



# July 2023

## MOVING AHEAD!

Change is the one thing that has been fairly constant at the club as a start to the summer season, and our goal is to continue to improve operations and offerings:

You may have noticed that a new GPS system has been installed on all our PGC carts, we have brought in a new pool maintenance team, we are continuing to see new faces of staff around the club, as well as changes to cart staging and outside service operations, all in the hope to improve your experience at the club. We made some very good strides in playability in course conditions due to the dedicated work by Nick and his team, along with some great preparation for the coming monsoon season. We hope and plan to continue a number of focused improvements throughout July.

We have a few new events that are launching this month;

**Our first PGC Flag Event** is slated for **July 4th**, even if you are not playing, celebrate the 4th and join us at RedWoods or outside at Chipshots Grill for a drink or a bite to catch the winners for the day starting at 3pm.

**Next: Join us on July 15th for our first ever Classic Car Showcase & BBQ** hosted by the Prescott Valley Republican Women: 3pm—6pm outside of the Pavilion and the outside patio at RedWoods Grill.

**Then: Look for a Save the date for our first Couples Date Night starting in August;** 9–holes and a specially crated dinner at RedWoods.

Some great events have been held this past month highlighted by hosting the Northern Arizona Women’s Golf Association as well as the Territorial Cup which the PGC Team is still leading the year in points. A large thank you to Nick and his team for all the progress on the golf course, and specifically the beautiful condition the greens have been in the past few weeks. Please take a look at ‘from the Maintenance Team’ on pg2 to see the highlighted changes upcoming this month as we continue to move forward in the course’s rehabilitation.

Mark has had a great start to lessons as well as Sunday clinics the past few weeks. Although his Sunday clinics have already filled up, please contact him directly for any openings or personal lessons. Look to page 6 for Coaches Corner this month with Mark.

We look forward to implementing a number of ideas in the coming months, and are looking forward to what will hopefully be a beautiful month of July.

Hope to see you at the club often.



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### SPECIAL POINTS OF INTEREST

- **Coaches Corner w/ Mark Fenech p7-9** Tips to prevent or reduce Back Pain
- **July 15th Classic Car Show &BBQ 3-6pm**  
RSVP for your BBQ dinner

## **POOL MEMBERSHIPS!**

Make sure to get your pool memberships!

The pool area has been re-keyed for the 2023 season. Keys are available in the Golf Shop with Pam upon confirmation of membership payment.

To provide some better pool conditions we have hired an outside pool service to monitor and maintain water conditions. We are very pleased with the service, and hope to continue the great water conditions throughout the summer.

## **FROM OUR GOLF MAINTENANCE TEAM**

### **Our Progress this Past Month**

We have made a lot of progress these past few months and we are excited to continue to work through our rehabilitation plan.

Turf management this past month has included trying to have the course play more fast and firm. You may have noticed your drives roll a little further on the fairways, a few less divots on the tees and greens running a little faster. The few less greener areas then others on the course has occurred which is completely normal as the grass is being trained. We are continually monitoring and adjusting water levels.

With summer here and the monsoon storms loom, we will begin our disease control strategies in the coming weeks throughout the course to proactively prepare the turf. With summer temperatures finally here, it is now time to battle the wet areas that will most likely occur from monsoons as well as dry spots throughout the course. We ask the you try to avoid cart travel in both areas. Wet areas that are driven through will make for unplayable and unsightly conditions, while turf already stressed due to dryness does not need the added stress of cart traffic through the day.

We will be completing the bunker at the chipping practice area for all to enjoy.

We are continuing to repair a few electrical issues on the course as well as irrigation leaks in a continual fashion with the older system. We appreciate your willingness to play around us in these situations.

### **Drainage Projects**

In the last week of June we have been able to tackle the drainage issue at the layup area in #18 fairway. This included installing a significant amount of drainage pipe and catch basins. This will hopefully eliminate the standing water and clogged drains in the fairway and have a large positive impact on the playability of the finishing hole. Please make sure to stay out of the roped off areas and ground under repair areas so that these recently fixed areas can heal and provide great playing conditions in the future.

# GOLF COURSE REHABILITATION

## **A continued Reduction in Outlying Rough Areas**

As in June we will continue the effort to efficiently reduce our water usage on non-playable areas around the golf course. Nick and his irrigation team will continue to be replacing sprinkler heads and systems to allow better control of water through the golf course. Please continue to give the team leeway during any fixes, and it would be much appreciated to thank the team for all of there continued efforts if you have the opportunity.

This reduction will allow us to focus more time and energy on the playable areas of the course specifically the maintenance of rough height throughout the course and effectively assist the team in providing better course conditions.

## **Cart Infractions**

We still have carts that are not obeying course signage and traffic control measures. With the placement of GPS on the club carts, we are easily able to see and track all outside play infractions as well as identify our member infractions. We have been able to reduce the amount of stakes and ropes on the course, but absolutely need to keep carts out of rehabilitation areas.

Please help us keep moving forward with the condition of the course and follow all signage and traffic control that are in place and stay on cart paths at all tee and green complexes.

If a cart is seen driving through roping into newly sodded areas there will be an automatic suspension of 1 week.

Reminder: Please stay away from the tees and greens with carts, and to follow all signage on the course. We are sure that all play, both members and public alike, will be accommodating to the efforts made to improve the course.

Thank you all in advance for your continued cooperation and patronage at Prescott Golf Club.

## **PAR 3 CARTS...**

Please make sure to keep carts 30yds from Greens

Considering the landing areas and length of a number of our par 3s at PGC, and at the request of many members...

We have moved the cart signs and roping on some of the par 3 holes; such as #3, #12 and #15; so that players are able to drive on the fairways on the par 3s UP TO & NOT BEYOND either the rope and/or the directional cart signs.

Please keep all carts outside of any ropes, and before any directional cart signs.

## CLASSIC CAR SHOW & BBQ:

JULY 15, 2023 FROM 3-6PM

Join the Prescott Valley republican Women for their Annual Car Show and BBQ!

Hosted adjacent to the Pavilion and Chip Shots Grill, come view some great cars and enjoy great food. Join us to celebrate Detroit Steel, Freedom and Americana.

**Car Show entry: \$20**

Reserve your spot, or email your questions to [tochermo1007@gmail.com](mailto:tochermo1007@gmail.com)

**BBQ Dinner: \$25 per plate**

Burger or Pulled Pork with sides and extras...

**Please RSVP for dinner to [alicealmand75@gmail.com](mailto:alicealmand75@gmail.com)**

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*PGC Members receive 20% off Soft Goods in the Golf Shop all Summer\**  
*\*20% off Soft Goods on non-sale items only*

### PIN FLAG REMINDER

As you may have noticed this past month, we have replaced our pin flags for the season with a red, white, and blue color scheme to coincide with pin locations. We will continue to use the number system for pin locations as well. #1 will be a Front, Middle, Back rotation, #2 will be a Middle, Back, Front rotation, #3 to be a Back, Front, Middle rotation.

Flag Color	Pin Position
Red Checker	Front
White checker:	Middle
Blue Checker	Back

### PAVILION UPDATE

Although there has been a delay with our subcontractors for the start date for the Pavilion, construction to the Pavilion is slated to start on July 10th.

The project is estimated to be finished by the end of the month at this time. We appreciate your patience and cooperation in giving the contractors the room and leeway they need during this time. There will be some limitations on areas for parking golf carts as well access to the area. Please stay out of the construction areas and any roped off areas during this time.

We can't wait to have the reconstruction in place so that we are able to initiate some of the plans and events for the Pavilion this summer and fall. Make sure to keep an eye out for email updates as the month progresses.

# 2023 Seasonal Membership

JOIN US FOR SIX  
MONTHS OF GREAT  
GOLF

**NEW CLOTHING, HATS,  
GOLF BALLS,  
& PING FITTING CART**

Make sure to stop by the Golf Shop to check out all the new arrivals!

Hats, Shirts, Shorts, New Titleist and Callaway Golf Balls, Footjoy shoes, new bags, purses and more.....

Need some new sticks? Or a few extra yards? Make sure to book your fitting with Mark Fenech for the brand new Ping irons and woods.

Only in the Prescott area for the summer months?

Our Seasonal Membership provides flexibility in choosing the six (6) months that you would like your membership active. Benefits include:

- Full 7 day golf privileges with complimentary range balls
- Fourteen (14) day advanced tee time booking window during membership, and direct online tee sheet access to book you and your guests.
- Discounted member guest fees
- Optional private golf cart usage with an additional trail fee
- Access to the Fitness Center, seasonal swimming pool and tennis/sports courts
- 20% off on non-sale Soft Goods in the Golf Shop
- 10% off on non-sale Food and Drink items in RedWoods
- Member account billing is available



**2023  
SEASONAL MEMBERSHIP  
DUES PRICING**

**INCLUDING CLUB CART**

SINGLE \$3,350

FAMILY \$4,400

**WITHOUT CLUB CART**

SINGLE \$2,700

FAMILY \$3,650

TRAIL FEE \$500

*Want more Membership info and options?*

Contact our Director of Golf, Mark Fenech at  
[mark@prescottgolfclub.com](mailto:mark@prescottgolfclub.com)



## WHAT'S GOING ON AT REDWOODS GRILL

Ron and his team at Redwoods Grill have hosted a number of gatherings and parties this past month to rave reviews. With a few new additions and some summer favorites back on the menu, the Grill has been busy during the month of June. If you have an interest in hosting a group or dinner, please be sure to book your early as there is limited availability in the coming weeks.

### Menu Changes & Additions

We have some great new additions and you will see ongoing changes to our menu for Summer! Make sure to check out our Summer Time Daily Specials throughout the month of July.

### Holiday Parties? Yes it's already time to start booking...

Holidays may seem far off but now is the time to book your Holiday Event here at Prescott Golf Club for the month of December. With the demand that we have already seen for events this fall, now is the time to book your event so you can get the date and time you would like. Call Ron Moler to book – 928-772-8984 x 4

### Chip Shots

Chip Shots Grill will continue to be a staple this month with the summer weather upon us. Make sure to look for the 'Chip Shot's Grill is Open' sign and grab a freshly grilled burger, brat or whatever the daily special may be.

Try one of the newly revamped Breakfast Burritos, a Breakfast Sandwich, Muffins, or Coffee for a great start to your day!

### CHECK OUT THE PATIO

We have seen beautiful weather these past few weeks and forecasts are looking great to spend time outdoors...

### The Patio is Open Daily

TVs are on...

Music is playing...

Come join us outside on the Redwoods Grill Patio and enjoy some great food, a drink and enjoy the beautiful view of the Bradshaw range!

### JOIN US JULY 4TH!

Make sure to join us to celebrate the 4th! Join us at Red Woods or outside at the ChipShots grill before or after your round.

Reservations are preferred for tables larger than 6.

Please call 928-772-8812 to reserve your table today!



# COACHES' CORNER

PRESCOTT GOLF CLUB  
INSTRUCTION



**BY MARK FENECH, PGA**

## 5 EASY TIPS TO PREVENT OR REDUCE BACK PAIN DUE TO GOLFING:

**Warm-Up Properly** Studies have shown that golfers who have stiffer back rotation and less joint range of motion have more back pain. This is because stiff players are forcing their bodies to move past the comfort zone, rather than using smooth, fluid motions. By stretching and warming up correctly, you can decrease your risk of injury and alleviate joint stiffness. Some of the best stretches for golfers are:

- Over the Head Shoulder Stretch
- Chest Opener With Forward Bend Stretch
- Standing Quad Stretch
- Low-lunge Hip Flexor Stretch
- Standing IT Band Stretch



**Improve Your Swing Mechanics** Don't try to hit as hard as possible when you step up to the tee. Not only does this cause erratic ball placement, but the unnatural effort increases the chance of over exerting your back and causing injury.

**Maintain Neutral Spine Positioning** When leaning over the ball before swinging, keep your spine in its relaxed position of comfort and bend with your hips and knees.

**Strengthen Your Core** Golf requires serious stamina. The majority of back injuries from swinging are due to overuse and lack of control through the swing. The stronger your core, the more you are able to have a composed swing repetitively. Be sure to exercise and strengthen your hips, glutes, lats, and oblique's — The core is more than abs!

**Don't Try to Play Like a Pro** If you are relatively new to golf, don't start out by playing 36 holes on your first round. This can cause extreme soreness and cause you to injure yourself by overexerting. Assess your capability and the amount of time you can comfortably play, and go from there.



### 1. BACKSWING

The keys to protect your spine on the backswing are maintaining a bent right knee and turning your left shoulder downward. Many golfers try to rotate the shoulders level, but turning the left shoulder down lets the thoracic spine (mid-back) and not the lumbar spine (lower back) handle the twisting. The thoracic spine is designed to rotate, but the lumbar is not. If the right knee straightens on the backswing, the right side of the pelvis moves considerably higher than the left, tilting the bottom vertebrae to the left, which puts stress on them.



### 2. DOWNSWING

Use the ground to create a powerful but safe swing. As you start down, feel as if you're preparing to leap off the ground by making a squat move with your lower body. Your quadriceps (thigh muscles) and glutes (butt) are great power sources, and this squat move uses them and promotes a lateral motion to the left side. If you don't squat, you might turn your hips but you won't move your pelvis forward enough. Then the only way you can get power is to torque your spine.

As the club swings down, the torque increases, ramping up the stress level--that means pain.

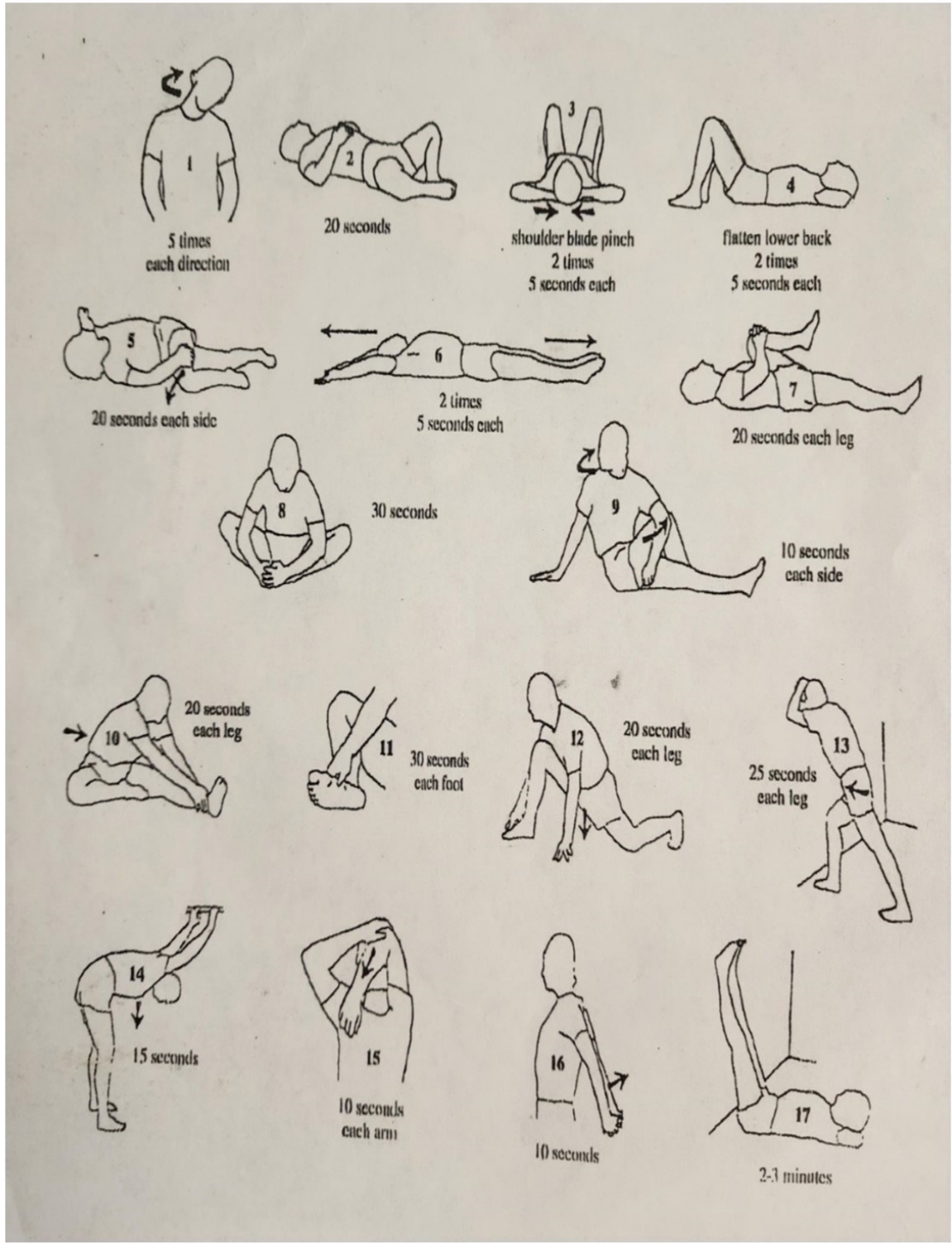
### 3. IMPACT

At this point, 90 percent of your body weight should be over your left leg, and your shoulders and hips should be level and turning open. If you still have a significant amount of your weight on your right side, you've relied on your lumbar spine to rotate your body toward the target--ouch! As said before, *the lumbar spine is meant to stabilize your upper torso, not turn it.* Instead, you want your hips and pelvis to do most of the rotational work, and you can achieve that by getting your weight well into your left leg as you strike the ball.

### 4. FINISH

Don't try to stay in your posture as you swing through because that puts a tremendous load on your lower back. Instead, thrust your pelvis toward the target. This requires the left glute and core muscles to absorb the stress. Push forward and stand up: You should be at your normal standing height at the finish. There'll always be stress on the back, but these tips will reduce the load.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1
	Razz Noon Start Tee Times Off #1	Ladies Club 7:27 am Start Reverse Shotgun  Men's Club 8:31 am Start Tee Times Off #1	Razz Noon Start Tee Times Off #1	Men's Club 7:27 am Start Reverse Shotgun  Ladies Club 8:31 am Start Tee Times Off #1	Razz Noon Start Tee Times Off #1  Fryday Fish & Shrimp Fry! 4 pm - 7 pm While Supplies Last  <b>PING Club Fitting</b> 9 am - 2 pm	Razz Noon Start Tee Times Off #1  Prime Rib Night! 4 pm - 7 pm Reservations Recommended While Supplies Last  <b>Golf Shop Special</b> Any Red, White & Blue Items Extra 10% off July 1st thru the 4th
2	3	4	5	6	7	8
<b>Golf Shop Special</b> Any Red, White & Blue Items Extra 10% off July 1st thru the 4th	Razz Noon Start Tee Times Off #1  <b>Golf Shop Special</b> Any Red, White & Blue Items Extra 10% off July 1st thru the 4th	<b>Independence Day!</b>  <b>Members Flag Event</b> Tee Times @ 6:30 am Flags picked up @ 3 pm BBQ & Awards to Follow  <b>Golf Shop Special</b> Any Red, White & Blue Items Extra 10% off July 1st thru the 4th	Razz Noon Start Tee Times Off #1	Men's Club 7:27 am Start Reverse Shotgun  Ladies Club 8:31 am Start Tee Times Off #1	Razz Noon Start Tee Times Off #1  Fryday Fish & Shrimp Fry! 4 pm - 7 pm While Supplies Last	Razz Noon Start Tee Times Off #1  Prime Rib Night! 4 pm - 7 pm Reservations Recommended While Supplies Last
9	10	11	12	13	14	15
	Razz Noon Start Tee Times Off #1	Ladies Club 7:27 am Start Reverse Shotgun  Men's Club 8:31 am Start Tee Times Off #1	Razz Noon Start Tee Times Off #1	Men's Club 7:27 am Start Reverse Shotgun  Ladies Club 8:31 am Start Tee Times Off #1  <b>Live Entertainment:</b> <b>Karaoke Night!</b> 5 pm - 8 pm 	Razz Noon Start Tee Times Off #1  Fryday Fish & Shrimp Fry! 4 pm - 7 pm While Supplies Last	Razz Noon Start Tee Times Off #1  Prime Rib Night! 4 pm - 7 pm Reservations Recommended While Supplies Last
16	17	18	19	20	21	22
	Razz Noon Start Tee Times Off #1	Ladies Club 7:27 am Start Reverse Shotgun  Men's Club 8:31 am Start Tee Times Off #1	Razz Noon Start Tee Times Off #1	Men's Club 7:27 am Start Reverse Shotgun  Ladies Club 8:31 am Start Tee Times Off #1  <b>DINGO</b> <b>Dave's Musical Bingo</b> 5 pm - 8 pm 	Razz Noon Start Tee Times Off #1  Fryday Fish & Shrimp Fry! 4 pm - 7 pm While Supplies Last	Razz Noon Start Tee Times Off #1  Prime Rib Night! 4 pm - 7 pm Reservations Recommended While Supplies Last
23	24	25	26	27	28	29
	Razz Noon Start Tee Times Off #1	Ladies Club 7:27 am Start Reverse Shotgun  Men's Club 8:31 am Start Tee Times Off #1	Razz Noon Start Tee Times Off #1	Men's Club 7:27 am Start Reverse Shotgun  Ladies Club 8:31 am Start Tee Times Off #1  <b>Live Entertainment:</b> <b>Karaoke Night!</b> 5 pm - 8 pm 	Razz Noon Start Tee Times Off #1  Fryday Fish & Shrimp Fry! 4 pm - 7 pm While Supplies Last	Razz Noon Start Tee Times Off #1  Prime Rib Night! 4 pm - 7 pm Reservations Recommended While Supplies Last
30	31	1-AUG	2-AUG	3-AUG	4-AUG	5-AUG
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<p><b>Prescott Golf Club</b> Pro Shop: Open Daily: 6 am - 5:30 pm Tee Times: 6:30 am - 5:30 pm; Last Cart In at 7:30 pm Range/Practice facility Open until 5 pm * *Closes @ 4pm on Wednesday &amp; Sunday for maintenance Subject to change; weather permitting</p>	<p><b>Hours of Operation</b> <b>Chip Shots</b> Monday, Wednesday, Friday &amp; Saturday: 7:30 am - 4 pm Tuesday, Thursday &amp; Sunday: 7:30 am - 2:30 pm <i>Subject to change; weather permitting</i> <b>Pool</b> Open Daily: 9 am - 4 pm (Extended Hours for Members)</p>	<p><b>Redwoods Grill</b> Open Daily: 11 am - 7 pm Open Late till 8 pm on Karaoke Thursdays Happy Hour: Monday - Friday 3 pm - 5 pm For dining reservations, please call: (928) 772-8812</p>
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1030 Prescott Country Club Blvd.  
Dewey, AZ  
86327

Golf Shop: 928-772-8984  
Redwoods Grill: 928-772-8812

