



THE CROSSINGS
AT CARLSBAD

THE CURRENTS

March 2010 | YOUR COMMUNITY GOLF NEWSLETTER

Make these
the only slices
you'll have today.



Breakfast
begins at 7am

Winners

Linda Swanky
Canyons Survey

Jordan Gardner
Golf Shop Email

Michael Miller
The Crossings Survey

David Barkley
Canyons Business Card Drop

The above winners are drawn from those that participate in our Course & Restaurant Surveys as well as those that drop a business card in the Canyons or sign - up to receive our weekly email promotions in the Golf Shop. We invite everyone to participate monthly for a great chance to win free Golf and Food at The Crossings at Carlsbad.

UPCOMING EVENTS SAVE THE DATES

March	21	March Madness Golf Tournament
April	4	Easter Champagne Brunch
	25	Spring Fling Golf Tournament
May	9	Mothers Day Brunch
	22	Couples Only Golf Tournament

All events open to the public

Mothers Day
Champagne Brunch

Sunday,
May 9th, 2010

For Reservations: Please call 760-444-1881
or email: sprinzivalli@kempersports.com

March Madness
Golf Tournament

Sunday, March 21st, 2010
1pm Shotgun Start | Scramble Format

\$80 per person

(Crossings Club members \$70)

Form your own team or we will pair you up

Entry Deadline is Wednesday, March 17th.
For more information call 760.444.1800 x2.

Easter
Champagne Brunch

Sunday, April 4th, 2010

10am - 2pm | Adults \$49.50 | Kids 6-12 \$14.50
Kids under 6yrs are FREE, Seating every 30 minutes

For Reservations: Please call 760-444-1881
or email: sprinzivalli@kempersports.com

GOLF

MANAGER'S MESSAGE



Jeff Perry
General Manager

If you read my column last month, I decided that I wanted to write about fitness and its relationship to golf. In doing so, I have partnered up with Dr. Mike Wasilisin of the Titleist Elite Performance Institute located at PureFitness in Carlsbad to solicit some of his expertise on helpful tips that can be beneficial to the golf swing which may also transition to a healthier everyday lifestyle.

Again, the goal of these pieces is to simply point out that there are many simple and easy ways to improve your golf game; with the added benefit of improving your overall physical fitness.

Last month we began with the "glutes", the muscle considered to be "The King of the Swing". If you missed this article and would like to review its content and the exercises recommended to build the muscle considered to be the engine behind the golf swing, it can be found in our February issue of The Currents online at www.TheCrossingsatCarlsbad.com. In this column, I will continue with the building blocks of the swing: strengthening your core and increasing your flexibility.

The core functions to transfer the power from the ground to the club and prevents the ever-so-common low back injuries. If you do not know what I mean when I refer to your "core", your core is the mid-section of your body consisting of your front and side abs and your low back. The core is known as "The Queen" of the golf swing (glutes are "the King"). The most important function of the core is to transfer the power from the ground to your club head.

You will not increase your risk of injury by having a weak core, but the result is a power leak that will cost you consistency and distance.

1 The best exercise to strengthen your core is a plank. Lying face down on the mat, place your elbows under your shoulders and your forearms flat on the mat. Lift your body off the ground keeping your core braced and stable and support yourself with just your forearms and toes. Make sure your lower back is not sagging and your core is braced throughout the exercise. Your goal is to hold this exercise for 3 sets of 1 minute with a 30 second rest between sets.

2 With the "glutes" and the core, we have been focusing on stability and power. Now it is time to focus on flexibility. The turning rotation in the middle back constitutes to 50% of the rotation in the golf swing. The bottom line is the more you can coil, the more power you can generate. Unfortunately, most people are unable to turn their middle back due to poor posture or sedentary lifestyles.

3 One of the best exercises to improve rotation is a seated rotation move that can be done right in your home with no equipment. Simply get yourself on the ground on your hands and knees. Then, sit your bottom back on the heels of your shoes and lay your forearm flat on the ground. Put your other arm behind your low back.

Finally, you will rotate as far as you can in on direction and briefly hold to feel the stretch. Repeat this 50 times per side, every day, for more coil in your swing. For more information on fitness and injuries beyond these articles or if you would like a more detailed tutorial on how to perform these exercises; email Dr. Mike at golfdoc8@gmail.com or visit epiclinics.com



GOLF TIP



Steve Vaughan
PGA, Director of Instruction

Many golfers have the left arm in the wrong position at the top of their swing, producing either a slice or a hook.

When your left arm is too high or too upright, it results in a weak fade. If you hit better shots when you are on a side hill with the ball above your feet, there is a very good chance that your left arm is too high when you get to the top of your swing.

The opposite of this would be if your arm is too low or too flat. This will result in low flying hooks. In short, if you tend to hit high fades try making your swing a little flatter, making your left arm feel as if its lower on the back swing.

On the contrary, if you tend to hit low hooks try and feel as if your left arm is working more upright. Many time one change can make a huge improvement in your ball striking, as long as it is the right change for you. ~~~



GLASER ON GOLF



Gary Glaser
PGA, Director of Golf

Hopefully, you enjoyed my review last month of hole #6. This month I think my choice will surprise most everyone. Unlike hole #6 where it is a love it or leave it hole most people probably don't have much of an opinion of this hole unless they just lost a front side bet on this month's hole, #9!

Yes #9, let start with the facts:

- 139 yards at its longest, only 71 yards at its shortest
- Directional flow of the tee shot is due North (tricky cross wind off the water)
- One of the closest holes on course to the Pacific Ocean
- Uphill tee shot over a deep bunker
- The green very deep at (40 yards) with a ledge separating the front to the back
- Course difficulty rating #17 (all tees)
- Ocean View



With a difficulty rating of #17, you would think this hole would be a pushover, think again. The minute you get too aggressive you will find yourself in the front bunker, side bunker or with a difficult long putt.

You can only be aggressive on this hole when the pin is in the back and you can utilize the slope on the right to help control your distance. The small bunker on the left is severe and should be avoided always. If the pin is on the left stay well to the right and you should have an easy two putt for par. Mis-club and a three putt may be in your future.

TIP: Pay close attention to wind and the pin location, always take a little extra club (its more uphill than it looks) and keep your shot a bit right of your target. You should then be in a position to be aggressive with your putt and have a better chance to make birdie. Why I like it? Who doesn't like to make birdie at the turn, ok, at least a par!

As always, good golfing.

Gary ~~~

GOLF

“ Mimi, I am just getting started on all the planning for my wedding. All the terms used are really confusing to me and I feel stupid asking. Can you tell me what the most common terms are and what they mean? Thanks! Katie ”

ASK MIMI

Hi Katie,

Thank you for your question! You definitely should not feel stupid asking... That's why we all have our jobs and I get asked this question all the time! Here are a few of the most common terms we use here at The Crossings at Carlsbad. Each property can use slightly different lingo, but in the end, it all means the same thing.

BEO – Banquet Event Order. The documents created by the property that are used to communicate to each department and staff member the needs/requirements of your event.

Belly Bars or Belly Ups – Bar height tables, typically without chairs, used to set cocktails or hors d'oeuvres on.

A La Carte – Items on a menu that are priced individually and are not part of a package.

Chiavari Chairs – The expensive and high end chairs that look somewhat like bamboo and are typically used for weddings or higher-end social events.

Place Card or Escort Card – Typically used for table assignments/assigned seating and has the name of the guest, the table name or number and their entrée selection (if applicable).

Entrée Counts – If you are giving your guests the option of which entrée they would like, you will need to give your venue the exact count of how many of each you will need. Most venues require that somewhere on the place card/escort card, you denote which entrée the guest chose by a symbol, letter, design, etc. so the servers can look at the card and serve the correct entrée.

No Host Bar – Your guests buy their own beverages.

Hosted Bar or Open Bar – You pay for your guests' beverages.

Full Bar – Includes wine, beer, champagne, spirits and non-alcoholic beverages.

Final or Guest Guarantee – The number of guests you are committing and paying for to be at your event. This number is typically due several days before your event.

Portable or Satellite Bar – A bar that is set up specifically for your event, but is not permanent.

Mimi. ~~~

If you would like to submit your question, please email mgrier@kempersports.com.



CANYONS

FROM THE CORNER OF THE BAR

Make an average Bourbon, Vodka, etc... smoother and tastier.

Take a charcoal filter [i.e. Brita water filter] and pour your liquor through the filter, hence filtering your product for a cleaner smoother finish. Most high-end Vodkas are filtered numerous times for a clean finish. ~~~



CHEF'S KITCHEN

Chef Phil Hoy

Proper Carving Technique

When carving Steak or Roast of any kind, First let it rest on a plate or cutting board for 4-5 minutes before slicing. Always slice against the grain. ~~~

