26 July 2017

Omaha Beach Golf Club Newsletter



From the Golf Director

Results

Saturday 22 July No Haggle - Course was Closed

Ladies Haggle

(Tuesday 25/07/17)

1. Lyn Williams 38

2. Deborah Martin 35

3. Heather Dry 35

Junior Coaching

Thursday 27th

4:30-5:30

College Golfers Yr7+ Pitching and Chipping Green Keepers Shed

Friday 28th

4:30-5:30

Juniors and Girls Golfers Yr3-6 Pitching and Chipping Green Keepers Shed

Local Rules

CLEAN & PLACE ON MOWN GRASS ONLY!

(Please see addition to rules on next page)

Match Play is under way and please note below playing dates:

Play Dates:

Rd 1 to be played by 23 July

Rd 2 to be played by 6 August

Rd 3 to be played by 27 August

Final to be played ON 2 September

Contact Details

Neil van Vliet NZ PGA Professional Golf Director Omaha Beach Golf Club Ph: 09 422 7551 ext 1 Email:golfdirector@omahagolf.co.nz







Upcoming Events

Saturday 29th July Blythe Cup - Mixed Foursomes Please put names down in Pro Shop!

Saturday 8th August North Harbour Stroke Play **COURSE CLOSED Thursday 10 August - Sunday 13 August** Possible Tee times available on Friday and Saturday after 12!

Saturday 19th August **Omaha Beach Golf Club Sponsor Day** New Fundraising Event for the club!! Watch this space......

Saturday 16th September Men & Women's Stroke Play Champs

Saturday 23rd September **Neil's Pro Day**

Saturday 30th September **Top Dog & Top Cat Qualifying**

Saturday 7th & Sunday 8th October **Omaha Scramble COURSE CLOSED Friday - Sunday**



Neil van Vliet Coaching Tuesday - Friday's By appointment 021 278 0675 golfdirector@omahagolf.co.nz

Neil Ludlam Coaching Monday, Wednesday, Thursday & Fridays **Juniors on Sundays** Please phone: 027 223 5146

coachtrakie@me.com





Please add Fundraiser Flyer and rules format







Omaha Beach Local Rules

15 June 2017

Left side of Holes 1; 3; 8 – 11 are "Wetlands" and an Integral part of the Golf Course. These rules also apply for holes 4 – 6 which are "Dunes".

If you hit your ball inside those areas please proceed as follows:

- Hit a provisional ball from spot you hit original ball from
- If you find your ball, you can proceed under either the following rules:
- Play as it lies
- Unplayable Rule 28
- Casual Water Rule 25-1
- Embedded Ball Rule 25-2
- If you <u>can't find</u> your ball proceed as follows:
- Ball in Abnormal Ground Condition Not Found Rule 25-1 (c)
- Lost Ball and proceed to playing your provisional ball. Rule 27-1

your rules book handy, we have plenty in the shop if you don't have one.

Please make sure you have

Also if you do not understand any of these rules please ask.....!

18th Tee

The 18th Tee and surroundings is designed as a wetland.....BUT at the moment whilst work is in progress please adapt to the following:

GUR (Ground Under Repair)

The 18th Tee and surroundings, defined by margin is *ground under repair* from which play is prohibited. If a player's ball lies in the area, or if it interferes with the player's *stance* or the area of his intended swing, the player must take relief under **Rule 25-1**.

Drop Zones will be marked to play from when in this area. Please drop in the nearest zone marked.





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Golf Tip of the Week

Complete Guide to The Perfect Golf Setup - Part 6

Perfect Golf Posture

Great golf posture is crucial for consistent, accurate and powerful ball striking.

You don't have to be an athlete to achieve great posture over the ball and the tips on this page will work for golfers of all shapes and size.

The golf swing is essentially a turning motion around a central column – that central column being your spine. The better the position and the angle of your spine at address, the better it will be throughout the swing, especially at impact.

Now, different people will have different natural postures. Your posture might not be great while your sitting, standing or driving for example, but with a little bit of practice you can create a very efficient stance over the golf ball.

- 1. Hold the club in front of your belly button with your arms and legs straight. Stand up tall with your shoulders pulled back and stick your chest out (photo #1).
- 2. Tilt forwards making sure you tilt at the **hips only**. Your lower back should remain flat rather than rounded. Feel like you are pushing your behind backwards (Photo #2).
- 3. As the club lowers to touch the ground behind the ball, flex your knees slightly (Photo 3). Avoid making the mistake of many amateur golfers by over-bending your knees.









