

THE OAKS

INTERNATIONAL JUNIOR GOLF ACADEMY

JUNE 2019



**MEMORIES MADE,
LESSONS LEARNED**

GRADUATION PHOTOS

DESTINATION OF GRADS

**DOWN THE STRETCH WITH
SHAWN MEHRING**

END OF THE YEAR PARTY

IJGA AWARDS

TOP FINISHES

MEMORIES MADE, LESSONS LEARNED

BY SKYLAR JEWELL

IJGA DIRECTOR OF MENTAL PERFORMANCE / CHARACTER MENTOR

Wow! Where has the spring season gone? Seems to fly by when learning and having fun. Before you know it, we will be well into the summer with only memories left of the semester that has passed.

What memories will you have made? What lessons have you learned? Time will be the ultimate storyteller, so what role are you going to play? For many amateurs being



disappointed means being upset. For the best it means an opportunity and even motivation.

Disappointment, though it does not feel great, provides all the valuable lessons needed to improve for the next attempt. When you see someone deal with disappointment by being frustrated and artificially feeling better, often this approach doesn't lead to learning. On the other hand being honest to the moment, and identifying the critical

lessons learned allows for a clear plan and even motivation. Take Rory McIlroy for example, in the 2011 Masters he held the lead at (-11) before melting on the back nine to shoot 8 over on the final day and finish at (-4). Following this he took an interview and instead of berating his game he took ownership, acknowledging the pain of not having achieved his goal, but said there are many lessons to learn in the coming days as he takes his time to reflect. Later that year he won the US Open by 8 Strokes! Crediting his Master's experience as a learning moment that gave him the confidence that he knew he could be a major champion. This has happened with numerous golfers and happens more often to those who adapt and learn faster.

You will always have two choices in golf, to learn or to remain the same. You will also always have the opportunity to count yourself in or count yourself out. Which do you do more of personally?

Embracing disappointment is a true reflection of motivation and learning. We are here to help and guide you, please reach out if you think this is an area you could be better in or for anything else you may need.

Congratulations to all those who have committed to learning and had a successful last few months, it is never too late to begin making progress. Keep taking committed actions, learning, and let's finish the summer strong!

All my best,
-Skylar Jewell



WHERE ARE IJGA GRADUATES GOING?

**Congratulations to our IJGA student-athletes who are graduating.
Wishing you all the best pursuing your dreams!**



Felix van Kleef: UNLV NCAA D1 (Golf)

Drew Maiorca: Chestnut Hill College NCAA D2 (Golf)

Beng Keat Lim: Ottawa AZ University NAIA (Golf)

Kotaro Murata: University of Hawaii NCAA D1 (Golf)

Hoshi Yadav: Holy Names University NCAA D2 (Golf)

Chase Phillips: George Mason University NCAA D1 (Golf)

Steven Strasheim: New Mexico State University NCAA D1 (Golf)

James Doxey: Chestnut Hill College NCAA D2 (Golf)

Erik Fogel: Lincoln Memorial University NCAA D2 (Golf)

Cade Kilkenny: University of Jamestown NAIA (Golf)

Ray Ahn: College of Canyons CCCAA (Golf)

Navyug Rungta: Penn State (Finance/Professional Golf Management)

Kevin Jang: UNLV (Professional Golf Management)

Matthew Pilgrim: New Mexico State University (Professional Golf Management)

Rekgabile Nyhonyha: Arizona State University (Academics)

Kiet Trieu: George Mason (Academics-Economics)

Shuya Hagiwara: Spartanburg Methodist (Golf) or College of Canyons (Golf)

Alessandro Lamarca: Golf Training



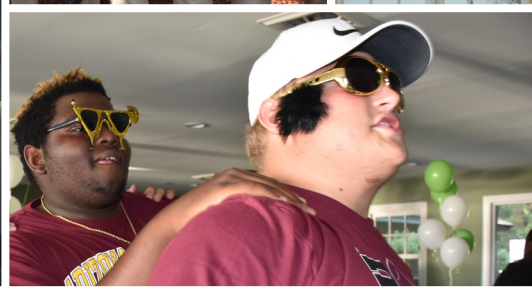
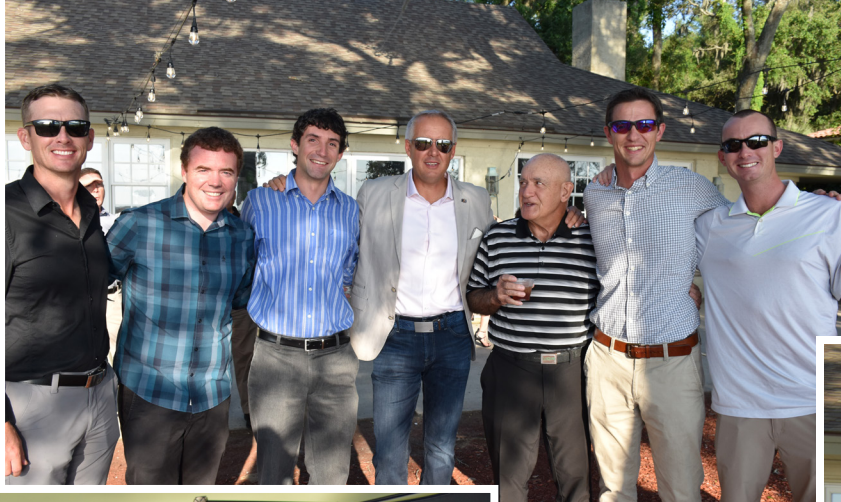
**End of the Year Photo Show
WATCH THE VIDEO!**



END OF THE YEAR PARTY

IJGA student-athletes celebrated the end of the school year with a party held at Spanish Wells Clubhouse on Hilton Head Island. Awards were presented to the students for academics, golf, character and leadership. Graduating seniors shared their reflections on the year giving touching tribute speeches while announcing their college acceptance decisions. Students and staff enjoyed dinner, photobooth, end-of-the-year video, beautiful sunset over the Calibogue Sound and danced the night away to a DJ.





IJGA AWARDS CEREMONY

During the end of the year party, awards were handed out to student-athletes who excelled in academics based on grades, level of classes, overall highest academic achievers, strength & conditioning and golf at IJGA. Congrats to all! Here's a list of the well deserving recipients:

ACADEMIC EXCELLENCE AWARD



Pamas Abbiteachapan earned a 4.0 GPA and held a perfect attendance record at Heritage Academy. She is an exemplary scholar who is currently a freshman at Heritage Academy — a wonderful example of academic excellence.

Navyug Rungta received this award due to his high academic pedigree. He has taken all Honor and AP courses this year and managed to maintain a high GPA. Nav is a graduating senior and is heading to Penn State this fall.

ACADEMIC IMPROVEMENT AWARD

The Most Improved Academic Award is also based on grades, but focused on grade improvement throughout the year. These students have achieved incredible results with concerted effort, a great deal of hard work with a strong academic focus.

Noe Hirota improved her grades significantly this year. From an ESL beginner, moving to intermediary, going from C's to A's this year with a lot of hard work and determination. We are very proud of her achievements!



From a difficult start in his home country because of focusing on golf, **Gautam Potdukhe** needed to make a tremendous effort to catch-up on his grades and get his academics on track to prepare for college in the U.S. Gautam showed his commitment to this process and now has A's in most of his classes. He's a rising senior and is a first year student at IJGA.

CITIZENSHIP AWARD



The Citizenship Award is given to the students who has made a significant contribution to the IJGA and local community. They have made a difference within our student body through their care and concern for others and have been an excellent example to their peer group — inspiring all by their contribution.

Pamas Abbiteachapan received this distinction and also earned the Hilton Head Mayor's Volunteer Service

Silver Award for her dedication to community service. She is always ready to volunteer and support any IJGA community project.

Olvin Arce received this honor and is well liked by his peers, teachers and IJGA staff. He earned a Silver Award from the Hilton Head Island Mayor with 76.5 community hours.

LEADERSHIP AWARD



The Leadership Award is presented to the Captain who has been an outstanding example of leadership and mentorship to his and her peers; someone of upstanding character and who has clearly demonstrated their leadership abilities.

We don't always get our goals and our dreams, but we ALWAYS get our standards. The Captains who are being recognized have been a tremendous positive influence and support for the students at IJGA. The Leadership Award was presented to **Vasundhara Thiara and Navyug Rungta**.

CHARACTER AWARD

Emma Kim and Navyug Rungta have been consistent in their demonstration of upstanding character and leadership.



GOLF AWARDS



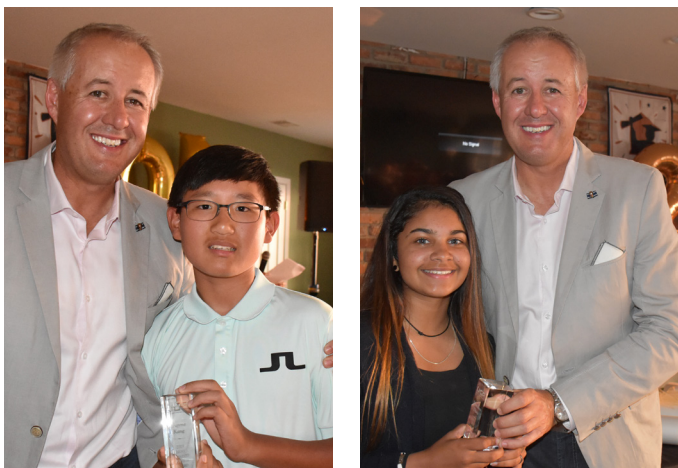
Strength & Conditioning Student-Athlete of the Year
The Strength & Conditioning Award for overall best athlete at IJGA have been selected based on attendance; work ethic; effort; commitment; dedication.

One Kashima was consistent in the gym, has worked harder than anyone else to improve her fitness and the results are obvious.



Steven Strasheim was consistently a top performer in the gym this year. He achieved over 50% of all the fitness awards and performed well on the course as a result of his efforts in the gym. His high-level of commitment has been recognized as exceptional.

MOST IMPROVED ATHLETE



The most improved athlete award is based on the degree of improvement this year in all areas related to strength and conditioning, these students have put in the commitment and shown their dedication all year long.

With only two absences all semester, the most improved female athlete was awarded to **Vasundhara Thiara**.

A third-year student at IJGA, **Eugene Kang** was so intensely committed and focused, he has a very promising future ahead of him. He worked hard every day and his physical improvements are a testament to his efforts.

MVP

The MVP award recognizes that student golfer who is an all-round achiever in all aspects of golf and athletic development. These students are outstanding in their behavior and their commitment to every aspect of their journey here at IJGA.

One Kashima received the MVP award. One is dedicated, gives 100% effort, is funny and fun to be around, and an overall great asset to IJGA. She has a positive impact on others and is our IJGA MVP!

Merlin Dohm is the recipient of the MVP award. Merlin has been at IJGA for two and one-half years, he is well liked and respected by the IJGA coaches and staff. He tries his best in everything that he does and has demonstrated his commitment to the game through hard work and effort. No matter what happens, he puts a positive spin on it, and

bounces back with a great attitude, and is not sidetracked with results and outcomes. He is returning to IJGA for his senior year and has been chosen as a High Point University Scholar, if he decides to attend.

GRIT AWARD

This year we have started a new award that we will present



each semester and it is to recognize the student that has demonstrated a great deal of grit and resilience. I remember a mental coach explaining his definition of being mentally strong and it was the ability to bounce back and persist, in the face of challenges and difficulties.

The grit award is presented to one student at IJGA who has persevered, who has come back strong, who has kept fighting the good fight recipient of the Grit Award goes to and the **Tristin Galant**.



MOST IMPROVED

“Continuous effort, not strength or intelligence – is the key to unlocking potential,” said Winston Churchill. That is why improvement awards are so special. They celebrate the result of hard work. The most improved players have shown the greatest improvement in golf and achieved extraordinary results this year.



Emma Kim is described by her coaches as honest, dedicated and a really cool person. She has gone from scores in the high 80's to shooting a 71 in a recent tournament. Emma had eight “Top 10s” in 9 starts and finished second at IJGT Orange Lake Open.

She's a first year student at IJGA and a wonderful young lady who we all are excited to see what she is going to do in the game of golf ...

Erik Fogel has had one of the lowest scoring averages at IJGA this year, has had 7 top 10 finishes, won the Faldo Series SC Championship, and finished tied second at the AJGA Junior Showcase with seven birdies and a low round of 69. Most impressively, he has improved his JGS rankings by hundreds of points. He brings intensity, hard work and fun to practice and has learned how to put himself in contention to win.

Erik is a second year student from Denmark and heading to Lincoln Memorial in the fall.

PLAYER OF THE YEAR

The Player of the Year is based on golf performance, stats and exemplary behavior both on and off the golf course.

Vasundhara Thiara had 2 victories, (Orange Lake Classic and Lowcountry Shootout) 11 top 5 finishes in 12 tournaments and an impressive 71 in the third round of the Faldo Series Asia Final at Laguna Lang Co. She's a good player with exciting potential!

Steve Strasheim has a reputation of being consistent, steady and reliable. He's had seven top three finishes and six rounds under par as well as a victory at the South Carolina Open. He finished fourth at the U.S Faldo Series Grand Final with scores of 66, 69 and 75. But even more



importantly, he carries himself with professionalism and poise — on and off the golf course. Steven will be playing for Division I Lobos this fall at New Mexico state.

CONGRATULATIONS TO THE CLASS OF 2019!





DOWN THE STRETCH

WITH IJGA DIRECTOR OF STRENGTH & CONDITIONING SHAWN MEHRING



Where did you grow up?

I grew up in Annandale, New Jersey.

Where did you attend school and what degree(s) did you earn?

I attended Lipscomb University in Nashville, Tennessee where I played Division 1 baseball for 4 years. I earned a Bachelor of Science degree in K-12 Health and Physical Education.

How did you get interested in fitness?

I got interested in fitness in high school. I did not start working out in a gym until I was 14 years old and training “year-round” for baseball. I was always interested in science and mainly how things worked, especially the human body. My strength and conditioning coach at Lipscomb University, Coach John Hudy, is who excited me about becoming a strength coach. He is a very laid back person, but expected a lot from his athletes. His brain is a book of knowledge about biomechanics and exercise science. I would often go sit in his office when I was studying for tests and I would ask him questions about my classwork and he could explain the hardest concepts so easily so that anyone could understand. That’s how like to model my coaching, “keep it simple” but make sure my athletes understand why.

What type of training do you do?

I like all types of training, except cardio (but I do it anyway because it has many benefits!). I like to be challenged in the gym, CrossFit is good for that (but not necessarily for the rotational athlete). Olympic lifting is probably my favorite (snatch, clean and jerk) because you can lift heavy and fast, but you have to be careful if you don’t have a proper coach or understand Olympic biomechanics fully.

Do you participate in 5K, 10K, triathlons, etc.

I do not! However, on our IJGA campus, 1 lap around the main loop is a 5K. So I will do that from time-to-time.

Outside of work, what do you like to do during your “down” time?

Photography, cooking, running around with my son, exercising, and relaxing.

Favorite meal:

I don’t think I have a favorite meal, I love food too much to just pick one thing.

Favorite local restaurant:

I have a few! In Bluffton: Captain Woody’s. On Hilton Head: Skull Creek Boathouse, and in Beaufort: Papaya Thai and Sushi Bar.

Favorite place(s) you’ve ever visited:

Italy, Greenville (SC), Destin (FL), and my all time favorite Cape May, New Jersey.

Favorite music ... musician, band or genre:

I like all types of music except Rap, but my favorite genre is classic rock. My favorite band is the Eagles.

List three things your co-workers probably don’t know about you ...

- 1) I am adopted from Romania
- 2) I play 4 instruments (Bass, saxophone, drums, and guitar) - I was strongly considering majoring in musical engineering/production. I played in almost every band my schooling had to offer (Jazz band, concert band, pit orchestra, saxophone quartet, and sang in the select mixed choir in high school).
- 3) I am insanely scared of heights.

Name any Awards / Accolades / Titles / Claim to Fame!

- High school: Was given a Perfect Game rating of 8 - which considered me as a potential MLB draft pick and/or excellent college prospect.
- College: 2012 Ken Dugan Award (baseball programs top character/leadership award), 2012 National Strength and Conditioning Association Male Athlete of the Year for Lipscomb University, and 2010 most improved and coaches award.
- I am a Titleist Performance Institute Fitness and Medical Level 2 Certified Expert

TOP FINISHES

International Junior Golf Tour Orange Lake Open

Boys Under 19 boys Division

1st - Jeong Joo Kim: 71 + 74--145
3rd - Jay Sachdev: 73 + 75--148
T8 - Rekgabile Nyhonyha: 78 + 81--159
T10 - Zaid Khan: 80 + 81--161

Boys Under 16 Division

7th - Muhamad Zaini:
77 + 79--156

Girls under 16 Division

1st - Vasundhara Singh Thiara: 73 + 75--148
2nd - Emma Kim: 71 + 78--149

Hurricane Junior Golf Tour Elite Series event at ChampionsGate Golf Resort, Championsgate, Florida, May 11-12.

Boys Division

4th - Shuya Hagiwara: 75 + 75--150
5th - Jeong Joo Kim: 76 + 76--152
8th - Guatam Potdukhe: 78 + 77--155
10th - Patrik Sun: 77 + 79--156

Girls Division

2nd - Vasunhara Thiara: 82 + 74--156
3rd - One Kashima: 82 + 81--163
7th - Sae Saito: 86 + 92--178
9th - Noe Hirota: 116 + 96--212

Alumni

IJGA Alumni Guentae Kim reflects on his time at IJGA and ETSU

Watch the video!



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