

WILDWOOD GREEN GOLF CLUB

July 2019



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"Carolinas Golf Group Facility"

Newsletter



WILDWOOD GREEN GOLF CLUB

July 2019

Board of Advisors:

Bob Hounsell
Dale Denny
Lennie Barton
Carol Smith
Bryan Copeland
Jim Davis
Carolyn Lyman

Co-Chairman:

Jeff Hall
Denice Short

Thank you for all your
ideas and support to
improve the club.

Save The Date – 2019 Club Championship

2019 Club Championship
August 24th and 25th



2018 Men's Club Champion
Lennie Barton



2018 Women's Club Champion
Kelley Taylor

Open to all members of Wildwood Green;
NO HANDICAP REQUIRED!



WILDWOOD GREEN GOLF CLUB

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Join us on Clubster – Your member's only communication tool



Join us on
clubster

Clubster is both a website and smart phone application that allows us to stay in contact with you using shorter and more direct messages than email systems. You can download the Clubster app through your phone's marketplace or sign in to the website from your home computer. We are able to keep you updated through this app via email and direct phone push notifications.

See a member of the golf shop if you have any questions!



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Acers Club at Wildwood Green



A good investment even if you aren't feeling lucky! **For only \$5** you can join the acers club and if you make a hole in one during the season you will **win the pot in the form of a gift certificate to the club....**which may help cover all of the drinks you will have to buy! **The first hole in one made by someone that is in the Acers Pool will win the pot.** Once the pot is cleared you will need to repay your \$5 to be eligible for the next round of winnings.

To enter the Acers Pool just stop by the golf shop and let us know you want to get in, pay your \$5, and go play golf.
The only catch is that your hole in one will have to be contested by your playing partner.

See a member of the golf shop if you have any questions!



WILDWOOD GREEN GOLF CLUB

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Hours of Operation:

<u>Day of the Week</u>	<u>Golf Shop Hours</u>	<u>First Tee Time</u>	<u>Last Range Bucket Sold</u>
Monday	10:30 AM – 8:30 PM	11:00 AM	8:00 PM
Tuesday-Saturday	6:30 AM – 8:30 PM	7:00 AM	8:00 PM
Sunday	6:30 AM – 8:30 PM	7:00 AM	5:30 PM

Champions Grille Hours - Tuesday - Sunday: 7:00 AM – 6:30 PM

Champions Grille Hours - Monday: 10:30 AM – 6:30 PM



WILDWOOD GREEN GOLF CLUB

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2019 Wildwood Green Senior Interclub Team



Welcome to the Playoffs!

With their most recent win, Wildwood Green's Senior Interclub team is heading to the playoffs. They are currently in first place of their pod just ahead of Lochemere. Congratulate these guys the next time you see them at the club!

From left to right are: Carl Hiller, Jim Davis, Ray Griffin, Tony Herring, Alan Lee, Kent Williams, Ed Bitz, Matt Armistead, and Trent Rhyne.



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Jeff Engelhaupt – General Manager

Dear Members,

I hope that everyone has an enjoyable Independence Day!

With an aggressive dethatching scheduled on July 15th & 16th we are fitting most of our events in the first two weeks of July. We have a one day member-guest on July 13th that we hope you and a guest will take part in. Let's try to beat last year's participation of 72 players and make this year's event a great success!

Our Fat Tire Scooters have been out several times and the comments have been unanimous...what a fun time! We were voted the most fun course to play in the triangle this year by the NC Golf Panel and for good reason. We continue to give you ways to enjoy your membership with us and have fun at the club all year long. If you haven't yet, schedule a day to enjoy the scooters with the golf by getting your name on our calendar. They are a BLAST to ride!

I look forward to seeing you at the club soon!

Upcoming Events

Thursday, July 4th

Flag Day, British Open Pool Opens

Saturday, July 6th

Champion Club One Day Event

Saturday, July 13th

One Day Member-Guest

Sunday, July 14th

Couples Golf

Monday/Tuesday July 15th & 16th

Aerification

Saturday, July 20th

British Open Pool Closes, Yard
Sale at Pavilion

Tuesday, July 30th

Half Price Guest Day



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Rick Durham – Superintendent

Summer heat has arrived and appears to be here to stay for a while. Maintenance Mondays have proved to be beneficial for greens and they will only continue to get better. We have an aggressive dethatching scheduled July 15th and 16th. There will be a slight disruption on the putting surfaces but recovery time will be quick. This cultural practice is taking the place of normal aerification this year. Tees and fairways will be aerified at the same time. Sod work has been underway over the last few weeks and we hope to install one more truck load. To protect the investment in sod, trees and limbs are being removed to allow more hours of sunlight to reach turf to promote healthier plants. Sand traps will be addressed this month with adding sand and repairing edges. With all of the sod work and trap edge repairs irrigation will be key to success. Several improvements have been completed and more are planned. I would like to thank all of you for your comments and suggestions and as always I can be reached at rdurham@wildwoodgreen.com



WILDWOOD GREEN GOLF CLUB

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Ashley Prost – Administrative Assistant

Happy Summer All,



Not only is the weather heating up, but so is Champions Grille! Be sure to come in to try our Spicy Ballybunion hand-pattied burger, cooked fresh to order, with pepper jack cheese, jalapenos and mayo on a buttery grilled bun! You can cool down with a refreshing drink, including White Claw Hard Seltzer. We have any Sutter Home or Copa glass of wine for only \$4.00 while supplies last.

We also have some new friendly faces. Will Hensley and Laura Wyss are working with us while on summer break from college. In addition, Hayley Parker will be around more often while school is out for the summer. Stop by to say hello and get something to eat!

I look forward to seeing you at the club soon!



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Happy 4th of July! Day one of the British Open Pool is off to a hot start, this could be the most participation we have ever had in a Major's Pool, keep the sign ups coming! Remember to sign up for the One Day Member-Guest on Saturday, July 13th, both you and your guest must have established GHIN Handicaps. Our last Couples Golf was a great success, lets do it again on Sunday, July 14th. Thank you for all of the participation in the events so far this year!



Special's from the Pro: 2 in 1 Couples Deal

All July long Dan Alton Golf Instruction will be offering a 3 pack of couples lessons for the same price as a regular individual 3 lesson package of \$269. Open to all member couples or friends who would like to have lessons together! Call, Text, or Email me to book your spot.



WILDWOOD GREEN GOLF CLUB

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The Golf Academy at Wildwood Green

The Wildwood Green Divots 1 team sits in first place in the Chapel Hill Pod of the PGA Junior League. The team has had an outstanding month of June outlasting the UNC Finley 1 team in a tiebreaker after a fantastic match of high quality golf. The playoffs begin later in July.

The 5 week semester for Operation 36 Junior Golf Development Program begins the week begins the week of July 8. Classes are on Wednesday-Friday afternoons from 4:15-5:15 and 5:30-6:30 with a special class on Thursday from 4:15-5:15 for the 3-6 year old age group of Future 36'ers. There will be 3 on course challenges for the 7-18 year old groups on July 21,28 and August 4. Tuition and registration information can be found at the Academy web site, raleighgolflessons.com, and navigate to the Programs/Junior Programs page or call Jimmy Hamilton at 919-906-1290 or email at hamgolf4u@gmail.com.



WILDWOOD GREEN GOLF CLUB

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The Golf Academy at Wildwood Green



For the adults, check out the Programs page for the Summer Instructional Series event, Wine and Wedges event on July 19 from 6-8pm. Jeff Glatfelter, PGA has a great evening lined up with wine dessert and wedge instruction to sharpen your scoring. Jeff has another Get Golf Ready 1 session beginning July 20 and a Get Golf Ready 2 session also beginning July 20. Register with Jeff at jgpro@outlook.com or call 717-683-9196.

Pam Rogers has a two hour group class scheduled from 8:30-10:30am on Sunday July 14 for refresher information on the basic fundamentals and is suitable for beginners and those looking to get back on track with their game. Register with Pam at prlpga@aol.com, or call 919-426-9553.

Always watch our web site for upcoming programming as we enjoy our golf through the summer and look to tidy up areas of our games heading into the fall season.

Contact us with any questions by calling Jimmy Hamilton at 919-906-1290 or hamgolf4u@gmail.com.

We are here to help you have more fun with your golf game!!!!

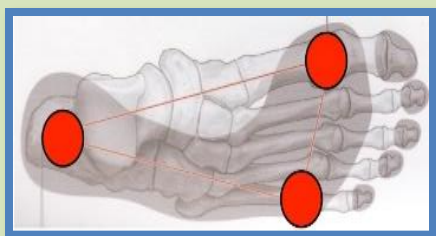


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Want to add length to your life and drives? I have your answers! The second part of my two part feature is below/. I can also give you these strategies in person. My office is located just upstairs in the Wildwood Green clubhouse! –Kjersten Marlow, TherExcel

6. YOUR FEET MATTER: Do you play golf (or workout) in shoes that make it difficult to “feel your feet”? Most of the time, your feet are the only parts of your body that touch the ground, so “how” they touch the ground matters. In your address stance, your 3-points of contact your feet should have with the ground should be the ball of your pinky toe, the ball of your big toe, and your heel...Together, they form a tripod. If you bear more weight on your big toe and heel (pronation), your foot and knee will roll inward and set you up for possible pain...anywhere up the chain. If you have more weight on your big and pinky toe, you will likely lose your balance and fall forward and throw your swing off balance. Try to pay more attention to your feet...A stable and pain-free golf swing comes from being balanced evenly on your foot “tripods”.



7. THE GLUTES ARE KING: Focus your strength-training on the gluteus maximus (power) medius, & minimus (creates hip control). These muscles work together to stabilize both the hips and lower spine in your golf swing. Weakness in these muscles decrease stability, form, and the ability to demonstrate proper weight-shift in your back-swing and downswing. A stable "base" allows for better swing rotation and reduces faulty swing characteristics (early extension, loss of posture, etc). Pay attention next time you swing your club. Do you feel your glutes working (firing)? If not, you may be setting yourself up for a round filled with pain, injury, or just lousy swings.

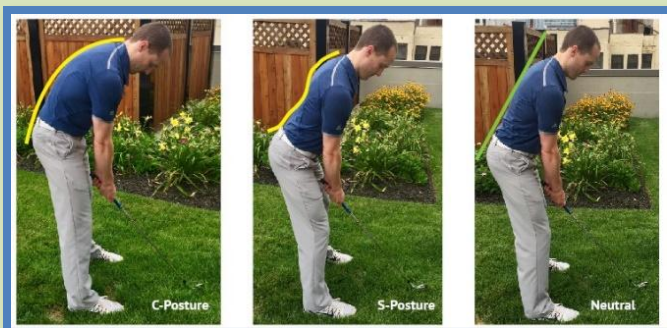


WILDWOOD GREEN GOLF CLUB

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Play Without Pain – Kjersten Marlow, Therexcel

8. CHANGE YOUR GOLF POSTURE AND CHANGE YOUR SWING: Keep your lower spine (back) in a NEUTRAL (not flat or arched) position, and you will increase your trunk rotation around your upper spine. This will allow you to safely maintain a stable base, and "wind" further into your back-swing in the right place, which will protect your low back and hips. This will also translate into increased energy transfer into your downswing and follow-through...making a more efficient and powerful swing!



9. LISTEN TO YOUR BODY: Have you ever felt a little twinge, numbness, burning, or tension right before you hurt yourself? It is likely that you have, but you didn't pay attention to it. Your brain is very smart and it's main job is to protect your body while you do the things that you want to do...like play golf! It is critical that you "notice" and "listen to" the "red flags" that your brain is waving to protect your body. Next time you feel a muscle in your back or shoulder-blade tightening up, pay attention to it! Your brain is trying to tell you that if you swing your club with this spasm, you will likely feel pain...or possibly hurt yourself. If you do notice a "red flag", stop, readjust your posture, and reassess if you still feel it...If you do, be sure to swing easy so you do not injury yourself. Golfers generally get injured when they swing hard, so take it easy. Preventing pain and injury starts with knowing and listening to your own body.



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Play Without Pain – Kjersten Marlow, Therexcel

10. FOCUS PART OF YOUR REGULAR GYM WORKOUT FROM YOUR ADDRESS AND SWING POSTURES: You may already have a gym routine that keeps you healthy and fit, but does it help your golf game? Try adding a few simple exercises to maximize how your body moves in your swing....Work your trunk rotation in your 7-iron posture. Stretch your back/hips into your backswing and downswing. Pay attention to your foot “tripod” as you work out or lift weights. Perform some glute-specific bridges and squats (see picture). You can exercise your body into “Golf Shape”. Maintain this routine even through the off season. Don’t forget...the cold months are not “the end of this season”, but “the beginning of next season”!

Please email me at KMarlow@NCGOLFPT.com for your FREE copy of your new pre-round warm-up routine!

TherExcel Golf Performance & Physical Therapy - Wildwood Green Golf Club

3000 Ballybunion Way - Raleigh, NC 27613

(919) 812-1717 - KMarlow@NCGOLFPT.com - www.NCGOLFPT.com





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British Open Pool

Entries Open Thursday, July 4th – Saturday, July 20th at 12:00 PM



Be paired with a professional in the 2019 British Open! Simply enter as many times as you like between July 4th and July 20th by paying \$5 for each entry. Then, turn in your attested 18 hole score. We will pair you up with a professional that makes the cut in this year's Open Championship. Your net score plus their 3rd and 4th round score will be your total. Payouts will be in gift cards!



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Couples Golf

Sunday, July 14th – 5:00 shotgun start



Join us in our monthly Couples Golf Event! 9 holes of Captain's Choice will be played and a dinner will be served afterwards.

For more information, contact the golf shop today!

One Day Member-Guest

Saturday, July 13th – 9:00 shotgun start



Join us for a new 2019 golf event! Grab a non-member of Wildwood Green and sign up with the golf shop staff or by calling 919-846-8376 extension 2. GHIN handicap required!



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Half Price Guest Day

Tuesday, July 30th – All Day Tee Times

All sponsored and accompanied guests are welcome to play Wildwood Green for only \$25. This rate includes the green fee, cart fee and a small bucket of range balls. A name, email address and phone number will be required by all accompanied or sponsored guests upon checking in at the golf shop counter. You may bring up to 3 guests or sponsor four total guests to play if a member cannot attend.



Guests play for only \$25

Call the golf shop at (919) 846-8376 extension 2 to book your tee time today.

Skins Day

Saturday, July 13th – All Day Tee Times

Join Wildwood Green for a competitive all day Skins Event. Win money by making birdies!

Entry Fee: \$20 per person
(\$10 Gross/\$10 Net)



All members must sign up before their round and turn in their scorecard after they finish their round. All participants must have an established USGA recognized handicap.



WILDWOOD GREEN GOLF CLUB

Aerification Scheduled – July 15th & 16th








On Monday, July 15th and Tuesday, July 16th we will have nine holes open each day for an aggressive dethatching of the greens. This necessary process will dethatch the green surface and pull the core of the root structure underneath the green's surface. By pulling the core we will allow air and water to penetrate the root structure and strengthen the green surfaces for the remainder of the year.



WILDWOOD GREEN GOLF CLUB

July 2019 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Driving Range Closes Every Sunday at 5:30PM</p>	<p>1</p> <p>First TT 11:00AM</p> <p>WildOats 12:00PM TT</p>	<p>2</p> <p>WildOats/WildFlowers 8:30AM SG</p>	<p>3</p> <p>Gaggle 10:00AM TT</p>	<p>4</p> <p>Flag Day Event All Day TTs</p>  <p>British Open Pool Begins WildOats 8:30AM SG Members ride before 11AM</p>	<p>5</p> <p>Gaggle 10:00AM TT</p>	<p>6</p>  <p>Champion Club Event 9:00AM SG</p>
<p>7</p> <p>Operation 36 5:20-5:30PM</p>	<p>8</p> <p>First TT 11:00AM</p> <p>WildOats 12:00PM TT</p>	<p>9</p> <p>TYGA Jack Ratz Memorial Tournament 8:00AM Double Tee</p> <p>TT restricted from 7:00AM-12:50PM</p>	<p>10</p> <p>Gaggle 10:00AM TT</p>	<p>11</p> <p>WildOats 8:30AM SG Sr. Interclub @ Lochmere 11AM TT</p>	<p>12</p> <p>Gaggle 10:00AM TT</p>	<p>13</p> <p>Member-Guest One Day Event 9:00AM SG PGA Junior League 5PM 9-Hole SG 60 players SKINS DAY</p>
<p>14</p> <p>Couples Golf 5:00PM SG</p>  <p>Reg Interclub #1 v Pine Hollow 1:00PM 5TT After 5 PM ALL Play Off #10</p>	<p>15</p> <p>First TT 11:00AM</p> <p>Aerification 9-holes Open</p> <p>WildOats 12:00PM TT</p>	<p>16</p> <p>Aerification 9-holes Open</p>	<p>17</p> <p>Gaggle 10:00AM TT</p>	<p>18</p> <p>WildOats 8:30AM SG</p>	<p>19</p> <p>Gaggle 10:00AM TT</p>	<p>20</p> <p>British Open Pool Closes</p>  <p>Reg Interclub #2 @ Lochmere 10:30AM TT Wildwood Green Yard Sale @ Pavilion</p>
<p>21</p>	<p>22</p> <p>First TT 11:00AM</p> <p>WildOats 12:00PM TT</p>	<p>23</p> <p>WildOats/WildFlowers 8:30AM SG</p>	<p>24</p> <p>Gaggle 10:00AM TT</p>	<p>25</p> <p>WildOats 8:30AM SG</p>	<p>26</p> <p>Gaggle 10:00AM TT</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>First TT 11:00AM</p> <p>WildOats 12:00PM TT</p>	<p>30</p>  <p>Half Price Guest Day WildOats/WildFlowers 8:30AM SG</p>	<p>31</p> <p>Gaggle 10:00AM TT</p>	<p>Members & their accompanied guests will be required to take a cart before 11:00am on weekends & holidays. Non-accompanied guests are restricted to carts until 2:00pm on weekends & holidays all year round. Monday Tee Times will begin at 11:00 AM for greens maintenance.</p>		