

Around The Club

Yoga Sessions

Tuesdays 9:00 a.m.

October 15th - November 19th

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.

October 16th - November 20th

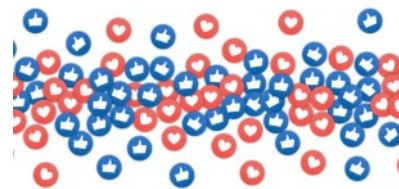
YOGA Invigorate this class is designed for students who desire to expand their practice in all areas and complexities. There will be a generous amount of flow and salutations with great stretch and strength. It will entail strength and cardio segments that will raise the heart rate and fire up muscles 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 consider following RiverTowneCC on Facebook, Instagram and Twitter



Flu Shot Clinic

Friday, October 4th

11 a.m. - 1 p.m.

RiverTowne CC Parlor Room

Sponsored by CVS pharmacy

****Free w/ Most Insurance****



Relish Catering

Relish Distinctive Catering offers 50% discounts on room rentals at Rivertowne and Sneefarm for any upcoming events/holiday parties for 2019. We provide tables, linens, chairs, glassware, flatware and china, free of charge. If you already have a venue, we can come to you. We offer 20% off the food for any offsite location. Call Lacy Davidson for details at 843-849-2412.



October 2019

Golf Shop Hours:

Monday

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

Tuesday-Friday

6:30 a.m. - 7:00 p.m.

Saturday-Sunday

6:00 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](http://rivertownecountryclub.memberstatements.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!

Please take a couple of seconds and fix a couple of ball marks on each green, even if you miss the green. Even if you can't find your own ball mark... If some of the members contribute- it will have a positive effect on the roll of the greens. .. If most of the members take 2 to fix 2- you'll be part of the movement. The Take 2 Fix 2 movement creating great putting surfaces! It's easy. It's simple. I hope you help out in order to make your golf course better.... For you!

You've Got to Go "All-In"

The simple yet difficult secret to improvement

Want to truly improve your golf game? I mean actually strike the ball better or take strokes off your game? It's possible for anyone, but you've got to go 'all-in' with whatever changes are necessary. Here are some thoughts on how to make it happen.

1. Believe in the method. Change is going to be difficult in almost every case. If you don't fully believe why you are making the change and what to expect while you create a new habit, you will most likely fail. If you listen to any advice, make sure you are extremely clear on why this will improve your shot-making or lower your scores. If you aren't sure... it probably won't work!
2. Give yourself time. Change takes time. The longer you've done the 'other thing', the longer it will take to get rid of the old habit and/or build a new habit. I tell my students (and myself) that you need to give this change at least 2 years. It doesn't mean it will take 2 years to see improvement, but it means you need to be 'all-in' through a few rough spells early in the process that are very likely to pop up as old habits merge with new mechanics. By going all-in for a minimum of 2 years, I usually find that changes can become somewhat comfortable within 4-6 weeks, more consistent results can show up within 2-6 months, and the 2 year concept is forgotten because you bought in fully, and created the new habit rather than falling back to your old ways after a couple of rough outings.

3. Go all-in! Don't just try it on the range and abandon after a few bad shots, or because it feels 'uncomfortable'. Don't jump right out to your normal game the day after a lesson and after a few bad holes, think the change won't work! Embrace the 'suck' on the range. Deal with it, struggle through it because (remember lesson #1?) you BELIEVE IN THE METHOD! Take it to the course. Experience the new technique with curiosity! Expect a few great shots and get fired up about them, and expect a bunch of flat out duds and learn. Go all-in, and figure it out (you will!).



4. Train. This might be the pre-requisite to the whole process. If you are unwilling to train consistently and systematically for a long period of time... I suggest you do not even attempt the change. It, in all likelihood, will not work! Personally, I can usually only practice 2-3 times per week and for less than an hour at a time. Knowing that I understand that change for me will take longer than someone who has 5 or 6 days a week to train, several hours a day. Tour pros usually give themselves several weeks to a couple months before they begin competing after a major change. Tiger has often given himself 2 years before he felt like he truly 'owned' a change, and for them, it's a full-time job!

IMPORTANT We can make solid changes in our game with just 2-3 days of training a week. We just need to be consistent and have a long term approach to our improvement.

Final thoughts: Here's some encouragement. Many people will read this and believe improvement is impossible because it takes too long. Truth is, most of you are going to be playing golf for many many years- you might as well go ALL-IN and get a positive change completed in 6 months to a year or so... That's nothing! And even more important, know that you don't have to wait the entire 2 years. Go all-in, and you'll bust through the inconsistencies and awkward feelings of change in no time and then you get better along the way! You might not 'own it' for some time, but you'll be on the right track, you'll know your on the right track, and you'll feel great about yourself and your game.

Now go PLAY GOLF!

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
Carly Lawson
clawson@rivertownecountryclub.com

Golf Cont.

Note from the Pro

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

pete@athleticgolf.net

Course Update:

The bad news is that we are on our 4th week without rain (since Hurricane Dorian on September 5th) and have had several severe high tides recently. The golf course is stressed and in need of freshwater.

The good news: Rob Daniel and his staff have worked hard to keep the greens rolling smooth. They looked and rolled great over the Club Championship weekend. The paspalum (salt-tolerant) grass that he's put out on the fairways is coming in nicely and is a great surface to play shots from. We continue to work with Thomas & Hutton, the civil engineering firm working on potential solutions to the irrigation issues at RiverTowne. It's obviously a complicated engineering fix so we continue to wait for answers from the firm. In the meantime, we continue to bring in truckloads of sod each week to improve course conditions.

We appreciate your patience as we work through these issues.



Congratulations to our Club Champions:



Men's Club Champion: Matt Zeleniak



Men's Overall Net Champion: Brad Snyder



Men's Senior Champion: Dennis Dowd



Ladies Club Champion: Robin Moyer



Men's Blue Tee Champion: Wade Green



Ladies Senior Champion: Kyoko Tsuchiya

**Not Pictured: Ladies Net Champion:
Linda Bartemeyer**



Men's SR White Tee Champion: Rick Bartemeyer

October 2019

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