



## *Williams Lake Ladies Golf Club*



# *Newsletter*

**October 2011**

### *Message from our Club Captain:*

Round up of this years events:

Tournaments: We started the year with the Opening Scramble we had 41 players entered, 12 of which were either from the 108, Quesnel or non-club members. It was a great day and everyone had fun, everyone got a prize. The winning team was Lisa Kerley, Allison Levens, Gina Alexander & Tammi Caffara.

The next big event was the T.L.C. We had 26 teams entered, which is down about 6 teams from previous year. From the surveys I put out for players to complete, almost everyone liked the new format, but were concerned with the team percentages for scoring purposes, and not having a gross side to the tournament. These issues will be corrected for next years tournament. We had a great time, weather was kind to us and the Hawaiian theme was a great success. I would like to thank the Executive for their hard work putting on this tournament. Results from the TLC: Low net winner Marlene Anderson and Lorane Taylor.

A special thanks goes out to Tom Merrick & Gary Hayes for doing all the scoring on the computer program. It was a great help to me personally.

Club Championship was held on August 27th & 28th, the Main Club took over organizing the tournament this year. I believe there were only 15 or so ladies entered, down from last year by about 10. Congrats to Low Net Winner Mabel Cornwall and Low Gross Winner Barb Vincent.

New this year was the Inter-Club Challenge with Quesnel & 108 and I'm proud to say our ladies kicked butt. Some people may not have realized that this was open to all Ladies Club members to play in, you just had to sign up.

Year end awards will be presented on Tuesday October 4th at our Fall AGM, hope to see you all there.

Have a great winter I look forward to seeing you all next spring,

**Barb Vincent**



### *The Fall Golf Ball*

October 15th - Members \$40.00

Non-Members \$70.00

Register at the Pro Shop



## *Golf Tip from the Pro:*

### **Use the Winter to Get Fit for Spring**

By Peter Stellato, CPGA

How many times have you started a new golf season with very high scores, short drives and aches and pains? Am I talking to you? Let's be honest: It happens more times than you'd like. So why not do it different this time? Instead of going into deep depression that the season is over, keep golf at the top of your mind by starting a golf-specific fitness program.

Don't let your clubs get dusty and forget about your game during the winter or offseason. Prepare your body in anticipation for next spring. It's no fun to come off the course feeling spent when you could have energy to spare. You may have between 4-6 months to greatly improve your strength, flexibility and stamina. It would be the wisest thing to do to improve your golf for next season.

When you begin the season with a "broken" body, you're taking two steps back. Take a leap forward and prepare your body by getting your fitness program for golf in motion. Think about winter this way: What a great opportunity to get the edge on your playing partners and win all the money. Wouldn't that get their goat? Finally, you'll get the chance to redeem yourself from a previous season that found you paying out more than receiving and being the brunt of all jokes in the clubhouse after every round. We've all been there - but no longer, right? This is the winter to make the commitment and do it! No excuses. No more reasons to put it off. You may realize it's not easy - but nothing worth getting is easy.

Golf fitness is a very popular topic these days among all the pros, teachers and even amateurs. It's no secret that if you get your body fitter, stronger and more flexible, you will swing better and hit longer drives that produce lower scores. That's what we all want. What a feeling to be the longest (and straightest) hitter in your group. Always hitting your approach shot last because you were the farthest down the fairway. Those are the kinds of thoughts you should have this winter while you're working out.

Now how to get started? You've got several options. Pursue a local fitness professional who works with golfers and really understands the mechanics of the swing and how the muscles work. Get a book on golf fitness at your bookstore. There are several out there. Just make sure you can put together a good program from the content of the book. Or get online and do a search for golf fitness programs. You will undoubtedly come across my program.

So don't let this winter (offseason) go by without improving your body. All it takes is 2-3 times a week for 30-40 minutes to dramatically improve your game. Not much of a sacrifice to play better golf is it?

## *Ladies Day*

### **MONTH END SKILL PRIZE WINNERS FOR SEPTEMBER**

Golfer of the Month is Dianne Ward. Improved factor by 1.281.  
9 hole Putter of the Month is Julie Merrick. Averaged 15.33 putts/round.  
18 hole Putter of the Month is Doris Gage. Averaged 31.5 putts/round.  
Congratulations Ladies! Please pick up your prize in the Locker Room.

**CONGRATULATIONS** to all ladies who beat the Pro on Tuesday, September 27th. Please collect your prize at the Pro Shop.

### **BONUS LADIES DAY**

Tuesday, October 11th will be the last Ladies Day of the year.

### **INFORMATION WANTED**

If anyone knows who the Gross Winner was for the 2004 Two Lady Classic, please e-mail Marlene Anderson at [gordomar@shaw.ca](mailto:gordomar@shaw.ca) so she can get the trophy engraved.

## *Don Japhorn Memorial Golf Tournament:*

Thursday, October 6th (open to everyone)

Nine holes of fun and surprises.

Entry by donation, \$5 minimum.

All money raised is going to the Cariboo Foundation Hospital Trust in Don's name.

Come out and support a great cause!

## *Ladies Days:*

*October 4th - Tombstone*

*October 11th - Bonus!!! Final Ladies Day*

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Newsletter Published Monthly  
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