



January 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

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



Oyster Roast



**Sunday, January 19th
2:00 P.M.**

\$25++ RTCC Members

\$30++ Non-Members

\$10 Kids 6-12

****No Charge for Children
Under 5 years old****

***\$20 tickets if you
purchase by
January 5th!***

Ticket Includes:

Oysters * Chili * Cornbread

*** Coleslaw ***

Beer * Tea * Lemonade

*****No Outside Food or
Coolers*****

Please RSVP by Thursday,

January 16th

Matt Barclay -

mbarclay@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!

The Roaring 20's- Can You Believe It?

Approx. 100 Years ago, Walter Hagen, Bobby Jones, and Gene Sarazen were the best golfers in the US!

Happy New Year! What a wonderful opportunity! Each New Year, we get the chance to reflect on the previous year and GET FIRED UP about the New Year! I just love it.

So let's get fired up about golf in 2020!

Why? Because we can!!!! We can set new goals. We can dream our golf dreams. We can write down our strategies and lay out our plans for success!

How much would you like to improve this year? How are you going to get there? More practice? Better practice? Play more?

Chances are if you keep doing what you've been doing- at best you'll stay the same, and likely you may get a little worse. This is the time to give some thought into how you see your game in the future.

Be creative. Set a few goals and then begin to plan your year. Put your mind and body into it, and I can guarantee you'll be proud as you look back at 2020!

Clarity: Goals in this article are really training systems. What are the training systems, or areas of practice that one needs to engage in to improve? Just wanting to improve is a nice thought, but without consistent and systematic training, it's more than likely to fail.

Practical advice: Have a long term goal that spans the year or the tournament season. Ty and I play in a Pro-Pro in December each year, and after the event, I evaluate my play and come up with ideas on how I can improve my game for the following year. Your 'season' is most likely over right now- so it's the perfect time to plan for 2020!

Ideally, some short term goals are what works best within the long term goal. If you are a Club tournament player, create training systems leading up to each event. Each event you play is likely 1 to 2 months apart. What will your training program be between now and the event? What needs the most work? Now get after it!

When the event is completed, look at your results, think about your long term goal, and then plan for your next tournament! Each event gives you an opportunity of executing some short term training, as well as adjusting your practice as needed throughout the year.

The intent put into your systems will give you a better chance of improving your game. No guarantees (never in golf!), but if you work the systems, you'll up your odds of success and feel a sense of pride for the work put in.

Well, I'm pretty fired up about the New Year! Best wishes in 2020! Many eagles, birdies, and pars! More importantly- here's to a clear game plan of TRAINING!

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.

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			New Years Day	Burgers and Brews	Friday Night Happy Hour	
5	6	7	8	9	10	11
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
12	13	14	15	16	17	18
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
19	20	21	22	23	24	25
Oyster Roast 2:00 p.m.	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	
26	27	28	29	30	31	
	Monday Maintenance	Yoga	Yoga	Burgers and Brews	Friday Night Happy Hour	