



# May 2009

## Hampton Court Palace Golf Club

### Members Newsletter

#### Crown Golf's Club of the Year

Welcome to April's edition of our monthly newsletter for members of Hampton Court Palace Golf Club.  
Happy reading... Carlo Zoccali – Membership Manager

#### Handicap News

##### Supplementary Cards

Cards can only be submitted if you have declared the round in the Pro-shop BEFORE playing –

CONGU only allows 6 supplementary rounds a year and then **ONLY** if you have not played in 6 competitions. It is aimed at those members who are unable to play in competitions.

Please do not put cards in the box if the above doesn't apply. They will be ignored.

##### Competitions

Please remember to sign the start sheet in the Pro-shop otherwise you will be disqualified.

When signing please make entry legible (There have been a number of cases recently where we have not been able to reconcile the start sheet with cards -leading to disqualification)

Please write full names on cards and make them legible. Include date/time and comp name.

##### No returns

It is helpful if you put your card in whether you have no returned or not. You go up 0.1 whether card in or not.

Please note that if a card is marked NR or No return then it is not eligible for a voucher for a "2"

##### RESULTS/HANDICAPS

Competition results and handicap lists are now being published on a CONGU approved website - [www.howdidido.co.uk](http://www.howdidido.co.uk). You will need to register but it is free. For a small fee you can get analysis tools etc. It is updated after each competition.

Any problems/queries please Email me at [andrewandangela.d@btinternet.com](mailto:andrewandangela.d@btinternet.com) or ring on 07885375669

Thanks  
Andrew Davies (Handicap Secretary)

#### Member's Forthcoming Events

##### Competition Diary Changes

**Midweek Stableford**  
Friday 22<sup>nd</sup> May

**Saturday Stableford**  
Saturday 23<sup>rd</sup> May

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**Hampton Court Palace Golf Club Pro-Am**  
Friday 29<sup>th</sup> May (**Course Closed**)

**Bank Holiday Mixed Event**  
Monday 25<sup>th</sup> May

**Men's Club Championships**  
Saturday 13<sup>th</sup> June



**Introduce a friend**  
and receive a  
year's supply of the  
**ALL NEW Srixon**  
**Z Star Golf Balls**

# YOUR CLUB



With our Pro-Am fast approaching we are looking for volunteers to help on the day, from ball spotting to marshalling & even watching out for the hole in one on the 8<sup>th</sup> green.

All volunteers will be given a free lunch on the day and also invited to a special golf event and lunch at a later date as a thank you for your help during the day.

The Pro am is during half term so if any of our Juniors are available for ball collection on the range they will be given some free golf balls and lunch.

Please Contact Carlo at the club if you're available or call 0208 977 2423

[hamptoncourtpalace-sales@crown-golf.co.uk](mailto:hamptoncourtpalace-sales@crown-golf.co.uk)

## OiSi Member Offer

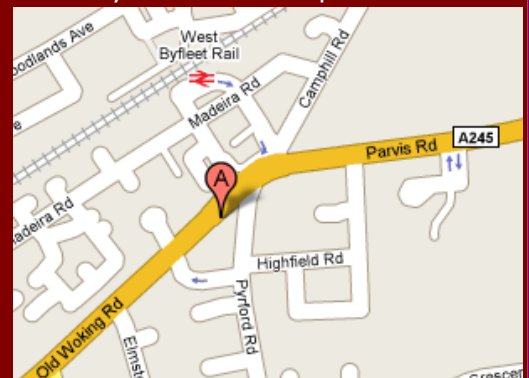


OiSi are inviting you to their restaurant to sample some of the finest Japanese authentic flavours from their delicious menu. The restaurant is located in West Byfleet, minutes from Pyrford Golf Club

**HCP Members Opening Promotion**  
**20% Discount in May, Then 10% off thereafter**  
Just produce you membership Card

41 Old  
Woking  
Road  
West  
Byfleet  
Surrey  
KT14 6LG

Tel: 01932  
350 962



## April Course Review

A good month for both growth and golf. Relatively dry but just enough rain to help the course transition from winter to summer in reasonable time. Overnight temperatures were still low but during the day it was warm and sunny on many days. Favourable conditions allowed us to complete all feeding programs with fairways still to be sprayed that should give at least 2 months longevity, but without a main 'flush' of growth. Greens have recovered more quickly this season, thanks to better growing conditions and deep scarification to a depth of 4mm below the surface and deep verti-draining instead of the normal hollow coreing. Another dressing was applied at the end of the month and mowing height reduced to 4.5mm, thus giving reasonably good and consistent playing surfaces.

### May

- Greens:** Following last months granular feed, foliar feeds with wetting agent will be applied every 3 to 4 weeks along with a light dressing. Irrigation will continue as required but only to benefit the turf. Mowing height will remain at 4.5 mm for a few more weeks before being lowered to summer height of 4mm. This will also signal the start of regular verticutting as and when required. The current objective is to gently encourage growth while maintaining a smooth and consistent playing surface.
- Tees:** Have all had a feed with a granular fertiliser after there deep verti-drained and will be spin dressed with green waste and rootzone the height of cut has been lowered to 12mm and are getting cut 3 times a week.
- Surrounds:** Similar to the teeing areas, all main work has been completed and turf density is generally good. Height of cut is also at 12mm and also are getting cut 3 times a week
- Fairways:** Growth is currently good following last month's deep verti-draining and the 5<sup>th</sup> fairway has been dressed with green waste and also around the 18<sup>th</sup> green where the white lines were. Mowing height will remain at 15mm since this HOC gives the best balance for this course. Fairways still to be sprayed with a foliar fed with a mix of Nitrogen and Iron that should give at least 2 months longevity, but without a main 'flush' of growth.
- Other:** As you may have seen some of the rough has been extended to make the course play a little faster and speed up play and help find your golf balls. The short course has had some greens marked out with white paint to stop people chipping from these make shift greens, they have had a granular feed and spin dressed with green waste to help growth once they have picked up we will cut them out with a hand mower.

Jason Gill - Course Manager

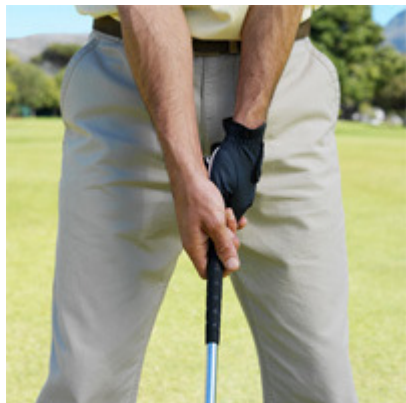


Congratulations go to Darren Peters our Assistant Professional at the club for Finishing 3<sup>rd</sup> with a three under round of 67 at the recent Powerade PGA Assistants' Championship South Regional Qualifier on May 6th at Royal Ascot.

Darren has now qualified to play at the London Club on 12-14<sup>th</sup> August, so we all wish him well in forth coming tournaments representing Hampton Court Palace Golf Club.

## The Perfect Pre-Round Warm-up

Prepare your body for a day on the links with these 6 exercises



Here's what a pro golfer does before he hits the course: Stretch, practice putting for 30 minutes, warm up hitting for 35 minutes, then pitch, chip, and hit sand shots for 10 minutes, then putt again for 10 minutes, and then finally, go to the tee. Here's what you do: Get out of the car, swing a couple practice shots, and go to the tee. And you wonder why you don't feel warmed up until the third hole.

Granted, you don't need to prepare on the links like the pros. But if you only get out on the course a few times a month, you want to make the most of your playing time.

The best way to prepare the body for golf is with continuous dynamic stretches. "Dynamic stretches alert the neuromuscular skeletal system for the golf swing more effectively than static stretching," says Katherine Roberts, certified golf performance coach and author of **Swing Flaws and Fitness Fixes** (Gotham, Aug 2009).

Try these six dynamic moves on the course before you tee off. Hold each stretch for two to five deep breaths, or approximately 5 to 10 seconds, says Roberts.

### Standing Pelvic Tilts

Begin in your address position, arms crossed over the chest. Tuck the pelvis under, creating a posterior tilt of the pelvis; arch the back, creating an anterior tilt of the pelvis and return to a neutral spine. Repeat five times in each direction.

### Speed Trunk Rotation

Standing in your address position, bring the palms together. Inhale as you rotate from the core and bring the right arm back. Exhale as you "clap" the hands together. Repeat 10 times in each direction. Continuing in your address position, extend the arms to shoulder height and rotate from the core. Repeat 10 more times.

### Standing Hip Stretch

Begin by placing your hands on a chair or a golf club for assistance with balance. Place the right ankle on the outside of the left knee. Inhale as you bend your left knee, sitting back as if you are sitting on a chair. Bring the chest toward the shin, rolling the shoulder blades together. Hold for three breaths and repeat five times. Switch sides.

### Shoulder Stretch with Club Behind Back

Place the club or towel in your right hand, palm facing the ceiling. Bring the right arm over your head and the right palm behind your back. Bring your left arm behind your back and clasp the club or towel. Inhale as you gently pull on the towel, exhale and release. Repeat five times and switch sides.

### Neck Stretch

Bring the right ear toward the right shoulder. Inhale as you press your left arm toward the floor, exhale and relax the left arm. Repeat very slowly five times, and gently return your head and neck to neutral. Switch sides.

### Standing Rhomboid / Upper Back / Neck Stretch

Bring the club to shoulder height, bend your knees and tuck your pelvis under. Inhale as you press your arms away from you, tucking your chin into your chest. Exhale, lift the head and squeeze the shoulder blades together. Repeat five times.

### May Medal Winner

1. Ian Clothier nett 65 (H/cap 19) Lowest on count back
2. Ken Fear nett 65 (H/cap 13)
3. Andrew CLARKE nett 67 (H/cap 7)

Congratulations to Ian Clothier who will now accompany Karl Wesson at the Virgin Atlantic Pro-am in July. He has also won an "Off Road Experience Drive" sponsored by **Guy Salmon Landrover** (Thames Ditton).

### Lockers

We have a number full and half size lockers available for rent, please contact Karen at [hamptoncourtpalace@crown-golf.co.uk](mailto:hamptoncourtpalace@crown-golf.co.uk)

### Pre Paid Buggies Scheme

Why not purchase a set of pre paid Golf Buggies ?  
**10 buggies for £140**



**Message from the Pro**

**Calvin Klein**  
golf

Calvin Klein Golf – new in the shop this month we have a great looking clothing range from Calvin Klein golf. We are one of only 25 accounts within the south which have been able to stock this exclusive product.

**Club Fitting**

A free custom fitting facility will now be available at Hampton court, both for long game and short game clubs.

Using the correct specification is so important; do you have one particular club in your bag that feels fantastic? Maybe this is the one club with the perfect lie angle for you! Without having the correct length and lie angle on your golf clubs your strike and ball flight will be dramatically different to that of the correct equipment for you.

How about putter fitting, yes you might not have thought of this before but the correct length of your putter will alter your swing path and help you hole more putts.

Please pop into the shop and discuss these options with me, I'll be more than happy to discuss this further.

Regards

**Karl Wesson and Staff**



HAMPTON COURT PALACE  
GOLF CLUB

**Green Fee Voucher Booklet**

Some of you will remember last year we sold some voucher booklets which contain 10 guest passes. There are a 5 booklets available for this month and they will be sold for £200 on a first come first served basis. Please enquire with Carlo Zoccali (Membership Manager)

Name of member: Laurence O'Toole



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[www.savamillionshots.com](http://www.savamillionshots.com)

Name of member: Jeremy Chadwick, MD



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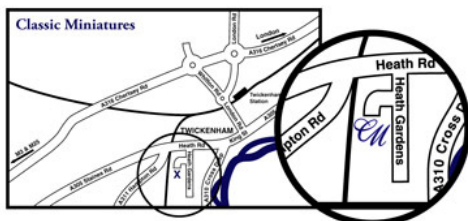
E: [jeremy@yellowdot.co.uk](mailto:jeremy@yellowdot.co.uk) W: [www.yellowdot.co.uk](http://www.yellowdot.co.uk)

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