



Rock Harbor News

VOLUME 11 ISSUE 5

MAY 2015

May 27
Member Social
Event

June 2
VSGA One Day

June 18,19,20
Member/Guest

June 27
Glo Ball Outing

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Cole's Corner: Psychology of Golf

By Cole Lee:

This month I'm going to touch on more short game importance. I realize it's boring to practice, but when almost 1/2 our swings are on the green, it couldn't be more important.

Our ability...Anyone can putt. A 2 year old can putt the ball in the hole. It may be the simplest task in this sport. Golfers make it the most difficult.

Anxiety...Where do you develop fear in your putting? As you get closer to the hole? When you miss an easy putt? After you 3 putt a few times? This anxiety comes from your belief about yourself and the way you view your putting ability. First, change your thinking to believe that you can roll the ball well enough to give it a chance to go in. Second, keep your focus on each putt instead of putting pressure on yourself to play for a score.



Avoid the short game and just get a hole-in-one like Gary Dorman, who won a car during the Knights of Columbus tournament. Jim Sparrow also got a hole-in-one on Rock # 13.

Congratulations!

Third, don't compare your results with your playing partners. Stay focused on the things you can control. Give every putt the same importance. Decide you can make every putt. Concentrate on the process of what you need to do to make the putt.

Attitude... When do you decide you are putting poorly? When do you decide you are putting well? Have you decided to become a good putter? Or do you constantly talk about how poorly you putt? To become a good putter, you MUST have a good attitude. You must have a confident attitude that you believe in no matter what the results are. To be a good putter you must have a positive attitude that includes being enthusiastic about wanting to putt, having your complete focus on the process of making the putt, having a specific plan, believing in your ability to carry out your plan, and being relaxed enough to putt the ball where you want it to go.

Attentiveness...To become a great putter, you need to practice focusing your attention on the task at hand. As you become more engrossed in the task, you will not be consciously thinking about everything else going on around you. Your attention can also be diverted by emotions or fear, doubt and worry due to thoughts of missing putts. Constant visualization to remind yourself of past successful putts will reduce these emotions.

Awareness...Trying too hard for results produces tension, tightening and loss of touch or feel. It is important to access your feel by using your senses. Instead of trying to get the ball in the hole, use your inner awareness to see where the hole is, and feel where the ball goes in relation to the hole. You can practice this by putting with your eyes closed. Another way to develop awareness is to determine without looking up where the ball will end up, right or left,

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Fresh From The Grill



Along the cart path of No. 7 sits a momma duck on her eggs. Proceed with caution as you approach this area, soon there will be baby ducks crossing the path to one of the nearby ponds.

Chip Connelly,
Food and
Beverage Manager

Hello food fans! Despite the weather, it was a busy winter season. With the addition of several new members, Saturday

Night Steak night has been growing, and the lunch crowd has been quite faithful. With

Steak Night growing it is more and more important to call us for reservations to ensure timely seating and serving. Reservations are required for seating after 7:30 p.m.

As summer approaches, there will be some new faces this year, so please introduce yourselves and let your servers know your account numbers

(and names) to ensure proper billing. As always, we look forward to seeing you, and serving you.

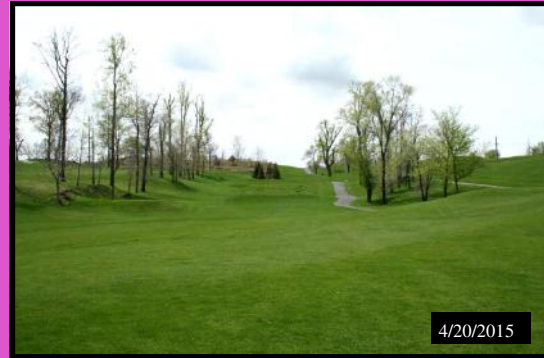
Summer Grill Hours:

Sunday—Friday 7 AM-6 PM

Saturday 7 AM-8 PM

Pictorial Diary Reveal: No. 6B & 15

(Future hole No. 14 Boulder) This picture is standing at the 200 yard marker looking back at the tee boxes. After clearing this hole in 2000, construction stopped for about 8 years to concentrate on finishing the Rock Course. Hole No. 14 Boulder was completed and open for play in 2009.



.....Continued from page 1 "Psychology of Golf"

long or short. This requires an awareness of the feel of the swing, a feel for the length and direction.

Art of Putting...Putting is a game within a game. **It is part of the game where the ball never leaves the ground.** It is artful because it requires that you create the path the ball will travel in your mind and then stroke it along that line with an artful stroke of gentleness or firmness depending on the conditions. It is the stroke where you need to trust your inner intuition and creativeness completely.

Automatic Putting... Practice your stroke until you have a repeatable, reliable stroke. You will know that is reliable when you can hit the ball solidly with your eyes closed. Then you can trust your stroke under pressure in a match. Trust is the most important element in the putting game. A consistent pre-shot routine will put you in position to focus on the hole, see the line, and stroke the ball to the target by feeling the ball move to the hole. *Enjoy the sound of the ball bouncing off the center of the cup!!*

From The Ground Up: Necessary Evils

Bobby Jenkins, Rock Harbor Superintendent

It's a beautiful sunny day and you are finally getting to the course for some much needed rounds with your friends. Then you see it, the little holes in the greens.....UGHH! Most golfers don't like it when the greens are aerified and verticut because it makes the putting surface, temporarily, undesirable. But all seasoned golfers know that this is one of those necessary evils. Things have to get a little bit messy before the beautiful, smooth, flawless surface greens you have come to know and love at Rock Harbor are ready for you to conquer.

The pictures from top to bottom show the in-depth process that must occur to produce the perfection you have come to expect on our greens.

(1)First, Ray McDonald de-thatches (or verticuts) the green, which is a process that removes that thatch from the greens.

(2)Second, Mark Clem and Audberto Sandoval, remove the excess grass and debris that occur from the verticutting process.

(3)Next, Vergil Martinez-Rosales, is covering the greens

with the John Deere 800 Aerifier and removing organic matter so the greens can get better movement and have better gas exchange.

(4)Then, Edup Garcia, is cleaning up the debris with a John Deere 2500 greens mower, that was left after the aerifying is complete.

(5)The last stages are for Edup to brush the top dressings into the greens while Virgil rakes the excess sand into the aerification holes.

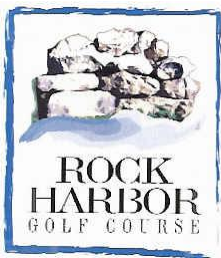
(6)Finally, Mark Clem, finishes the top dressing with sand being pulled into the aeration holes.

Preventative maintenance is a critical part of successful course management. Aerification has three main objective:

1. It relieves soil compaction.
2. Provides a method to improve the soil mixture around the highest part of a greens root.
3. It reduces or prevents the accumulation of excess thatch.

We appreciated your patience.





Rock Harbor Golf Course

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To subscribe or unsubscribe to this free newsletter send
an e-mail to mistyautumn@comcast.net

**GAME IMPROVEMENT?
It's NOT the Arrow...**

LESSONS AVAILABLE –
Jerry Wampler, PGA Professional
(540) 327-6963
Cole Lee
(540) 722-7111
Eddie Cassidy
(540) 533-2205

Contact these individuals for prices and availability.



*Check our **NEW** website for a complete listing of scheduled events and starting times

We're on the Web
Rockharborgolf.com

Rock Harbor Calendar of Events 2015

May 1

Blue Ridge Kiwanis Golf

May 8

Youth Development

May 9

American Cancer Society
Relay 4 Life

May 15,16,17

Fairways for Youth

May 22

HP Hood, LLC Outing

May 23

FREE Beginners Clinic

May 27

James Wood Athletic As.
Golf Tour

May 27

Member Social Event

June 2

VSGA One Day

June 18,19 & 20

Member/Guest Weekend

June 27

Glo Ball Outing

