

Rock Harbor Golf Course

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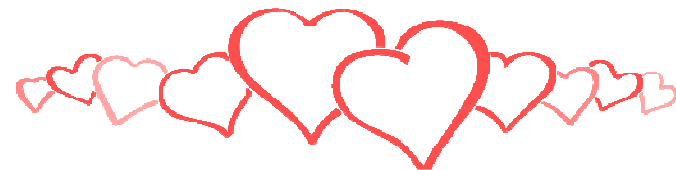
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Pictorial Diary



Anyone care to guess what hole this is?



.....Continued from Page 1

3. **Core:** Your core is vital to having a healthy back, and this means that you must spend time focusing on increasing the muscle tone in your abdomen and back. It is the core that generates the power in your backswing. Try stomach crunches and leg lifts, as well as isometric exercises. For the isometric exercise, simply tighten your stomach muscles for 60 seconds, then release.

4. **Flexibility:** When muscles are tight, especially the muscles in the shoulders, neck, back, hips, and legs, your golf swing is restricted. It is very important that you add proper stretching into your day, so that you can increase your flexibility. There are many exercises for these muscle groups, but one you may particularly enjoy involves your golf club. Grasp a golf club with your hands about 24 inches apart. Hold the club straight out in front of you at chest level. Stand with your knees slightly bent. Swing your arms and club to the right and then to the left, keeping your arms parallel to the floor at chest level, without turning your chest.

Many golf injuries can be prevented by the use of simple exercises, completed in the off-season, or even while you are at home each night watching your favorite television show.



Rock Harbor News

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4 Tips to Prepare Your Body for The Golf Season

Paspa Physical Therapy, Written by Delon Conway:

Every year, golfers injure themselves in a variety of ways...but the number one injury among golfers is low back pain. There are 4 Main Aspects Golfers Should Focus on to Prepare for an Injury-Free Season

- 1. **Upper Body:** Did you know that the big muscles of the upper body are responsible for generating club head speed? Most people attribute this to the arm muscles below the elbows. Try some simple upper body exercises such as bicep curls, tricep extensions, and pushups to strengthen the upper body muscles. If you are new to weightlifting, remember to start light—for example, with 2-lb. dumbbells—so that you don't strain when lifting
2. **Lower Body:** Your legs and hips play a huge role in controlling the direction of the ball. Leg strength is also important for adding power to your swing. Because your lower body is actively engaged, it is important to strengthen the quadriceps. Simply try wall sits for 30-60 seconds at a time.

Continued on Page 4.....

Toughest Pin Position

Denny Perry:

Being the third toughest doesn't sound so tough but when you're picking pin positions at Rock Harbor it's like saying the third bullet in the six shooter is not as deadly as the first two. When picking pin positions you have to think of two things; Is the pin position tough because of the approach shot or is it tough because of treacherous putting?

With that in mind, my choice for third toughest pin position on the Rock Course is—No. 13 position #5. If you are keeping up with the other pin positions you will know we have one more to reveal in our series of "Toughest Pin Positions". Can you guess what it is?

Toughest Pin Positions

Table with 4 columns: Rock Course Hole #, Rock Course Position, Boulder Course Hole #, Boulder Course Position. Row 1: 1, No.16, 7, 1, No. 13, 5. Row 2: 2, No. 12, 3, 2, No.15, 8. Row 3: 3, No.13, 5, 3, ??, ?



Fresh From The Grill

Beau Rudiger,
RH Grill Manager:

The Grill is making some big changes, but that will mean a small inconvenience to the members and golfers. Starting on Monday, February 5th, The Grill will have limited services due to maintenance/repairs. We should be back in full operation by Thursday, February 8th.

During these 3 days we will offer cold sandwiches, bev-

erages, snacks and hot dogs. We greatly appreciated your patience and understanding as we work to make The Grill better for our members and customers.

If there is a delay in our maintenance we will do our best to update you through Facebook/Twitter/email and our website



Don't forget!

Valentines Dinner

February 14th

You must RSVP

Two seating times
5:15 & 7:30

Visit The Grill Webpage
to see all the details
and the menu

Call The Grill to RSVP

Saturday Evening Dinner Hours 5-8:30 PM

The Green— Jack Frost and Golf

Chris Dieter, Course Superintendent:

As kids we grew up in a world where frost is a magical thing; Frosty the Snow Man, Jack Frost, Mr. Freeze, Elsa. Then we grow up and the magic fades into the stuff that kills our flowers and vegetable gardens, the inconvenient substance we have to scrape off our windshield, and of course the miracle of nature which delays our tee times.

Frost forms on a surface which has a temperature below freezing, and the surface is also colder than the dewpoint of the air around it. Simple enough right? Now to add in the factors which complicate these conditions. Windy or breezy conditions can eliminate the chance of frost, mixing the air so it doesn't quite reach the required temperature, much like leaving a faucet drip to keep a pipe from freezing. Cloud cover will prevent frost from forming. On an overcast morning the clouds provide a blanket effect so the ground and air keep some of the solar heat absorbed the day before.

Ground temperature effects not only if the frost forms but where it may form. In the Fall / Early Winter the ground is still warm and not completely frozen. On some "frosty" mornings in the Fall you will see frost only on the Rough but not the greens or fairways, this is due to the greens and fairways being shorter and closer to the

warm ground. In the later Winter days the frost will form on all the different grass heights but will thaw off the greens last, the greens having shorter grass closer to the frozen ground. (picture to the left)

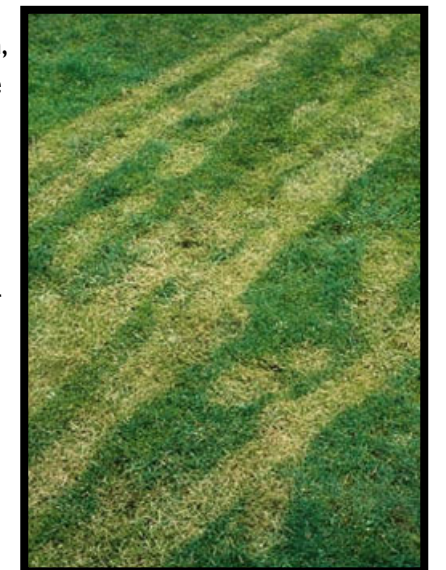


'But I don't see any frost' you say. The last factor to frost is air moisture. Air moisture is the ingredient needed to give the frost a magical touch. The more moisture in the air the more ice crystals will form on the grass plants. So on a day when the frost isn't so sparkly the grass plant is still frosted or frozen. When the grass is frosted or frozen then we can do damage with our feet or golf carts. When we walk or drive on frosted/frozen grass we crush the cells in the

leaves and kill them, then the leaf blades turn brown. If we crush the crown (main growing point of the grass then the grass plant will die completely. (Picture to the right)

The one factor I can guarantee about every frost delayed morning is the maintenance staff and pro shop will do everything in their power to open the course. There is definitely no enjoyment in getting asked every five minutes "when is the frost going to be gone", now we all know the answer is: When the temperature of the grass and air around it becomes higher than the dewpoint long enough for the plant to thaw out.

Please feel free to stop me to chat, ask a question, and express an opinion or complaint. Thank you for repairing your ball marks and divots, and being patient on frost mornings.



Winter Member Events

VSGA Seminar
Wednesday
February 21

New Members & Ladies Night
February 28

League Rules
March 14

League Draw (Sand N Suds)
March 28

Cole's Corner

Cole Lee: Tournament Director

It's that time of year when our weather is hit or miss to get a round in. Lucky for us we can stay occupied with all the socials and extra functions at the club. I hope you all are enjoying them so far. We have a full season of events coming up for the membership and I invite you to notice the calendars

posted in the Proshop or sent with monthly billing. You may always ask myself or Gerri about events if you have any further questions. Also I would like to offer our club repair services to you. This is a great time of year to re-grip your clubs or check the status of your loft and lie (if your irons are forged). Talk with anyone in the shop to get your

clubs back in shape for the new year. As far as the new rules that are proposed to be changed or added, the USGA should be announcing which ones will take effect beginning January 2019. If you haven't seen those proposes yet you can find them easily on the web.

Happy Valentines all.

