

The Scorecard

Monthly Newsletter

May 2017



Potsdam Town & Country Club

Welcome to our Newest PTCC Members!

Our Computer system has been down until just recently so we are unable to list the names of our newest Members. You know who you are, so THANK YOU for joining. We will announce you as soon as we can get an update out of the Pro Shop.

Check out our new PTCC Member Handbook:

<http://potsdamgolf.com/potsdam-golf-members-area/2017-member-handbook.html>

We Need Your Help

To reach our goal membership level of 250 we need your help in identifying and recruiting prospective members. Please email names and contact information of any contacts that you would like us to invite to the Club as your guest to Rob Bicknell, rob@bicknellcorporation.com

We will reach out to prospective members with a personal letter and invitation.

We appreciate your assistance!

Spring Fever at PTCC

Matching our opening dates from the last 2 years, PTCC was able to open around April 15th! Like we always say, "First to open, last to close!" The Pro Shop is now up and running in full capacity. We had to work through a few issues with our computer system and our phone lines, but those problems have been ironed out.

The restaurant, having the same issues, has come through and is back to being open as in past years. Our Chefs will be joining us a little late this year, but Jamie has assured us operations will run normally.

At first glance, the course has come through the winter months beautifully. Mike could get some mowing done before the end of April and we are very optimistic the course will be in better shape this year than last year!

Restaurant has New Name!

Our Restaurant at PTCC has been given a new name:

Fairways Restaurant,

"The only fairway worth hitting."

Mother's Day Brunch

Sunday, May 14th join us for our Annual Mother's Day Brunch. Brunch will be served from 10:30am – 1:00pm. Reservations are required! Please call Fairways Restaurant at 315-265-1234 to let Jamie know!



Golf Tip

May Golf Tip

How stretching can help improve your game and increase longevity.

The Stretch Reflex:

Whenever a muscle is stretched beyond its normal resting length the stretch reflex will occur.

Sensors in the muscle called “muscle

spindles” signal the spinal cord that the muscle is being stretched and the spinal cord sends back a signal to the muscle telling it to contract. This is done in order to protect the muscle and joint from possible injury. It doesn’t matter how fast you stretch, the mere action of stretching will invoke the stretch reflex. The faster or more ballistic the stretch the more intense the invoked muscle contraction will be. The standard example of this is the knee jerk when the doctor hits you on the patella tendon. If you stretch and hold the stretch for 10 or more seconds the muscle spindle gradually becomes accustomed to the new length and reduces its signaling to the spinal cord, allowing the muscle to relax slightly and also elongate more.



There are five basic types of stretching.

Static:

The muscle is taken to a point of mild stretch and held there for 15 to 30 seconds. The muscle is then relaxed and the action is repeated, typically 2 to 4 times. Static stretching has been found to increase range of motion but does not increase core temperature.

Passive:

Similar to static stretching but with a partner who is applying the stretch slowly and holding it for 15 to 30 seconds. As with static stretching, passive stretching has been found to increase range of motion but does not increase core temperature. With this method, the partner

must be very careful not to over-stretch the athlete and maybe cause injury.

Dynamic:

Involves active motions that gradually increase in speed and range of motion. Good examples include arm circles; leg swinging and rapid knee lifts. Dynamic stretch increases range of motion but also increases core temperature and helps the muscles warm up.

Ballistic:

Involves bouncing the muscle past its normal range of motion. Since this aggressively invokes the stretch reflex the muscle contracts to fight against the bouncing and this can cause injury to the muscle.

PNF:

Proprioceptive Neuromuscular Facilitation also known as contract-relax stretching. This is performed with a partner, so as in passive stretching, the partner must be careful in properly applying the pressure. The partner slowly pushes the athlete to the stretched position (10 to 15 seconds). Then the athlete contracts and pushes back against the partner (7 to 15 seconds). Finally, the athlete relaxes (2 to 3 seconds) and the partner pushes the athlete further into the stretch (another 10 to 15 seconds). This sequence is typically repeated 3 or 4 times. PNF is very effective for gains in range of motion.

Warm up versus Stretching

A decision must be made as to what is the goal of the stretching method. Are you wishing to increase range of motion or warm up for activity?

Dynamic stretching has been found to improve performance in high intensity activities, whereas static stretching immediately before jumping activities has been found to inhibit performance, for as long as two hours. Also, of all the methods mentioned so far, the only method that increases core temperature is dynamic stretching. On the other hand, research has shown that both static and PNF stretching increase flexibility better than dynamic stretching. Ballistic stretching is not recommended since it tends to cause muscle soreness and even injury.

The essential point is that dynamic stretching is great for warm up but not so great for large gains in range of motion. Static and PNF stretching are great for increasing range of motion but should be done after training so as not to hinder power and speed during

training. If you insist on stretching at the beginning of the work out then at least warm up first, don't use static or dynamic stretching on cold muscles as it less effective and could cause injury.

A Note from the President

The newsletter editor requested a brief note to all. So here we go. As everyone knows we are open for business and hopefully generating some much-needed money to put the operations back into full swing. Though closed for business all winter, the BOD and others had a full winter. All the elves kept busy as a lot of decisions and work still had to be done. I would like to thank everyone for their help, participation and all the early dues payers who kept it all going.

Great ideas on starting a Members Handbook and Newsletter which should help keep events updated and on our minds. Sign up for everything you can and get your partner for the Men's Member – Guest Tournament. I have been working very hard trying to secure more favorable weather so it should be soon... trust me. See you all at the work bee next weekend and Member Opening Events.

El Presidente – Skip!

A Note from the Superintendent



To all Members, Potential Members and Guests,

Welcome to Spring at PTCC. As you all know coming out of the winter and spring-time in the North Country can be finicky, unpredictable and challenging for all golf courses. I must report that as a result of some solid planning, proactive preventative strategies and help from Mother Nature we have

come out of the winter of 2016-17 very healthy and relatively unblemished. Although it has been a very wet spring to date we have been able to open the course fully with cart play. I must ask all members to follow all marked directional ropes, signs and please stay in the

drier spots with carts. Also, please do not be afraid to offer assistance to a potential new member or daily fee guest with regard to routing around our course. You never know, you might make a new friend.

With regard to course projects and changes, as you know we have renovated the #16 tees which we plan to seed, fertilize and cover as soon as we have several days of dry weather. The tee, if all goes as planned be ready for play by the Member Guest Tournament. The changes we made to the 16th fairway will be rerouted back to its original shape. This process will require about 3 weeks to slowly reduce the height of cut to not make a major mess and compromise the health of the turf in that area.

I am sure you have noticed the work we have done to the #15 green. That green, due to its location with poor air movement and shade had developed a rather sever moss problem. We surgically removed the moss and 3" of the root zone medium, reseeded and are now waiting for acceptable soil temperatures to germinate the seed. I'm hoping it will be back to form by mid-June.

One final note; if you are planning to apply weed and feed to your lawn. Now is the time to do it. Also, most commercially sold crabgrass control should be applied now as well. I know there has been a huge grub problem in the area as of late. My suggestion would be to repair all fallow areas by raking, seeding and fertilizing using a tri blend of perennial ryegrass, Kentucky bluegrass and fescue. Don't worry about reducing the grub population until the last week of June. At which time use a commercially sold grub control product.

Thank you for allowing me to be a part of your great club and community. Please do not hesitate to contact me with any questions, comments, or turf advice.

See you on the course

Mike Vella
Mvella0426@gmail.com

New Merchandise

With the late start due to computer issues, our new inventory is just being added to the system and put on display. The Pro Shop asks everyone to be patient and be on the lookout for new items for sale! Remember, Members receive a discount every day!

High School Golf News

This year PTCC is proud to welcome a new High School golf team to our Club to use as their home course. Due to changes in various sports, Colton-Pierrepont now has a golf team and we have allowed their team use of our golf course. Joe Stark explained at the meeting this past week they will travel opposite our Potsdam golf team so when PCS is away, Colton will be home and vice-versa. Be supportive of our newest golfers this Spring!

May Matches

- Friday – May 5 – PCS vs Gouverneur - 2:45 tee
- Monday – May 8 – PCS home matches – 2:45 tee
- Wednesday – May 10 – PCS vs Ogd – 2:45 tee
- Friday – May 12 – PCS vs Malone – 2:45 tee
- Monday – May 15 – PCS vs Madrid – 2:45 tee
- Wednesday – May 17 – Colton vs Salmon – 3:00 tee
- Friday – May 19 – Colton vs Canton – 3:00 tee
- Monday – May 22 – Colton vs Clifton Fine – 3:00 tee

Upcoming Tournaments

- Friday – May 12 – Rotary Club Shotgun – 11:30am
- Saturday – May 13 – Member Opening Event – 3:00pm
- Wednesday – May 31 – Little Brown Jug – 9:00am

League News

- Men's League Start Date – Thursday, May 4
- Ladies League Start Date – Tuesday, May 16
- Chip's League Start Date – Monday, April 24
- Wednesday Men's League – Wednesday, May 3

¼ Ton's Ladies League – Wednesday, May 17

Check with the Pro Shop as the Wednesday men's league and ¼ Ton's league are still open to join!

Unlimited Yearly Cart Pass

Did you know you can pay a one-time fee for unlimited use of a golf cart for the entire 2017 season? Check with Frank in the Pro Shop for this time and money saving benefit!



Work Bee

Saturday, May 13 8:00am – 12:00pm

Next Saturday we are scheduling a Work Bee on and around the golf course. I am hoping that as many folks as possible can help with the beautification of our course and grounds. Please sign up at the pro shop or e-mail me at mvella0426@gmail.com or call me at 315.742.2897. We will gather at the maintenance area at 8:00 AM and assign tasks based on the sign-up sheet. If you are unsure of where you fit in the task agenda or you have not signed up, please come out anyway and a fitting task will be assigned. When a task is complete we will reassign in an attempt to work as a team and finish the worker bee together. We will work as needed until 12:00PM with a luncheon and soft beverages served upon completion. Please come on out, do a little work and have some fun with staff and fellow members. – Mike Vella

Work Bee Jobs List:

<http://potsdamgolf.com/potsdam-golf-members-area/spring-work-bee-job-list.html>

Member Opening Day

Saturday, May 13, 2017

Member Clean-Up Day

Join us for our annual Member Clean-Up Day around the Club. Mike Vella has planned a work bee for Members looking to donate their time as mentioned above. Mike is working hard for us around the course so let's show up and give him a hand from

8:00am – 12:00pm

Member Opening Golf Outing

We will host a 4-person Scramble shotgun start at 3:00pm. Golf is open to all Members and any guests. We encourage you to bring guests to this event. Pricing for the golf is FREE for Members and \$20 for guests.

A golf cart is included.

Member Opening Party

Following golf, we will host our annual Member Opening Celebration! Entertainment will be provided. Cocktails and appetizers begin at 5pm and dinner will begin around 6:30pm. Dinner will be \$15 per person or \$25 for a couple attending. The opening party is also open to all Members and any guest you would like to invite. Please spread the word! Jamie would like RSVP's for dinner so we can prepare enough food for the celebration.

Thank you for joining PTCC this year. Whether it's your first year as a Member or even your 60th year we appreciate your participation and hope you enjoy the season this year! -PTCC Board of Directors

Mixers

Stay tuned for the "Nine & Dine" event coming to PTCC this Summer on Friday nights. Todd Truax and the House Committee have an exciting new golf and social event planned!

Men's Member Guest Sign-ups Due ASAP

<http://potsdamgolf.com/potsdam-golf-members-area/2017-mens-member-guest-application.html>

Member Reciprocals

Every year many of the North Country golf courses offer reciprocals for Members to enjoy other golf courses. Listed below you will find those courses involved. The only thing you have to do is contact the PTCC Pro Shop to have Frank and/or his staff call and make your reservation. It is always good to give the courses below a heads-up you will be playing so there is no issue with your planned golfing event.

Gouverneur \$30
Malone \$35
Massena \$30
Partridge \$30
Prescott \$30
St. Lawrence \$30
Tupper Lake \$30

All prices include a golf cart.

Special reciprocal just announced: Saranac Inn Club. You pay \$100 and you can play as many times as you want in 2017. All that is required is each time you play you pay an \$18 trail fee for a cart. Walk or ride you will pay \$18 each round.

Lessons with the Pro

Our Pro, Frank, is always available for Private Lessons.

30 minute Private Lessons
1 Lesson - \$40
3 Lessons - \$105
6 Lessons - \$180
1 Lesson - \$25 (Juniors)