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HAPPY
LABOR
DAY

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Up Coming Events at Rock Harbor:

**September 7th: Member Labor Day
Tournament**

**September 18th-20th: Harbor Cup
Championship**

September 30th: Sand 'N Suds



Rock Harbor News

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Curt's Corner

Curt Corey: General Manager & Pro:

Hello everyone, here are some key tips and techniques to help keep your golf swing in top shape.

Components of a Great Golf Swing:

- Setup: Proper alignment, stance, and posture.
- Backswing: The initial movement that sets the stage for a powerful downswing.
- Downswing: The motion that generates speed and directs the clubhead to the ball.
- Impact: The moment of contact between the clubface and the ball.
- Follow-Through: The finishing motion that ensures balance and control.

Mechanics of a Good Swing:

- Backswing: Start with a smooth takeaway, turning your shoulders while keeping your lower body stable. Aim for a 90-degree shoulder turn while maintaining a slight bend in your lead knee.
- Downswing: Initiate the downswing by shifting your weight to your lead foot and rotating your hips. Maintain a lag in your wrists to generate clubhead speed.
- Impact: Ensure the clubface is square at impact, with your hands slightly ahead of the ball to promote a clean strike and optimal ball flight.
- Follow-Through: Allow your body to naturally rotate to a balanced finish, with your weight on your lead foot and your chest facing the target.

Common Swing Mistakes to Avoid:

- Swaying: Keep your lower body stable to avoid lateral movement during the swing.
- Over-The-Top: Initiate the downswing from the ground up, starting with your lower body.
- Casting: Maintain wrist lag to prevent releasing the club too early.

Tips for a Consistent Swing:

- Practice Drills: Regularly practice swing drills to reinforce proper mechanics.

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Fresh From The Grill

*Beau Rudiger,
RH Grill Manager:*

August was a good month. It was a little hot, but the weather mostly cooperated. I wanted to go over the lunch specials and where we are posting them. I generally keep the specials in a plastic display on the bar. We have two different Pastrami Sandwiches, the recipe came from a New York Deli. The ever popular Seven-inch Sausage with sliced multi colored Bell Peppers and sauteed Onions served on a six inch Sub Roll. We now offer Calamari with Turf Sauce; it's an

excellent combination. We've revamped our Pretzel Bites and added our Queso Cheese along with changing our cooking process, much better than before. I've been preparing different desserts on Saturday nights, including a French Apple pie, Ice Cream Cake and a different style of Apple turnover. We will be changing the menu a little bit.

A new state law starting on September 10th requires me to post all allergens on every menu item including dressings, sandwiches,



pasta dishes, and all other food items. My wife is presently changing the menu's size, marking items with allergen abbreviations, and including a key at the bottom of the menu. There is not enough room to list the full name of every allergen next to every food item. Therefore, we will change the menu size, how we list allergens next to menu items, and some menu items.

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- Video Analysis: Use video to analyze your swing and identify areas for improvement.
- Professional Lessons: Consider lessons from a certified golf instructor to refine your technique.

Drills for Improving Grip and Swing Technique:

- Grip Practice: Use a grip trainer to develop muscle memory for the correct grip.
- Swing Path Drills: Practice swinging with alignment rods to ensure a straight path.
- Impact Bag: Hit an impact bag to focus on proper hand position at impact.

Consistent practice is vital for developing muscle memory and improving your performance on the course. If anyone has any questions about their swing, please let me know.

The Green

Chris Dieter, Course Superintendent:

All went well with our Fall aerification. With 2026 aerification behind us now, we can look forward to golfing on healthy greens while other golf courses have yet to aerify.

Next, we will be aerifying and topdressing the tees on both courses. Remember with the greens being a bit softer right now please take care to fix your ball marks.

The pond on Rock #5 is very near completion.

All the loose rock has been removed and the installation of the 5-foot deep clay liner will be finished by the time you are reading this newsletter. The pond maybe full before this is published. Doing any construction on an existing golf course has its challenges and this one was no exception.

Some of you

may be aware we had a sick deer on the golf course this month. The deer had Chronic Wasting Disease, verified by the state wild life biologist. What looked like a peacefully resting deer was actually very sick, but was of no danger to the golfers.

This incident is a reminder, however, that there is wildlife on the golf course. While we enjoy seeing

Rock 5 Pond

all the animals, please remember they are wild animals. If you see an animal acting strangely, please notify the pro shop right away so the maintenance staff can eliminate a potential hazard.

Be safe and may all your drives be long ones in the middle of the fairway.



Rock 5 Pond Hauling Clay



Rock 5 Pond



Dan Lyman Aerifying Boulder 11 Green



Rock 5 Pond Compacting Clay