

Royal Lakes GCC News



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Course Superintendent

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Hours of Operation

Pub & Side Bar

Mon. 9:00am-5:00pm
Tues. 9:00am-7:00pm
Wed. 9:00am-7:00pm
Thurs. 9:00am-9:00pm
Fri. 9:00am-11:00pm
Sat. 7:00am-7:00pm
Sun. 9:00am-6:00pm

Kitchen

Mon. Kitchen Closed
Tues. 9:00am-6:30pm
Wed. 9:00am-6:30pm
Thurs. 9:00am-9:00pm
Fri. 9:00am-10:00pm
Sat. 7:00am-6:30pm
Sun. 9:00am-5:30pm

Main Dining Room

Mon. Closed
Tues. Closed
Wed. Closed
Thurs. 6:00pm-9:00pm
Fri. 6:00pm-9:00pm
Sat. Closed
Sun. 10:00am-2:00pm

Golf Shop

Mon. 7:00am-6:00pm
Tues. 7:00am-6:00pm
Wed. 7:00am-6:00pm
Thurs. 7:00am-6:00pm
Fri. 7:00am-6:00pm
Sat. 6:30am-6:00pm
Sun. 6:30am-6:00pm

Driving Range

7:00am-DUSK (depending on weather)

Royal Lakes Golf & Country Club

4700 Royal Lakes Dr.
Flowery Branch, GA 30542
770-535-8800 Office
770-535-9984 FAX

SPRING TIME IS HERE!!!

For the next couple weeks, our course will be transitioning from **GRAY** to **GREEN**. It's also that time when we are past ready to play golf. The weather is good and the greens are great..... then, we **punch the greens**..... It's a necessary evil, but we must do it. So get prepared. **{APRIL 13}** There will be two weekends in a row when the greens will be less than desirable. Usually the second weekend is the worse of the two. 18 days and the greens will be at 90%. Other places take 6 weeks to show the same repair we usually have in 2 weeks. Jonathan and his crew do a great job.

The Process of Aerification

- * A machine punches 1/2" holes; 8" deep at 144 holes per square foot.
- * Debris from the holes is swept off the greens.
- * Sand is then applied to fill each hole completely.
- * The next day, excess sand is brushed off the greens and the greens are rolled with a weighted machine.
- * The greens will not be mowed for the next 5 days. New grass growth must be kept growing.
- * Fertilizer and water will be abundantly applied.
- * Days 6-14 the greens will be cut, at a higher length, every other day. During this period, the new grass roots development.
- * After Day 14 the green heights will be gradually lowered.
- * Even after the grass has recovered, the greens will be somewhat bumpy until we verticut and sand the greens one more time. That is usually day 28 after punching the greens.

Additionally, this time of year is important for sanding divots and repairing ball marks. Please be courteous to other golfers and repair any course damage made during their round. Our intentions are to have full sand bottles in the carts. True..... sometimes we miss. If you run out of sand, we have sand barrels at the turn, on #5 and #13. Just fill your bottles up.

It becomes a "badge of honor" to repair your own. But it becomes "ownership" when you repair other's damage., so be proud to say "I fixed more than I made." Greens, tee boxes, and fairways will benefit from CARE from our players.

Finally, tee times are important. We are planning to be extremely busy this year. Walk up tee times, especially on weekends, may not be as plentiful. New members have joined, new communication methods have exposed us to more people, and great course reviews about our facility have brought us more golfers.

MEMBER ACTIVITIES

LGA FIRST PLAY DAY
March 31 @ 9:00AM

EASTER BRUNCH & ACTIVITIES
APRIL 5

GREENS AERIFICATION
APRIL 13

TITLEIST FITTING DAY
****APRIL 25****



LADIES PLAY DAY!!!!!!
MARCH 31.

That is tomorrow!!!
Call the Golf Shop to make your tee time.



TITLEIST FITTING DAY!! APRIL 25

Try all the new Titleist Equipment.

Have a Titleist Fitting Specialist fit you for the correct playing system. IRONS, HYBRIDS, FAIRWAY WOODS, and DRIVERS.

CALL JAMES FOR MORE DETAILS

Active Recoil Channel
The wide sole channel delivers more distance by actively flexing at impact to launch the ball off the face with higher speed and lower spin.

More Distance on Off-Center Hits
High speed face insert with back-center and thin composite at the heel and toe, delivers more distance on off-center hits.

More Distance, More Often
Balanced weight at front allows weight to be placed in the back, creating a low and deep CG, promoting long carries.

915D2
delivers higher trajectory and more dynamic face closure.

915D3
produces a lower flight and less spin.

915F
the larger profile provides a long, straight, slightly higher flight.

915Fd
the compact profile delivers workability, lower launch and spin.

915H
the larger profile provides maximum forgiveness and slightly higher launch.

915Hd
the smaller offset profile delivers lower launch and spin.

Excluded items all discount offers.

APRIL 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ALL GREENS COLLARS PUNCHED	2 Family Night Dinner 600PM-900PM	3 Member Appreciation 630PM-730PM Friday Night Dinner 600PM-900PM	4 MGA
5 EASTER BRUNCH RESERVATIONS ONLY	6	7 LGA League Play	8	9 Family Night Dinner 600PM-900PM	10 Member Appreciation 630PM-730PM Friday Night Dinner 600PM-900PM	11 MGA
12 Breakfast 900AM	13 LGA League Play GREENS AERIFICATION	14 LGA League Play GREENS AERIFICATION	15	16 Family Night Dinner 600PM-900PM	17 Member Appreciation 630PM-730PM Friday Night Dinner 600PM-900PM	18 MGA
19 Breakfast 900AM	20	21 LGA League Play	22	23 Family Night Dinner 600PM-900PM	24 Member Appreciation 630PM-730PM Friday Night Dinner 600PM-900PM	25 MGA TITLEIST FITTING DAY 12-4
26 Breakfast 900AM Couples Event	27	28 LGA League Play	29	30 Family Night Dinner 600PM-900PM		

Lessons From Pro:



James Morra, PGA
First Assistant
Golf Professional

Problem

You hit every water, tree, and bunker that you so desperately want to avoid.

Cure

When you see and fear a hazard, chances are, you are putting more thought and focus on that object. So naturally, that is where the ball ends up. Only recognize the trouble spots on the course to help you plan the safest target location. Do not allow yourself anytime to stare at the hazards on the course.

Therapy

If necessary, take extra time to find and imprint your target location in your mind. Positive thinking can go a long way but you also need a positive plan and visualization of this plan in order to execute it properly. So stare at your target area. As you do, think about the club you need and the type of swing necessary to reach this spot. Make sure you look at your target as you take your practice swing. Visualize the ball flying and landing at this location. Stand behind the ball and visualize your line to the target. Continue looking at the target as you set up to the ball and take one more look at it before you initiate your swing.



Dr. Bill Rogers
Tennis
NAIA Tennis Hall of Fame
Inductee

3 Tips to Prevent Injury:

As spring season and warmer weather is upon us don't forget to treat your body with the respect that an explosive and repetitive sport demands. Below are 3 tips to help minimize potential tennis injuries.

1. Pay attention to your racquet

The weight, length, grip size, and string tension of your racquet will affect your swing and ability to control the ball. Make sure to get your racquet fitted to you to prevent any extra strain at your wrist and elbow and shoulder biomechanics.

2. Get in a good warm up

A dynamic warm up is critical before any high intensity athletic event. You need to make sure your muscles and nervous system are ready for the explosive movements that you will be doing!

3. Focus on your shoulder

A lot of your power for your swing comes from the shoulder and all the muscles surrounding the shoulder blade. You should be keeping these muscles strong and the shoulder stable, especially when swinging at high speeds. Strengthening and flexibility are key.