BGG
BLACKGIRLSGOLF

THE FRONT 9

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Reagan Henderson

JUNIOR GOLF SPOTLIGHT

Grade: 6th
Handicap: 9.2
Favorite Club: Driver

We are very excited about featuring Reagan Henderson. Reagan was one of the first premium junior members of Black Girls Golf. We've been following her progress as a golfer and we couldn't be more proud of her accomplishments.

She's been working on her short game by practicing chipping from 40-60 yards. She also challenges herself to one putt from 3ft and 5ft then two putt from 10ft or 15ft.

Reagan is most proud of her dedication and work ethic. No doubt, she'll be a great golfer after all of her hard work.

MORE ABOUT REAGAN

Career Aspirations: Playing on the LPGA Tour then becoming an otolaryngologist.

Role Model(s): Ginger Howard & Mariah Stackhouse

Most Proud Moment: First 5th grader to win Best Female Player for Fall and Spring season of middle school league

iPhone or Android: iPhone

Wants to meet: Michelle Obama

Spirit Animal: An Owl!! Owls are always observing everything in their environment and they can fly so they can see something from many different angles.

Dream foursome: Mariah Stackhouse, Shanshan Feng and Pak Se-ri, Lexi Thompson

JUNIOR GOLF EVENTS

AJGA 2018 Schedule

Peggy Kirk Bell TOUR

Drive Chip Putt

US Kids Golf

Get to know Reagan Henderson; Columbus, GA.

New year, new you.

BACK TO SCHOOL CHECKLIST

3 Ways to guarantee this school year is lit.

A new school years means another opportunity for you to achieve your academic goals and create lasting memories. Here are a few things you can do to ensure you have a great year.

Start With 1 Goal

Don't overwhelm yourself. Start the year with one goal in mind, then write it down in a place where you can see it everyday. Make sure the goal is realistic and attainable. Keep track of your success.

Walk the Walk

As you get older you'll want more freedom. Have an open discussion with your parents about it and then do what you say you're going to do. Be where you say you're going to be. Do the things you're supposed to do without being told. These are the behaviors that will earn your parents' trust and earning their trust may result in a little more (age appropriate) freedom.

Get Involved

Join a club or organization at your school or in your community. Volunteer with your local First Tee Program. Giving back to your community is a great way to meet new friends and build relationships.

TIFF TALKS

By Tiffany Fitzgerald

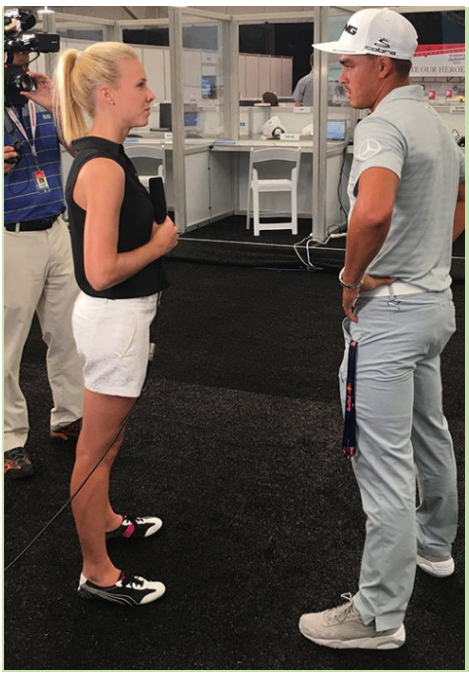
Every Premium Jr. Member of BGG gets a subscription to Sesi Magazine?

What's Sesi Magazine?

Sesi Magazine is a teen magazine for Black girls. The cover, the articles are all about you. We partnered with Sesi a few years ago and now you can find them in select Barnes & Nobles. Sesi Magazine is proof you can take any idea and turn it into something.

Premium BGG Membership

Along with an annual subscription to Sesi Mag, our Premium Members have access to th BGG Mobile App and free digital downloads from the BGG store, PLUS discounts on BGG merchandise and events. Ask your parents, then visit website to sign up.



CAREER CORNER

Teryn Gregson

On-camera Host, Reporter & Producer
PGA TOUR

Teryn Gregson is thrilled to be working in golf — the perfect marriage of her two loves: sports & travel. She is a reporter and host for the PGA TOUR and PGA TOUR LIVE. In addition to player interviews and reports on the PGA TOUR LIVE broadcast,Teryn hosts a nightly recap show called "The Takeaway" and weekly social media show called "Good, Bad & Unusual". Her favorite part of her job is connecting with golf fans all over the world and interacting with them on social media. "Golf is such a positive force that unites so many of us around the globe, it's truly special to be able to connect with some many people through the game I love!"

Follow Teryn on Twitter and IG at @teryngregson.

A SPORT FOR THE MIND, BODY & SOUL

By Jalyn Johnson

Some of my peers who play other sports argue that golf isn't a sport at all. They say all you do is walk around swinging a club at a ball. But in my experience, I've learned that "swinging a club at a ball" is not the only component to playing golf. A dedicated golfer, such as myself, is willing to play in the best conditions, such as a nice sunny afternoon in California, or the worst conditions such as a raining day in Oregon, or a dry desert heat way in Arizona.

Playing 18-holes can add up to walking several miles in a single round.

A game of strategy

A golfer can be deemed to have more determination than any other athlete there is. A golfer is not only known for their physical strength, but for their mental strength as well as their strength of character. A golfer has to be able to know where to hit the ball so that they do not get into trouble for the next shot. A golfer has to be able to choose the right club so that they don't hit the ball too far or too short. A golfer has to use the right swing and speed to hit the ball perfectly every time. A golfer has to deal with wind factors and the trajectory of the ball. The list goes on and on. With that being said, I challenged my peers to tell me another sport that may have that many varying factors involved in their game, just for that one perfect shot, only to repeat the same cycle continuously for the next shot.

Predictably unpredictable

So, it is with golf. When I first took up the game, I was pretty much without a clue concerning the wild variety of things involved in a swing. Golf occasionally and mysteriously rewarded me with soaring, dead center drives, high approach shots that danced ever nearer the hole, and putts that wandered across the green and found the four-and-a-half-inch cup. There would be times when my shot would be so wildly off-target that I could not follow its flight.

Golf is a Zen-like sport that dictates very little muscular exertion, but a great deal of imagination, discipline, fine-motor control, and seemingly endless practice. Some are foolishly proud of the fact that they've never had a lesson, whereas other great golfers, such as Tiger Wood, have lessons for over 100 days in a single year. Not to mention, Tiger Woods hits almost 600 balls a day, finding a groove that the muscles otherwise forget. It's that hard to do well. But even a fractional mistake in alignment, timing, or club face angle can result in a forest adventure or a cool dip in the lake.

Winston Churchill complained that "Golf is a game whose aim is to hit a very small ball into a small hole with weapons singularly ill-designed for the purpose." And thus, for many of us, part of the allure of golf is the technological quest for the perfect equipment.

Which means many of my hours could be spent online visiting Golf Galaxy or The Golf Warehouse (TGW) websites, noting the mathematics of loft, lie, and bounce on some fancy new stroke-saver.

You don't really play against an opponent in golf. You play the course and you play yourself. The role of psychology in golf plays a very big role in the way you perform, a bad shot might affect the rest of your game, bringing it down on a steady decline. Or a great shot can lead you to the best game you have ever played. It is obvious to everyone that mental attitude, thought processes, the inner self and various other psychological factors can seriously affect performance especially in golf with its fine margins, high levels of uncertainty and bad bounces. What isn't so obvious to everyone is that this can be changed.

Jalyn Johnson is a Junior from Vacaville, CA. She is also a 2018 alumna of the BGG Clemson Summer Scholars Program.

Submit your 150 word story at info@blackgirlsgolf.net