



THE CROSSINGS
AT CARLSBAD

THE CURRENTS

July 2010 | YOUR COMMUNITY GOLF NEWSLETTER



Winners

Rose Dean
Canyons Survey

Al Horning
Canyons Survey #2

Chris Smocynski
Mindshare Golf Survey

Steve Bieri
Golf Shop Email

The Crossings at Carlsbad has switched to an online survey, please make sure to give us your email at check-in. We appreciate the feedback we have received thus far and look forward to bettering your experience here at The Crossings.

Sunday Champagne Brunch Buffet

Every Sunday 10am-2pm

Price per person, Beginning July 4th:

\$24.99 Adults

\$11.99 Kids

Gratuity and tax not included

For more information visit:

www.thecrossingsatcarlsbad.com
or call The Canyons 760-444-1888

UPCOMING EVENTS SAVE THE DATES

July	18	The Brit Golf Tournament
August	13	Concert Under the Stars
	15	Hot Golf / Cool Drinks
	15	Junior Clinic
September	19	Fall Classic Golf Tournament
	23	Taste of California Wine & Food

All events open to the public

Jazz Concert and Dinner Under the Stars

Friday, August 13th, 2010

6:30-9:30pm

\$49.50 per person

Price per person. Does not include tax or tip

For Reservations:

Please call 760-444-1881 or
sprinzivalli@kempersports.com

The Brit

Sunday, July 18th, 2010
1pm shotgun start

Watch the British Open in the morning, have Champagne Brunch and enjoy a wonderful day of golf!

\$85 per person

(Crossings Club members \$75)

Entry Deadline:

Tuesday, July 12, 2010

**contact Sean McDade at 760.444.1833
or smcdade@kempersports.com**



Senior Summer Sizzle

Seniors play for less Monday – Thursday before 8am and after 11:00am. Remember Senior rates are for those 55 and over!

Carlsbad Seniors pay only \$44*

All Other Seniors pay only \$49*

Sunday Bonus

Sundays add \$9.00 to any of these rates before 8:00am and after 11:00am.

For more information call 760.444.1800 x2. or visit www.thecrossingsatcarlsbad.com/teetimes

MANAGER'S MESSAGE



Jeff Perry
General Manager

If you have been following this column and the golf fitness series over the past few months you probably are beginning to understand the importance of golf fitness for performance and injury prevention. I have partnered up with Dr. Mike Wasilisin of the Titleist Elite Performance Institute located at PureFitness in Carlsbad to solicit some of his expertise on helpful tips that can be beneficial to the golf swing which may also transition to a healthier everyday lifestyle. Again, the goal of these pieces is to simply point out that there are many simple and easy ways to improve your golf game; with the added benefit of improving your overall physical fitness.

Recapping where we left off in June, we moved from general exercises to beginning to discuss the body mechanics of the golf swing. Specifically, in June we have moved the discussion from middle back rotation to hip rotation and coiling against a solid and stable lower body foundation in your turn to generate a more power and repeatable swing while helping to prevent hip arthritis and other common hip problems. This month we will focus on the importance of setup and posture through the swing.

The best golfers in the world have the ability to maintain their setup posture throughout their swing. During setup, if you were to draw lines down a professional's spine, thighs, and legs at setup position their body would not move off of these lines at the top of the backswing and at impact. They have very strong postural stability. Titleist Performance Institute has an ongoing study of more than 30,000 players and they have found that over 75% of amateurs thrust their hips towards the ball at impact. Losing this posture not only is inefficient, but is also the number three reason for low back pain in golfers.

One of the best exercises to increase stability in the golf swing is called the chop. The chop is a compound move that combines whole torso stability and also is very similar to the golf swing so it is highly transferrable to you game. Get in front of a cable cross machine in a good golf posture facing away from the machine. Grab a tricep rope that is attached to a high handle and start with your hands extended high and to your right. Pull the rope into your chest, turn and then do a tricep press. The key here is to follow your hands with your eyes and engage that trunk in your movement. Repeat on both sides. Perform 4 sets of 15 repetitions per side. Do these for the next two months and you will feel more balance, stability, and power in your golf swing.

If you missed any of these articles and would like to review their contents and the exercises recommended to build the muscles already discussed, they can be found in our past issues of The Currents online at www.TheCrossingsatCarlsbad.com.

“One of the best exercises to increase stability in the golf swing is called the chop.”



GOLF TIP



Steve Vaughan
PGA, Director of Instruction

Making more putts will keep your putter in 1 piece

Putting can and should be a very individual thing, but if your not putting well it can be the most frustrating aspect of golf. Here are a few things to check for when you are having troubles with the putter;

1. Stroke Length:

Check to insure that your back stroke and forward stroke are the same length. If you take the putter back too far you will have the tendency to decelerate through the ball. It is better to have a shorter back stroke and longer thru stroke or follow through.

2. Alignment:

To help with your alignment, move the ball forward in your stance with your eyes directly over and slightly behind the ball. This should give you the best perspective as to where the putter is lined up.

3. Stay Still:

Most putts are missed when your head and shoulders open to quickly. With that, be very aware of what your head is doing as you hit your putt and try to listen for those short putts to go in. Better to hear a ball that goes in, than to see a ball miss.

Steve Vaughan ~~~



GLASER ON GOLF



Gary Glaser
PGA, Director of Golf

What were you thinking? That's the question I get asked most about hole #12. It's not so much about the hole but rather the drive to it. Needless to say it is a bit of a drive but for many good reasons, one of the major reasons for the drive are the many environmental concerns adjacent it.

Let's start with the facts:

- 447 yards at its longest and 338 yards at its shortest
- Mostly East but slightly South East
- Bordered by Faraday Drive on its Northern boundary
- Tee shot typically has a right to left crosswind
- Course difficulty rating #4 (all tees)
- The green is very deep at 44 yards and only 28 yards wide at its widest point with a hogback dividing most of the green from front to back

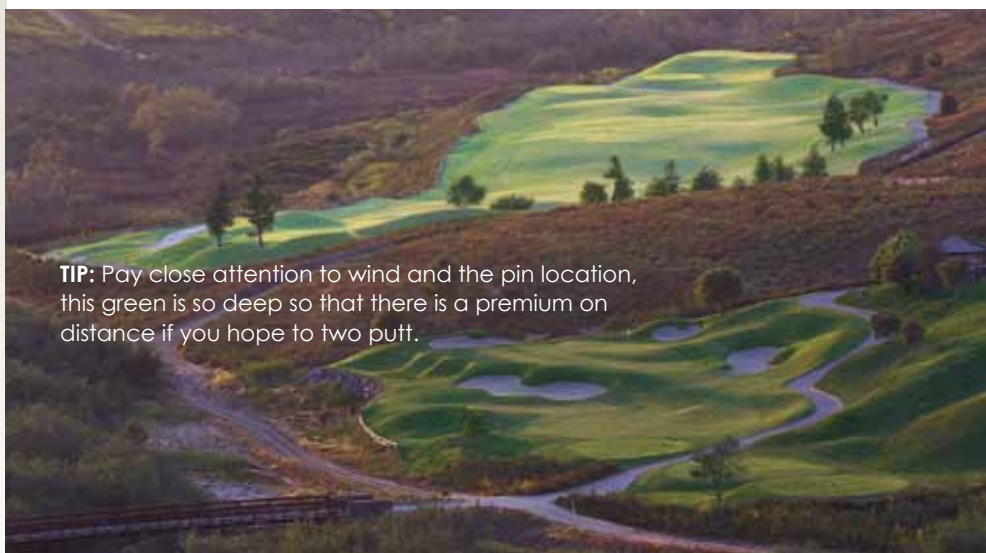
You can normally let the big dog hunt here (hit Driver) but if the wind is blowing try to keep it under it to minimize the risk of hitting it left. Left center will get you the most distance of the tee. You can only be aggressive on this hole when the pin is up front and you can utilize the mound on the right to help control your distance. The deep depression short left is severe and should be avoided always. If the pin is on the left stay to the right and you should have an easy uphill two putt for par. Mis-club and a three putt may be in your future.

Why I like it? I love letting the Driver go and making a birdie on the #4 stroke hole always leaves me with a warm feeling on my scorecard

Good golfing

Gary ~~~

GOLF



TIP: Pay close attention to wind and the pin location, this green is so deep so that there is a premium on distance if you hope to two putt.



WINE & DINE

ASK MIMI

My daughter recently became engaged. We live in Carlsbad, but most of our family is back east, so she was thinking about planning it on a holiday weekend, to make it easier on travel. She hasn't chosen a location yet (I'm voting for The Crossings), but do you have ideas or suggestions of things we could do the day before and the day after the wedding, so that it becomes a weekend affair?

Thank you in advance! Kristen

Hi Kristen,

Thank you for your question. We are really lucky here in Carlsbad because there are so many fun things your guests can do over the course of the weekend! Because of this, often times our weddings become weekend affairs.

We offer all of our Grooms a great golf outing package. Usually, we'll put together an outing with boxed lunches, beer, etc. the day before the wedding with any of the Groomsmen, family members and out of town guests who may want to play. Since the girls are usually having lunch and getting their nails done, this is a great activity to keep the guys busy that day.

If they choose to get married on a Saturday, we offer a great unlimited Champagne Sunday Brunch that has been really popular with wedding parties. With the couples that have chosen to get married at The Crossings, we give the guests a private room for the brunch at no extra cost.

Other than the additional offerings we can provide couples with here, Carlsbad has so many other attractions between the beach, LEGOLAND, wonderful parks for picnics, great shopping and restaurants, it's a great place for families to come and enjoy a weekend!

Mimi ~~~

If you would like your event question featured in the newsletter, please write mgrier@kempersports.com



FROM THE CORNER OF THE BAR

Caipirinha

The caipirinha is a national cocktail of Brazil, the word "caipirinha" is the diminutive version of the word caipira, which refers to someone from the countryside, being an almost exact equivalent of the American English hillbilly.

The Caipirinha is made with Cachaça, Brazil's most common distilled alcoholic beverage. While both rum and cachaça are made from sugarcane-derived products, most rum is made from molasses. Specifically with cachaça, the alcohol results from the fermentation of sugarcane juice that is afterwards distilled.

To make this delicious cocktail place lime and sugar into old fashioned glass and muddle (mash the two ingredients together using a muddler or a wooden spoon). Fill the glass with crushed ice and add the Cachaça. ~~~



CHEF'S CHOICE

Chef Phil Hoy

Homemade BBQ sauce

Perfect for your Fourth of July celebrations and all your summertime BBQ needs. ~~~

- 1 Jar Heinz Ketchup
- 1 Jar Heinz Ketchup
- 1/3 of same jar filled with water
- 1/4 lb Brown Sugar
- 1/2 teaspoon Dry Mustard
- 1/2 teaspoon Granulated Garlic
- 1 Tablespoon BBQ Spice