



ON THE LINKS

A NOTE FROM COACH WILKES

Dear Friends of Villanova Golf,



Your Villanova Wildcats have returned to the Main Line after their long winter break, and are eager to face the challenges of the upcoming spring season. As players and coaches, we have renewed our commitment to continually improve the golf program, whether on the course, in the gym, or in the classroom.

I hope that this new expanded version of "On the Links" further reflects our commitment to improve. Now each edition will feature an interview with a current Wildcat, a golf fitness section to help you

with your game, and a charity section to highlight local charities in need. We have also included our upcoming tournament schedule, and a Save the Date for our team's annual golf outing, which has been renamed in honor of former Coaches, Jake and Joe Moran.

I wish you all a happy and healthy 2012, and as always,

GO CATS!

James Wilkes, PGA
Head Golf Coach

2011-12 VILLANOVA WILDCATS GOLF ROSTER

Bret McGaughey

Senior

Laguna Beach, Calif./Laguna Beach

Brian Colbert

Senior

Cary, Ill./Cary-Grove

Steve Skurla

Junior

Wheaton, Ill./Wheaton Warrenville South

Michael Kania

Junior

Haverford, Pa./Haverford School

Derek Jones

Junior

Lower Burrell, Pa./Burrell

Jimmy Johnston

Junior

Wayne, Pa./Malvern Prep

Robby Meador

Sophomore

Miami Lakes, Fla./St. Thomas Aquinas

Vince Boyle

Sophomore

Philadelphia, Pa./Archbishop Ryan

Scott Miller

Freshman

Madison, N.J./Oratory Prep

Ted Brennan

Freshman

Newtown Square, Pa./Haverford School

VILLANOVA GOLF DIRECTORY



"On the Links" is the official newsletter of the Villanova Golf Program. It is a joint publication of the Media Relations department and the Golf office. To submit information for the newsletter, please e-mail it to brett.mariani@villanova.edu or mail it to Villanova Department of Media Relations, Jake Nevin Field House, 800 Lancaster Avenue, Villanova, PA 19085.

For regular updates on Villanova Golf, visit the Villanova Athletics Website at www.villanova.com.

ATTENTION FRIENDS OF VILLANOVA GOLF

Please send us an update on how best to reach you

The Villanova golf program and head coach **James Wilkes** want to make sure that "On the Links" newsletter and other alumni updates reach as many people as possible. If you are not receiving Coach Wilkes' e-mail updates or have not gotten a PDF of this newsletter, please send a note to Coach Wilkes at jwilkes@pga.com or call James' cell phone at (215) 510-0335 or office (610) 519-5402. Assistant coach Brian Heffernan is also available at brian.heffernan@villanova.edu by phone at (610) 519-4093.

**V THE VILLANOVA
ATHLETIC FUND**

**WILDCAT
PRIDE
CHALLENGE**

ATTENTION GOLF TEAM ALUMNI

Give a gift of just \$50 and you can help your former program and get your former teammates involved! The Wildcat Pride Challenge winners will receive a \$10,000 gift to their program from anonymous donors to Villanova Athletics. The two winners will be the programs with the highest alumni participation rate and the team with the highest percentage increase in number of donors from last year to this year. Help the golf program win the Challenge!!

GOLF FITNESS TIP

Rene Cammarata is owner/operator of Training Inc. Golf Fitness, located in Bryn Mawr, PA., He and his staff of TPI Certified Professionals provide clients with customized solutions to reach their golf-related goals. Training Inc. Golf Fitness addresses all aspects of the body that affect golf-specific performance, regardless of age, body type, fitness or ability level.

Tailored Training Inc. Golf Fitness workouts include our systematized:

- Pre-Round/ Workout Warm-Ups
- Injury Prevention Exercises
- Golf-Specific Strength Training
- Power Development for Golf
- Energy System Training
- Recovery

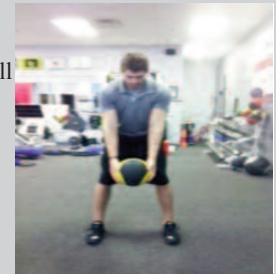
Coach Wilkes serves as a PGA Professional Advisor on Training Inc's staff, providing golf instruction to complement the facility's golf specific fitness programming. Wilkes is also a TPI certified Level 1 fitness professional.

Add Some Explosive Rotary Power to Your Swing

The oblique abdominals are major power producers for the golf swing. You can develop explosive rotary power in these muscles with the use of a medicine ball (a 4 lb ball for women and a 6 lb ball for men should do the trick) and a cement block wall to perform Medicine Ball (MB) Side Wall Throws. MB Side Wall Throws can be performed from a number of positions, with varying steps, distances, frequencies and duration of throws to add speed, power and muscular endurance to your swing.

To execute a basic Side Wall Throw you must stand far enough away from the wall so you will have to throw the ball hard enough to hit the wall with a "pop" and to make it back to you for you to catch.

Step 1: Assume your address position with the medicine ball in your hands in lieu of your golf club with the wall being your target.



Step 2: Perform your backswing by turning your back to the wall while maintaining the angles in your ankles, knees, hips, spine and shoulders (don't sway, reverse pivot or lose posture).

Step 3: Powerfully rotate your torso again maintaining the angles as you did in your backswing (don't come over-the-top with the ball, or slide, or lose posture with your body) and throw the ball at the wall so it hits the wall and returns back to you.



Step 4: Catch the ball, reset, and repeat for a total of ten repetitions.

Step 5: This is very important- Perform the same number of Side Wall Throws on your off-side (left handed if you are a right handed golfer and vice versa if you are left handed).

For more information about side throws and developing explosive rotary power for your swing, contact Rene Cammarata at Training Inc Golf Fitness, 22 N. Bryn Mawr Ave., Bryn Mawr 610.525.0225.

In each upcoming edition of "On the Links", Rene Cammarata will detail a different golf specific exercise – all of which are used at both Training Inc, and in the Wildcats' Strength and Conditioning Program.



THE TEAM

SPRING 2012 PREVIEW

The Wildcats are preparing to take on a challenging schedule that will send them all over the country against some of the best competition in the conference and NCAA. Here is a look at the upcoming schedule:

BIG EAST Match Play (Feb. 13-14, Orlando, Fla.)

Villanova returns to the match play event hosted by the conference where they dropped both matches last year. They lost by tie break to Marquette and 4-1 to Morehead State.

USF Invitational (Mar. 4-6, Dade City, Fla.)

Villanova travels back to the USF Invitational where the Wildcats put up an impressive showing last year without Brendan Kelly, one of the top golfers in the conference. The team stormed out of the gate and finished in 8th overall out of 21 teams. Colbert finished in 8th.

Gatorade Invitational (Mar. 10-11, Pinehurst, N.C.)

The Wildcats will finish their spring break trip at one of the more well-known courses in the country, Pinehurst, against a difficult field.

Wildcat Invitational (April 2-3, Malvern, Pa.)

Villanova will host their own tournament for the second straight year at White Manor Country Club, where the event was a huge success last year. Villanova finished in 3rd of 20 as host last season.

Navy Spring Invitational (April 21-22, Annapolis, Md.)

Villanova will play at the site of the Navy Fall Classic in this tune up to the BIG EAST Championship.

BIG EAST Championship (Apr. 28-30, Orlando, Fla.)

The conference championships will be the final event of the season and Villanova will look to build on last year's performance where they finished in 3rd just behind Notre Dame and Louisville.

Junior Golf Academy News

Following its successful launch last summer, the Villanova Golf Academy looks to expand in 2012.

Participants in last year's inaugural camp enjoyed a full week of activities, including: video swing analysis, short game and full swing instruction with PGA instructors, and daily play on some of the areas venues, including the Wildcat's home course - White Manor Country Club. Plans for this year's camps include multiple weekly summer sessions, with both half-day and full-day options, as well as year-round weekend schools. For more information, contact Coach Brian Heffernan, or visit <http://camp.villanova.com>.



BIG EAST CONFERENCE CHANGES

The BIG EAST conference is undergoing dramatic changes very soon, perhaps as early as the 2012-13 school year. Syracuse and Pittsburgh are moving to the ACC while West Virginia is shifting to the Big 12. These moves have been necessitated for the interest of football, but those schools will participate in all sports in their new conferences. With the departing schools, the BIG EAST has added three full time members that will have a direct impact on BIG EAST golf. Central Florida, Houston, and Southern Methodist will all begin competing in the 2013 school year in all sports, including golf. This will increase the competition level in BIG EAST golf as UCF is currently ranked 45th and Southern Methodist is ranked 47th in the Golfstat rankings. Villanova golf looks forward to the challenge of these schools competing in the conference.



INTERVIEW WITH A WILDCAT: BRET MCGAUGHEY

Tell us a little about yourself and where you're from...

I love almost everything that has to do with warm weather. It has been quite the experience coming to Villanova, but I have enjoyed every minute of it. I will graduate in May with a BA in Economics with minors in Business and Real-Estate.

What has been your favorite class and/or professor at Villanova?

My favorite class I will take at Villanova will probably be this semester. It will be Case Studies in American Industries or Brazilian Economy. My favorite professor could be my professor in Real-Estate Law, Burke Ward.

What is your favorite meal on the Main Line?

Yang Ming... I only have it every once in a while, but it never disappoints.

What is your favorite musical selection for studying or practicing?

Depends on my mood, but Frank Sinatra is a pretty safe bet for any occasion.

What is your favorite memory as a wildcat on-course/off-course?

Choosing one particular on the course moment is tough... any time you get the opportunity to represent Villanova at a tournament is an awesome experience. Off the course memory is almost always our intramural basketball team, famously called the "Jake Morans" that I never played for because I was notoriously bad in the half-court offense.

What is the nickname you were given by your teammates and why?

I'm known as the "Reverend" primarily because I serve as the unofficial team chaplain and have encouraged others to attend Student Athlete Bible Study on Wednesday nights... I've also been known to blast Christian rock music while driving to practice.

What are your plans following graduation this spring?

I hope to go back home to California and find a job in the natural resources sector, renewable energy industry, or logistics/freight-forwarding. I don't have any leads just yet, but any help from my fellow alumni would be greatly appreciated!



FALL 2011 REVIEW

BIG 5 INVITATIONAL

VILLANOVA FINISHED IN 11TH OF 22 TEAMS IN THE LOCAL TOURNAMENT HOSTED AT PLYMOUTH COUNTRY CLUB. JUNIOR MICHAEL KANIA LED THE WAY IN A TIE FOR 6TH OUT OF 116 GOLFERS WITH A 4-OVER. IT WAS KANIA'S BEST FINISH OF THE FALL AND HIS SECOND STRAIGHT TOP-20. SENIOR BRET MCGAUGHEY ALSO PUT OUT A STRONG PERFORMANCE IN HIS FIRST OF THE FALL FINISHING IN A TIE FOR 21ST WITH A 7-OVER IN THE 36-HOLE EVENT.

BLACKTHORN INTERCOLLEGIATE

IN THE TOUGHEST FIELD VILLANOVA FACED TO DATE, THE WILDCATS FINISHED IN A TIE FOR 12TH OUT OF 15 TEAMS DOWN IN TENNESSEE. VILLANOVA FINISHED IN A TIE WITH BIG EAST PARTNER LOUISVILLE. SENIOR BRIAN COLBERT LED THE SQUAD IN A TIE FOR 21ST OUT OF 82 GOLFERS DURING THE 54-HOLE TOURNAMENT. JUNIOR MICHAEL KANIA WAS NEXT FOR THE WILDCATS FINISHING IN A TIE FOR 33RD.

Fall 2011 Results

<u>Date</u>	<u>Location</u>	<u>Result</u>
Sept. 16-17	The McLaughlin Farmingdale, N.Y.	10th/16
Sept. 19-20	Adam's Cup of Newport Newport, R.I.	T-5th/19
Sept. 26-27	Gridiron Classic Notre Dame, IN	9th/12
Oct. 8-9	Big 5 Invitational Plymouth Meeting, Pa.	11th/22
Oct. 14-16	Blackthorn Intercollegiate Johnson City, TN	T-12th/15

GIVING BACK

VILLANOVA COACHES VISIT CITY TEAM MINISTRIES

Coach Wilkes joined a group of Villanova administrators, staff members and fellow coaches on a service trip to City Team Ministries this past fall.

City Team, located in Chester, PA., provides a number of services for local families in need. These include daily food service, a homeless shelter, long term "Second Chance" and recovery programs, a ministry, a mother and baby care program as well as career counseling.

The volunteers spent much of the day painting dorm rooms which house the members of the City Team recovery program. These individuals spend up to 18 months living and working in the facility, and are required to participate in ongoing educational classes. The day ended with a tearful meeting with one of the residents. It was a powerful reminder of how much simple acts of charity can mean to those who are truly in need.

For more information about City Team Ministries, go to their website, www.cityteam.org.



HONORARY CAPTAIN NAMED FOR BIG 5

As the Wildcats stepped on to the grounds of Plymouth Country Club last October to defend their 2010 BIG 5 title, they had one very special member of the Villanova family in their corner – Honorary Captain Megan Mullock.

Megan and Coach Wilkes met through The Golf Buddy Program, a joint venture between the Philadelphia PGA and the local chapter of the Variety Children's Charity. The program matches local PGA professionals with children who are interested in learning golf, despite physical and/or developmental disabilities.

Despite her ongoing battle with Cerebral Palsy, Megan has enthusiastically worked on her golf game. In addition to sharpening her short game and driving skills, she has been able to join Coach on course and begin playing her first regulation length holes. In return, she tries (often in vain) to broaden his knowledge of the music scene past the 1980's - by keeping him up to date with some of her favorite artists, including Rascal Flatts and Toby Keith.

While the team was unsuccessful in defending its BIG 5 title, Megan has been asked to again serve as Honorary Captain at its next local event, the 2012 Wildcat Invitational.

For more information on the local Variety Chapter, located in Worcester, PA., visit their website at www.varietyphila.org.

WILKES RECOGNIZED AS U.S. KIDS GOLF TOP 50 KIDS' TEACHER

Head Coach James Wilkes is among the class of the Top 50 Kids Teachers for 2011, as announced by U.S. Kids Golf.

Wilkes has been a junior golf instructor for 15 years and is currently the Men's Head Golf Coach at Villanova University and the Director of the North Philadelphia U.S. Kids Golf Local Tour. This is the second time that he has been named a Top 50 Kids Teacher by U.S. Kids Golf.

"Over the past several years, I have been fortunate to work with the USKG staff at numerous local, regional and national events, and I have seen first-hand what kind of positive impact their mission has on kids," Wilkes said. "It's an honor to be associated with an organization that is so widely recognized as the leader in junior golf."

The award, in its eighth year, recognizes golf professionals across North America who focus much of their time and energy on developing young golfers in their communities. The instructors are judged on several criteria, including percentage of time devoted to kids programs, creativity, communication and efforts to grow the game. This year's class represents 25 states and Canada and includes teachers who work at public, private, resort and municipal courses.

"The Top 50 Kids Teachers represent a group of professionals who are dedicated to helping kids develop their skills and their love of the game," said Dan Van Horn, founder and president of U.S. Kids Golf. "We are pleased to recognize their talents and commitment."

The 2011 Top 50 Kids Teachers were recognized Friday, January 27, at the PGA Merchandise Show in Orlando.



Head Coach Wilkes with Honorary Captain Megan Mullock

SAVE THE DATE THE MORAN

EVENT IS MONDAY JUNE 25, 2012

WHITE MANOR COUNTRY CLUB

JAKE AND JOE MORAN VILLANOVA GOLF TEAM OUTING

WE HOPE THAT YOU CAN JOIN US FOR THIS NEW TRADITION-AFFECTIONATELY NAMED "THE MORAN"