



# “On Course with the DJGA”

## News from the DJGA...

- Dome Tour is off to a great start! We have had over 15-20 junior participants in each age division respectively, which is great to see!



- We are very close to solidifying the WDJT & DJGA tournament calendar for 2014. Please look for the tournament calendar to go live in March.

Please take the time to look at your equipment and make sure you have everything ready for the upcoming golf season. How are your grips? Spikes? Grooves? Golf Gloves? Golf Balls Now is a great time to visit your club to get deals and stock up!

Fairways and Birdies,  
Michael Herzog, PGA  
WDJT & DJGA Tournament Coordinator

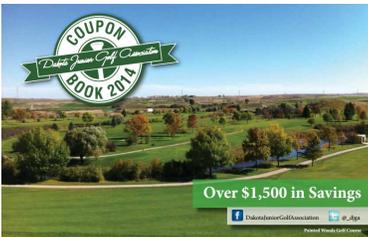
## Drive Chip & Putt Challenge coming to Bismarck...

The 2014 Drive, Chip & Putt Challenge, sponsored by the USGA, the Masters Tournament and PGA will have a local qualifying in Bismarck ...Details of the event will be posted in the March issue of the DJGA Newsletter. This event is FREE to juniors ages 7-15 . For additional information please visit [www.drivechipandputt.com](http://www.drivechipandputt.com)



## DJGA Coupon Book News

The 2014 DJGA Coupon Book is now available for sale on the DJGA website for \$60. With over 40+ courses this year and total of over \$1,500 in savings you are sure to get a great deal anywhere! With three new courses being added this year, the Vardon Club, in Minot, ND; The Cragun's courses in Brained, MN and Thumper Pond Golf Resort in Perham, MN. For over 25 years, the DJGA has contributed 100% of the proceeds of the Coupon book going back to support junior golf activities in Bismarck-Mandan and it's surrounding communities.



## Did You Know?

The last junior to win the Sam Bakken All-City Junior Classic back to back was Parker Dire, in 2002-03 and the first was Greg Baker in 1981-82.

Where are they now... former DJGA Junior golfers now playing collegiate golf.

## Alex Leidholm (Bismarck State College)

In her freshman year with the Mystics, Alex played 7 events and finished with a stroke average of 85.45 She was medalist at the 2013 NJCAA Region XIII Championships and is preparing for Nationals in May.



Congratulations Alex!

## Golf Nutrition

Playing a quality round of 18 holes requires a lot of time, endurance and energy. The average round is four to five hours long so not only is it important to eat before you play but it's equally important to having some snack foods handy during your round. By taking notice to the foods you eat before and after each time you take to the course could possibly boost your game up to the next level. I'd like to share with you four great snacks foods that can not only be easily stored in your golf bag, but they are also great for you on and off the course.

**Carrots:** help blood flow to the eyes which in turn help you read greens and gauge your distances better

**Celery:** contains mostly water and sodium, so this will keep you hydrated and also keep your bones strong and powerful throughout the whole round

**Walnuts:** improves focus and brain functions. Walnuts are packed with protein, fiber, vitamins B & E and antioxidants

**Tomatoes:** eating them before your round helps the body increase the blood flow to your heart, which is able to then increase its endurance helping you to repeat your swing and overall be more productive.

## A peek into March's issue...

- ... 2014 WDJT & DJGA Tournament Calendar
- ... Drive, Chip & Putt Challenge info
- ... FCA Golf Camp



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