



United States Seniors Golf Association



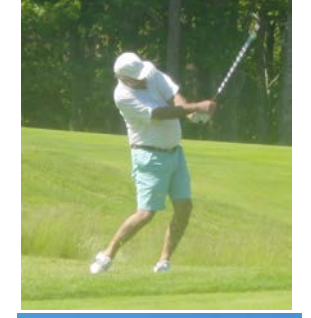
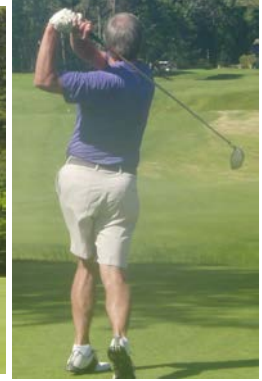
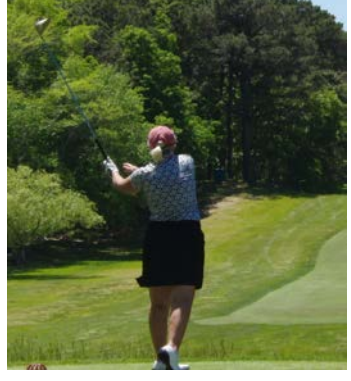
2014 Cape Cod Invitational Tournament

With 3 of the best courses that New England has to offer, the USSGA's Cape Cod Invitational Tournament never worries about subscription. Each year we are greeted by old friends, familiar faces and newcomers (also known as Red Dots in the USSGA) to Wianno each June. This year we had an even larger subscription of players due to the unfortunate weather that Ekwanok Country Club in Vermont had over the winter, causing them to lose a few of their greens and cancel their USSGA Event. This year we were blessed with three spectacular days at Cape Cod's three best golf clubs it has to offer. The first round which was played at Hyannisport, Saturdays golf at Oyster Harbors and Sundays rounds at Wianno were delightful. Three Flights of 8 (24 teams) competed in Four-Ball Match Play at Scratch, and a 4th flight of 4 teams played a Round Robin Match Play at Scratch. Match Play embodies the true essence of golf whereby each player can stay aggressive and not have to worry about their Medal Score at the end of the round. This type of play lends itself to more excitement and heroic shots.

In the Fourth Flight, winners went to Bill Mynatt (Jupiter Island Club) and his partner Dave Bentley (Country Club of New Canaan) out battled the pairings of Hugh O'Kane (Piping Rock Club) and Jim Hynes (Quail Hollow Club). In the Third Flight Wianno's own Pip Danby and his partner Twig Stickney (Pound Ridge) were crowned with the win over runners up John Herrell (Rochester Golf & CC) and David Fay (Newport Country Club). In the Second Flight the team of Stan Freimuth (Seattle Golf Club) and Bob Kaufmann (Round Hill Club) defeated Chuck Rawley (Hole-in-the-Wall) and Tim Ryan (Cherry Hills). In the First Flight the team of Davis Driver (Desert Mountain) and partner John James (Broken Top) defeated Edward Armfield (Old Town) and Joe Lawler (Old Elm).

In the Ladies Competition, Anne Farrington (The Country Club) and Loiuise Patry (Beaconsfield Golf Club) won the two day Better Ball of Partners. On Day One at Hyannisport Club, the winners of the Four-Ball were crowned to Barbara Boyd (Baltusrol), Joan Fay (Newport Country Club), Spot Lawler (Old Elm) and Wianno's own Susan DiCamillo. The Four-Ball winners on day Two at Wianno were crowned to Barbara Boyd (Baltusrol) Nina McKee (Prouts Neck), Cindy Freimuth (Seattle Golf Club) and Wianno's own Sally Sammis.

A special thanks to our Tournament Committee Chairs, Mr. & Mrs. Bob Baer, for all of their efforts in making this years' event a huge success. Compliments also to our Tournament Committee members, Mr. and Mrs. Andy Hunter, Mr. and Mrs. Rick McCoy, Mr. & Mrs. Dick Sammis, and Pip Danby. Thank you!





USSGA Results



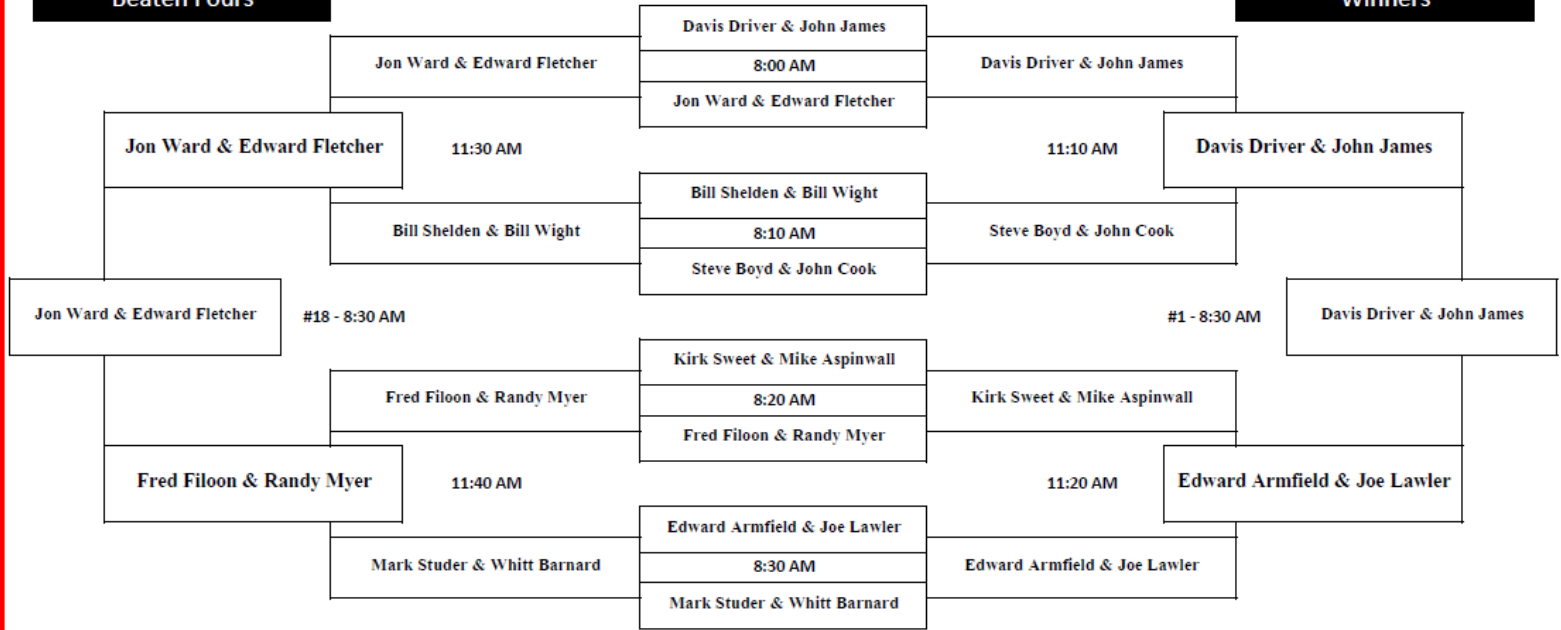
Cape Cod Invitational 2014



Beaten Fours

First Flight

Winners



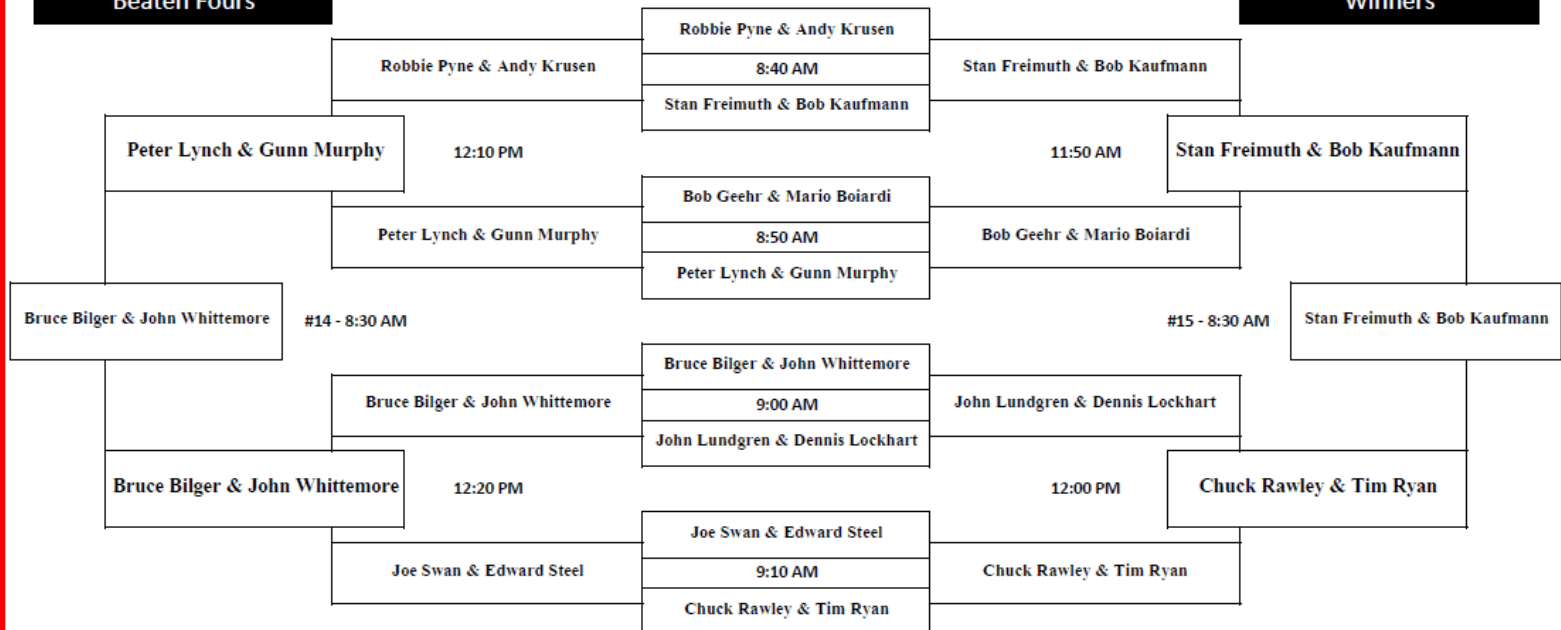
Cape Cod Invitational 2014



Beaten Fours

Second Flight

Winners



USSGA Results

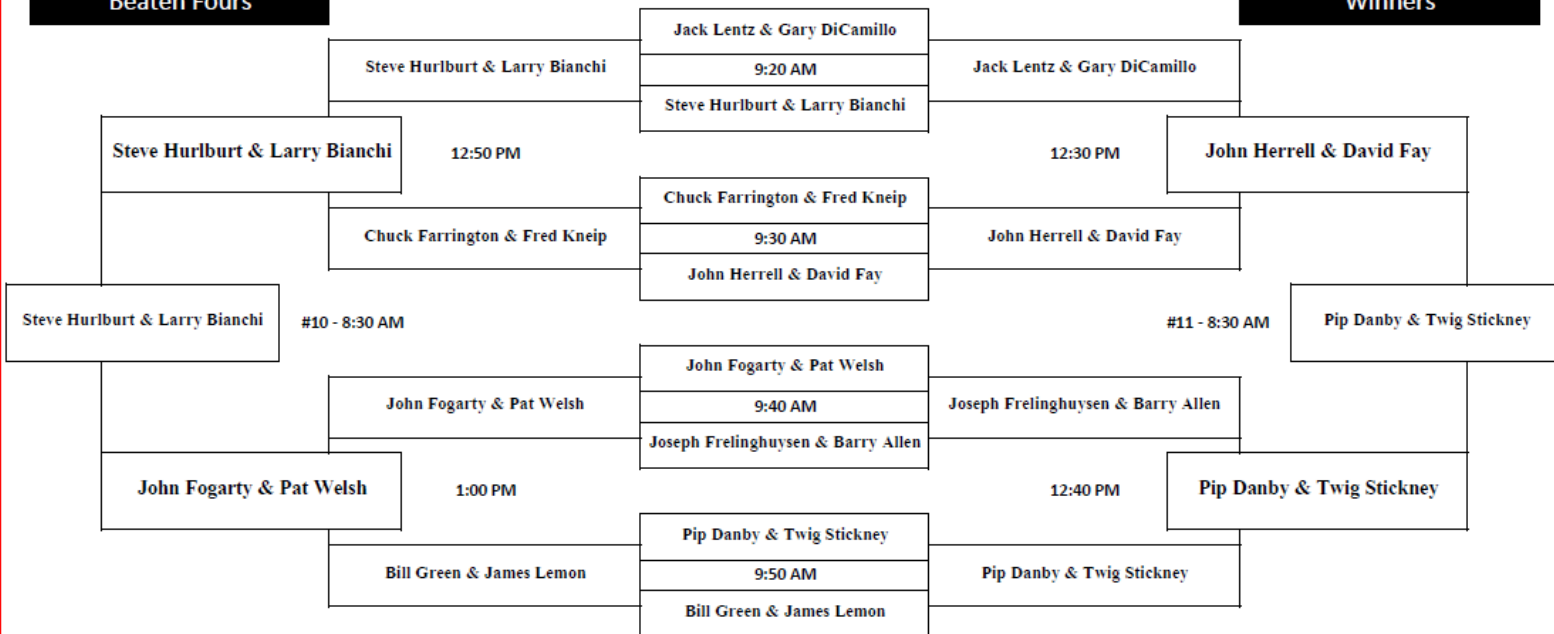
Cape Cod Invitational 2014



Third Flight

Beaten Fours

Winners



Cape Cod Invitational 2014



Fourth Flight

Round 3 Tee Time	TEAM	Round 1	Round 2	Round 3	Final Results
8:30 AM	Skip Vanderwarker & Charlie McKee	1	0	0	1
8:30 AM	Bill Mynatt & Dave Bentley	1	2	2	5
8:30 AM	Edward Stimpson & Doug Watson	0	2	0	2
8:30 AM	Hugh O'Kane & Jim Hynes	2	0	2	4

USSGA Results

USSGA Consolation	
First Flight	
Bill Shelden & Mike Apsinwall	+6
Mark Studer & John Cook	+3
Bill Wight & Kirk Sweet	+3
Whitt Barnard & Steve Boyd	+2
Second Flight	
Robbie Pyne & Dennis Lockhart	+2
Andy Krusen & John Lundgren	+4
Joe Swan & Mario Boiardi	+4
Bob Geehr & Edward Steel	+3
Third Flight	
Chuck Farrington & James Lemon	E
Jack Lentz & Barry Allen	+3
Josephy Frelinghuysen & Gary DiCamillo	+1
Bill Green & Fred Kneip	+1

Cape Cod Invitational		Best Ball of 4 at 90% Handicap Day 1
10:40AM	Anne Armfield Jan McCoy Nina McKee Bobbie Herrell	72
10:50AM	Barbara Boyd Joan Fay Spot Lawler Susan DiCamillo	68
11:00AM	Cindy Freimuth Judy Bentley Pat Lentz Holly Green	71
11:10AM	Deborah Boiardi Sally Shelden Rusty Myer Susan Kneip	69
11:20AM	Sylvia Frelinghuysen Debbie Wight Tamara Lundgren Ann Oliver Driver	69
11:30AM	Patty Vanderwerker Carol Welsh Barbara Steel Linda Allen	80
11:50AM	Carol Sweet Sally Sammis Adele Grant Lisa Pyne	71

USSGA Results

<i>Cape Cod Invitational</i>		
		Best Ball of 4 at 90% Handicap Day 2
10:00AM	Anne Armfield Judy Bentley Joan Fay	67
10:10AM	Barbara Boyd Sally Sammis Nina McKee	61
10:20AM	Cindy Freimuth Susan Hunter Jan McCoy Susan Kneip	68
10:30AM	Deborah Boiardi Carol Welsh Adele Grant Bobbie Herrill	71
10:40AM	Carol Sweet Debbie Wight Tamara Lundgren Linda Allen	71
10:50AM	Patty Vanderwerker Sylvia Frelinghuysen Rusty Myer	65

<i>Cape Cod Invitational</i>				
		Two Day Better Ball of Two Gross and Net at 95% Handicap		
Lili Geehr	87	88	175	
Kristine Hurlburt	78	76	154	
Rosemary Studer	89	83	172	
Joan Fletcher	75	68	143	
Betsy Fogarty	97	99	196	
Fayre Mynatt	85	82	167	
Anne Farrington	90	94	184	
Louise Patry	72	76	148	



Back! Hit! Stop!

Keeping Your Golf Swing In Sync

With Aaron Karr, PGA

When a typical golfer tries to hit the ball farther, they generally try harder, swing quicker from the top, and completely lose their "sense" of where the club is. The result is a miss-hit shot, which never travels very far. A great fix for this problem is the "Back! Hit! Stop!" drill.

Drill: Start with making five **practice** swings, verbally saying "**Back!**" at the top of your swing, "**Hit!**" at impact and "**Stop!**" at the end of the finish. Do this until your vocalizations are right on time with the key points. Then, do the same exercise with five balls lined up. Keep practicing until you can get your voice to do the "Back! Hit! Stop!" at the key moments of the swing. As you hit balls, the key is to pay special attention to when your voice comes out. If it's earlier than it should be, this means you aren't focusing on the club, you're anticipating something else and/or trying to muscle or force your shots.

The Fix: This is what's killing your power! Once you can be with the club all the way through, then your swing will be in sync and you'll get much more out of your shots. It's amazing what a little vocalization can do.

BACK!!!



HIT!!!



STOP!!!



BACK!!



HIT!!!



STOP!!!



LADIES GOLF

The Ladies Golf season is right around the corner!
Be sure to sign up for upcoming Ladies Golf events
in the Ladies Locker Room or simply call the Golf
Shop.

Ladies Opening Day Scramble

Tuesday, June 17th - 8:30am Shotgun

Ladies June Guest Day

Thursday, June 19th - 8:30am Shotgun



MEN'S GOLF – UPCOMING EVENTS

-Wednesday's @ 8:30am

-Saturday June 21st – Ted Turner Breakfast

Tournament - Breakfast @ 7:30am, Golf @ 8:30am

Friday June 27th – Men's One Day Member Guest

Lunch @ 12:30pm, Golf @ 1:30