

DG&TC Newsletter

June 2016

*DG&TC
Welcomes
New Members*

David Burton
Clayton & Jennifer
Morton

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June Events

Save The Date

Hole in One

Facebook

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Brent Bostick

Awarded

Movie By the Pool

39th Annual Blowout Results

Champ Flight

Chris Dickerson - Ryan Hightower
J.J. Russell - Micah Russell
Todd Holland - Ty Adams

A Flight

Lincoln Sadler - Jeff Ellroy
Barry Taylor - Tim Rhodes
Scott Watson - Tyler Richey

B Flight

Carl Buckholts - EJ Buckholts
Steven Root - Alan Maxwell
Brian Morton - Keith Morton

C Flight

Rick Hickenbottom - Brandon Barker
Jim Cincala - Craig Taliaferro
Wade Christian - Kary Covington

D Flight

Bobby Dodson - Derric Black
Ronnie Cole - Sammye Amerson
Jeff Jones - Bruce Parker

E Flight

Randy Shephard - Tommy Mather
Trent Jenkins - Brandon Perkins
Rusty Brown - Craig Ferrell

F Flight

Mike Kreiger - Brian Kreiger
Jarrod Bishop - Kary Hendricks
Jeff Sanner - Travis Kinder

G Flight

Shawn Barnett - Brad Eason
Ron Strahan - Ron Kokotan
Bill Holcomb - Mike Walters

MAY EVENTS

- 2** Members Mixer 5-7
- 4** 9 & Dine
- 6** Golf Tournament
- 9** Members Mixer 5-7
Music by Jarrod Smith
Men's League
- 16** Members Mixer 5-7
Men's League
- 17** Movie by the Pool
- 18** 9 & Dine
- 20-24** Junior Camp
- 23** Members Mixer 5-7
Music by Drew Nichols
Men's League
- 30** Members Mixer 5-7
Men's League

SAVE THE DATE

July Events

- 4th Firecracker Tournament**
- 15th Movie by the Pool**
- 21st Family Mixer Night by the Pool**
- 25th Ladies Only Night Out**

TIME CHANGE

First Tee Time at 8:30am
Range Closes at 5:00pm

No One this Month



Look for us on
Facebook
under
Duncan
G&TC
and
then like us!

Pro Shop News

JUNE ONLY
BOGO Hats in stock



BEGINNER SWIMMING LESSONS

Linda Craig Vicki Vermedahl

28 summers of experience

WHERE: Duncan Golf & Tennis Club

When: two ONE week sessions

June 20-24 and/or July 11-15

Ages: 4-8 yrs

Cost:

Members \$35

Non-Members \$40

Call Linda or Vicki to enroll your child/children.

Linda 255-8587(h) 656-1656(c)

Vicki 255-8838(h) 405-496-1944(c)

TIP FROM THE PROS

It is no secret that hitting the golf ball farther makes the game easier. I know what I am about to say but I think distance off the tee box is underestimated...yes, I said it, underestimated. The game of golf has changed over the last 15 years with newer equipment, better golf balls and LONGER golf courses. When I started playing golf it was almost unheard of to have a golf course measuring 7200 yards from the back tees. Anymore, you can find new course construction that measures 8000+ anywhere.

In order to properly chase more distance, we need to better understand how to achieve it and support this added speed. It starts with a solid foundation built by legs, hips and core muscles. Most of my students think they do not hit it longer because they are not strong enough. While strength helps, it is not the catalyst is distance. If strength was the most important factor, payers like Ricky Fowler, Sergio Garcia and others would not be towards the top of the distance categories.

Think about building a house...you must have a solid foundation in order to withstand the weight of the home and roof. This is a good analogy for your legs. The stronger you legs are, the more you can support speed without losing balance which in turn decreases speed.

Your hips are speed producers and must have flexibility in order to create a larger range of motion and increase speed. Core strength is what propels the hips to rotate and turn quickly.

This is the reason that the Corey Pavin's of the world no longer exist on the PGA Tour and Bubba Watson is the #4 ranked player in the world. If we hit the ball longer, the game gets easier and regardless of age, we can add speed.

If you need tips on how to build your legs, core and hips, contact us at 580.255.7706 to visit about how to make the golf course shorter!

Junior Golf Corner

Drive Chip & Putt Qualifiers

Advance on past the local qualifying stage to the sectional stage. If they continue to advance, they could be in the Drive Chip and Putt finals at Augusta National. They are expected to allow their PGA Professional to be their as their instructor when they go to Augusta!!!

Ava Fritts
Gabby Hack
Laura Stewart
Kooper Doucet
RJ Roberts - 1st Alternate

REMINDER

Junior Camp

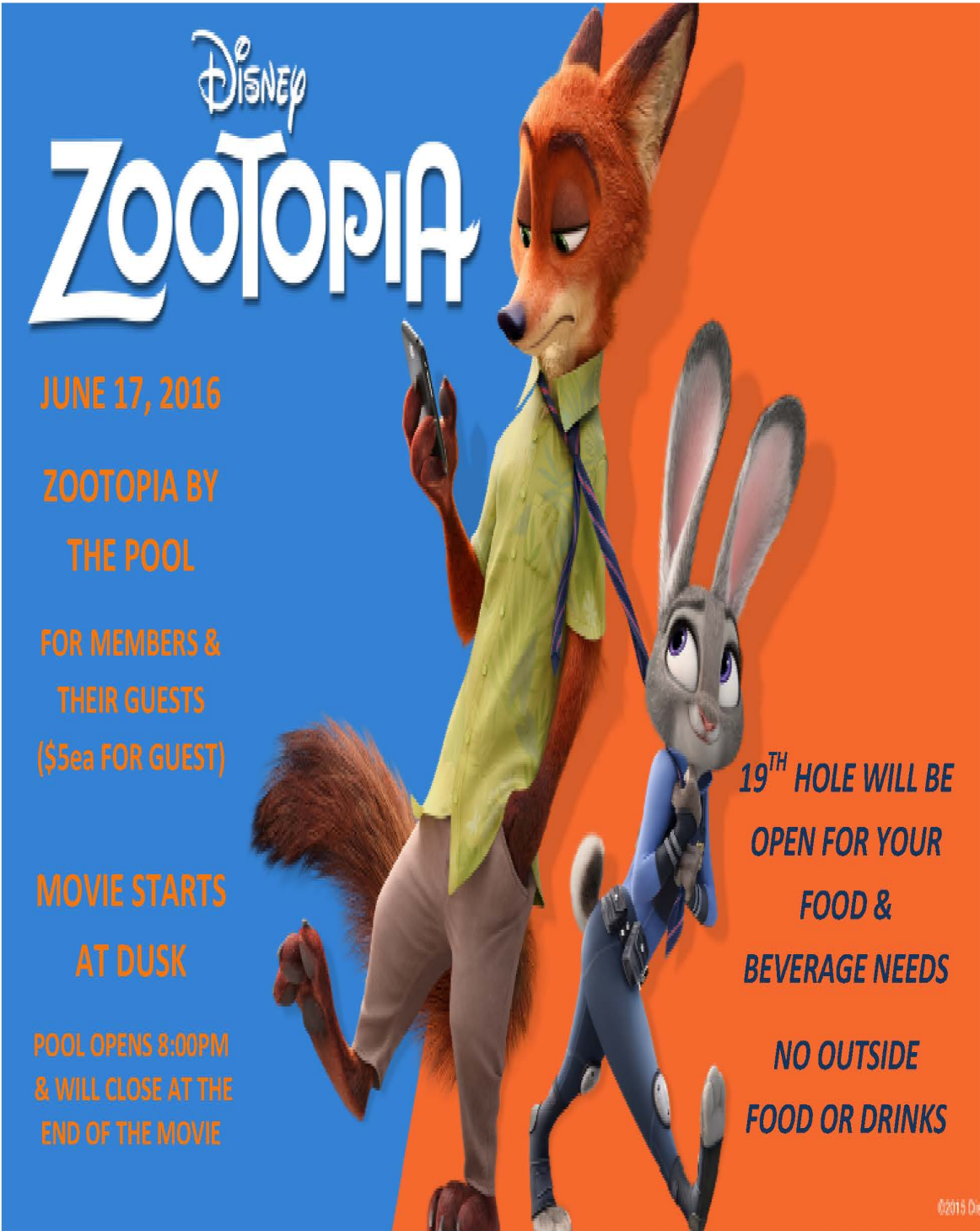
June 20-24

Ages 6-10, 8:30a-9:30a - \$75

Ages 11-17, 10:00a-11:00a - \$100

Brent Bostick was elected to the DHS Athletic Hall of Fame





JUNE 17, 2016

ZOOTOPIA BY
THE POOL

FOR MEMBERS &
THEIR GUESTS
(\$5ea FOR GUEST)

MOVIE STARTS
AT DUSK

POOL OPENS 8:00PM
& WILL CLOSE AT THE
END OF THE MOVIE

19TH HOLE WILL BE
OPEN FOR YOUR
FOOD &
BEVERAGE NEEDS

NO OUTSIDE
FOOD OR DRINKS

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We're on the web!!
www.duncangolfandtennisclub.com



DUNCAN GOLF &
TENNIS CLUB

1800 N Country Club Road
Duncan, OK 73533

Website: www.duncangolfandtennisclub.com

BRING THE FAMILY TOGETHER

Club Numbers

Pro Shop.....580-255-7706
Business Office.....580-255-3281
Fax.....580-255-1325
Interurban/19th Hole.....580-470-9393

Staff

Mike Hansen.....General Manager/Golf Pro
Luke Sturgell.....Golf Course Superintendent
Janie Bardsher.....Manager of Accounts
Shana Ford.....Director of Membership/Events

Hours

Business OfficeM-F 9a-5p
Pro Shop.....Sun-Sat
Interurban & 19th Hole.....Sun-Sat
Pool.....CLOSED

Reminders



MEMBERS ONLY SPECIALS

Happy Hour each day 4-7

Weekly Specials

Monday: Catfish

Tuesday: Burgers

*Wednesday: Chicken Fried
Steak*

Thursday: Enchiladas

Please Note:

**1st Tee Time
Weekday 8:30a
Weekend 8:30a**

**Driving Range Closes
@ 4:30p**

***Events that require RSVP.
Your account will be
charged if you do not show
up. Cancellations must be
made 72 hours in advance.
To receive credit back.***

**A friendly reminder tee
times can be booked a
week in advance for
members.**

**Booking a tee time is
strongly recommended
during our peak times
and weekends.**

**Call the Pro Shop at
255-7706 to book a tee
time today!**