

Around The Club

Yoga Sessions

Tuesdays 9:00 a.m.

January 7th - February 11th

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.

January 8th - February 12th

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



On Social Media?

Please be sure to like us on Facebook, and follow us on Twitter and Instagram at RiverTowneCC. We'll be updating these with member events and information. Thanks!



RiverTowne Interclub Champions

RiverTowne interclub team won the 2019 season with a season ending victory at our home course in December. The interclub teams are from 12 clubs in the Charleston area. These clubs are Dunes West, Charleston National, RiverTowne, Charleston Municipal, Shadowmoss, Crowfield, Pine Forest, Legend Oaks, Berkeley, Summerville Country Club, Wescott, and Coosaw Creek.

The following members participated throughout the year: Wes Brunson, Bill Stein, Rick Cumberland, Ray Dennis, Bob Ryder, Blair Muir, Marshall Miller, Greg Martin, Dick Smith, Jim DeLaney, Ron McCullough, Jim Joyce, Marty Lindsusky, Dennis Labbs, Frank Gorry, John Lapp, Buck Rogers, Bill Travis, Steve Fischer, Ron Smallwood, Steve Meyer, and Rich Murphy.

See our winners plaque in the pro shop hallway.

Jim Delaney has been team director for several years and this is the second time that RiverTowne has been the yearly champion.



Top Row: Jim Joyce, Ron McCullough, Marty Lindsusky, Marshall Miller

Front Row: Rick Cumberland, Frank Gorry, Blair Muir, Jim DeLaney, Steve Fischer



February 2020

Golf Shop Hours:

Monday

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

Tuesday-Friday

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

Saturday-Sunday

6:00 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

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 nightly specials and drink specials!



Golf

Note from the Pro

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

pete@athleticgolf.net

Take 2 Fix 2. If you've played golf outside of RiverTowne you know just how good the greens are at RiverTowne! Rob Daniel and his staff continue to maintain some of the best greens in the area and we would love to have you help in keeping it that way!

Additional Note: We are still in the process of hiring a Superintendent for RiverTowne CC. Currently, the Super from Snee Farm is still helping our staff maintain the course and work on winter projects. Once a Superintendent is hired, I'll send out a welcome message to the membership.

A Dichotomy of Golf

Form Follows Function vs. Physical Limitations

For most of my career as an instructor, I've taught that form follows function. This is an idea that states that if you truly understand the purpose of a golf swing and the concepts that make it work, you can create 'good' mechanics through consistent training.

If the 'function' is to drive your car to RiverTowne Country Club, you make hundreds of 'mechanical' moves in order to get into your car and drive it here, but that form (the act of driving) is a product of the 'function' rather than conscious thinking. I would mark your form correct and efficient if you made it here safely and in a timely manner. You don't have to know and be aware of how to do so many things with your hands, arms, and body in order to complete the task.

I also believe in golf, you should not have to THINK so much about the movements of the swing, rather you should continue to try to hit solid shots towards the real target and finish in balance in order for your mechanics to improve, mostly simply by your intention to complete the 'task' (function). Golf is a sport, react and learn like an athlete...

Having said that, I'm also very aware of all the complex movements that go into an efficient swing. I believe there is a MOST efficient swing for each golfer. The tricky part is that not all golfers have the mobility and/or stability to swing the way they want (or the way the teacher wants!).

So...(pause for effect) While I believe everyone can benefit by understanding the physics behind a most efficient swing, it's also extremely important to understand each golfer's potential physical limitations in order to come up with the best program for improving a golfer's swing.

If a golfer has mobility issues or stability issues that keep them from being ABLE to swing in a circle around the forward pivotal axis (while maintaining fairly consistent body angles) in the swing, the coach and the player need to figure out if they want to work on the best way for the golfer to "PLAY

WITH WHAT THEY HAVE", OR work with the fitness and medical field in order to get more mobile and increase stability....

It's an interesting dichotomy. Golfers should know what their bodies are capable of before trying to make major changes in their swings.

Now go PLAY GOLF! Stop THINKING golf swing!!!

Want to improve your swing in 2019-Contact any of the pros at RiverTowne Country Club!

Terese Dynjan 843-801-4101
Terese.dynjan@pga.com

Ty Gosnell tymgosnell@gmail.com

2020 Tournament Schedule

Jan 18th (Sat) - 4 Club Tournament **Club Event**

February 22nd (Sat)* **MGA** ABCD Tournament

March 7th (Sat)* Ladies M/M **LGA**

March 21st (Sat)* Stableford **MGA**

April 25th - 26th * - **MGA** Men's M/M

June 5th * - **MGA** 1 Day M/M

June 28th (Sun)* - Couple's Tourn **Club Event**

July 4th (Sat) - Red White & Blue **Club Event**

July 11th (Sat)* **MGA/LGA** Match Play

August 21st - 23rd * - Men's Club Championship **Club Event**

Sept 2nd - 3rd - **MGA** RT/DW Challenge

Sep 25th - 27th * - **MGA** Member/Guest

Oct 10th (Sat)* - **LGA** Member/Guest

Nov 7th - **MGA** (TBD)

Dec 12th (Sat) - Tough Day **Club Event**

*= Palmer Cup points awarded

Note: The 2020 World Handicap Systems begins on January 6th. The System will be down from January 1 thru January 5. No score postings during those dates. Once the system is back up, you can post any scores played in January.

February 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

Monday
Maintenance

4

Yoga

5

Yoga
Wine Dinner

6

Burgers and
Brews

7

Friday Night
Happy Hour

8

9

10

Monday
Maintenance

11

Yoga

12

Yoga

13

Burgers and
Brews

14

Friday Night
Happy Hour

15

16

17

Monday
Maintenance

18

19

20

Burgers and
Brews

21

Friday Night
Happy Hour

22

23

24

Monday
Maintenance

25

26

27

Burgers and
Brews

28

Friday Night
Happy Hour

29