



# Senior Scramble Newsletter

April 9th, 2017

Issue 88

## WELCOME

The Senior Scramble Newsletter is a weekly publication to keep you informed about what's going on at our Monday and Tuesday Senior Scrambles. Twice each week, Seniors 50+ can come out to play in a 2-Person Scramble. There is no league fee required and each event is \$28 per player for 18 holes with a cart; \$3 of which goes towards a contribution for the cash prize pool and \$2 towards coffee and donuts. Registration begins one hour and thirty minutes prior to tee off for the shotgun start. Upcoming shotgun start times are listed below.

**Register for our E-club to receive Senior Scramble Specials each week when the Newsletter is sent out!**

## Bear Creek Golf Club, "Home of the Grizzly"

**Monday, April 3rd:**  
No play due to weather

### **Tuesday, April 4th:**

**A Flight 1st Place:**  
Ralston/Malone

**A Flight 2nd Place:**  
Fuld/Cline

**B Flight 1st Place:**  
Henderson/Skitt

**B Flight 2nd Place:**  
Bernard/Bruggner

**Closest to the Pin #3:**  
Pailer/Hebison

**Closest to the Pin #6:**  
Crabtree/Alexander

**Closest to the Pin #12:**  
Shahane/Redher

**Closest to the Pin #16:**  
Ralston/Malone

**Skins Winners #3:**  
Crabtree/Alexander

**Skins Winners #4:**  
Uelk/Petersen

**Skins Winners #7:**  
Ralston/Malone

**Skins Winners #9:**  
Vickers/Dice

**Skins Winners #11:**  
Ralston/Malone

**Skins Winners #16:**  
Hoffman/Armistead



## Play Schedule

Monday, April 3: 8am  
Monday, April 10: 8am  
Monday, April 17: 8am  
Monday, April 24: 8am

Tuesday, April 4: 8am  
Tuesday, April 11: 8am  
Tuesday, April 18: 8am  
Tuesday, April 25: 8am

## Tips For A Better Game

We all think our golf swing will be there when we start back up in the spring. Soon we find out that's not the case. So here are a few tips to get you started

**Flexibility:** Start by going through a stretch routine daily, walk for 30 minutes, do some stairs, loosen up your trunk and mid-section. Make sure your shoulders, arms, wrist and hands are loose. Go to the range and hit a bucket of balls once or twice a week. Hit all the clubs in your bag starting with your wedge back to your driver. Hit 5 shots with each club with a target in mind.

**Short Game:** Chip some balls in the yard or on the putting green. Pick out a distance and try to hit 3 shots the same distance then vary the lengths. Putt in the house or on our putting green, take 3 balls and practice increments of 3 feet up to 21 feet, then 5 feet up to 30 feet. This should get your feel back.

**Endurance:** Playing golf is a lot of exercise especially when you've not played all winter. To make sure you're up to playing start with 9 holes then move to 18 holes. Walking to and from your shots when it's cart path only can add up. Some of our patrons have measured it out and found that they have walked as much as 3 miles when it's cart path only.

We hope to see everyone out this week playing in the Senior Scramble.