

WILDWOOD GREEN GOLF CLUB

April 2020



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"Carolinas Golf Group Facility"

Newsletter



WILDWOOD GREEN GOLF CLUB

April 2020

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.

Wildwood Green Golf Club COVID-19 Facility Procedures

- The golf shop will remain CLOSED. All range balls and check-in for golf will be done over the phone. Please Call (919) 846-8376 (ext 2). Range balls will placed on the green cabinet underneath the car port.



- **Only walking will be allowed after 5:30 pm and you must call to check-in before 5:30pm.**
- Champions Grille will be OPEN 9:00 am – 5:00 pm for take-out/delivery ONLY and the clubhouse bathroom access will close at 5:30 pm
- Walking is still allowed at any time, and we encourage golfers to walk. If walking is not an option, we will allow the use of a golf cart (one per person) unless you come with a family member.
- Carts will be given out on a **FIRST COME FIRST SERVE BASIS**
- Gathering of any kind is **PROHIBITED**



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Wildwood Green is looking for a Handicap Committee for 2020

We are still looking for 2-3 people for our handicap committee. We have 3 people committed so far! Dave Vilushis, Barry Johnson, and Tim Nicholson. Thank you for donating your time!

An ideal handicap chair is a dedicated volunteer looking to pass on their knowledge to others and ensure that everyone's handicap index represents their true potential ability.



The **Volunteer Handicap Committee** will work with the golf shop professionals in adjusting scores, posting scores and making sure the player's handicap index is current for tournaments.

If you are interested in being involved with the handicap committee contact Jeff in the golf shop. 919-846-8376 ext. 2



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Member Accomplishments

On March 8th John Hampton made a Hole-In-One with his 7 iron on hole #12. The hole was playing 145 yards!

On March 14th Quinten Watkins shot an 89. This is Quinten's personal best at Wildwood since joining!

Have something awesome happen to you this month?

Report it to the golf shop and let us feature your news in next month's newsletter!





WILDWOOD GREEN GOLF CLUB

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!



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Dear Members,

What a wild March! It was disappointing to not have our annual basketball tournaments and beloved golf events however, it was a tough but necessary call to cancel or postpone these major sporting events. As you know, the deadly COVID-19 disease took over most of the country and world over the past few months and thus, we've had to alter our operations a bit. **We all thank you for staying safe, washing your hands, and following the temporary procedures we have put in place.** Eventually we will move past all of this and Wildwood Green will be here waiting for you.

Although we don't have "golfing" events in April, you can still come out and enjoy the facility. **The azaleas are budding, the grass is greening up, and the pollen is falling...literally like a snow storm.** Feel free to take some home with you if you would like, we don't mind! All of this signals spring time for us here in NC. **It is a great time of the year to get out and enjoy the fresh air** while still maintaining your social distance. Rick, Rex, and the maintenance crew have the course in a good spot for the coming season. **Please keep repairing your ball marks on the greens and 2 others while you play!**

For those of you who have not yet, **NOW is the time to sponsor your friend to join as a member.** You can earn **25% of their dues off your dues for 12 months!** With multiple membership categories open, it is a perfect time to join. **We have never run this good of a deal for membership!** [We have all of the new membership drive information on our website](#) and all you need to do is have the new member turn in a sponsorship certificate when they submit their membership application. This is how you get credit for sponsoring someone to join the club. **If you have any questions, or need help convincing your friend/colleague to join, do not hesitate to reach out!**

Upcoming Events

**Friday, April 17th
35 Years & Younger
League**

**Saturday, April 18th
Guest Day**

**Saturday, April 25th
Skins Day**



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Rick Durham – Superintendent

One of the more common questions I am currently receiving is “when will the fairways green up”? Fairways, tees and rough has been in a dormant state since last November. Green up and recovery in these areas will begin when nighttime temperatures remain above 60 degrees for several days and soil temperatures reach 65 degrees at a 4 inch depth. Averages for March nighttime and soil temperatures are high 30’s to low 40’s. As we advance into spring significant changes occur mid to late May. If you look close some changes have already begun. Greens recover much quicker due to mowing height and soil temperatures are warmer because we have covered our greens when extremely cold. A quick update on our irrigation project. Holes 1, 2, 3, 7 & 8 are complete. We are projecting to have 5, 9 & 13 complete this spring. I look forward to seeing all of you out on the links. I can be reached at rdurham@wildwoodgreen.com



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Tyler Bass – Assistant Golf Professional

Hello Everyone,

Unless you had already been self-quarantining for the past 6 months, you know that the novel corona-virus COVID-19 has really shaken up our lives as well as our Golf Operation at Wildwood Green. The major changes of our operation are the following: All check-in for golf will be done over the phone. Call (919) 846-8376 (ext. 2) to do so. The Golf Shop will be CLOSED and will only accept calls for check-in/bookings. Champions Grille will be OPEN 9:00 AM- 5:00 PM for take-out/delivery ONLY and the clubhouse bathroom access will close at 5:30 PM. Range Balls will be sold over the phone and set on the green cabinet for pick-up . The last range basket will be sold at 5:00 PM and the driving range closes at 5:30 PM. Walking is still allowed at any time and we encourage all golfers to walk. If walking is not an option, we will allow use of a golf cart (one per person) unless you come with a live-in family member or partner. Carts will be given out on a first come, first serve basis. And lastly, gathering of any kind is PROHIBITED. Despite most of our April Events being cancelled or postponed, we are still holding our monthly Guest Day and Skins Day. On April 18th, bring out some friends or if you cannot make it, sponsor one! If you're looking for social distancing competition, join us on April 25th for our Skins Day. \$10 for gross and \$10 for net. Payouts are determined by the amount in the pot and amount of skins. I hope everyone has a great April!

Best,
Tyler.



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Dan Alton - Head Teaching Professional

These are tough times we are going through as a community. We are worried about our health, the health of our loved ones, our jobs, and our finances. Keeping distance in very small groups is all we can do to contain this. **We are here & open for lessons until further notice.** If you feel comfortable in a **private one on one session, we will see you soon.** If you would like to wait it out that is completely understood. Regardless, we are extending a **19% off discount on all lesson packages purchased between now & April 30th w/ Dan Alton Golf Instruction at Wildwood Green via Gift Certificate.** You can start your lessons at your leisure, either now or later down the road by purchasing this Gift Certificate. Stay safe!



New Feature from the Pro:

We are now offering swing analysis with our **NEW FlightScope Launch Monitor** in your golf lessons. **You can now see all of your swing numbers in real time,** swing speed, ball speed, carry distance, launch angle, smash factor, & spin rate....Here is a sample shot above...



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Brad Martin – Champions Grille

Hello everyone, as you all know we are in a strange time and a lot of our outlets are gone at the moment. Champions Grille will remain open for carryout and delivery only, please call ahead with your order at (919) 390-0347. Our hours of operation will be from 9:00 am - 5:00pm until further notice. Hayley will be out on the beverage cart on the weekends, weather permitting, so you are able to get drinks and snacks while out on the course. Thank you for everyone's patience and cooperation during these trying times.

In the Grille, the menu hasn't changed much, but we are offering some new specials, including a new chicken salad and buffalo chicken wrap. The buffalo chicken wrap has your choice of grilled or fried chicken with juicy tomato, crisp lettuce, shredded cheese and buffalo sauce all wrapped in a large flour tortilla and grilled to perfection. Also, in addition to our homemade traditional relish and celery chicken salad, we have introduced a cranberry and pecan style chicken salad that is a MUST try!



WILDWOOD GREEN GOLF CLUB

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New in Champions Grille



Buffalo Chicken Wrap



Bacon Makes
Everything Better!
Add bacon to any
sandwich.



Fish Fry Friday!



**Cranberry and Pecan
Chicken Salad**



**Shotgun
Betty**



**Homemade
Baked Goods**



WILDWOOD GREEN GOLF CLUB



April 2020 The Golf Academy Update



We hope this letter finds you and your family WELL and getting along as well as possible in these unprecedented times. While the group junior and adult lessons are on a temporary hold for the month of April, individual instruction and coaching will continue as long as Wildwood Green stays open and our social distancing guidelines are followed. The golf carts are cleaned after each use, disinfectant wipes are being used for clients and coaches safety. Being outside in the fresh air and sunshine seems to be a great remedy but not a cure for the Covid-19. As we gradually return to normal, kick start your golf game with help from The Golf Academy at Wildwood Green. Our group of highly experienced professionals, including Golf Digest #8 Best In State Jimmy Hamilton, are ready to help you. Tried and true methods of improving your game are used to help you. Your posture, grip and alignment influence what you do with the club in your swing. Are you consistent in your approach? Are you able to remain on balance during and concluding your swing? Are you able to get the ball in the hole efficiently once near the green? If not and you wish to improve, we can help you. As a special incentive, The Golf Academy at Wildwood Green is offering our holiday special, value added package prices normally only available at Mother's Day, Father's Day and the winter holiday season.



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April 2020 The Golf Academy Update



Go to our webpage, raleighgolflessons.com, navigate to the Gift Certificate section, pick the package you would like and contact the professional of your choice. Your professional will handle payment and then also arrange scheduling when you are ready. Purchase during April and use the lessons when you wish. Start soon and get those fundamental adjustments in place while you have time around the house. Also go to our Facebook page, The Golf Academy at Wildwood Green, like the page and watch for some short video tips coming your way in the weeks ahead. The adjusted schedule for our Operation 36 Junior Development Program will hopefully include a spring semester restarting in May and concluding in early June, our summer semester, now 6 weeks, will start July 6 to Aug 15. Registration may start now for those classes. See the Academy webpage for Operation 36 information and instructions to register for the summer semester. The fall semester will run from August 31 to November 1 and those classes will be able to be registered for on July 8. Our PGA Junior League Program is on hold pending directives from the National PGA offices. Go to pgajrleague.com to follow that information and registration. STAY WELL and we will see you soon!!



WILDWOOD GREEN GOLF CLUB

Voted One of The BEST Teachers In Our State

Jimmy Hamilton was recently voted one of the best teachers in our state through Golf Digest's annual ranking. Number 8 to be exact. What a fabulous honor to be among the best! We are so very excited for Jimmy and also his leadership of the absolute best golf academy in our area.

**Wildwood Green:
Where champions play
Where champions teach!**



Please congratulate Jimmy as you see him around the club.





WILDWOOD GREEN GOLF CLUB

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Kjersten – Sports Performance and Physical Therapy



Did you know that by learning how to breath better, you can improve your golf endurance, reduce your risk of injury, and play better golf? It's true....your diaphragm (primary breathing muscle) works as both a body “stabilizer” and a “breather”. When you play golf (or do anything that does not make you short of breath), it is mostly working on stabilizing your ribcage and pelvis, as well as bringing in oxygen to fuel your brain and muscles. Your diaphragm attaches to the bottom of your ribs, your spine, and the top of your pelvis. Learning how to breath efficiently and effectively when you move (and play golf) can directly improve your game. Try this exercise below and see how your diaphragm can work better for you ...both on and off the course!!!

EXERCISE: 3D Breathing:

- 1) Lie on your back with your shoulders/hips/knees/feet aligned and your knees bent
- 2) Place your Left (L) hand on your breastbone (sternum) and your Right (R) hand on your lower ribs/belly
- 3) Visualize that your breastbone is a “pump handle” and your ribs are “bucket handles”



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March 2020

EXERCISE: 3D Breathing (Continued):

- 4) Take a deep breath in and lift your “pump handle” or sternum - this will allow you to fill your upper lobes of your lungs - Be careful not to use your shoulder or neck muscles - Repeat x 2 breaths
- 5) Now, take a deep breath in and lift the “bucket handles” or ribs - this will allow you to fill your lower lobes of your lungs - Repeat x 2 breaths
- 6) Next, take a deep breath in and make your belly move upwards - this will happen when your diaphragm contracts and pushes your stomach contents forward - Repeat x 2 breaths
- 7) Last, take a deep breath in and lift your “pump handle”, “bucket handles”, and belly all at the same time- this will allow your to breathe in (inspire) a maximum amount of oxygen, as well as stretch the muscles of your ribcage, and create mobility in your upper (thoracic) spine - Repeat x 5 breath

For more information or to discover how breathing training might help you, Contact
Kjersten Marlow, MPT, TPI, CPN, SFMA, DN-1
TherExcel Golf Performance & Physical Therapy
3000 Ballybunion Way Raleigh, North Carolina 27613
(919)812-1717 kmarlow@Ncgolfpt.com www.TherExcel.com





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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 – Sunday (Closed)	7:00 AM – 5:30 PM Call In Only: (919) 846-8376 ext 2	7:30 AM	5:00 PM

Champions Grille Hours – Monday - Sunday: 9:00 AM – 5:00 PM
To Go/Delivery Only – Please Call Ahead (919) 390-0349

New Hours of Operation starting Monday, April 6th



WILDWOOD GREEN GOLF CLUB

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First Tee Time & Driving Range Time Change

Effective Monday, April 6th, we will begin with the first tee time at 7:30 AM Monday-Sunday.

The driving range will open at 7:00 AM and the last bucket of range balls will be sold at 5:00 PM.





WILDWOOD GREEN GOLF CLUB

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We have recently installed the UpNOut Ball Retriever on each flag stick here at Wildwood Green. The system is cutting edge for golf courses and will save you time and pain while you play!



The UpNOut system will...

- Save you back pain from having to bend over and retrieve your ball.
- No more broken fingernails while reaching into the cup.
- No more digging your club into the cup to retrieve your golf ball.
- Save time while playing...simply grab the flag stick, lift, and grab your ball.
- Moves up and down on the flag stick to avoid tearing up cup edges.

The next time you are at Wildwood Green try the system out and let us know how you like it. We have comment cards located on each golf cart for you to fill out and we have them located in the golf shop and in Champions Grille as well. We would like to hear what you think of the UpNOut Ball Retriever system!



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35 Years and Younger League Night

Friday, April 17th - Tee times start at 5:00pm



The 35 and younger league night is designed to get people 35 years and younger to meet and play 9 holes of golf once per month. The format will vary from month to month.

The entry fee is \$5.00 and includes closest to the pin challenges and one (1) draft beer.

Call the Golf Shop to sign up at (919) 846-8376 ext 2.



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Guest Day

Saturday, April 18th – All Day Tee Times

Bring up to 3 accompanied guests or sponsor a foursome if you can't play. All accompanied or sponsored guests may play 18 holes including a cart for \$35.00 per person. Fee includes range balls before play!



A valid email address and name is needed for each guest taking advantage of the special. The name and email can be provided at time of check in.



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Skins Day at Wildwood Green

*Saturday, April 25th
– All Day Tee Times –*



Cost: \$20 (\$10 to gross and \$10 to net). A GHIN handicap is required and you must enter before you tee off for your round.



WILDWOOD GREEN GOLF CLUB

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2020 New Rules for Member Events Prepay and Save!

Weekday and P.M. members may prepay for up to 10 green fees for weekend events and receive a 20% discount!

Buy 10 18-hole event green fees for \$160.00

Buy 10 9-hole event green fees for \$80.00

Stop by the golf shop to purchase yours today!



Please note beginning January 1st, 2020, if your membership privileges do not include the event time, you will need to pay an additional green fee on those events with the exception of the Club Championship, Champion Club events and the Tournament of Champions Invitational. The event green fee is \$20 for 18 holes and \$10 for 9 holes. You may upgrade your membership category at anytime with a 30 day written notice.



WILDWOOD GREEN GOLF CLUB

April 2020

Clubster - Your Member's Only Communication Tool



GET IT ON
Google Play



Download on the
App Store

Clubster is a great tool that we use on a daily basis to inform you of food specials, events & results, happenings around the club, and much more!

Your email address should already be associated with Clubster however, if you do not receive emails through this communication tool, email info@wildwoodgreen.com and we will be sure to set you up. You can also download the app through your smart phone's market place.



WILDWOOD GREEN GOLF CLUB

April 2020 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Until further notice, members and their accompanied guests will be able to walk anytime. Non-accompanied guests can also walk anytime. Carts will be given out until 5:30 PM (One Cart Per Person) on a first come first serve basis.			1 Gaggle 10:00 AM TT	2 WildOats 10:00 AM TT Wild Working Women 4 TT, 5:00 PM	3 Gaggle 10:00 AM TT	4
5	6 1 st TT @ 7:30 AM WildOats 9:00 AM TT	7 Wildflowers/WildOats 9:00 AM TT Greg's League – 4:20 TT, 20 Players	8 Gaggle 10:00 AM TT	9 WildOats 9:00 AM TT Wild Working Women 4 TT, 5:00 PM	10 Gaggle 10:00 AM TT	11
12 	13 WildOats 9:00 AM TT	14 Wildflowers/WildOats 9:00 AM TT Greg's League – 4:20 TT, 20 Players	15 Gaggle 10:00 AM TT	16 WildOats 9:00 AM TT Wild Working Women 4 TT, 5:00 PM	17 Gaggle 10:00 AM TT 35 Years & Younger League Night	18 Guest Day All Day Tee Times
19	20 WildOats 9:00 AM TT	21 Wildflowers/WildOats 9:00 AM TT Greg's League – 4:20 TT, 20 Players	22 Gaggle 10:00 AM TT	23 WildOats 9:00 AM TT Wild Working Women 4 TT, 5:00 PM	24 Gaggle 10:00 AM TT	25 Skins Day All Day Tee Times
26 	27 WildOats 9:00 AM TT	28 Wildflowers/WildOats 9:00 AM TT Greg's League – 4:20 TT, 20 players	29 Gaggle 10:00 AM TT Spark League 5:30 PM – 5 TT	30 WildOats 9:00 AM TT Wild Working Women 4 TT, 5:00 PM	Starting Monday, May 4 th , Monday morning maintenance begins. First Tee Time on Mondays will begin at 11 AM.	