
◆ PRESTWICK PIPER ◆

AUGUST 2006

~ Prestwick Country Club Highway 544 Between Business 17 and Bypass 17 Myrtle Beach, South Carolina (843) 293-1521



Vice President

David DuRant
293-1521

Membership

&

Billing

Information

Glenda Little
293-1521

Golf Shop

Jay Smith
293-4100

Golf Course

Paul Kaufman
293-5800

Food

&

Beverage

Steve Abel
293-4101

Tennis/Swim

Mike Saless
828-1000

A Message to Prestwick Members

Two of our largest tournaments will be held in August and September. The 18th Annual Member~Guest Golf Tournament will be held August 17th - 19th. The Martin's PGA Superstore Tennis Tournament will be held September 29th - October 1st. It is not too late to sign up for either, but if you are interested in the golf tournament, you need to let the Pro Shop know before August 4th.

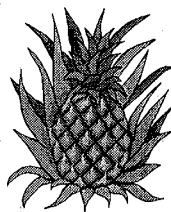
For members not playing in the Member~Guest Golf Tournament, you are invited to the Saturday night party. Great food and drinks, music, dancing and fun for all will make for an exciting evening. The cost per couple for this party will be \$125.00 all inclusive. If you are interested in attending the gala, please call Food and Beverage to make your reservations.

Our local schools will be opening in late August. Everyone please watch out for our children as they go to school and return home.

I hope to see you soon at Prestwick.

Sincerely,

David P. DuRant



Welcome New Members

Social

Chris & Jim Bailey

Sports

James & Judy Tull

Katherine A. Harrelson

Donald H. McDowell

Ernest & Doreen Cribb

Edward W. King

Jason & Katy Hawver

Amanda S. Battisti

Michael B. Bairefoot

Andrea L. Stanford

Patricia A. Gaynor

Val Trask, Jr.

GOLF NEWS

The heat wave has been upon us. Hope everyone has found a way to stay cool. Paul and his guys have been watering the course as much as possible and I think everyone should be pleased with their progress.

There has been a change to the Club Championship date. The new date will be October 28th and 29th instead of September 30th and October 1st. This change was due to a scheduling conflict with the tennis center. Please mark you calendars. I hope everyone will try and play in upcoming events. The Member~Guest should be a good time as usual. Please see the pro shop for more information on any of these tournaments.

The junior clinics will continue for the next couple of Mondays only from 5:30 to 6:15 for \$10.00 per junior. All ages are welcome to attend for instruction and fun.

~Jay

Upcoming Events

8th	Lady Niners
8th	Men's Interclub at The Heritage
12th	Men's Golf Association
17th - 19th	Men's & Ladies Member~Guest

Tournament Results July 4th Flag Day

1st Place	John Cello
2nd Place	Mel Renkey
3rd Place	Ron Campus
4th Place	Rich Gale
5th Place	Joe DiPrima
6th Place	Phil Cotton
7th Place	Kay Hanlon

Men's Interclub Team Standings as of July 18th

Prestwick	1031
Wachesaw East	1015
Pawleys Plantation	1013
TPC	995
Tradition	982
Heritage	926

Prestwick Men's Golf Association



The Prestwick Ladies Golf Association defeated the Prestwick Men's Golf Association to win the first Prestwick Intra-Club Championship. The match was a close one, but the women prevailed by the stableford score of 511-507. The tournament was held on July 15th and a good time was had by all. The PLGA will retain the plaque for one year!

GOLF COURSE MAINTENANCE



With August upon us it is time to begin preparing for the fall golf season and overseeding. Initially our main focus will be towards the Member~Guest tournament, but immediately following that event we will aerify the greens for the 2nd time and begin verticutting the fairways in preparation of the fall overseeding.

Overall I am pleased with the growth of the bermuda-grass this summer, however the tees are becoming more challenging to maintain due to their small size and the increased level of play we have received over the past two years. The size of the tees are a problem that everyone is aware of and we have looked at many different ways to address the situation. Most likely the solution is not to address them as a whole, but to begin systematically expanding them individually over time.

I hope everyone enjoys the remainder of the summer.

~Paul

FOOD AND BEVERAGE

August Dinner Buffets

Friday, August 11th, 2006

5:30 pm - 7:30 pm
Members & Guests

Adults \$12.95++
Children under 10 \$5.95++

Salad

Hannah's Fried Chicken
French Cut BBQ Pork Chop
Homemade Macaroni & Cheese

Fried Okra

Parker House Rolls

Pecan & Apple Pie

Friday, August 25th, 2006

Dinner 5:30 pm - 7:30 pm
Members & Guests

Adults \$12.95++
Children under 10 \$5.95++

Italian Salad

Veal Marsala

Italian Sausage with Peppers & Onions

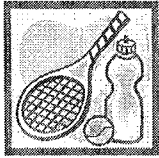
Baked Ziti

Grilled Zucchini

Garlic Bread

Tiramisu & Chocolate Cake

TENNIS AND SWIM NEWS



Cardio Tennis is a new and fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. This program includes a warm-up, cardio workout, and a cool down phase. These drills are geared towards existing players who want to get a great cardio workout while still improving their skills. Remember, the purpose of Cardio Tennis is to give you a good workout, not to make you a great player. The drills are fast-paced, and they are designed to get you moving. If you want to get a great workout while having fun, check out Cardio Tennis. The program will be held mornings from 8:00 - 9:00 on:

- Monday, August 7th
- Wednesday, August 9th
- Monday, August 14th
- Wednesday, August 16th
- Monday, August 21st
- Wednesday, August 23rd
- Monday, August 28th
- Wednesday, August 30th

Combo League

Combo League is around the corner. There are sign up sheets in the pro shop for Adult and Senior divisions 5.5, 6.5, 7.5 and 8.5. The captains' meeting will be held at Grande Dunes Tennis Center on July 31st at 6 pm. Any member wanting to captain should attend this meeting. Make sure your player list is turned into Prestwick's Tennis pro shop before the start of the season.

The Fix for Tennis Elbow

The only way you're going to permanently fix that tennis elbow is to take a lesson to correct the mechanical deficiencies that are contributing to the problem. As much as professional tennis players may become injured due to the incredible stress put on their body at the pro level, the one injury you rarely hear affecting them is tennis elbow. Why? Because their strokes are fundamentally sound. I suspect you probably have a one handed backhand and you're jabbing at the ball. Doing this just one time puts enormous stress on the joint and will lead to tendonitis. Continuing to do so will eventually result in a full tear. For now it may be beneficial to take a rubber band and wrap it around your fingers, flex your fingers back and forth as many times as you can during the day. This may eventually bring some relief. Also, you may wear support sleeves that will heat your arm up during play that will support the tendon.

Few Tips for Success

1. Be sure to start off slowly and work up progressively.
2. Incorporate a regular stretching routine before, during and after your workout.
3. Cross training is a must! Ride your bike, swim, soccer, basketball, etc.
4. Practice seriously. Use a hopper of balls and find someone who likes to drill. Attend clinics, private lessons, and camps. Use a ball machine and backboard.
5. Recover your footwork and balance. Perform lateral movements that will enhance mobility. Use sports cords, ladders, cones, etc.

Prestwick Women's Round Robin

3.5-4.5 August 2nd

Play is from 9:30-11:30 and lunch will be held at the Prestwick Clubhouse. Lunch includes:
Grilled or Crispy Chicken salad
roll and beverage.
Reserve your spot at 828-1000

6 at 6 Friday Night Round Robin

Friday, August 11th
Start: 6:00 - 8:00

Members: \$7.00
Non-Members: \$10.00

We had 36 players last month, so come join the EXCITEMENT!
***Each participant brings a 6 pack of his/her choice. Beverages can range from beer, wine, soda and water. The format will consist of mixed round robin play. Food will be provided by the Prestwick Tennis Club.*

Prestwick Launches 2.5 & 3.0 Round Robin

August 8th

Play is from 9:30-11:30 and lunch will be held at the Prestwick Clubhouse. Lunch includes:
Grilled or Crispy Chicken salad
roll and beverage.
Reserve your spot at 828-1000

Prestwick Junior Team Tennis

Afternoon clinics will be changing in the month of August. Please call the Pro Shop for further details. See Susheel or Paul for details.

League Tennis Update

Mixed is $\frac{3}{4}$ completed and Prestwick Swim and Tennis is well represented. We have several teams in first and the majority of the rest remain in second. Great job this season, keep up the hard work!



Martin's PGA Superstore Tournament at Prestwick will be held September 29th - October 1st. Please sign up online or call the pro shop at 828-1000.



Tennis Enthusiast visit
www.grandstrandtennis.net for all our
local tennis news and updates.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 August 12th PMGA Individual Stableford Tournament		1	2 Wednesday Women's Round Robin @9:30 am 3.5 - 4.5 Golf Wed. Night Shootout Cardio Tennis 8 am - 9 am	3	4 Tennis Round Robin @9 am	5
6	7 Golf Junior Clinic 5:30 - 6:15 Cardio Tennis 8 am - 9 am	8 Golf Grand Strand Lady Niners Golf Men's Interclub at The Heritage	9 Tennis 2.5 & 3.0 Round Robin @9:30 am Cardio Tennis 8 am - 9 am Golf Wed. Night Shootout	10	11 Tennis Round Robin @9 am 6 at 6 Round Robin Dinner Buffet 5:30 pm	12 PMGA Individual Stableford Tournament
13	14 Golf Junior Clinic 5:30 - 6:15 Cardio Tennis 8 am - 9 am	15 Golf/Greens Comm. Mtg. 2:30 pm	16 Cardio Tennis 8 am - 9 am Golf Wed. Night Shootout	17	18 Tennis Round Robin @9 am GOLF MEN'S & LADIES MEMBER~GUEST	19
20	21 Golf Junior Clinic 5:30 - 6:15 Cardio Tennis 8 am - 9 am	22	23 Cardio Tennis 8 am - 9 am Golf Wed. Night Shootout	24	25 Tennis Round Robin @9 am Dinner Buffet 5:30 pm	26
27	28 Golf Junior Clinic 5:30 - 6:15 Cardio Tennis 8 am - 9 am	29	30 Cardio Tennis 8 am - 9 am Golf Wed. Night Shootout	31 Tennis Comm. Mtg. 12 noon		



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