

October 2018

Know Anyone Interested In Membership?

RiverTowne offers a variety of membership levels. From Full Golf to Social with Range privileges there are options for everyone! If you or someone you know is interested in learning more please have them contact Ally Doyle at ally.doyle@rivertownecountryclub.com

Around The Club

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



Drop In Sessions for October
Tuesday 9th & 16th
Wednesday 10th & 17th

For October Only!!!! Drop in and visit the yoga Community at Rivertowne

Drop in rate \$10 per class per student members/nonmember - Cash or Check Only

To reserve your spot, contact Ally Doyle 843-849-2400 ext. 3 or ally.doyle@rivertownecountryclub.com



On Social Media?

Please follow RiverTowne Country club on Facebook, Instagram and Twitter.

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!

Golf Shop Hours:

**Monday
8:00 a.m. - 7:00 p.m.**

**Tuesday-Friday
7:00 a.m. - 7:00 p.m.**

**Saturday-Sunday
6:30 a.m. - 7:00 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**

**Member Website:
rivertownecountryclub.memberstatements.com**

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!

All Things Golf

*Note From The Pro:
Written by Pete Dunham, PGA
Professional, Director of Golf.
pete@athleticgolf.net*

Consistent and Systematic Training, Part I

"The only thing a golfer needs is more daylight" –Ben Hogan

We all know that 'life gets in the way of golf'. For most of us, there's simply not enough time in our busy

lives to put in the effort needed to play the golf of our dreams.

Unfortunately, most of us use what little time we have on the driving range aimlessly hitting balls, or simply hitting a shot, then fixing a shot, hitting a shot and then fixing a shot... each session working on something new....

How do you improve consistency if you are always changing your swing?

In my years teaching collegiate and professional golfers I learned an incredibly important lesson that most of us 'part time' golfers need as much or more than the best players in the world. The key for all golfers is creating a consistent and systematic training system. Whether you have 4-6 hours a day to train, or simply 45 minutes 3 times a week- it's critical to build a training system that puts you and keeps you on a path to improvement.

Professionals might have enough time during a week or a month to work on dozens of details in their games, including shot shaping, trouble shots, long putts, bunker shots, short shots from different lies and even using different clubs to hit bump and run shots around greens..... Most of us can't come close to that kind of a time commitment for training. **What we must do is find a few key areas of the game we can improve upon, and consistently and systematically train in those areas.**

Narrow your focus. Work on a few simple keys. A basic chip shot. Straight 3 foot putts. Impact and balance in your full swing. You are far better off building a few important skills rather than trying to

do a little bit of everything or worse, simply swinging and fixing your full swing every time you go to the range.

What's most important for you to improve right now in your full swing? Your short game? Your putting? Create a training program based on 1-2 drills in each category- then begin to put your plan into training. If you only have 45 minutes to train 3 times a week, create a system like this.

Day 1:

- 25 min putting- 30 straight putts. 15 min working on distance control
- 20 min full swing- Build skills of impact and balance

Day 2:

- 25 min full swing- Build skills of impact and balance
- 20 min chipping- 1 wedge, putter and 5 balls. Chip all 5 balls to one hole and then see if you can get all 5 'up and down'. repeat for 20 min.

Day 3:

- 25 min chipping- 1 wedge, putter and 5 balls. Chip all 5 balls to one hole and then see if you can get all 5 'up and down'. repeat for 20 min.
- 20 min putting- 30 straight putts. 10 min working on distance control

This is one example... there are thousands. You have to create a system that works for you! Next month I will discuss more specifically how to build a SIMPLE program that guarantees beneficial skills will be built.

Go PLAY GOLF. Stop THINKING golf swing.

Want to learn more? Contact any of the pro's at RiverTowne Country Club!

Terese Dynjan 843-8014101
Terese.dynjan@pga.com
Ty Gosnell tymgosnell@gmail.com

Congrats to our Club Champions!

Men's Club Champion- Mark Poulsen

Ladies Club Champion -Leigh Ann Cone

Men's Senior Club Champion- Dennis Dowd

Ladies Senior Club Champion- Robin Moyer

Men's White Tee Champion - Ron Cousino

Men's Blue Tee Champion - Pete Johnson

Women's Net Champion- Brenda Frye

Men's Net Champion- Shaun Kent

Upcoming Events

October 13: Titleist Fitting Day 10-3

October 19: MGA One Day Member Guest

October 20-21: Ladies Member Guest



2018 Tournament Calendar

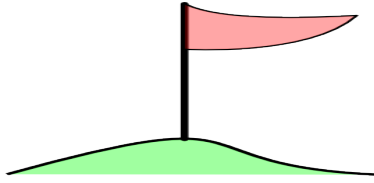
- **October 19th (Fri)***
MGA Event—1 Day Member Guest
- **October 20th & 21st** Ladies Member Guest
- **November 3-4***
Men's Member Member (MGA)
- **December 8 (Sat)**
Tough Day Scramble

* = palmer cup points awarded

2018 Palmer Cup Standings

Women's Division

1. Leigh Anne Cone 548
2. Shawn Martini 545
3. Robin Moyer 505
4. Karen Snyder 368
5. Sue Jones 350
6. Lynda Bartemeyer 340



7. Brenda Frye 285
8. Marilyn Smith 258
9. Bernice Slezak 250
10. Judy Dekeukelaere 248
11. Karen Stawicki 195



Men's Division

1. Donald Martini 715
2. Shaun Kent 565
3. Louis Muir 485
4. Brad Snyder 420
5. Keith Fuson 385
6. Haynes Johnson 380
7. Blair Jennings 380
8. Jonathan Speaks 350
9. Dan Duffrin 345
10. Buck Rogers 340
11. Greg Martin 330
12. Mark Poulsen 320
13. Michael Gregory 305
14. Dennis Dowd 305
15. Bryan Alfaró 300
16. Greg Strovilas 280
17. Masakazu Tsuchiya 255
18. Jason Ward 250
19. Matt Fennell 250
20. Jerry Wheatley 240

All Things Golf Cont...

Post OVER-SEED Procedures.

CART PATH ONLY

After the seed application, course conditions will be Cart Path Only for a brief period. Favorable weather may expedite this process. However, it may take as long as a few weeks depending upon certain factors until conditions return to normal. Please be patient as it takes time to water in the seed and allow the new grass to germinate and grow out.

No carts on grass
Walking Push Carts stay in rough

Thank you for your understanding.

Keep an eye out for email updates on this matter.



Fall Starting Time Have Begun

Fall Starting times have shifted 30 minutes later.

Keep in mind that any regularly scheduled groups will also shift 30 minutes later as well.

Starting Times

Mon : 9 am

Tues - Fri : 8 am

Sat - Sun : 7:30 am

For any questions, please call the Pro Shop. (843) 849-2400 ext 2



October 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|-----------------------------|---------|-----------------|----------------------------|---|------------------------------|
| | 1 Monday Maintenance | 2 | 3 | 4 Burgers and Brews | 5 Friday Night Happy Hour | 6 |
| 7 | 8 Monday Maintenance | 9 | 10 | 11 Burgers and Brews | 12 Friday Night Happy Hour | 13 |
| 14 | 15 Monday Maintenance | 16 | 17 | 18 Burgers and Brews | 19 Friday Night Happy Hour MGA 1 Day Member/Guest | 20 Ladies Member Guest |
| 21 Ladies Member Guest | 22 Monday Maintenance | 23 | 24 | 25 Burgers and Brews | 26 Friday Night Happy Hour | 27 |
| 28 | 29 Monday Maintenance | 30 | 31 Halloween | | | 29 |