



May 2016
Lee's Hill Newsflash
10200 Old Dominion Pkwy
Fredericksburg, VA 22408
(540) 891-0111 --Phone
(540) 891-5258 ---Fax
www.leeshillgc.com

Mother's Day
May 8th

Memorial Day
May 30th

Member Guest September 23-25

Mark your calendars for the premier event of the year. It will be here before you know it. On the Lee's Hill Website is a large button on the home page. All the Member Guest information for entry and sponsorships are listed also available in the foyer, are copies of the sponsorship flyer.

Welcome all New Members: Ann Herndon, John Moneyhon, Jeff Wholey, and Jim Spittler.

Jr. Golf Camp for June 20-24, this is the first one!

It's time to sign up for Jr. Golf Camp! The camp dates, form and information are on line at www.leeshillgc.com. Go to the tab for Jr. Golf Camp and download the form, fill out completely and turn into the pro shop.



Glowball, Friday, May 27

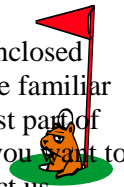
This is a favorite. Friday, May 27th at 9pm, shotgun start. Regular fee plus \$30. Sign up is a must. Enjoy a nice dinner then play 9 holes in the dark. Bring your flashlight! Prizes at conclusion. Dinner Guest Welcome for \$12.00 per person. Call or stop by the pro shop to sign up 540-891-0111

Golf Outings

Most golf outings are fundraisers and will welcome your participation. Please feel free to check with your family and friends to see if there is one here for them. Playing in any these tournaments are a great way to support our community and have fun at the same time. Remember they also welcome sponsorships. Another great way to get your company information out to the community at a fraction of advertising costs.

May & June

We would like to encourage you to review the enclosed calendar, review the on line calendar and become familiar with the events that are taking place in the busiest part of the season, May and June. If the date and time you want to play is not available, we encourage you to contact us directly. We would be glad to contact one of our neighboring golf courses and make a tee time for you. We are monitoring the tee sheet very closely and free up tee times as the information becomes available to us.



Hole in one....

Take the Charitee Challenge. Buy a ticket in the proshop any day of the week for just \$3 and play the contest on Hole #5. If you purchase a ticket, a hole in one wins \$1,000! If you are within the length of the flagstick (7ft) then you win a \$20 gift certificate to the proshop. Worst case scenario, bring your ticket into the grill and redeem for a free fountain drink or draft beer compliments of Charitee Golf Company.

Lees' Hill Wednesday Ladies League

The Ladies League is set up so that ladies of all abilities (beginners included) will be able to have fun and have an opportunity to win a prize. This is a perfect opportunity to come out; enjoy the company of other women, the weather, and the beautiful scenery here at Lee's Hill. Interested? Please call 540-891-0111



PGA Junior League:

Attention junior golfers: Interested in playing for the Lee's Hill Generals? Anyone 13 and under is eligible to play in our PGA Junior League. We won the Fredericksburg region last year in our inaugural year. This year we will field two teams instead of just one. The cost of the league is \$199 and includes: jersey, cap, golf balls, bag tag, and course time for both practices and matches. Practices will be on Monday, Wednesday, and Thursday evenings at 6pm during May. Matches will be on Saturdays at 5 pm starting June 4th thru July 23rd. We only have a few spots remaining. Sign up your junior golfer today at:

www.pgailg.com/page/show/2430629-lee-s-hill-golf-club

Tuesday Night Twilight League Lee's Hill Tuesday Night

League. This year's sponsor for the league is Outback Steakhouse. This league will be a twilight 9 hole league with a 5 pm shotgun start. Anyone interested in playing in this league, please call or sign up outside the Proshop. Reservations are a must. 540-891-0111.



Highlights of Demo Day

Demo day was held at Lee's Hill on April 14th. The day was a success; the weather was beautiful this year. **Special Thank you goes out to Fredericksburg Golf Center!** See you next year!

Range Closing

The Driving Range will close every Wednesdays at 5:30 pm for maintenance and clean up. The Range will reopen on Thursday mornings.

Upcoming

May 3 – Tuesday – Battle of the Brances

May 4 – Wednesday – CYT (course closed until 2pm)

May 9 – Monday – Faith Baptist

May 13- Friday- Fairy Godmother

May 16- Monday- Lions

May 19- Thursday- Virginia Heritage

May 20- Friday- Firechiefs

May 27- Friday- Lenzi Memorial

May 27- Friday- Glowball (9pm shotgun start)

May 31- Thursday- Seniors (Home match vs Culpeper)

June 2- Thursday- Southern Piedmont League

June 3- Friday- Oberle Open (double shotgun?)

June 4-Saturday- JM Booster Golf Outing

June 6-Monday-Travis Bird Outing

June 10-Friday-Kappa Foundation of Fred Diamond

June 13-Monday-United Way

June17-Friday-Linwood Musselman

June 20-Monday-Tommy Legge Outing

June 23-Thursday-Seniors (Home match vs Fawn Lake)

June 24-Friday- P&S Sportsman

90 Degree Cart Rule: Important (please read)

At this time of the year, it is extremely important to enter the fairways at 90 degrees to the ball from the path in order to help not wear out the turf at the beginning of each fairway once leaving the tee box. We are noticing an abundance of wear in these areas and we want to avoid putting up ropes/signs in order to keep carts from damaging the turf further. Your help and attention to this matter is most appreciated

Why include Pilates in your golf game?

Golf tends to work just one side of the body. Over the course of 18 holes, you're using the same muscles to swing that club hundreds of times, which puts pressure on your shoulder, elbow and wrist. Driving a ball down the fairway is an explosive movement that uses a lot of power. As a result, golf can create an imbalance in the body, as well as lead to overuse injuries. Swinging a club and following through requires flexibility in the spine, because you're twisting and torquing your entire body. Having a limited range of motion can pave the way for lower-back pain and possible injury.

Pilates and golf share many of the same principles, like precision, accuracy and body awareness. Pilates moves help balance and strengthen the core muscles of the back and abdominals for more power and deeper drives. Flexibility is also important for everything from swinging to bending down to pick up the ball. On the mental level, Pilates definitely provides an advantage: focused breathing and blocking out distractions can mean the difference between a powerful drive and a weak one!

Golf for Pilates, contact Pure Pilates at 540.226-0821 or valyakarcher@gmail.com or visit us at www.valya.net.

TURF TALK

The cool, dry, and windy conditions throughout April were horrible for growing grass. Greens healed very slowly from aeration but are now in pretty good shape. We will soon verticut and lightly topdress them, which should smooth the surface out and make them quicker. The Bermudagrass began to turn green in March, and it looked as if they would begin growing earlier than normal. Cold temperatures and a couple of frosts, early in April, forced them back in to dormancy

Temperatures began to increase towards the end of the month and it got very windy. This also didn't help us out as everything got firm and dry. With rain being in the forecast we fertilized the entire course during the last week of April. Hopefully we receive that precipitation, feed the soil, and get this turf growing. Our tees have really been taking a beating and we need the growth to recover. Once they are actively growing, we will aerate them and fertilize a second time to increase turf coverage. Fairways will also be aerated sometime in May.

Please continue to repair ball marks, fill divots, and drive 90 degrees from the cart path to your ball. Cart traffic has begun to cause wear in many spots, so please try to avoid driving on these weak areas. Also, I have noticed an increase of trash and cigarette butts thrown out on the course. Please help keep us clean by not littering.

Brian Roudabush, GCS