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### Upcoming Events at Rock Harbor:

June 15-17: Member/Guest  
Tournament  
June 23: ShenVal RDJ 12U Golf  
Tournament  
June 28: Sand 'N Suds



If you recognize this man, contact Rock Harbor.



# Rock Harbor News

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## Golf 101: Do's and Don'ts (for beginners)

Jessica Marksbury:

Golf is the greatest game in the world—just ask anyone who plays! To help you take the plunge, here's a definitive list of dos and don'ts for the aspiring player.

**DO:** Start on a practice range, not on the golf course. The range is the perfect place to get acclimated to the game. It's low-pressure, you can stay as long as you want.

**DON'T:** Worry about anyone else at the range. Everyone there was once a beginner too, and we all know the game is a struggle. No one is judging you!

**DON'T:** Let your spouse or significant other become your primary teacher. This is often a recipe for disaster that could drive you away from the game (and possibly each other!).

**DO:** Work with a professional to get a proper swing foundation.

**DO:** Learn how to grip the club properly.

**DON'T:** Try to keep your head "down and still" through impact. Let it follow through with the rest of your body.

**DO:** Bend from your hips.

**DON'T:** Bend from your knees.

**DO:** Get your lead shoulder under your chin on the backswing and finish with your face, chest and hips and facing the target.

**DON'T:** Stay flat-footed through impact.

**DO:** Concentrate on the short game by chipping and putting before focusing on long irons and your hybrids, fairway woods and driver.

**DO:** Recruit friends to learn with you and make it an event!

**DO:** Buy a glove. Some people like to play without one, but the vast majority of golfers use them. Plus, your uncalloused palm will likely need the protection.

**DON'T:** Worry about buying your own equipment until you can make consistent, solid contact every time you swing.

**DO:** Invest in some proper golf attire.

**DON'T:** Buy headcovers for your irons. Please. Just don't.

**DON'T:** Attempt to play on the course until you can get the ball airborne. This is both for your benefit and everyone else on the course.

**DO:** Play as quickly as possible. Always be ready to hit your shot when it's your turn.



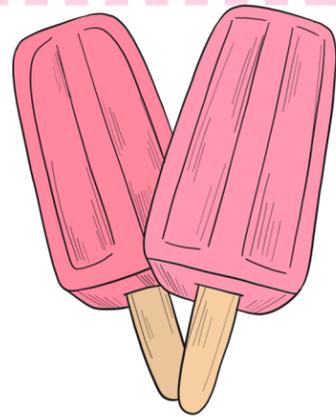
## Fresh From The Grill

Beau Rudiger,  
RH Grill Manager:

How about this golf weather!? We couldn't have had a better month of golf. We can only hope June is just as good. We are getting ready for the **MEMBER/GUEST TOURNAMENT**, we hope we'll have a great turn out. We also have a tournament coming up on June 9<sup>th</sup>, for the Kernstown Battlefield Association. It's for the operation and preservation of the battlefield. We have a special deal for members at \$85 a person, let's see if we can get

a few teams to sign up. Should be a good tournament for food and beer!

Among other topics the Caddy Shack is now open on weekends. We are running two beverage carts on weekends with staggered times, so we have one cart staying later. Between the Caddy Shack and two carts we should cover the courses fairly well. We still have Members opening a tab before their round and leaving after their round without closing their tab. Members need to close their tab before leaving the course. This will help ensure



that there are no mistakes on their current monthly charges. We are still having supply issues and they will continue. One last thing, please do not walk behind the counter, for any reason, whatsoever. This is against VA ABC and VA Health Dept regulations. So, please stay on the guest side of the counter.

## The Green

Chris Dieter, Course Superintendent:



What an interesting month May has been. We are still at average daily temperatures below normal. Average daily temperatures are under 55 degrees, which keeps our greens tees and fairways under 50% growth potential. Our bentgrass greens need a minimum average daily temperature above 70 degrees to reach a growth potential of over 75%. This is why we can still see the scars from aerification on the greens, why grass in the fairways is still thin and flat, and why the tees are covered in divot scars. All I can say is: where is global warming when you need it? In the meantime, please do what you can to repair as many ball marks and divots as you can. Watch where you drive your cars, as to not make cattle trails.

**Remember all four wheels on the path at greens and tees.**

Trespassing has become an issue at Rock Harbor, in particular people fishing in the evenings. For over two years now, Fredrick County Sheriff's Department has answered numerous calls on individuals fishing on the golf course property. We have also had issues with individuals blocking the water flow to our irrigation pond. If you are out playing golf and see anyone fishing, please call the Pro Shop and report them so we can follow up. Trespassers are a huge liability for the golf course. If anyone knows the individual, pictured left, please let us know as we need to speak to him.

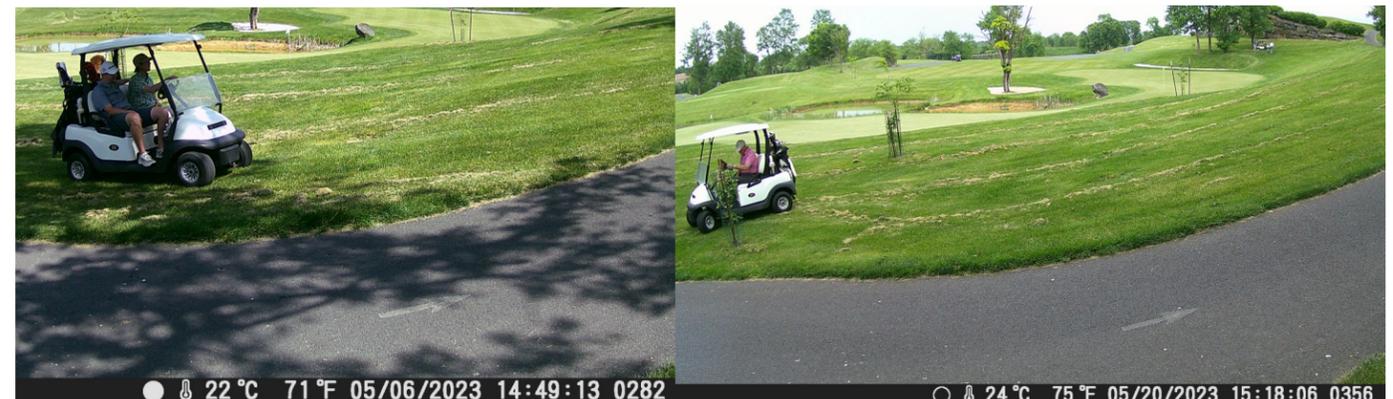


Four wheels on Rock 3, pictured above.

So, I was recently asked about my more entertaining experiences as a Golf Course Superintendent. Let's just say: yes, I have been shot at on a golf course as the Superintendent, and no, it was not by a golfer.

**Remember all four wheels on the cart path at tees and greens.**

Smile!! You're on camera! Four wheels, or eight, on Rock 13! Pictured below.



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**DON'T:** Take range balls to the golf course. Many are limited-flight models, so it's just not worth it.

**DO:** Take the time to learn basic rules and etiquette.

**DON'T:** Spend too much time looking for your ball, and don't pick up any other balls on the course, even if you can't see anyone. You might ruin someone else's good round.

**DO:** Mark your ball on the green so you can identify it.

**DON'T:** Use too big of a ball mark. How big is too big? Anything larger than a poker chip is probably too much.

**DO:** Accept invitations to join other groups. Golf is a social sport, and it's a great way to meet people.

**DON'T:** Mark your scorecard on or by the green. On a busy course, people will be waiting to hit their approach shots, so do it when you get to the next tee.

**DO:** Take care of the course by ranking bunkers, replacing divots, and fixing your ball marks on the green.

**DO:** Make it fun! Initiate putting contests and ball-striking challenges.

**DO:** Remember the good shots and forget the bad ones.

**DON'T:** Get discouraged. Golf is tough, but it's so worth the effort.

In the immortal words of Arnold Palmer:

**Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening—and it is without a doubt the greatest game mankind has ever invented.**