



**February 2018**

# Around The Club



**Saturday, February 24  
2:00 p.m. - 5:00 p.m.**

Please join us Saturday, February 24 for the RiverTowne Oyster Roast! This family friendly event is open to RTCC members as well as non-members, so be sure to spread the word.

All You Can Eat Oysters, White Chicken Chili, and Cowboy Chili  
\$20 Members, \$25 Non-Members,  
\$10 Kids Ages 6-12  
Live Music by Michael Peifer  
S'mores | Jump Castle

Burgers, hotdogs and adult beverages will also be available for cash purchase. No coolers, outside food or drinks please.

*Kindly RSVP via phone or email by **February 20** to ensure that we have enough oysters! Advance payment required, tickets are non-refundable.*

843-849-2400 ext. 3 or  
[jrau@rivertownecountryclub.com](mailto:jrau@rivertownecountryclub.com)

## New Yoga Classes

**Tuesdays 8:30 a.m. - 9:45 a.m.**

**YOGA Restore** this class is designed to be gentle and restorative while at the same time increasing energy levels with deep breathing to rejuvenate and restore the mind. Gentle sun salutations and ample floor/mat work will focus on stretch and strength and will be gentle on the joints. This is the perfect class for a beginner but also for an advanced student who is interested in a more therapeutic and meditative practice.

**Wednesdays 9:30 a.m. - 10:45 a.m.**

**YOGA Invigorate** this class is designed for students who desire to expand their practice in all areas and complexities. There will be a generous amount of flow and salutations with great stretch and strength. It will entail strength and cardio segments that will raise the heart rate and fire up muscles focusing on the mind and breath finishing with a well earned savasana! This class is for an active person that that desires a physical challenge with a mantra of "Get strong/be calm!"

6 week sessions beginning  
**February 20 and 21**

Members: \$60 for one class and \$100 for a 2 class package deal

Public: \$75 for one class and \$130 for a 2 class package deal

To reserve your spot, contact Jaime Rau  
843-849-2400 ext. 3 or  
[jrau@rivertownecountryclub.com](mailto:jrau@rivertownecountryclub.com)



## Taco Tuesday

**Tuesday, March 6  
5:30 p.m. - 8:30 p.m.**

Featuring Mouthwatering Taco, Appetizer, Margarita and beer specials!



### Golf Shop Hours:

**Monday**

**8:00 a.m. - 5:30 p.m.**

**Tuesday-Friday**

**7:00 a.m. - 5:30 p.m.**

**Saturday-Sunday**

**6:30 a.m. - 5:30 p.m.**

**Main Phone:**

**843-849-2400**

**Tee Times:**

**843-849-2400 ext 2**

**Membership:**

**843-849-2400 ext 3**

**Restaurant:**

**843-849-2400 ext 5**

**Club Website:**

**[rivertownecountryclub.com](http://rivertownecountryclub.com)**

**Member Website:**

**[rivertowncountryclub.  
memberstatements.com](http://rivertowncountryclub.memberstatements.com)**

# Club Dining

## Burgers and Brews

Each Thursday enjoy a special selection of Chef's burgers expertly paired with specially selected beer.



Additional entree specials will also be available!  
PLUS enjoy half price bottles of wine at dinner on Thursdays!

## Friday Happy Hour

Enjoy 50% off snack items, Chef's nightly specials and drink specials!



## Take Out Menu

Takeout is available Tuesday through Saturday. Call in your order BEFORE NOON and dinner will be ready and waiting for you! Orders are available for pick up in Palmer's Grill at RiverTowne Country Club anytime between 3:00 p.m. and 5:30 p.m. Check our lobby or website for the current takeout menu

# delicious.

## Lunch and Brunch

Palmer's Grill is open for lunch Tuesday-Saturday from 11:00 a.m. -3:00 p.m. and brunch on Sunday 10:00 a.m. - 2:00 p.m. Make sure to grab a loyalty punch card and earn a free entree!

# Pro Shop Talk

## Cold Weather Golf-Play Better

Handicaps go up in the winter, but do they have too? NO! There are many reasons why scores tend to rise in cold weather, i.e., less golf rounds played, less time practicing, more layers of clothing, golf ball flies shorter, etc... But for the golfer that continues to play his/her 1 or 2 or more rounds of golf throughout the winter months, there are things you can do to continue to play good golf!

-Understand that cold weather decreases your ability to use your core and increases the tendency to use your arms. An arm swing is a recipe for CHAOS! Warm up your core before or during your practice session. The Orange Whip (google it! We also have a couple left in pro shop!) is a great stretching aid to warm up your core. While hitting balls, be aware of TURNING into a full back swing as well as turning through into a full follow thru!

The more your core dominates your swing, the more passive your hands and arms AND club will be which leads to more consistency!

-Take Extra Club! The body doesn't turn as well and the ball doesn't fly as far in cold weather... A great killer of many shots is trying to hit the ball the same distance in cold weather. This just about guarantees you'll muscle up the arms and shoulders and flail at the ball. It just doesn't work. Take 1, 2, maybe even 3 extra clubs and swing smooth with your turns (back swing and follow thru). Hitting the ball solid and straight is way more important than hitting it far.

-Move up a tee... yup- leave your ego at home and move up in the winter months. Golf is tough. Winter golf, due to the elements described above is even harder. Why not move up a tee, or play a hybrid set of tees so you can more easily handle the distance and enjoy yourself! The goal should be to have fun and shoot low scores, right?

Pete Dunham, PGA Director of Golf-Certified in Teaching, Expert Certification in Gravity Golf, Founder of AthleticGolf. Pete can be reached at [pete@athleticgolf.net](mailto:pete@athleticgolf.net)

## Re-Grip Your Clubs!

February is Re-Grip Your Clubs Month. The pros at RiverTowne (Jeff, Blair and Trey) RE-GRIP CLUBS! Grips should be changed at least once a year. If you play 2-3 times a week, probably more often. You don't have to travel any further than the RiverTowne pro shop to have your grips installed by professionals at great prices! Plus you'll be supporting your favorite pros!

Great deals for our members!

**Lamkin Z5 Grip.** (Comparable to Golf Prides Multi Compound Grip) Regular price \$12 per grip.... February Special.... Just \$9 per grip! You can save \$39 on a full set of grips! (\*While supplies Last)

**Golf Pride Tour Velvet.** The standard in golf grips. Reg price \$9 per grip... February Special: \$8 per grip

**Winn Drytec:** Reg price \$9.... February Special: \$8 per grip

## Logo Up!

What a great year we had at RiverTowne in 2017. The golf course was awesome all year long. In addition, we had the best tournament season to date and are looking forward to continuing the trend in 2018! Show your support by gearing up with RiverTowne Logoed shirts, outdoor gear, hats, and accessories. Remember, members get 10% off all items in the shop and we also have some great apparel sales going on now! We're proud to be the best Semi Private course in the Lowcountry!



# Operation 36! Ty Gosnell's Junior Golf Academy

The Rivertowne Junior Golf Academy uses the Op36 platform to provide the best player development Charleston has to offer. The Op36 platform is a six stage development program that helps golfers develop the skills needed to shoot par (36 total) on 9 holes. Students learn the to play the game from green to tee-box.



During each 12 week semester players have 8 tournament opportunities to Advance through 6 different tee-boxes that incrementally increase in distance until they reach their full tee box. This stepped tee-box process lowers the challenge point so goals are obtainable for each player, and is a motivating way for the players to learn and progress in the great game of Golf.

Want to find out more?  
Contact Ty  
at [tymgosnell@gmail.com](mailto:tymgosnell@gmail.com)



## ABCD Kickoff Tournament

**Saturday, February 17**

7:30 a.m. - Hot Breakfast & Pairings  
9:00 a.m. - Shotgun

Blind draw of four person team

Captain's Choice

\*Each player's tee shot must be used at least two times

Team handicaps will be established based upon USGA Guidelines

Net Prizes  
Closest to the Pins (4)  
and Long Drives (2)

Tee assignments:  
Men - Blue; Senior - White\*;  
Ladies - Red

\*Players must have their handicap established from the white tees.

\$85 Full Members

\$65 Trail Members

\$105 Non-Resident Members

\$115 Social Members

Sign up ends Tuesday, February 13

## Four Club Tournament

# WINNERS

Overall Gross:

Eric Wallpe: driver, 7 iron, sand wedge, putter and Matt Zeleniak: driver, 8 iron, gap wedge, putter.

Overall Net:

Mike Gregory 3 wood, 7 iron, wedge, putter and Glenn Strovalis 3 wood, 5 iron, 8 iron, putter.

## Starting Times

Monday - 9:00 a.m.

Tuesday-Friday - 8:00 a.m.

Saturday-Sunday - 7:30 a.m.

## Range Hours

**Monday- Saturday**  
first tee time to 4:30 p.m.

**Sunday**  
first tee time to 3:30 p.m.

(the range closes earlier to prepare for Monday maintenance.)

## Upcoming Tournaments:

**February 17 (Sat)\***  
ABCD Kick Off

**March 3 (Sat)\***  
Ladies Member Member  
Please note date change!

**March 24 (Sat)\***  
Stableford

## Demo Day

**February 23**  
11:00 a.m. - 3:00 p.m.



# February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Burgers and Brews	2 Friday Night Happy Hour	3
4	5 Monday Maintenance	6	7 Yoga	8 Burgers and Brews	9 Friday Night Happy Hour	10 Kitchen closed due to a private event- hotdogs, sandwiches and beverages only.
11	12 Monday Maintenance	13	14 Yoga Happy Valentine's Day!!!	15 Burgers and Brews	16 Friday Night Happy Hour	17 ABCD Kickoff Tournament
18	19 Monday Maintenance	20 Yoga Restore	21 Yoga Invigorate	22 Burgers and Brews Palmetto Seniors Outing - limited tee times available	23 Friday Night Happy Hour TaylorMade and Callaway Demo Day	24 Oyster Roast 
25	26 Monday Maintenance	27 Yoga Restore	28 Yoga Invigorate			