

# LIMERICK TIMES

MAY 2018

Reclaim your golf game



[Lakelimerick.com](http://Lakelimerick.com)

Stay tuned for new equipment advisory from Jason!

## New Flag Sensors

If any of our public or member golfers have the **Golf Buddy** yardage accessories we sell, then you know how difficult it was to find the reflectors on our flag poles. Jason was aware of this problem and went for some sensors that are easier to find. The reflective sensors are now located on the very top of the pin and flag. Aim your sights to the flag!

## Golf Rules

An “Obstruction” is anything artificial, including the artificial surfaces and sides of roads and paths and manufactured ice, except:

- a. Objects defining out of bounds, such as walls, fences, stakes and railings;
- b. Any part of an immovable artificial object that is out of bounds; and
- c. Any construction declared by the Committee to be an integral part of the course.

When playing Hole #6, to the left and behind the green is a wall that holds up the seventh tee. This area has been connected to the cart path and is an immovable obstruction. You may take relief under **Rule 24-2.b.** which is to drop the ball within one club-length, no nearer the hole, from the nearest point of relief. We have established a drop area next to the seventh tee that you *may* use instead of your nearest point of relief. If you have any questions about this drop, please let me know and I will show you how to make the proper drop.



## Golf Humor

*(Lighten up, it's only a life metaphor)*

- Golf is a game, invented by God to punish guys who retire early.
- The difference between a whiff and a practice swing is that nobody curses after a practice swing.
- Oxymoron: An *easy* par three (e.g., hole four).
- Golf is an easy game... it's just hard to play.
- The only reason I play golf is to bug my wife. She thinks I'm having fun.
- You know it's too wet to play golf when your cart capsizes.

## Subair Systems and More

While watching the Masters golf tournament, you probably heard them talk about the “subair system”. Below is a link to a video on how the system works. The cost of the system can be from \$20,000 to \$40,000 per green. It is used by high-end golf courses. To work, the greens need to be built to USGA specs. Tom Doak, a famous golf course architect, stated on one project that he was doing that if they wanted to install the system, he would resign as their architect. Tom’s belief is that if his greens were built to the proper USGA specifications (referred to as sand greens now), the green would drain properly and also create enough aerification if maintained properly. I don’t think Tom would have much luck controlling moisture and compaction in our conditions. He sure had great success at the Bandon Dunes golf course he designed. But what great conditions to work with, Sand Dunes!

The subair system pushes air through the drain pipes to oxygenate the plant roots. When you are getting heavy amounts of rain, you can reverse the system to vacuum much of the moisture out of the green into the drainage system. The system is used on many courses, but also sports fields. One of the more popular is the bullpen in baseball. Augusta National, the venue of the Masters, started on hole #13 many years ago. It is now installed on all greens, as well as, some problem landing areas. Did you see how far the balls were traveling when they hit the ground!

Our greens are referred to as “push up greens”. They were the “norm” prior to 1970. After that, the USGA came out with construction guidelines for greens. Today most but not all golf courses use these guidelines when constructing a new golf course or new greens. Jason has done a great deal to amend our soil conditions. The top six inches of soil is the most important for growing *Poa Annua*, which is primarily the type of grass on our greens. This involves the deep drilling which he does, and filling the holes with sand. When the soil is completely amended, the grass will grow more evenly. We also have greens which are crowned. This helps the water run off the greens to create a firmer, dryer green. Unfortunately, the runoff is too quick on some greens during the summer months which leads to hydrophobic areas (dry spots; not able to retain moisture) like on our seventh green.

The problem with dirt and clay soil conditions, without a sanding program, is that it can create massive amount of thatch. Jason has stated that the #6 fairway is almost totally thatch on top of bad soil. The spongy feeling you get walking on our greens is the thatch layer. Jason has overcome a great deal of the thatch on the greens. Hopefully he can continue the work on the fairways too. Our sanding program did improve the playability on just the first year. In just a few years, we should have a much better soil profile on our fairways. That being said, I believe we have a problem with the green on the seventh hole and will probably have one with the eighth later.

[Subair YouTube Video](https://www.youtube.com/watch?v=yiF6yVfJ25I&feature=youtu.be)

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## Walkers on the Course

While walking on the course is permitted, there are some things you need to know before you are on the course. Although our new cart paths are very smooth and look fun, we cannot have any bikes, scooters, skateboards or skates. You should always be walking against the grain; for example, always go from green to tee. This way you can see who is approaching you. And when people are on the course, the golfer always has the right of way.

## Golf Etiquette

Slow play and fast play can both be a problem when sharing a golf course with others. Slow play makes other players behind a slow group have to wait excessively before being able to play their next shot. It's very difficult to get into a rhythm and feel loose when waiting too long. Fast play puts pressure on the groups ahead causing anxiety and hurried shots on the groups ahead of them. If there is only one group ahead of them, they should choose to let your group play through. Often times there is no room ahead of them. Each time a group is let through, it delays all play behind them when busy. At a nine-hole facility both fast and slow play can cause confusion when making the turn (at Hole #10) the same time other groups were scheduled to begin their round. These occurrences are not unique to our club. Most clubs have the same problems with speed of play. A nine-hole course is just a little more difficult. If we do have a conflict with the first tee and those making the turn, I think it is best to let the group on the tee at the time go ahead and tee off. After that, the groups should alternate between those making the turn and those just getting ready to tee off. The Pro Shop Staff is always trying to accommodate everybody. Your help in getting us through these times is greatly appreciated.

***Ron Stull, Head Golf Professional***

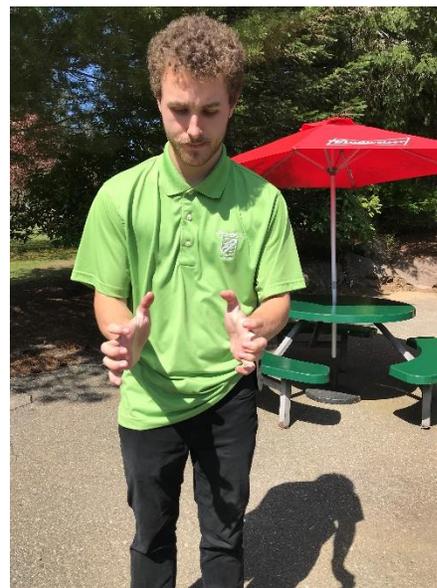


## Isometric Golf Tip

I often have golfers ask me where the power comes from in the golf swing. A lot of it comes from being strong and in good shape physically. But there is more to it! We have three different kinds of muscles that we use. Our main body is made up of slow twitch muscles with intermediate and fast twitch muscles intermingled in motor units. The arms and legs have a great deal of fast twitch muscle that can be developed into maturity. Maturity means that you have pretty much maxed out the potential growth of these fibers through resistant exercises. Isometric exercises are static resistance exercises. If you do bicep curls with weights you are doing dynamic exercises; your biceps are expanding and contracting. In Static or isometric exercises, your bicep muscles stay the same length during the resistance exercises. If you sit at a table and pull up on the table for 10 seconds you are doing an isometric exercise. Fast twitch muscle fiber can be 10 times faster than slow muscles, so they are well worth developing. The exercises need to have 70% to 80% of maximum force exerted for about 8 to 10 seconds. You should do this about 5 to 8 times, resting about 30 seconds between reps. You should only do these two or three times a week. Looks like you need about five minutes per day you do the exercises!

The easiest way to do these exercises is with elastic bands or rope simulating the downward motion of the golf club.

***See pictures below for examples***



## Member Hole-in-Ones

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Two of our members, also both members of the Ladies Club, were able to get a hole-in-one during the offseason! **Bonnie Morrow** and **Kristi Gray**, congratulations to the both of you! Bonnie's coming from Indio Municipal, and Kristi's from Riverview Resort Golf Course. If any other members have a personal best round, eagle, or maybe a hole-in-one, come down to the Pro Shop and tell us your experience with a chance to be featured in next month's newsletter! There will be an Outstanding Member Performance clipboard near the GHIN computer.

**Kristi Gray**



**Bonnie Morrow**



# Match Play

[Click here for flyer](#)

[Click here for Bracket](#)