



Tee Times

All the news

Sacramento Golf Club Members

need to know...

SUMMER 2016

From the President...

First I would like to thank Gil Robles for his service as our Membership Director. Gil put his heart and soul into this position and was very committed to increasing our membership and in making sure our members were well informed about the club and its benefits.

I would like to introduce Benson Won who is our new Membership Director. Benson has a lot of great ideas and has already started his tenure by putting together a survey of our membership to try and find out what our members want from their club. Please be sure and complete the e-mail survey. And be sure and say hello to Benson when you see him!

Lastly, I wanted to share the article below, written by Tom Morton, our PGA Director of Player Development. It's a great summary of how to practice smarter. Hope you enjoy it!

Respectfully,

Mike Woods

President, Sacramento Golf Club

PGA Director of Golf

Haggin Oaks Golf Complex

Practice Smarter Instead of Harder

By Tom Morton, PGA Master Professional

Understanding how to improve and work on one's game is often times the most misunderstood aspect of the average golfer. One look at any golf course's driving range or practice putting green and you will see what I am referring to.

(Continued on page 3)

Life Time Member

At the July 7th event, **Ken Dotson** was recognized for his 42-year membership and service in the Sacramento Golf Club. Ken served several terms as president of the club and also served on the club's Board of Directors in many capacities. In addition, he was actively involved in the Club by participating in midweek events, weekend events, and on the match play team. As a way of thanking him, Ken was awarded a lifetime membership in the Sacramento Golf Club. He and his wife Jeanne, also a past member of the club, joined us for a fun midweek event!

**PLEASE BE SURE AND
RESPOND TO THE
E-MAIL SURVEY YOU
RECEIVED!!! WE
WANT TO HEAR
WHAT YOU THINK...
AND YOU WILL RE-
CEIVE A \$10 RANGE CARD AND
YOUR NAME IN A DRAWING FOR A
\$200 HAGGIN OAKS GIFT CARD!!!**



INSIDE THIS ISSUE....

Midweek Events.....	2
Weekend Events.....	2
Handicapping.....	3
Membership.....	4
Advisory Board.....	4

MIDWEEK EVENTS

Here are the weekday events for the remainder of the year. Please mark them on your calendar and come on out! Please note there has been a change in the August date from our initial schedule - it is now August 11th and will be on the MacKenzie Course.

Your Midweek Tournament Directors,
Tom Marks and Bob Adams



<u>DATE</u>	<u>TIME</u>	<u>FORMAT</u>
July 7	8:30	Mystery Tournament
August 11	8:30	2 Person Shamble
September 8	8:30	2 Person Chapman Scotch; Mixed Team
October 20	11:30	2 Person Scramble/Best Ball
November 17	10:36	Fall Beat the Pro / Turkey Shoot

All events will be on the MacKenzie Course

WEEKEND Events

Here are the weekend events for the remainder of the year. We hope to see you at these events!

Your Weekend Tournament Director,
Jim Plutchak



<u>Date</u>	<u>Time</u>	<u>Format</u>
July 16	10:00	2 Person Stableford
August 20	10:00	Individual Gross/Net - Multiple Tees
Sept. 17 & 18	10:00	Club Championship
October 22	10:00	Individual Gross/Net
November 19	10:00	2 Person Alternate Shot
December 17	10:00	2 Person Christmas Classic

REMINDER....

The deadline for registering for events is one week prior to the event!

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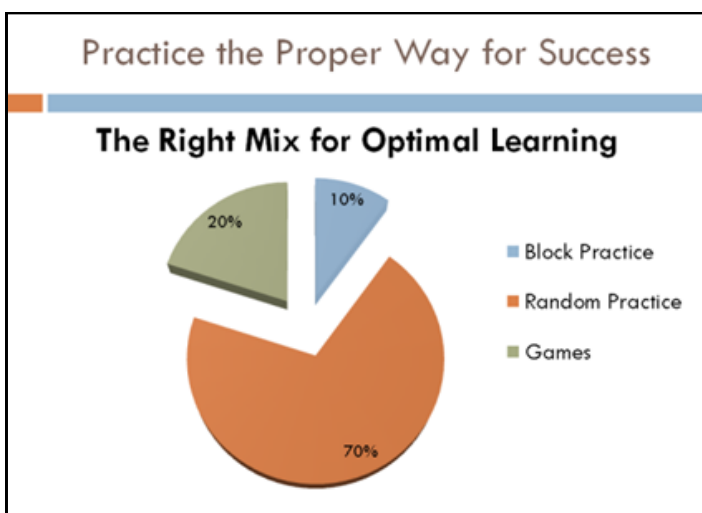
How often do you hear a golfer claim: “I just cannot seem to transfer my practice results to the actual course?” This phenomenon is caused by practicing incorrectly, not necessarily due to lack of practice. For optimal learning (see chart below), golfers need to follow these researched percentages of practice types.

Block Practice – Only 10% of your practice time should be focused on a mechanical improvement of some kind whereas the golfer is making a change of some kind to grip, the swing, etc. In this type of practice the golfer should only have one, two at the very most, focuses on what they are attempting to alter. Most golfers spend about 90 to 100% of their practice time devoted to this.

Games – About 20% of your practice time should be in and around games. These can be in the form of things such as up and down challenges, a putting contest against a friend or pitching it in a bucket from different distances, etc. These are challenging, yet fun contests that mimic skills that you need on the course where you put yourself under a little pressure.

Random Practice – As you can see, 70% of your practice time should be around this type of practice! Random practice is where the golfer does not hit a shot to the same target more than once in a row. Mirroring the golf course, this practice should be all about differentiation. The golfer can attempt to hit the ball high, then low, then to the right and then to the left. Play an imaginary golf course in your head, changing clubs and targets each shot. Make sure you are going through your routine each and every time during this practice as well. The key is to have fun, yet make each play different from one another, hence the term “random.”

I have seen it many times over the years, if a golfer alters their practice to match this optimal learning model, their scores will go down. **Happy practicing!**



CLUB HANDICAPPER

Just a reminder that scores from SGC events will be posted for you, but don't forget to post your own scores when you play!!!

Your Club Handicapper,
Chuck Millard



Visit www.sacgolfclub.com

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MEMBERSHIP

Hello Members!

I am excited to take over the Membership Director position from Gil Robles. Gil really got things organized and we all want to thank him for his service!

We really want to hear what you as members want for our club, so we hope you complete the e-mail survey! And you will get a \$10 range card and a chance to win a \$200 gift card!

Just another reminder that if you haven't used your FREE round of golf that is good for any Weekday or Weekend golf event, please be sure to take advantage of this benefit.

Also, take advantage of our 50% off on Academy Hole rentals and nail down that short game for sure. Or, get 20% off your first lesson with one of our PGA Teaching Pros.

Thank you and I look forward to meeting you and assisting you with any membership issues you may have.

Benson Won
sacgolfclub@hagginoaks.com
Membership Director



Visit the website at www.sacgolfclub.com for the calendar of events, registration, and other important information!

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