

BRICKYARD

G o l f C l u b

NEWSLETTER APRIL 2017



Catch the Spring Fever!

Men's Club Championship—April 22-23

Senior Club Championship—April 29-30

Club Hours of Operation

Clubhouse	8:00am—7:00pm, Tuesday—Sunday
Kitchen	11:00am—7:00pm Friday—Sunday <i>* Saturday Breakfast Buffets served from 7:30a—9:30a</i>
Pro Shop	8:00am—7:00pm Tuesday—Sunday <i>Tee times begin at 8am Tuesday—Sunday</i>



Please note our policy regarding play while there is lightning nearby. For the safety of our members and their guests, when lightning is within a 5 mile radius, we will sound the siren letting players know that the course will be closed at that time. All players must leave the course once the siren has been sounded.

Happy Easter!



**The club will be closed on
Sunday, April 16th. We
wish you and your family a
happy Easter!**



Check us out!

www.brickyardgolf.com

“Like” us on Facebook:

www.facebook.com/BrickyardGolfClub/

Welcome to Our Newest Brickyard Members!

- Alfred & Georgie Peters
- Mike & Stephanie Frigo
- Miles & Therese Ann Williams
- Richard & Peg McCann
- Derrick & Christy Knight
- Jeana & Nick Bush



We have partnered with **The Wellness Center in Macon** to offer our members access to the facility at a discounted price! For **\$29/month per member**, you can keep up with your health and wellness! For more information, see Lauren Fox or Sharon Yaughn on how to get started!

We need your help!

In an effort to reach a membership level of 400, we need your help in identifying and recruiting prospective members.

Please e-mail names and contact information of any contacts that you would like for us to invite to the club as your guest to Lauren Fox, membershipdirector@brickyardgolf.com

We will reach out to prospective members with a personal letter and invitation.

We appreciate your assistance!



Join the National Alliance of Private Clubs for only \$15 per month and receive access to over 600 clubs nationwide. See Lauren Fox for benefits and more information regarding this program.

Golf News & Events

April Golf Tip

How stretching can help improve your game and increase longevity

The Stretch Reflex: Whenever a muscle is stretched beyond its normal resting length the stretch reflex will occur. Sensors in the muscle called “muscle spindles” signal the spinal cord that the muscle is being stretched and the spinal cord sends back a signal to the muscle telling it to contract. This is done in order to protect the muscle and joint from possible injury. It doesn’t matter how fast you stretch, the mere action of stretching will invoke the stretch reflex. The faster or more ballistic the stretch the more intense the invoked muscle contraction will be. The standard example of this is the knee jerk when the doctor hits you on the patella tendon. If you stretch and hold the stretch for 10 or more seconds the muscle spindle gradually becomes accustomed to the new length and reduces its signaling to the spinal cord, allowing the muscle to relax slightly and also elongate more.

There are five basic types of stretching.

Static: The muscle is taken to a point of mild stretch and held there for 15 to 30 seconds. The muscle is then relaxed and the action is repeated, typically 2 to 4 times. Static stretching has been found to increase range of motion but does not increase core temperature.

Passive: Similar to static stretching but with a partner who is applying the stretch slowly and holding it for 15 to 30 seconds. As with static stretching, passive stretching has been found to increase range of motion but does not increase core temperature. With this method the partner must be very careful not to over-stretch the athlete and maybe cause injury.

Dynamic: Involves active motions that gradually increase in speed and range of motion. Good examples include arm circles; leg swinging and rapid knee lifts. Dynamic stretch increases range of motion but also increases core temperature and helps the muscles warm up.

Ballistic: Involves bouncing the muscle past its normal range of motion. Since this aggressively invokes the stretch reflex the muscle contracts to fight against the bouncing and this can cause injury to the muscle.

PNF: Proprioceptive Neuromuscular Facilitation also known as contract-relax stretching. This is performed with a partner, so as in passive stretching, the partner must be careful in properly applying the pressure. The partner slowly pushes the athlete to the stretched position (10 to 15 seconds). Then the athlete contracts and pushes back against the partner (7 to 15 seconds). Finally the athlete relaxes (2 to 3 seconds) and the partner pushes the athlete further into the stretch (another 10 to 15 seconds). This sequence is typically repeated 3 or 4 times. PNF is very effective for gains in range of motion.

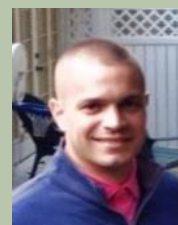
Warm up versus Stretching

A decision must be made as to what is the goal of the stretching method. Are you wishing to increase range of motion or warm up for activity?

Dynamic stretching has been found to improve performance in high intensity activities, whereas static stretching immediately before jumping activities has been found to inhibit performance, for as long as two hours. Also, of all the methods mentioned so far, the only method that increases core temperature is dynamic stretching. On the other hand research has shown that both static and PNF stretching increase flexibility better than dynamic stretching. Ballistic stretching is not recommended since it tends to cause muscle soreness and even injury.

The bottom line is that dynamic stretching is great for warm up but not so great for large gains in range of motion. Static and PNF stretching are great for increasing range of motion but should be done after training so as not to hinder power and speed during training. If you insist on stretching at the beginning of the work out then at least warm up first, don’t use static or dynamic stretching on cold muscles as it is less effective and could cause injury.

Head Golf Professional
Blayne Willis



Golf News & Events

A note from the Superintendent

I hope everyone is enjoying the course this spring! We had a very productive March on the course and have some more planned for April. We finished the new ladies tees and got them covered with sod. You should be able to play on them by now. We also put some of the Zeon Zoysia grass onto the weak, shaded tees on #3 and #11. We are preparing the area where we removed the stumps to the right of #4 green for some zoysia sod also. This area will be completed this month.



I am putting the white lines back out on the course to help keep the cart traffic away from the green complexes. Please do not go any closer to the greens and follow the white lines to the proper cart path.

We will slowly start lowering our mowing heights this month back to the designated heights. We are mowing roughs at an inch and a half, fairways and tees at a half inch. The greens height is always being adjusted depending on the conditions. We try to maintain a stimp meter reading of 10.

See you on the course,

Briane Faletto, GCS

New Merchandise!

Spring apparel is here!!

Come visit the Golf Shop to see what new merchandise has arrived!

If you would like to place a special order, see our Golf Shop Manager, Victoria Huggins!



Golf News

Brick Cup Playoffs!

Just a reminder: the Brick Cup Playoffs is a yearlong point system for members to accrue points to qualify for the 32 man Brick Cup held at the end of the year!

1st Place = Member Guest Tournament fees waived

2nd Place = 2 months of membership dues waived

3rd Place = \$200 pro shop credit

4th Place = \$100 pro shop credit

5th Place = \$50 pro shop credit

The top 32 winners will qualify for a one day tournament compliments of the Brickyard Golf Association. There will be two teams of 16 players competing against each other for an item with a Brick Cup Champions insignia and, most importantly, bragging rights!!

For a full list of points and standings, come by and ask the Golf Shop!

See you on the course!

Brick Cup Standings

Top 5

Mike Johnson** **11 points

Wade McCurry** **11 points

Richard Mixon** **11 points

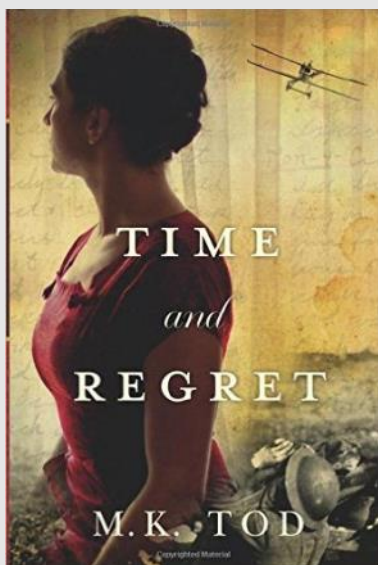
Larry Wiley** **11 points

James Woods** **11 points



Ladies' Book Club

The Ladies Book Club is back! The club will be meeting Tuesday, April 18th at 5:30. It is open to all Brickyard members!!



Time and Regret by M.K. Tod

When Grace Hansen finds a box belonging to her beloved grandfather, she has no idea it holds the key to his past—and to long-buried family secrets. In the box are his World War I diaries and a cryptic note addressed to her. Determined to solve her grandfather's puzzle, Grace follows his diary entries across towns and battle sites in northern France, where she becomes increasingly drawn to a charming French man—and suddenly aware that someone is following her...

Through her grandfather's vivid writing and Grace's own travels, a picture emerges of a man very unlike the one who raised her: one who watched countless friends and loved ones die horrifically in battle; one who lived a life of regret. But her grandfather wasn't the only one harboring secrets, and the more Grace learns about her family, the less she thinks she can trust them.

Ask us about the Unlimited Cart Plan! If you would like to sign up for this deal, please contact the Golf Shop for more information.



About the Hole-In-One Club:

Brickyard Golf Club has a Hole-In-One Club to celebrate our members who get a hole-in-one! To sign up or confirm you're already on the list, please contact the golf shop at 478.477.6765.

You must be a member of the Hole-In-One Club in order to receive the winnings if (*when!*) you get a hole-in-one, so consider joining today!

Golf & Social Updates

Upcoming Events

Men's Club Championship

April 22-23rd 9am/11am tee times

MGA 9 Hole Mixer

April 20 6pm

Senior Club Championship

April 29-30th 9am/11am tee times

Happy Hour Drawing

The following names were drawn in the month of March:

David Steed

James Dominy (WINNER of \$100!)

Randy Vann

Steven Stembridge

Tim Pryor

Join us on **Fridays** for our Happy Hour from 4p—7p and cash drawing!



Golf and Social Updates

9 Hole Mixer



Grab a cold drink, enjoy the warm weather, and mix it up with us for 9 holes!

Thursday, April 20th
6pm shotgun.

Food will be provided in the Bobby Jones Grill

Tournament season means lots of golf events for the next couple of months. Because of this, there are some days where member play will be limited.

Member play is available after these times:

Sunday April 9 and Tuesday, April 11 (Mercer Womens): 1pm

Tuesday, April 18 (GCAA Conference Championship): 1pm

Saturday, April 22 and Sunday, April 23 (Men's Club Championship): 4pm

Tuesday, April 25 (NAIFA Outing): after 1pm

Saturday, April 29 and Sunday, April 30 (Senior Club Championship): 4pm

We apologize for any inconvenience!

With play ramping up, please keep the guest policy in mind: You may bring as many guests as you want, they are encouraged! However, each guest may only play once a month. Thank you and see you on the course!

Social & Dining Updates

Thursday, April 13th

6pm—8pm

Member Spring Dinner

We are welcoming Chef Jason Delasota & Chef Doug Sanneman to the Brickyard as guest chefs for our monthly member dinner.

The menu for the dinner will be as follows:

Salad bar with housemade vinaigrette

Grilled teres major beef medallions

Roasted rosemary pork tenderloin with wholegrain mustard cream sauce

Shrimp with lemon butter, crushed garlic, and parmesan

Baked potato bar

Peach crisp

\$25/person

Reservations are required. Please RSVP to Lauren Fox at membershipdirector@brickyardgolf.com by Tuesday, April 11th at 12pm or until there is a maximum of 100 reservations. We hope to see you there!



Members, we like to see the club from your perspective! Send us your snapshots of the course, member events, and clubhouse and see it in the next newsletter.

*Send us your pictures to
membershipdirector@brickyardgolf.com
or message us on Facebook!*

Breakfast Buffet

Join us every Saturday morning in April from 7:30a—9:30a for breakfast.

Scrambled Eggs

Bacon

Grits

Toast

Fresh Fruit Salad

\$8.95/person

\$4.95/child 12 years and under



BRICKYARD

G o l f C l u b

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Senior Club Championship						1 Breakfast Buffet 7:30a–9:30a
2 Ladies 9 Hole Scramble 2:30	3 Clubhouse, Driving Range, Course Closed	4	5	6	7 Happy Hour 4pm–7pm	8 Breakfast Buffet 7:30a–9:30a
9	10 Clubhouse, Driving Range, Course Closed	11	12	13 Member Dinner 6pm–8pm	14 Happy Hour 4pm–7pm	15 Breakfast Buffet 7:30a–9:30a
16 Course, Clubhouse, Driving Range Closed Happy Easter!	17 Clubhouse, Driving Range, Course Closed	18 Book Club 5:30pm	19	20 9 Hole Mixer 6pm	21 Happy Hour 4pm–7pm	22 Breakfast Buffet 7:30a–9:30a Men's Club Championship
22 Men's Club Championship	2\4 Clubhouse, Driving Range, Course Closed	25	26	27	28 Happy Hour 4pm–7pm	29 Breakfast Buffet 7:30a–9:30a Senior Club Championship

Club Contact Information

Clubhouse Phone (478) 477-6765

Club Controller: Sharon Yaughn

sharonyaughn@brickyardgolf.com

Membership: Lauren Fox

membershipdirector@brickyardgolf.com

Course Superintendent: Briane Faletto

superintendent@brickyardgolf.com

Golf Professional: Blayne Willis

golfprofessional@brickyardgolf.com

Golf Shop Manager: Victoria Huggins

golfshopmanager@brickyardgolf.com