

# Around The Club

## Yoga Sessions

**Tuesdays 9:00 a.m.**  
**January 8<sup>th</sup> - February 12<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.**  
**January 9<sup>th</sup> - February 13<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)



## Member Appreciation Event

Wednesday, January 9<sup>th</sup>  
6:00 p.m. to 8:00 p.m.  
RiverTowne Country Club Ballroom

Hors d'oeuvres  
Two Complimentary Beverages

Please join us for chef's selection of delicious hors d'oeuvres and treats.

We know how busy the holiday season can be for both you and us but we wanted to be sure to give back to our members. Please help us kick off 2019 with a bang!

Please RSVP to Ally Doyle by  
Sunday, January 6<sup>th</sup>  
[ally.doyle@sneefarmcc.com](mailto:ally.doyle@sneefarmcc.com)



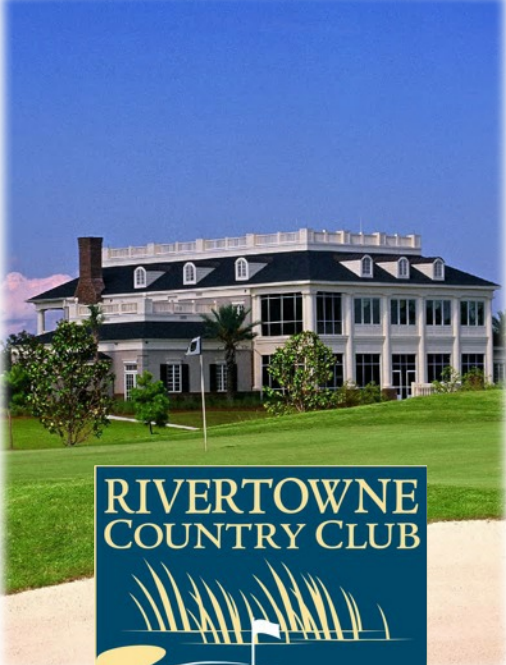
## Holiday Fund Thank You!

We appreciate the generous contributions to the RiverTowne Employee Holiday Fund. Thank you for your continued support. We wish you and your family a wonderful holiday season and look forward to serving you in 2019!



## 2019 Events!

We're looking forward to an exciting 2019 here at RiverTowne. If you have any ideas for events you'd like to see please don't hesitate to let us know! Here's to another



**January 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 nightly 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)

## Do the Small Things

How accomplishing small tasks in golf can make a difference in 2019

Happy New Year! Hope you all had a great holiday season. I enjoyed some time off to play golf with my wife and some friends. It's also a time for me to get fired up about the new year! It's a fresh start and a great time to consider how to improve in 2019.

Over the last 3 years, I've made some significant improvements in my health and golf game. I've created habits that have simply made my life better. That's cool. When I look back on it- I think the real secret was starting small. Yes, I have big goals, but to begin the process towards them and to continue on the path, it was about making the 'systems' simple and doable for me.

Three years ago I made the decision to get back to jogging. I was 40lbs overweight and hadn't really been a jogger for over 10 years. I decided to get outside and move for a mile. At first, I couldn't run the whole thing... Didn't care. I just had to make it a mile. Within a few weeks, I bumped it up to 2 miles both walking and jogging. The key was walking out the door. No speed goals- just DO SOMETHING goals... It transformed me over a few months into a jogger. Now- I jog.

Think small. Make some daily or weekly tasks that are so small, it's almost impossible to fail. The real power comes in setting up systems. What I call 'consistent and systematic training'. Routines that we do consistently over long periods of time. Below are a few examples, but know that the key is to make them doable for you! If you start small- you can build over time.

Ex. 1: Try fixing 18 ball marks during a round of golf. Just make a mark on your scorecard for each divot your repair. If you miss a hole, fix 2 on the next hole. Repeat for a few rounds. You'll be surprised how quickly your mind will queue in on fixing ball marks when you step on the green.

Soon you'll be TAKING 2 (seconds) AND FIXING 2 (ball marks) on almost every hole- and 3 or more when you have the time! It's easy once it becomes a habit.

Ex. 2: Putt 50 straight 3 foot putts each week. That's less than 10 per day if you live near the course or have a putting device at home. It's 2 days of 25 putts a day. If you have a busy week and you only get to the course one time- putt 50 in a row. It only takes 10-12 minutes! This little discipline will have a positive effect on your putting.

Ex. 3: Make 10 swings a day with your total focus on a FULLY ROTATED RELAXED BALANCED FINISH. 70 swings per week, even if done at home, even if done with an Orange Whip or other training devices. 70 swings per week for 52 weeks can have a profound effect on your flexibility and your balance. The more consistent your balance is, the more consistent your swing is. The better you focus on FULLY ROTATED, RELAXED AND BALANCED in your follow through, the more you can move the golf ball with core force as well as centrifugal force. Arm manipulation in a swing destroys path integrity as well as robs most of us of power.

I've found so often when I give people full training routines, even very detailed ones- they tend to lose focus and give up on all of it. I get it. Golf is massive. Improvement is difficult at best and often seems closer to impossible.

What is possible is getting a tiny bit better at a few things. Can you improve your skill of starting the ball on its intended line on putting greens by putting 50 straight 3 footers a week? Absolutely! Can you improve your balance which will improve your odds of making consistent swings by making 70 swings with full focus on a FULLY ROTATED RELAXED BALANCED FINISH? Absolutely! And can you become part of the TAKE 2 FIX 2 MOVEMENT by trying to fix 18 ball marks per round by making a note on your scorecard! YES! Why? Because it's easy. Improve a few things by a small amount and it can have a large effect on your game.

In the end, there are 2 big rewards. First is that several tiny improvements often translate into lower scores on the course. Second, and probably more important, is that creating a few simple systems or habits almost always leads to building upon those systems and habits. It's mostly about trending towards better training habits. Consistent and systematic training is the way. Start small and succeed in 2019!

Now go PLAY GOLF. Stop THINKING golf swing.

Want to learn more about the power of small routines? Feel free to contact me at [pete@athleticgolf.net](mailto:pete@athleticgolf.net)

Or 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)

### 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.

## Upcoming Events

### Four Club Tournament

Saturday, January 19  
 9 a.m. Shotgun

Each Member will be able to use any 4 clubs they wish throughout their round.

Format: 2 golfer teams, best ball (no club sharing)

\$45 Full Member  
 \$25 Trail Member  
 \$60 Non-Resident Member  
 \$75 Social Member  
 Includes golf and prizes

Gross and Net Prizes

Sign up by Tuesday, January 15<sup>th</sup>

**\*Members Only\***



### 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 \*

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
	Monday Maintenance	Yoga	Yoga Member Appreciation Event	Burgers and Brews	Friday Night Happy Hour	
13	14	15	16	17	18	19
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	4 Club Tournament
20	21	22	23	24	25	26
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
27	28	29	30	31		
		Yoga	Yoga	Burgers and Brews		