

## Local golf notes: Weir commits to Frys.com

Sept. 16, 2009  
Republic news sources

**Mike Weir**, No. 29 on the official World Golf Rankings, has committed to play in the [Frys.com](#) Open at Grayhawk in Scottsdale Oct. 21-25.

Weir won the event in 2007, one of his eight PGA Tour victories. **David Duval** has also committed to the field, as did **Stuart Appleby** and **Chad Campbell**.

Receiving a sponsor's exemption is **Jeev Milkha Singh**, the first Indian-born golfer to become a member of the European Tour. Tournament officials plan to hand out seven more sponsor exemptions.

Already in the field: **Tom Lehman**, defending champion **Cameron Beckman**, **Mark Calcavecchia**, **Billy Mayfair**, **Kirk Triplett**, **Rocco Mediate**, **Michael Allen** and **Ricky Barnes**.

## Another Wildcat joins LPGA

Former University of Arizona standout **Alison Walshe** has earned her 2010 LPGA Tour card after finishing ninth on the Duramed FUTURES Tour Money List.

Walshe, a two-time first-team All-American during her four-year college career, did not win in 2009, but earned \$34,225 in posting six top-10 in 17 events this season. She will join fellow ex-Wildcats **Lorena Ochoa**, **Natalie Gulbis** and **Marisa Baena** on the LPGA Tour.

## Team championships set

**Michael Wog II** of Scottsdale, **Chris Kessler** of Scottsdale and **Dalen Linnerson** of Tempe, the top three players in the Arizona Golf Association performance points standings, will represent Arizona at the USGA Men's State Team Championship Sept. 23-25 at The Country Club of St. Albans in St. Albans, Mo. Each state is represented by non-collegiate amateur golfers in this biennial, three-round competition. The two lowest scores from each three-person team will constitute the score for each round.

## ASU men's golf ranked fifth

The Arizona State men's team, which returns three All-Americans, is ranked fifth in *Golfweek's* 2009-10 preseason poll.

Junior **Knut Borsheim** and sophomores **Jesper Kennegard** and **Scott Pinckney** are joined by sophomore **Chan Kim**, who this summer became the first Sun Devils [golfer](#) in 12 years to win the Pacific Coast Amateur. Junior **James Byrne**, who recently placed fourth at the European Amateur, also returns.

Six Pac-10 teams join ASU in the preseason rankings: No. 1 Stanford, No. 3 Washington, No. 15 UCLA, No. 16 Southern California, No. 22 Oregon and No. 24 California.

## College tournaments

The Arizona men's team finished 10th in its first tournament of the season, the William H. Tucker Intercollegiate in Albuquerque.

The Wildcats finished the 54-hole event with at plus-24. UNLV topped the 17-team field at minus-21.

Arizona was led by **Tarquin MacManus**, a junior from Australia, who carded rounds of 71, 68 and 76 to finish in a tie for 13th. Arizona will next be in action Oct. 5-6 at the Wolfpack Classic in Reno.

- The Northern Arizona University women's team shot a 296 in the final round to hold off Montana and host Gonzaga and claim the team title at the Bulldog and Eagle Invitational in Spokane, Wash. The Lumberjacks posted a three-day score of 900 to win by six strokes at the Hangman Valley [Golf Course](#). Junior **Bethany Leclair** led the Lumberjacks with an even-par 72 in the final round to finish fourth overall, five strokes off the first-place total of Gonzaga's **Victoria Fallgren**.

## Fundraising event for children

**Jane Seymour and her husband, James Keach, are hosting a golf fundraising weekend Oct. 3-4 in Sedona to benefit Camp Soaring Eagle, a free-of-charge medically-based camp which will serve children with critical and life-threatening illnesses.**

**The fundraising weekend, which will take place at The Club at Seven Canyons, includes golf lessons with LPGA professional Jan Stephenson, a golf skills tournament, a gala Wine Maker Dinner with special guests NFL Hall of Famer Steve Young and TV personality Roy Firestone, and a golf tournament.**

**Entry fee for the entire weekend is \$5,000 per person or \$500 for the dinner. For information, contact [mpaquette@CampSoaringEagle.org](mailto:mpaquette@CampSoaringEagle.org) or call 928-592-2177 or 928-284-9393.**

**Camp Soaring Eagle, when complete, will be the only free-of-charge, medically-based camp in the state of Arizona that is open year round.**

## Eagle Mountain instruction program

Eagle Mountain Golf Academy Director of Instruction **Derek Nannen** announced several new features to programs for the 2009-10 season. Students will be able to create their own schedules and get on-course instruction with a [PGA](#) professional each day. Students will receive video analysis of their swings, launch monitor-aided club and ball fitting and a custom practice plan for improvement. Those who book a three-day school by the end of 2009 will receive the fourth day free.

For more information, go to [www.eaglemtn.com](http://www.eaglemtn.com), call 602-762-5000, or send an email to [dnannen@eaglemtn.com](mailto:dnannen@eaglemtn.com).



## Overseeding underway

Golf courses around the Valley are closing for their annual overseed projects. Go to [overseed.azcentral.com](http://overseed.azcentral.com) for a list of facilities and their project dates.

## Arizona golf calendar

**Friday:** Mid-Am Series Championship, Desert Forest Golf Club, Scottsdale.

**Friday:** Sierra Vista Open, Pueblo del Sol Country Club, Sierra Vista.

**Sept. 26-27:** Eastern Amateur, Silver Creek Golf Club, White Mountain Lake.

**Sept. 28:** AWGA Girl Golf, Seven Canyons, Sedona.

**Oct. 5-6:** [Insight Bowl](#) Tournament Series, Trilogy at Vistancia, Peoria.

**Oct 10-11:** Southeastern Arizona Women's Amateur Golf Championship, Sierra Vista.

**Oct 10-11:** Northern Amateur, Antelope Hills, Prescott.

**Oct. 18:** JGAA Fall Classic, Western Skies, Gilbert and Augusta Ranch, Mesa.

**Oct. 18-20:** AWGA State Amateur Seniors Championship, Antelope Hills, Prescott.

## Tips from the pros

From [golf](#) nutritionist Cate Munroe ([www.catemunroe.com](http://www.catemunroe.com))

Proper nutrition can not only help you feel better, it might help you play better golf.

### Out of bounds: Avoid cereals

Cereals are highly processed foods that are high in calories, carbs and sugars. Play better by eating a better breakfast, one that's high in protein - eggs, meat, fish or even leftovers from last night's dinner - and healthy fat, such as butter on your veggies, coconut milk in your coffee or tea, or a handful of roasted nuts.

### Make the healthy turn: Eat more protein

Protein increases the body's metabolic rate by 30 percent. A higher intake of protein has the strongest hunger-reducing effect and is a vital component to building the lean muscle mass needed for longer drives off the tee. Fish and grass-fed beef are especially good food source of protein and contain high amounts of vitamins, minerals and omega-3 fatty acid.

### The sugar shanks: Avoid sugary drinks

It's best to stick to water, tea or coffee. If you need something sweet, try adding Stevia, an all-natural sweetener which consists of zero carbs, zero calories, and has zero effect on blood sugar. Grocery stores sell it in "health food" sections in the form of liquid, powder or packets which are easily storable in your [golf bag](#).

## This week on tour

### LPGA TOUR: Samsung World Championship

Thursday-Sunday: Torrey Pines, South Course, San Diego.

TV: Golf Channel (Thursday-Friday, 5:30-7:30 p.m.) Ch. 12 (Saturday, 10:30 a.m.-12:30 p.m.; Sunday, 1-3 p.m.).

Outlook: No. 1-ranked Lorena Ochoa tops the field along with Paula Creamer, the defending

champion, Jiyai Shin, the tour's victory leader (3) and 2009 major winners Brittany Lincicome, Anna Nordqvist, Eun-Hee Ji and Catriona Matthew... Creamer, who won four times last year, is winless in '09... Three-time winner Juli Inkster received an exemption... The tournament is the LPGA Tour's first at Torrey Pines since the 1983 Inamori Classic.

**CHAMPIONS TOUR: Greater Hickory Classic**

Friday-Sunday: Rock Barn Golf and Spa, Conover, N.C.

TV: Golf Channel (Friday-Saturday, 12:30-3 p.m.; Sunday, 12:30-3 p.m.).

Outlook: Bernhard Langer, the tour leader with four victories and \$1,776,385 in earnings, is skipping the event to defend his title in a European senior event in the Czech Republic... Loren Roberts, a three-time winner this year and second on the money list, is taking the week off... The tour will remain in Carolina next week for the SAS Championship at Prestonwood in Cary.