

Swing Solutions Winter Program

Carolyn Barnett-Howe, PGA

2011



Swing Solutions
730 Midway Road, Menasha, WI
p) 920.967.4653
f) 920.727.9903



The Swing Solutions Winter program is designed to be an individual experience that allows each player to build their skill set one move, one motion, and one concept at a time.

Winter Program 2011

Syllabus

January 31-February 5

Lecture Topic: Setting goals and personal responsibility in athletic achievement

Filming: Posture, set-up, grip: the foundations of a solid move. Feeling proper motion

Practice: Posture and set-up drills. Balance drills/competitive games

February 7-12

Lecture Topic: What makes good players good...10 attributes of successful athletes

Filming: Individual breakdown of player's swing with map for improvement

Practice: Power move drills. Individual swing move work/competitive games

February 14-19

Lecture Topic: Breaking down the Swing: what do those terms mean? Heart math prep

Filming: Analysis of the individual's power sources and maximizing potential

Practice: 20 min individual moves/20 min drills/20 min competition

February 21-26

Lecture Topic: Power vs. Short game: do you really know how to score? Heart math prep

Filming: Short game motion analysis and shot making movements

Practice: 20 minutes shot making moves/ 20 minutes individual work/ 20 min competitive work

February 28-March 5

Lecture Topic: How our brains work: why we get nervous, why we think the way we do, anger and competition, expectations, fear, confidence, the opinions of others, focus and success – what do they all mean?

Filming: Short game/swing review

Practice: wedge play competitions and shot making competitions

March 7-12

Lecture Topic: Todd Monger will be presenting “Heartmath Biofeedback” to both parents and students, each tailored towards his audience. Parents, this is your chance to learn what your children are learning!

This week’s lecture will be held on Sunday March 7th at 4:30pm for parents and 5:30pm for students at St Margaret Mary’s Elementary School, Neenah. There will be one make up class on Monday March 8th at 4pm for those who are unable to make it on Sunday.

Filming: Impact position and the role it plays in ball flight and power

Practice: Impact position drills/ shot making drills /competitive events

March 14-19

Lecture: Guest Speakers TBA

Filming: Simple body movements that provide balance and power

Practice: Drills and competitions of instructor’s choice

March 21-26 “Bonus Week”

Lecture: Summer schedules, preparing for competitions (try-outs), college golf and the future

Filming: Personal review and establishing benchmarks for moving forward

Practice: Feeling our own swings with timing drills and competitions

Winter Program Information

1) Contact Information

Swing Solutions/Jean Yunk, Receptionist	920-967-4653
Orthopedic and Spine Therapy	920-727-9878
Carolyn Barnett-Howe, PGA	920-858-0388
Steve Howe, PGA	920-858-8758
Steve Barnett, PT	920-727-9878
Dee Ann Froland, Massage/Athletic trainer	920-727-9878

Rachel Paluch, Billing
Amy Barnett, OST/Swing Solutions Coordinator

920-257-2006
920-257-2005

2) Locations:

Swing Solutions (Lecture and filming) 730 Midway Rd, Menasha, 54952
St. Margaret Mary's Elementary School (Practice) 610 Division St, Neenah, 54956
Janet Berry Elementary School (Practice) 3901 S Telulah Ave, Appleton, 54915

3) Who do I call if my child is sick/has a scheduling conflict and cannot make their scheduled filming time?

Please call Jean Yunk at Swing Solutions at 967-4653 or e-mail Carolyn at howe2golf@aol.com. It is our wish that the participants get the utmost out of the program. Carolyn works very hard to schedule make-ups and move kids into spots as conflicts arise. By contacting us, we may be able to move another child into a vacant spot, thus helping everyone. I also use Saturdays for make-ups.

4) How do I reschedule Lecture time?

Typically, lectures are scheduled for Mondays and Tuesdays. We repeat the same lecture 4 times: twice on Monday (4pm and 5pm) and twice on Tuesday (again, 4pm and 5pm). I will schedule the players for a lecture time that I believe will have most of their "peers." However, due to scheduling conflicts, there is no hard line. As such, if you cannot attend your lecture time, please choose one of the other three times. There are no make-ups for lecture. Occasionally, Steve will conduct a Saturday morning lecture that they players may attend. Please ask each week if that option is available.

5) How do I reschedule my gym practice time?

The practice times are set up for two facilities:

- *Janet Berry Elementary School, South Appleton (M, T and F, 7pm & 8pm)
(players will receive a schedule that reflects gym availability)*
- *St Margaret Mary Elementary School, Neenah (Saturday 10:30am, 11:30am, 12:30pm, 1:30pm)*

If you are unable to attend the practice time for which you are scheduled, please pick an alternate time and/or site to make up your practice.

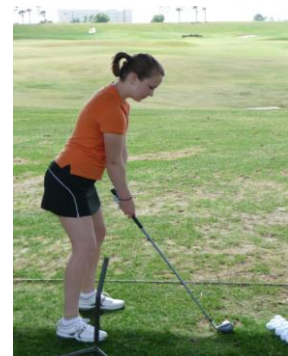
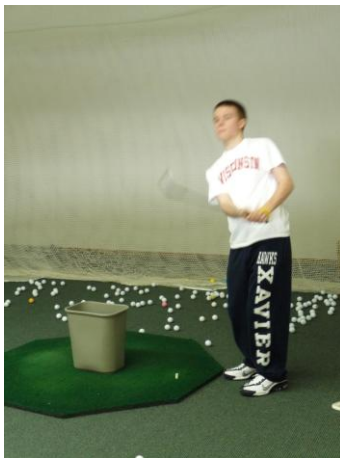
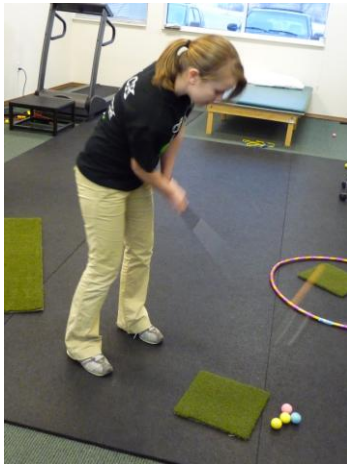
6) What does the participant need to bring each week?

For lecture class and filming class, we ask that each student purchase a small/medium sized spiral notebook for taking notes. Ideally, the notebook will fit comfortably in the golf bag so the

student may keep it for future reference. This concept is based on the fact that students remember approximately 10% if just committing it to memory.

For practice, players may bring a 7-iron, sand wedge and a putter and leave them at Swing Solutions for the duration of the program. **Please put an id label on the shaft band to avoid confusion.** Return mail labels work well for this purpose.

Lastly, golf shoes are not necessary; tennis shoes work great. Flip Flops and clogs, not so much...



Program Speakers and Instructors

Carolyn Barnett-Howe, PGA

Carolyn grew up in Appleton before attending the University of New Mexico on a golf scholarship. She received her BA in History with an emphasis on Soviet Studies. After college, faced with pursuing a law degree, post-graduate work or selling french fries, she started an apprenticeship in the PGA. Carolyn has been a PGA member for 19 years.

Competitively, Carolyn has played in two US Women's Open Championships, won two mini-tour events, twice won the National PGA Women's Stroke Play Championship and four times won the Wisconsin Women's State Open Championship. No stranger to Men's tees, Carolyn has qualified for the Wisconsin Men's State Open on 18 different occasions. Carolyn has the Women's course record at the PGA Village/Wannamaker with a 9 under par 63.

As the creator of Swing Solutions and the founder of the Bobbie Barnett Memorial Foundation, Carolyn's passion is helping young people realize their own potential relative to golf and life. To date, Carolyn has helped over 40 players find spots on college teams.

Steve Howe, PGA

Steve grew up in the Twin Cities before attending the University of Minnesota on a golf scholarship. Steve's team won the Big Ten Championship in 1970 and 1971. After completing school, Steve moved to the Fox Cities to start his apprenticeship in the PGA. Now a life member in the PGA, Steve's career included stints as President of the Wisconsin PGA, NEWGA Man of the Year, Wisconsin Golf Professional of the Year, Merchandiser of the Year, and lastly, Junior Leader of the Year. Steve was the head golf professional at Ridgeway CC for 25 years where he still holds the course record of 61.

Competitively, Steve holds many titles from his amateur, collegiate and professional days, including a Wisconsin PGA Section Championship. He was a member of 19 Nelthorpe Cup teams, which pit the best amateurs in the State against the best professionals. Sixteen of those nineteen years, he qualified for the National Club Professional Championship as one of the top golf professionals in Wisconsin.

Steve has been the Xavier boys' golf coach since 2004 and the Xavier girls' assistant coach since 2009. Steve considers himself a fan of all young golfers in the Valley.

Steve Barnett, PT/Owner Orthopedic and Spine Therapy

Steve is a graduate of Marquette University and the owner of the largest independently held physical therapy business in the State of Wisconsin. Steve is a fine, cross-trained athlete who excelled, as a youth, in baseball, basketball, skiing, waterskiing, cross-country, track and golf. As an adult, Steve is an elite cross-country skier, having qualified for the first wave of the American Birkebeiner race on many occasions.

The older brother of Carolyn Barnett-Howe, Steve's athleticism had a great influence on his younger sister. As adults, they collaborated on a four-year study of the biomechanics of the golf swing. With his knowledge of anatomy and exercise physiology, Steve could identify what every muscle was doing during each and every movement of the golf swing. The end result is the ability to help people condition for competition, as well as helping those who would need post-surgical rehabilitation. Steve's expertise is the hidden engine behind much of the Swing Solutions program.

Todd Monger, LPCC, NCC, ACS, North Central University Men's Golf Coach

We are happy to reintroduce Todd Monger to our Swing Solutions lecture series.

Todd comes to us with a myriad of credentials: a seminary graduate, with a clinical counseling license, serving as both the head golf coach and the designer and director of the Student Success Center at North Central University in Minneapolis, MN. In 2009, Todd was awarded Golf Coach of the Year for the Upper Midwest Athletic Conference NCAA D-III.

Todd is developing a nice reputation for working with athletes in the Minneapolis area to reduce stress and maximize their potential. We like what we see in Todd - which is nice, because he is also our son-in-law! Todd originally hails from Perth, Australia.

Dr. John Konsek, MD

John Konsek is a hidden treasure that has spent his career in service to the Fox Valley Community as an oncologist in Neenah. The vast majority of his patients received great care, never knowing that as a young collegian, (very young – he entered college at 16 and medical school at 20) John Konsek won the big Ten Championship twice while playing for Purdue. Jack Nicklaus once quipped, "The best thing that ever happened to my career, is that John Konsek chose to pursue medicine." Steve and Carolyn are quoted as saying, "This man can flat out play!" He is a terrific role model for any young player who aspires to maximize his/her potential athletically and academically.

David Andrews, PGA, Carroll University Golf Coach

David is a life member of the PGA having spent his career at two fine facilities as head professional: Bulls Eye CC in Wisconsin Rapids and Merrill Hills in Waukesha, Wisconsin. David served his apprenticeship locally in the Fox valley at Butte Des Morts and North Shore Country Clubs.

David has found a post-retirement career coaching at the college level for Carroll University.

How are these three connected?



We are often asked why our programming is associated with Orthopedic and Spine Therapy; how is Swing Solutions different than the Bobbie Barnett Foundation and what is the connection between the three?

Swing Solutions is a collaborative effort that came out of a study of the biomechanics of the golf swing, conducted by siblings Steve Barnett, PT and Carolyn Barnett-Howe, PGA. Long before it was popular in the golf industry to question the anatomy of the golf swing, Steve and Carolyn were combining their expertise to understand what was happening through each motion of the golf swing. Having gone through the process, Carolyn has an infinitely greater understanding of the golf swing and it is reflected in her teaching. Steve, for his part, is able to guide patients back to golf safely, knowing which moves are desirable and how they create power for the player. Together, Steve and Carolyn are able to identify faults in a golf swing, deficiencies in a body and relay fixes. Steve Howe, a consultant originally, came on board in 2004.

Carolyn is not a physical therapist, but she has great respect for their abilities. After five knee surgeries, achilles surgery and back surgery, she credits her work with physical therapists and a massage therapist (Dee Ann Froland) for her continued success in golf. It is only with their help that she is still playing today.

Swing Solutions was established in 2002 to help players (largely adults) with post-surgical rehabilitation, the ultimate goal of returning them safely to the golf course. The knowledge base that was acquired for the initial business plan has allowed for the growth and implementation of a developmental program for young players and collegians.

The Bobbie Barnett Foundation was born of inspiration and need. Bobbie Barnett passed away in 2007 after a battle with lymphoma. It was hers and her husband's (Paul Barnett) influence that introduced golf as a family sport for Steve Barnett and Carolyn Barnett-Howe. Steve Howe was greatly influenced by his father, Vic Howe. It was Bobbie's influence as an educator that taught those she touched the value of hard work, honesty, community and personal responsibility. That is the inspiration. The need arose as we noticed, through our Swing Solutions programming, that all children progress and learn very differently. Yet, 75% of children who participate in organized youth athletics quit or are cut by the age of 13. We just believe this is wrong and not a trend we want to support. Through the Bobbie Barnett Foundation, **our intent is to create playing and mentoring opportunities for young people in the Fox Valley**, as well provide resources for local school districts to introduce golf into their PE curriculums. As a community, we believe that we can use golf as a vehicle for fun and learning opportunities to help young people as they mature into contributing members of society. The Bobbie Barnett Memorial Foundation is a publicly formed 501(c)3 corporation.

As we had in the summer of 2011, we will have a full schedule of events in the summer of 2011 to benefit the children through the Bobbie Barnett Foundation. Watch your e-mails later this spring for more information about our events at local courses throughout the Fox Valley.

Mental Game Workshops with Todd Monger

“Rocks that Block” Monday March 8th 5-6:30; Tues March 9th 4-5:30 & 5:30-7

Many times the things that prevent us from excelling in golf have nothing to do with skill or mechanics and everything to do with things we carry in our mind that nobody sees. When fighting a mental battle in hopes of a break through it is very difficult to know where to begin or what it is that plagues our mind and in turn blocks our success. This interactive exercise is for the player who wants to go deeper into the mental aspects that interfere with peak performance. It will engage the mind and the body into digging deep into discovering what things hold you back in order that you might get rid of this mental baggage that weighs you down. *[Limit 11 students per class; running time 1.5 hours Location: Swing Solutions]*

“Playing out of the Sand” Sunday March 7th 8-9:30; Monday March 8th 8-9:30; Tuesday March 9th 8-9:30

“Often it is necessary to clarify vague content by giving it a visible form; often the hands know how to solve a riddle with which the intellect has wrestled in vain” – Carl Jung. Players who struggle with mental blocks are often told to “think differently” as a way to overcome, however, it is hard to think differently if you have no idea what positive thinking looks like. This interactive exercise has been used in therapy for decades, helping people overcome anxiety and traumatic experience that has now been adapted to help you as an athlete move beyond the things that hold you back. This session will allow you to give your fears a physical form, face the things that stand in your way, and provide solutions and outcomes for you to mentally draw from next time you are faced in competition with things that cause your heart to race. *[Limit 7 students per class; running time 1.5 hours – this can be repeated by students who have done this in past years. Location: Howe home]*

“Rocks that Block”

Monday 5-6:30 _____

Tuesday 4-5:30 _____

Tuesday 5:30-7 _____

“Playing out of the Sand”

Sunday 8-9:30 _____

Monday 8-9:30 _____

Tuesday 8-9:30 _____

Cost for each session is \$25 payable to Todd Monger

Please return payment and registration to Swing Solutions by March 1st

Swing Solutions Goals and Purpose Contract

- 1) List five golf related goals for 2010
 - a)
 - b)
 - c)
 - d)
 - e)
- 2) Take one goal and list five things you will do to accomplish that goal
 - a)
 - b)
 - c)
 - d)
 - e)
- 3) Is your action plan attainable with help/no help? List the people in your life who can help you.
- 4) Put a timeline on one of your action plans
- 5) Answer the following questions as honestly as possible using percentages
 - a) I can pass a rules test
 - b) I understand how to make a fundamentally solid swing, even if I don't always make one
 - c) I know how to hit more than 3 different shots
 - d) I know how to hit more than 6 different shots
 - e) I know how to hit more than 12 different shots
 - f) I am extremely confident on the golf course
 - g) I have never choked (played below my ability because of nerves)
 - h) I have a technically sound grip
 - i) I have athletic posture and I can change it to create new shots

- j) I have good course management and plenty of tournament experience
 - k) I have one of the best putting strokes in the State/Valley on my team
 - l) I know where my golf ball is going and I can correct my swing when it gets "off"
 - m) I am confident that I can make my team
 - n) I am confident that I can make all-conference
 - o) I am confident I am going to State
 - p) I am physically ready to play competitively
 - q) I know how to confidently enter a tournament outside of the Post-Crescent
 - r) I can control my emotions
 - s) I can easily focus on a task at hand
 - t) I am not easily distracted by: teammates, parents, coaches, or friends
 - u) I have been around the best players and I know how they think
 - v) I know what college coaches are looking for in young players
 - w) I know how to condition my body to prepare me for competition
 - x) I know how to eat properly for competition
 - y) I am disciplined with my time management: school, family, sports, friends and life
 - z) I accept responsibility for both my success and failures in life, relationships, sports and school
- 6) Lastly, list those things that you are passionate about in your life now, or would you like to say that you will pursue in your lifetime

To myself and my Parents,

My pledge is not to be perfect, but to strive to learn and improve and to be more knowledgeable and have a higher skill level than I had when I started this process. My success will be directly proportionate to my ability to seek knowledge, ask questions and apply myself.

Signed _____ Date _____