



**RCC Wednesday Women's
Leagues
18 and 9-Hole Golf**

**“WWL”
2019**

Tentative

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“Welcome” to the 2019 Golf Season

Greetings Women’s League Members,

I want to extend a warm welcome to our returning members and our new members joining us this season. With the Minnesota winter that most of you had to endure, I know you are looking forward to getting back on the course.

The 2019 season is shaping up to be a very exciting one. I can’t wait to get the season started! Our PGA Pro, Paul Schintz, and his team, are working with us to ensure a successful and fun season.

The success of the WWL depends on the participation of our Ridgeview members. We did add league members in 2018 and hope to grow again in 2019. We strive to welcome to make Ridgeview and the WWL a place where ladies can feel comfortable and enjoy their time, regardless of their golfing ability. If you are aware of members who do not play in the league, please extend an invitation to come out and play on a league day.

Golf is a difficult game. Here are some great quotes from golfers of all levels. “My swing is so bad, I look like a caveman killing his lunch.” “If you watch a game, it’s fun. If you play it, it’s recreation. If you work at it, it’s golf.” “I have a tip that can take five strokes off anyone’s game: It’s called an eraser.” “Golf is a fascinating game. It has taken me 40 years to discover that I can’t play it.”

With that said, let us all go out and enjoy, meet new friends, reacquaint with old friends, and be happy to be able to play this sport we love so much.

*Sharyl Beaudin,
Ladies Representative*

2019 – WWL Information

Team Format – Stableford Team Points:

Teams are formed from players in different time slots throughout the day. Teams will consist of 5 players in the 18-hole league and 5 players in the 9-hole league. Each player will play their round and turn in their scorecard. The golf shop will figure out your stableford points earned. The team score will consist of the best 2 stableford point totals of 5 members each week.

Stableford Points: Net Scores per hole: Bogey = +1, Par = +2, Birdie = +3, Eagle = +4, Double Eagle = +5

Positives with stableford system and 3 of 5 scores used:

1. Blow up holes don't kill your round. You just don't earn a point on that hole
2. Less Pressure – if you have an off-day, you have 4 other players to count on

Team Event #1 – 5PM Shotgun, May 15th

Teams will be formed between the opening banquet and the Team Event #1. Team event will be a shamble format. Take the best drive, all players play in from there. Following the Team Event, a team naming will take place during the cocktail hour. Get creative!

Team Event #2 – 4:30PM Shotgun, September 11th

Par 3 Scramble event within your WWL teams. Pressure free fun followed by the year end banquet! Great Fun, Great Food!

Weekly League Games: \$5 (optional)

The Weekly Games list has changed a bit. We have put in some different games to participate in along with the weekly team stableford game. These games are designed to be fun and to pay out to players of all skill levels. The weekly games will be paid out in golf shop credit.

RCC Women's Club Championship – August 7th

The women's club championship will be played on August 7th. We will have a regular league day for those that wish to play, but not participate in the Club Championship. For those that do wish to play, yeh! \$5 entry for 9-hole net champion, \$10 entry for 18-hole Gross/Net Championships.

WWL Rules Summary

The WWL is based on fun with competition. The rules sheet attached is a summary of the most important rules that apply during standard league play. The **Blue** highlighted rules are WWL local rules design to help with the pain and stress that this game can dish out.

RCC Women's League Orientation and Free Lesson Days

The women's orientation days are simply a relaxing day where staff and women's league members go through the various parts of playing golf at Ridgeview Country Club. Fun, is the main reason to play golf. Other great aspect of golf include social connections, enjoying the outdoors, learning a lifelong game, and gradually transforming Wednesdays into a "Wednesdays are my days" scenario. There are barriers and misconceptions that new players have to work through:

"I'm not good enough to play league", "I can't make it every week", "I don't want to slow down the players in my group", "I don't know the rules", "I don't even know how to check in and go out and play".

Many choose not to play due to these misconceptions. BUT, 90% of the women in league or playing at RCC, went through this. We will cover all parts of playing golf including swing, short game, rules, check-in, cart use, games, etc.

Show up and turn the corner!

Meet at the golf shop:

Saturday, May 18th – 1PM

Saturday, May 25th – 1PM

A separate clinic date and topic list will be distributed at the opening banquet.

RCC Online Tee Time Reservation System

1. Go to www.ridgeviewcountryclub.com
2. Click on Member Tee Times (front page of website)
3. Save the page to your browser on your computer / phone / devise
4. Your login information is:
 - a. Username – your last name, first initial example Johnson,c (capitol J)
 - b. Password – rcc2016 (you can change it upon login)

If you do not have success, ask the golf shop and they will make sure your username and password are setup in your customer file.

Women's Golf Committee

The WWL Golf Committee is back. The group will be meeting in April to review the schedule and share ideas. We believe we have some good programs to grow the women's participation at RCC. The 2018 committee members included:

If you wish to be on the WWL Golf Committee, please let pschintz@ridgeviewcountryclub.com know.

Sharyl Beaudin	sbeaudin@d.umn.edu
Melissa Timmerman	mellissa.timmerman@essentiahealth.org
Anne Thomas	anthomas@chartermi.net
Deb Laskowski	debbie@twinportspaper.com
Denise Olson	dolson@twinportspaper.com
Kristine Barnes	kbarnes@grccorp.com
Stephanie Cummings	stephanie.cummings@wellsfargo.com
Amy Schintz	amyschintz@gmail.com
Paul Schintz	pschintz@ridgeviewcountryclub.com
Clint Johnson	cjohnson@ridgeviewcountryclub.com

The committee members will be involved in the decision making for the WWL and organization of the major events. Communication is a key to the growth and success of the women's programs at Ridgeview CC. Feel free to pass on suggestions, concerns and compliments.

General Information

League Prize Fee: \$70

The league fee, per person, will all be paid out through weekly team stableford results in gift certificates, the year-end banquet, and the women's league gathering days of: June 12th (Sundaes on the deck), July 17th (Summer BBQ), and August 7th (Championship Beverage Day). Supplemental fees may be required for these events based on the number of participants in the league.

Wednesday Weekly Event Sign-Up

Getting tee times is super easy. You can sign up online, in person the week before or call the Pro Shop for a time. Feel free to sign up in any slot that is open. Wednesdays are all about golfing with any member in the League! For special events, sign-up sheets will be posted on the bulletin board in the locker room. Minimum players for weekly events are 8. Maximum handicap for the 18-Hole League is 45. The maximum handicap for the 9-hole league is 27.

Mini Guest Days – June 12th, July 17th

Our Mini Guest Days are designed to invite your friends to Ridgeview for a day of golf and fun. Your guests green fees will be waived for the round (carts additional). Guests do not need to have a handicap to participate. Optional games will be available. Following the June 12th date, we have a "Sundaes on the Deck" scheduled. Following the round on July 17th, we have a "Summer BBQ" scheduled. Chef Jake will have some great food and treats!

Posting Scores

The RCC Golf Staff will be posting scores for league days in 2019. It is important to post your scores into the GHIN System for a number of reasons, including fair competition and individual progress. Your rounds played outside of league should ALL be posted to the handicap system. Partial rounds of 7 or more for 9 holes or 13 or more for 18 holes, should be posted with par scores + handicap strokes that fall on the remaining holes.

Methods of Posting (RCC has GHIN #'s)

- GHIN handicap system at RCC or any GHIN system if you know your GHIN Number
- MNGolf.org – need to know your GHIN # to start login
- GHIN Golf App on Phone – need to know your GHIN #

Equitable Stroke Control – Maximum strokes you can take on a hole

- Course Handicap 0-9 Double Bogey
- Course Handicap 10-19 7 (regardless of par)
- Course Handicap 20-29 8 (regardless of par)
- Course Handicap 30-39 9 (regardless of par)
- Course Handicap 40+ 10 (regardless of par)
- If you have a score on the hole higher, reduce the hole and round score to the proper number.

18 Hole Ridgeview Country Club WWL League Schedule

Date: **Individual Weekly Events**

Event Fees:	Regular Events - \$5, Bold dates have separate entries
Event Pairings:	All weekly events are played within your own tee times and groups except: May 15 th , August 8 th -10 th , and September 11 th
May 8th	Women's Opening Banquet! 6pm start, golf before is optional – Those not in league but thinking about it, come on out!
May 15 th	5PM - Team Shamble for Stableford Points – Take the best drive, play in from there, best 2 of 4 scores (play with your season long squad if possible, otherwise we'll find a team for you.)
May 22 nd	Trash It! – 4 Hole Throw Out!
May 29 th	Use your 'ner – Use a partner of your choice for Best Ball Score with your scores. They don't have to choose you.
June 5 th	2 Lady Blind Draw – Best Net score between 2 players
June 12th	Mini Guest Day – Play for Fun or Optional Skins game, gross/net + <u>Sundaes on the deck!</u> Guests green fees are waived. Carts additional.
June 19 th	Designated Driver – Use the tee ball of any player in your group, play in from there. Any tee ball, any par!
June 26 th	Use your 'ner – Use a partner of your choice for Best Ball Score with your scores. They don't have to choose you.
July 3 rd	Stableford Point system used with net hole by hole scores
July 10 th	Individual Low Gross and Low Net
July 15th	RCC Rally for the Circle of Hope! - 1PM Shotgun – 5 player teams – details to come!
July 17th	Mini Guest Day – Play for Fun or Optional Skins game, gross/net + <u>Summer BBQ!</u> Guests green fees are waived. Carts additional.
July 24 th	No Event – Men's Arrowhead
July 31 st	Stableford Point system used with net hole by hole scores.
August 7 th	Regular League event Proxy Time! Proxies on 9 holes. Long putt, long drive, closest to tree, etc. Club Championship! \$5 - 9-hole league (net) \$10 18-hole league (gross/net) + <u>Club Championship Beverage Day</u>
August 8th – 10th	Women's Arrowhead! Open to all Women. Information coming soon!
August 14 th	Use your 'ner – Use a partner of your choice for Best Ball Score with your scores. They don't have to choose you.
August 21 st	Course closed for outside event
August 28 th	Trash It! – 4 Hole Throw Out!
September 4 th	Grand Finale! Individual Stableford Points. Final day of Team Stableford Points.

September 11th

Closing Team Scramble and Banquet! 4:30 Shotgun. Par 3 Scramble. Play with your team or sign up individually and we'll find a team for you. Pressure Free Fun! Banquet to follow!

9 Hole Ridgeview Country Club WWL League Schedule

Date: Individual Weekly Events

Event Fees:	Regular Events - \$5, Bold dates have separate entries
Event Pairings:	All weekly events are played within your own tee times and groups except: May 15 th , August 8 th -10 th , and September 11 th
May 8th	Women's Opening Banquet! 6PM start, golf before is optional – Those not in league but thinking about it, come on out!
May 15 th	5PM Team Shamble for Stableford Points – Take the best drive, play in from there, best 2 of 4 scores (play with your season long squad if possible, otherwise we'll find a team for you.)
May 22 nd	Trash It! – 2 Hole Throw Out!
May 29 th	Use your 'ner – Use a partner of your choice for Best Ball Score with your scores. They don't have to choose you.
June 5 th	2 Lady Blind Draw – Best net score between 2 players
June 12th	Mini Guest Day – Play for Fun or Optional Skins game, gross/net + <u>Sundaes on the deck!</u> Guests green fees are waived. Carts additional.
June 19 th	Designated Driver – Use the tee ball of any player in your group, play in from there. Any tee ball, any par!
June 26 th	Use your 'ner – Use a partner of your choice for Best Ball Score with your scores. They don't have to choose you.
July 3 rd	Stableford Point System used with net hole by hole scores
July 10 th	Individual Low Gross and Low Net
July 15th	RCC Rally for the Circle of Hope! 1PM Shotgun – 4 player teams – details to come!
July 17th	Mini Guest Day – Play for Fun or Optional Skins game, gross/net + <u>Summer BBQ!</u> Guests green fees are waived. Carts additional.
July 24 th	No Event – Men's Arrowhead
July 31 st	Stableford Point system used with net hole by hole scores.
August 7 th	Regular League event Proxy Time! Proxies on 9 holes. Long putt, long drive, closest to tree, etc. Club Championship! \$5 - 9-hole league (net) \$10 18-hole league (gross/net) + <u>Club Championship Beverage Day</u>
August 8th – 10th	Women's Arrowhead! Open to all Women. Information coming soon!
August 14 th	Use your 'ner – Use a partner of your choice for Best Ball Score with your scores. They don't have to choose you
August 21 st	Course closed for outside event
August 28 th	Trash It! – 2 Hole Throw Out!

September 4th

Grand Finale! Individual Stableford Points. Final day of Team Stableford Points.

September 11th

Closing Team Scramble and Banquet! 4:30 Shotgun. Par 3 Scramble. Play with your team or sign up individually and we'll find a team for you. Pressure Free Fun! Banquet to follow!

WWL Golf Rules

1. **Keep play moving. League Rule** - After 10 strokes on a hole, pick up the ball. Record a score of 10 with a circle. We'll adjust by handicap
2. **Count ALL strokes, including "whiffs" (with intention to hit ball)**
3. **Summer Rules Apply – Play ball down throughout the course**
Winter Rules Applied – Designated by the golf staff and/or superintendent
Can move ball no more than 12 inches (no nearer the hole) in own fairway only.
 - A. FAIRWAY Embedded ball or mud on ball, lift, clean, and PLACE
 - B. ROUGH Embedded ball, lift, clean and DROP in rough
 - C. ROUGH Mud on ball (not embedded), play it as it lies
4. **Penalty Areas (water or un-mowed areas not marked by White OB Stakes-1 stroke penalty**
Penalty areas are marked by red stakes/lines or defined by the un-mowed grass lines not marked with a White OB Stake. The following options are available with a 1 stroke penalty:
 - A. Drop within 2 club lengths of where the ball CROSSED hazard line (not nearer the hole)
 - B. Drop as far back as you wish, keeping the point the ball crossed the hazard and the pin in line
 - C. Re-hit from the where the shot was originally played
 - D. Play it out of the hazard (no penalty stroke)
5. **Out of Bounds – Options**
Out of bounds is defined by White Stakes on perimeter of golf course. If you think you may be out of bounds, hit a provisional ball. If in bounds, you must continue to use the original ball. **Option 1.** If out of bounds, continue with the provisional ball. 1 Stroke penalty plus the stroke of the original ball. **Option 2.** Instead of hitting a provisional ball, you may drop in the fairway within 2 clubs of the edge. Estimated equal distance to the hole from where the ball the ball crossed the OB line. Add 2 penalty strokes.
Example - OB on #11 (left)
6. **Lost Ball League rule - 1 Stroke and hit from estimated spot of 1st ball**
League rule for lost ball only applies when group determines that ball was not lost in OB or Penalty Area. League rule is applied in situations where ball lost in open area, and for time purpose only. Maximum 3 minute search. Casual water on course plays differently, refer to #7
7. **Casual Water Water in fairway, rough, bunkers.... Not Penalty Areas or OB**
Any temporary accumulation of water on the course that is visible before or after the player takes stance, but IS NOT IN Penalty Area. Player may take FREE relief by finding the nearest point of relief, no nearer to hole, where ball and stance are free of water. From that point, player receives 1 club length, in which to drop the ball at knee height. If a ball is lost in casual water, and the group agrees, take same procedure with new ball, WITHOUT PENALTY.
Bunker – Must stay in the bunker or use options found in Bunker Rules #11
8. **Roadways and cart paths No penalty**
When in bounds only, find nearest point of relief (both ball and body must have full relief)
Must drop within 1 club length from where full relief would be obtained

- 9. Unplayable Lies 1 stroke penalty**
 A. Drop ball within 2 club lengths of the spot of the original ball, no nearer the hole
 B. Drop as far back as you wish, keeping the spot of the original ball, and the pin, in line
 C. Play the next shot from where the original ball was played from
- 10. Hitting the wrong ball 2 stroke penalty**
 Must go back to point where wrong ball was played from, drop and re-hit. Only the player who hits the wrong ball is penalized. If both players hit the wrong ball (switch), both would be penalized. It does not matter if someone hit yours first, both would be penalized.
- 11. Bunkers League Rule** – After 3 Attempts, pick it up and drop it outside of bunker. Play from there. Grounding club in bunker, touching sand, is a one stroke penalty. **League rule** - If in deep foot print, you may lift smooth and place ball without penalty. You may remove large rocks from the path of your club. You can deem the ball unplayable and move it out behind the bunker, keeping the original position of the ball and the pin in line.
 Note: First notify fellow players of situation and get their approval
- 12. Balls hit on the green**
 Ball on green hit by a shot from off green: Replace ball on green to original spot
 Ball on green hit by a shot from on green: The player who hit the putt gets 2 stroke penalty
- 13. Long Grass** Other than areas marked by a white OB (out of bounds) stake, long grassy areas are considered a penalty areas, whether marked by a red stake or not. Refer to #4 for all the options. The simplest way to play would be to drop a ball within two club lengths of where you estimate the ball crossed into the long grassy areas.

Other Rules on the green

Hole all putts, use continuous putting (player farthest from hole putts first and continues until ball holed)

Flagstick: You can putt with the pin out or the pin in. No penalty. You cannot place the pin on the ground as a backstop or guide.

*Ball marks on the green may be fixed and smoothed.

*Loose impediments may be removed from your intended line (rocks, sticks, bugs) in grass or in bunkers.

Golf Stretching Exercises and Warm Up Routine:

Start this routine about 15-20 minutes before you tee off. It loses its effect if you spend 15-20 minutes afterwards.

Step 1 – Walking for 3-5 Minutes

Walk briskly for 3-5 minutes, either around the car park or a quiet area of the course. The walk engages the muscles in the legs and core.

Step 2 – Supported Squats

1. Hold a short club (i.e. 8 iron) overhead with hands at either end. Arms should be fully stretched directly above you.
2. Squat down until your thighs are almost parallel to the ground and stand up. Repeat 10 times.
3. Rest and repeat.

Step 3 – Golf Stretching Exercises – Complete in order

Arm Swings

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion for 30 seconds.

Trunk Rotations

1. Stand with a shoulder width stance. Place a club on your shoulders, holding both ends.
2. With knees slightly bent, bend forward from the waist slightly (as though taking the swing posture)
3. Turn from side to side aiming to get the ends of the club directly in front of you with each turn.
4. Complete a total of 15-20 swings.

Side Bends with Club

1. Stand with a shoulder width stance. Place a club on your shoulders, holding both ends.
2. Lean to one side keeping your torso strait. Do not bend forward or backwards.
3. Hold for a count of 2 then repeat the other side.
4. Complete 8-10 stretches each side.

Standing Shoulder Stretch

1. Stand with a shoulder width stance and place both hands on the grip end of the club.
2. Lean forward keeping your back flat until you feel a stretch in your shoulders.
3. Hold for 10 seconds and relax. Repeat a total of 3 times.