during the round and I did not take a step back off of some shots when I should have. There were several club choices that didn’t exactly feel right. The 5 iron on the 14th hole and the 3 hybrid on the 15th tee box were both poor choices, and I needed to step away from the tee shot on 12. Live and learn. Losing trust in my 3 hybrid, which was reinforced by some club education. The shaft strength and weight could be better matched to my swing, and I am considering buying a different club. More work needs to be put into my game before club changes are made, however.**

**Because of a lack of accuracy with the driver in recent rounds, I decided to play 3 wood more than the driver, especially considering the length of some holes. Hitting driver, 58\* wedge when my wedge is not completely dialed in is preventing me from scoring. Hitting 3 wood and having PW or 50\* wedge in feels more comfortable. Hitting a full shot is easier for me than hitting an abbreviated swing with a wedge I’m not completely confident in.**

**Goal for the end of the summer has become a 2-4 handicap. I believe it’s within reach, considering the motivation that I have for practice. My current work schedule provides me with a decent amount of practice time and charlies yates plus candler park plus mystery valley should provide the practice space needed in addition to chipping around in fields with buckets and in the yard.**

**Goal until the end of May is to break 80 once more, and spend 6 more hours practicing short game at Charlie Yates. Tentative goal for the month of June is to break 80 5 times and break 76 twice. 4 hours per week practicing short game, 2 hours per week practicing long game. 2 hours per week practicing putting.**

**5/23/16: Charlie Yates with Clarke and Max**

**Course – Charlie Yates**

**Par 30**

**Score: 35**

**Putts: 15**

**F/G: no record, 2/9**

**3 putts: 0**

**Sand saves: 0/0**

**Woods/trees: 0**

**Water: 0**

**O.B.: 0**

**Quadruple Bogeys: 0**

**Triple Bogeys: 0**

**Double Bogeys: 1**

**Bogeys: 3**

**Pars: 5**

**Birdies: 0**

**Eagles: 0**

**Notes:**

**1 – Par 3, 155 yds downhill, hit a soft 9 iron pin high to the left side 20’ out. Crushed the birdie putt, but had the line, 2 putt par**

**2 – Par 3, 173 yds, wind left to right, thin 6 iron carried the green, good chip to 3’ drained par putt.**

**3 – Par 4, 283 yds, 5 iron sailed right and ended up 74 yds out from green. Awful 58\* wedge shot sailed over the green, chip shot back on went to 6’ and 2 putted for double.**

**4 – Par 3, 105 yds severely downhill, hit 58\* short of green, chipped to 10’ and made par putt.**

**5 – Par 3, 209 yds with wind behind. Pushed 5 iron right of green and had a severe downhill chip, down grain once on the green, went to about 20’ and 2 putted for bogey.**

**6 – Par 4, 288 yds, drove the ball to the right side 37 yds out. Hit pitch shot (poorly) to 20 feet. 2 putted for par.**

**7 – Par 3, 173 yds severely uphill. Hit 5 iron deep to the right side of the green, left myself a very difficult chip shot that ran away from me quite a bit to about 20 feet, 2 putt bogey.**

**8 – Par 3, 221 yds, severe downhill shot, hit 4 iron right of the green, chipped to 10’, drained par putt.**

**9 – Par 4, 340 yds uphill, drive pushed right, 54 yds out hit the ball over the green, poor chip and 2 putt bogey.**

**5/26/16: Charlie Yates with Devin, partial 3-ball practice.**

**Course – Charlie Yates**

**Par 30**

**Score: 35**

**Putts: 15**

**F/G: no record/ B1) 5/9 B2) 2/5 B3) 3/5 Overall) 10/19**

**Up and Downs: 4**

**3 putts: 1**

**Sand saves: N/A**

**Woods/trees: 0**

**Water: 1**

**O.B.: 0**

**Quadruple Bogeys: 0**

**Triple Bogeys: 0**

**Double Bogeys: 1**

**Bogeys: 2**

**Pars: 4**

**Birdies: 2**

**Eagles: 0**

**Notes:**

**1 – Par 3, ball 1 167 yds 8 iron, awesome up and down. Ball 2 140 yds, pitching wedge drained birdie putt. Ball 3 124 yds hit 50\* wedge had line but not speed for bird, 2-putt bogey. 1-under total.**

**2 – Par 3, ball 1 great 8 iron dead at the pin from 165, 18-foot birdie drained. Ball 2 pulled left of the green with 9 iron from 150, chip and 2 putt bogey. Ball 3 pushed 50\* wedge from 125, recovery shot had too much heat, 2 putt from 20 feet. 1-over total.**

**3 – Par 4, Ball 1 hit 6 iron from 293 to set up a full wedge shot in, second shot from 97 yds with 54\* wedge to 20 feet, 2 putt par. Ball 2 248 yds, hit 3-wood thin and to the right, 2nd shot was from ~90 yds, hit to 20 feet, 1 putt “bird”. Ball 3 hit 4 iron from 198 yds to 30 feet past the pin, 2 putt “bird”. This hole is basically a par 3 from 250 and in.**

**4 – Par 3, severe downhill; ball 1 104 yds hit to left side of the green ~20 ft out, 2 putt par. Ball 2 81 yds, hit wedge chunky, second shot to 18 feet, 2 putt bogey. Ball 3 landed in bunker under remodeling, drop out chip and 2-putt bogey. 3-over total.**

**5 – Par 3, Ball 1 clean 3 hybrid from 211 into wind (choked down to “iron” length) to 30 feet, 2 putt par. Ball 2 7 iron from 165 over the green, good chip, 1 putt par. Ball 3 pitching wedge from 134 to 20 feet, 3 putt bogey. 4-over total.**

**6 – Par 4, due to pace of play, had to go to just 1 ball. Hit driver left into the water. Re-teed and hit 3rd shot to the right rough, 49 yds out hit 58\* wedge to 15’. 2-putt double bogey, 6-over total (technically thru 16 holes).**

**7 – Par 3, 189 yds uphill hit 5 iron right of the path into the woods. Rushed my chip out of trouble and ended up 35 feet past the pin, 2 putt bogey. 7-over.**

**8 – Par 3, 220 yds far downhill, hit 5 iron right of the green, poor chip, 2 putt bogey. 8-over thru 18.**

**9 – Par 4, 330 yds drive hooked left towards the range but stayed out of trouble. Hit 58\* wedge from about 80 yds to 6 feet and made birdie. 7-over thru 19 holes.**

**6/9/16: Update**

**Played on Memorial day and shot 100 on Lake Spivey after a rowdy weekend with brother in town and no rangefinder. Never played there before and it was an all around poor day.**

**Played Cherokee Run from the tips (74.1 rating) on Tuesday 6/8 and shot 98 with 4 triple bogeys and an array of lost balls. Wedge game is non-existant at the moment.**

**Came across a progressive practice routine online the other night that consists of a heavy emphasis on putting followed by chip shots, pitch shots, bunkers, irons and driver. The routine has 2 phases, both of which I would like to work my way through piece-by-piece before I make a modified routine of my own to use during full day practice sessions.**

**Phase 1:**

**Putting –**

**25 3 footers in a row**

**20 20’ putts into 3’ ring in a row**

**20 30’ putts into 3’ ring in a row**

**20 45’ putt into 3’ ring in a row**

**Chipping –**

**8/10 chips into 3’ ring from 30’**

**Pitching –**

**25 in a row landing and stopping on the green from 30 yds**

**25 in a row landing and stopping on the green from 50 yds**

**25 in a row landing and stopping on the green from 70 yds**

**Bunkers –**

**10 out of 10 bunker shots got out**

**6 out of 10 bunker shots stopped inside a circle with a radius the same length as the pin**

**5 out of 10 bunker shots from 30-50 yds on the green**

**Irons –**

**6 out of 10 land and stop on the green with 9 iron**

**6 out of 10 land and stop on the green with 7 iron**

**4 out of 10 land and stop on the green with 5 iron**

**Driver –**

**6 our of 10 land and stop in fairway, between two targets on the range common fairway width apart**

**Phase 2:**

**Putting –**

**25 in a row from 5 feet**

**30 in a row from 20 feet stopping in 3’ ring**

**30 in a row from 30 feet stopping in 3’ ring**

**30 in a row from 45 feet stopping in 3’ ring**

**Chipping –**

**7 out of 10 in a 3’ ring from 40 feet**

**Pitching –**

**25 in a row landing and stopping on the green from 40 yds**

**25 in a row landing and stopping on the green from 60 yds**

**25 in a row landing and stopping on the green from 80 yds**

**Bunkers –**

**10 out of 10 out of bunker**

**7 our of 10 stop inside flagstick radius**

**7 out of 10 out of bunker from uneven/buried lies**

**6 out of 10 on the green from 30-50 yds**

**Irons –**

**7 out of 10 land and stop on green with PW**

**6 out of 10 land and stop on green with 8 iron**

**5 out of 10 land and stop on green with 6 iron**

**Driver –**

**7 out of 10 land and stop in the fairway**

**Credit to ‘dagolfdoc’ on Two Plus Two poker forum golf subforum “The Ultimate Practice Routine”**

**Tuesday 6/7 went to Charlie Yates practice area after work and worked on the 25 3’ putts for an hour and a half only ever reaching 17 in a row before the course closed.**

**Thursday 6/9 went to Charlie Yates practice area in the afternoon and wanted to tackle phase 1 of the routine. In the original post it mentions following your typical pre-shot routine on every shot in order to establish even more consistency and muscle memory. I was not following this completely when putting on Tuesday, but did this on every shot with the exception of a handful today. Took breaks every 30 minutes for water but was grinding for quite a while. Reached 19 in a row on my first attempt and it took about 45 minutes but I reached 25 and kept going to 35 before taking a break. Moved on to 20’ lags and reached 20 in a row fairly quickly. 30 foot lags took a lot of my time this evening. Got to 18 at one point, was struggling with speed switching back and forth from one side of the green to the other while two other players were practicing on the same green. After they left I got into a better rhythm but was not able to string 20 together. I’m feeling confident about having put in some more serious effort into practice and looking forward to my next session. There is much more motivation to practice now that I’ve played a handful of rounds and established a handicap – somehow 6.3 but that will probably change with the addition of a few more rounds – and adjusting my goal to sub 5 handicap by September. I think I will need to practice ~10-15 hours per week in order to break through to sub-5 golf and figure out what needs to be worked on most when I get there. Feeling the urge to play in a tournament very badly but want to put in some more serious practice time for a few weeks before I try to enter anything other than the oddball at MV. Planning on playing in oddball this coming Sunday.**

**6/12/16: Smoke Rise**

**Played Smoke Rise CC today with Jon, Matt and Pej. Shot 101 and lost 11 balls in the process. I’ve now played over 10 rounds so I do have a good gauge of my current game. Research has pretty much been done to really nail what I need to start working on. Smoke Rise is a very tight course with lots of trees, and many many doglegs. Because my tee shot game is off, the lost balls made for lots of lost strokes. 101-22 (tee shot + drop/re-tee stroke) is 87. Short game wasn’t stellar and there were a few putts that could have dropped given a little more practice and knowledge of the greens. Full swing, mainly tee shots, needs big improvement as well as the short game, and a lesson is probably in order soon.**

**I will sign up for 2 tournaments this year in August and September as soon as the funds work out. Need to get some competition experience in and see if the hard work that is about to start will start paying off.**

**Scorecard:**

**Par: 72, (73.5, 145) 6792**

**4 5 3 4 4 5 3 4 4 (36) 5 3 4 5 3 4 5 3 4 (36) 72**

**Score:**

**5 7 3 8 8 9 3 5 6 (54) 7 3 3 5 5 6 7 5 6 (47) 101**

**6/15/16: Heritage**

**Purchased a range membership for 49.99/month. Continued to practice a ‘dagolfdoc’ routine that had me hitting full shots with wedges and irons, starting with 50\*, then short game practice. Hit 50\*s until 10 in a row hit and stayed on a green. Hit PWs and 9s to an imaginary green but could not see them landing. Hit 7s and 5s practicing with emphasis on form and making solid contact. Hit a lot of shots with half swings to exaggerate lag through the bottom portion of the swing. Moved to the short game area and hit bump n runs with 8 iron until I got 8/10 in a 3’ circle, which occurred on my 3rd attempt. Hit 6/10 bunker shots out of bunker, 10/10 within flagstick radius happened first try. Long bunker shots were not paid too much attention, but I did hit a few out. 30 yd pitches, 10/10 made green. 50 yd shots 10/10 on second attempt. Back to range, 54\* wedges to 115 yds with helping wind, 8/10 on first attempt. PW and 9 iron were short and long of 140 yd target with swirling wind, switched to 6 iron to work on swing mechanics again. With 4 iron, only 2/10 made it on the imaginary green. Hit ~15 drives with 3 pull hooks. A slight stance adjustment led to better contact.**

**Played heritage after a putting/short game practice session working on a different routine (225 shot routine), where I made it through all of the putting, chipping, and bunker/pitch practice, but ran into a co-worker from EL and went to play 9. Made good contact with 3w, only needed driver on 2 holes and pull hooked on both. Recovery game was strong, had a few missed putts but was playing pretty solid golf. Hybrid needs straightening out, and wedge game needs work.**

**Played Lost Key Golf Club back 9 while visiting Orange Beach, AL on 6/22/16. Not the first time I’ve done this (Lake Spivey) but I played hungover with no range finder on a course I’ve never played. Having these failure rounds, even if they just last 9 holes, make a huge impact on how motivated I am to stay prepared before rounds to ensure the best golf can be played. A large part of the preparedness is the practice that goes into my game. I will not improve on the course if I do not prepare well off of it.**

**Shot 52 on the par 35 back 9 (3244 yds). Course is rated 73.9 with a slope rating of 145. It was a difficult track but I can see how the course would play easier with a little bit of knowledge and correct distances. Wedge game was completely off, and long game was nowhere to be seen. I lost somewhere between 7 and 10 golf balls.**

**I have created a few goals for myself in the way of practice time allocation and rounds per week/month. I still plan to sign up for 2 tournaments later this year, and would like to play at least 1 competitive round per month until the end of the year, including the oddball at Mystery Valley, meaning that I have reached that goal each month since April (previous to starting these notes). I have purchased a new pair of practice shoes so I do not have to wear out my good spikes, and I plan on getting another pair of spikes from MV when I get the other gift certificate from the scramble my team won a few weeks ago. Added several new practice routines into my golf notebook that I keep in my bag, and I will be developing pre-round and pre-practice stretching routines for the notebook as well. I set my bag up with a small first aid kit and a few new gloves. Thinking about ordering a large quantity of refurbished or lightly used pro-v1xs for practice. I will be researching work out facility options, and yoga destinations, or coming up with routines to complete at home to get more involved with fitness. Among other things, here are my current weekly, monthly and yearly goals.**

**Weekly:**

**-10 hours of practice: 4 short game, 2 putting, 2 long game, 2 pre-shot routine**

**-1 round of golf**

**-1 journal update**

**Monthly:**

**-play at least 5 rounds**

**-break 90 each time I play**

**-break 80 once**

**-play 1 new course, or 1 course not played in over 3 months**

**-lesson once per month**

**-play at least 3 different courses**

**Yearly:**

**-handicap to sub-6.0**

**-play in 2 tournaments**

**-gym/yoga membership**

**-new shafts in D, 3w, 3h and irons**

**-new 50\*/54\* wedges**

**-new putter**