

# Around The Club

## Yoga Sessions

**Tuesdays 9:00 a.m.**  
**February 19<sup>th</sup> - March 26<sup>th</sup>**

**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.**  
**February 20<sup>th</sup> - March 27<sup>th</sup>**

**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 desires a physical challenge with a mantra of "Get strong/be calm"!

To reserve your spot, contact Ally Doyle  
[ally.doyle@sneefarmcc.com](mailto:ally.doyle@sneefarmcc.com)



## Oyster Roast

Saturday, February 9<sup>th</sup>  
2:00 - 5:00 P.M.  
RiverTowne CC Lawn

\$25.00 Members  
\$30.00 Non-Members  
\$10.00 Kids 6 - 12



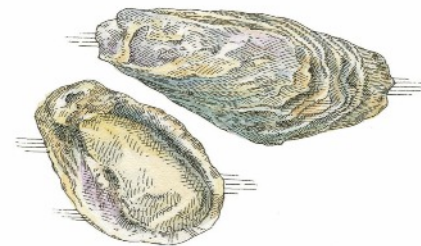
*Live Music from Michael Peifer*

### All you can Eat/Drink:

Oysters\* Cowboy Chili\* Cornbread\*  
Coleslaw\* Beer

*\*NO outside coolers, food or beverage\**

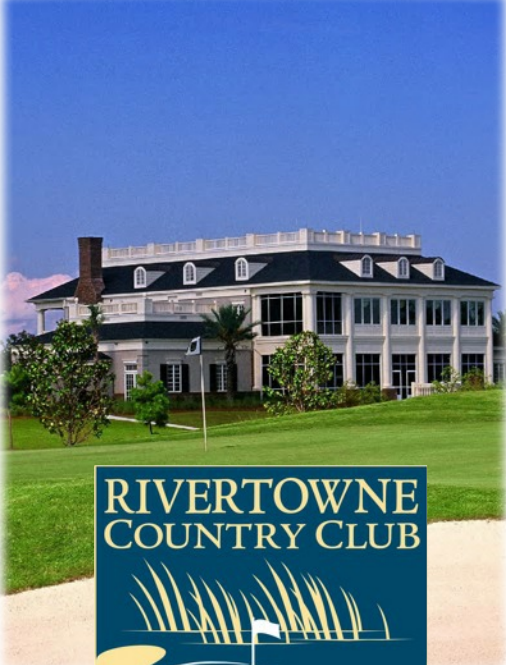
Please RSVP by Thursday, February 7<sup>th</sup>  
advanced payment is required  
Matt Barclay -  
[mbarclay@rivertownecountryclub.com](mailto:mbarclay@rivertownecountryclub.com)



## Chili Cook-Off

Save the Date - Saturday, March 2<sup>nd</sup>

Keep an eye out for more information to follow!



**February 2019**

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

# Relish Catering

Call Rivertowne and Relish Distinctive Catering for your next event!!! During the months of January and February, our rental fees are only \$250 Monday- Wednesday in the upstairs ballroom and \$500 on the weekends after 6:30pm in the downstairs grill. Mention this ad and we will take another 50% off. We offer the perfect setting for your next corporate outing, dinner or wedding. We can also travel to you so please give us a call for your next party. Lacy Davidson 843-849-2412



## 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!



Enjoy half price bottles of wine at dinner on Thursdays!

### Friday Happy Hour

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



# Golf

## Note from the Pro

Written by Pete Dunham, PGA Professional, Director of Golf.

[pete@athleticgolf.net](mailto:pete@athleticgolf.net)

How many times have you gotten a great tip, or a new drill that you KNOW will change your game only to abandon it within a few weeks? For most of us, the answer is too many to count! It's the nature of golf. But Why?

For every flaw in a swing, there needs to be a compensation to help the club find the ball. When a teacher prescribes a fix to the flaw, often times the compensation lingers and prevents you from seeing consistently good results. The longer you've had the flaws (and compensations), the more powerful the compensation. Most golfers give up before the compensation goes away.

Ex. Player A pulls a lot of her shots because her body does not turn well so the arms swing fast and to the left when she swings... The correction is to learn to move the club with the body's turn into the followthru. It's critical to finish an 'effortless' golf swing fully rotated, relaxed and balanced at the end of the swing. One CAN'T swing with passive arms and hands if the body isn't leading the swing....

So player A begins to work on a better followthru. While with the teacher, a few swings go great! She's hitting the most powerful and straight shots she ever hit. Along with those shots are also some thin or topped shots. When she goes out to practice on her own she hits more topped shots and begins to get frustrated. To fix the top shot, she bails on finishing in balance and begins to 'keep her head down' (one of the worst pieces of advice possible!) which destroys athletic rotation. Frustration sets and she goes back to the old swing.

You see, the compensation for NOT using the body well was to pull up on shots so as to not hit the ground too soon. When she started to use her body better, she still lifted up in many swings due to habit.... If she kept finishing in balance, that compensation would begin to diminish and ultimately go away. The 'technique' she was learning was sound, but because she did not understand the process of learning, she failed.

For the example above, I would also blame the teacher for not explaining the process! Change takes time. Making a change almost always exposes a compensation that tends to linger. To improve in golf, you've got to find out what flaws to fix, but perhaps more important, understand the power of the old compensation so you can persist doing WHAT YOU KNOW IS RIGHT until the compensation stops and real improvement begins.

It's a process. It's about CONSISTENT AND SYSTEMATIC training over time. Overcome short term failures when learning by having an understanding of how the learning process works in golf!

Now go PLAY GOLF. Stop THINKING golf swing.

To improve your swing in 2019-Contact any of the pro's at RiverTowne Country Club!

Terese Dynjan 843-801-4101

[Terese.dynjan@pga.com](mailto:Terese.dynjan@pga.com)

Ty Gosnell [tymgosnell@gmail.com](mailto:tymgosnell@gmail.com)

Cass Sigmon

[Senseigolf@rivertownecountryclub.com](mailto:Senseigolf@rivertownecountryclub.com)



## ABCD Kick-off Tournament

Saturday, February 16

7:30 a.m. - Hot Breakfast & Pairings

9:00 a.m. - Shotgun

Lunch to Follow Play

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 and Long Drives

Tee assignments:

Men – Blue; Senior – White\*; Ladies - Red

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

\$85 Full Members;  
\$65 for Trail Members  
\$105 Non-Resident Members  
\$115 Social Members

Sign up in the Pro Shop today!  
Sign up ends Tuesday February 12!

## TaylorMade Demo Day

Friday, February 8<sup>th</sup>

11 - 3 p.m.

Look out for an email with registration link  
- walk-ins also welcome!

### 2019 Rules of Golf- Simplified

The USGA has done a fantastic job updating the rules of golf for 2019. They've made the book far more concise and added some great illustrations for easy reference. I hope you'll all get the chance to read through the book (all USGA members will receive a new book shortly) or at least jump onto Youtube and watch some short videos that go over the most important changes.

...And here's a summary of my top 14:

1. Search time: reduced from 5 min to 3 min.
2. Ball moved during search- NO PENALTY
3. Dropping. You now drop from KNEE HEIGHT, not from shoulder height
4. Measuring for drops. Always use LONGEST CLUB (not putter).



5. Ball hits player, cart or equipment unintentionally- NO PENALTY
6. Double hit- NO PENALTY. Play the next shot where it lies
7. Touching sand in bunker incidentally is permitted\*. (see notes below)
8. Loose impediments can be moved everywhere- including 'penalty areas'\*\*
9. You may now drop a ball outside of a bunker as an option- 2 strokes
10. Touching the ground in a penalty area- NO PENALTY
11. Ball moves on green after being marked- REPLACE w/ NO PENALTY
12. Ball accidentally moved on putting green- REPLACE w/ NO PENALTY
13. Putting with flagstick in the hole- NOW PERMISSIBLE. NO PENALTY
14. There are now only 4 options in a RED PENALTY ZONE\*\*\*. NOTE: The option to drop on the opposite side equidistant no longer exists.

\*Touching sand. You may move loose impediments in sand. You may lean on a club in the sand as long as your are not testing the surface. YOU MAY NOT GROUND YOUR CLUB in the sand at address.

\*\*Hazards are now called PENALTY AREAS

\*\*\*4 options in a PENALTY ZONE: 1. Play the ball as it lies 2. Drop from where you last hit 3. Back on the line relief (a line from the pin through where the ball last crossed penalty area). 4. 2 club lengths from point of entry, no closer to the hole



### Winter Pro-Shop Hours

Monday : 8am - 5:30pm  
Tuesday thru Friday : 7am - 5:30pm  
Saturday thru Sunday : 6:30am - 5:30pm

The Clubhouse will still remain open for nights with scheduled dinner services and functions.

### RTCC Golf Committee:

Thanks in part to our Member comprised Golf Committee, our tournaments have continued to see increasing success. We've seen all time rises in participation, prize monies, and added F&B and amenities every year since it's influence. With their help, we look forward to another illustrious tournament year here at River-towne!

### 2019 Golf Committee Members

Matt Parker, President  
Linda Travis  
Don Martini  
Karen Stawicki \*  
Jerry Lepore \*  
Steve Meyers \*  
Tom Rowe \*

## Around the Neighborhood

Tennis Open House

Saturday, February 9<sup>th</sup>  
10:30 - 2:30

Parker Islands Tennis Courts

All Parkers Island Residents (The Isles, The Pointe, Parkers Landing)

### Free Clinics & Games

Take advantage of some fun, free tennis drills for Men, Women, and Juniors Meet your new Tennis Pros Coach Ryan and Coach Doug

Test your Tennis IQ with our challenging Tennis Quiz

**\*\*Please be sure to sign up online by Feb, 7th!\*\***

[mtmtennis.com/open-house](http://mtmtennis.com/open-house)

**Welcome to the Next Level.**

Momentum Tennis LLC



# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour  TaylorMade Demo Day 11 - 3	Titleist Demo Day 11 - 3  Oyster Roast 2 - 5
10	11	12	13	14	15	16
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	ABCD Tournament
17	18	19	20	21	22	23
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
24	25	26	27	28		
	Monday Maintenance	Yoga	Yoga	Burgers and Brews		