



Farm d`Allie Golf Club Newsletter ***July/ August 2019***

Happy Birthday this Month Club Members

July

Glen Carbo
Joseph Cuccio
John Davis
Marc Dubroc
Rickie McClinton
Josh Ricciardone
Ed Rios
Douglas Sonnier

August

Francis Arceneaux
Jerry Bower
Terry Cromwell
Glenn Culotta, Jr
John Cunniff
Everett Daigle
Phillip Debaillon
Paul Escott
Bryan Estes
Bill Finley
Keith Galloway
Blaze Inzina
Todd Kidder
LP Ledet
Thomas Meagher
Errol Menard
Judy Menard
Geraldine Quebedeaux
Steven Randazzo
Glenn Tamporello

Although most golfers are in good physical condition, it is important that the muscles are stretched and ready for those first swings, whether practice or on the course. According to: (<http://stretchcoach.com/articles/stretches-for-golf>), the golf swing comprises four elements: the back-swing, down-swing, ball strike and follow-through.

For rotation during the back-swing, the upper back muscles are used. These muscles also help players maintain an erect spine. To position the upper body and generate speed, the shoulder muscles come into play. To generate torque and increase club head speed, the core and lower back muscles are used. Forearm muscles are used to control the golf club as well as to support the wrists. Hamstring muscles play an important role in helping players maintain proper posture, while the quadriceps and calf muscles assist with balance and help players to flex their knees.

No matter which exercises you choose, do some stretching!

Congratulations to Jeffery Johnson from Grand Prairie. On June 15th, using an 8 iron, he scored a Hole in One on #3 from 133 yards out.

Don't forget there is a 4 Person Scramble every Wednesday starting at 5:30 PM. Come enjoy 9 holes of golf and meet other golfers in this fun outing.



The view from the 17th green looking out at the 9th fairway.

Check out the lunch specials from The Grill:

The staff has done an excellent job providing a special lunch menu. Sign up for the Sentext message which provides course information and the lunch special. To join, save the number 57711 to your contacts on your cell phone, then text Mulligan to that number. Follow the prompts and start receiving the messages.

Membership information available in the Pro Shop

Call to book a tee time: 337.886.2227

