



MARCH 2018 NEWS

PENNANT PROGRESS



BBQ breakfast before the "A" team took on Shellharbour Links at "The Vale".

The Vale had a convincing win 5/0

Progress Pennant Results as at Friday 9th March

Illawarra Pennant

Currently in second position on the table, play The Grange on Sunday. If they win they are in the semi-finals. They could still be in if they lose, dependant on other results.

"B" Pennant

Third on table. Play Links Shellharbour on Sunday, if they win they are in semi-finals.

"C" Pennant

In First Place. If they win they are in semi-finals. If they lose, still in as long as St Georges Basin lose.

White Horse Cup

Won 1 game and gearing for 2019.

Encourage Shield

Team building for next year.

2018-19 MEMBERSHIP PROMOTION

Join now – no more to pay until 30 July 2019 (Bar credit \$60 deferred to 1 July 2018)



Check out website www.rvgc.com.au for 2018/2019 rates

VICE-CAPTAIN CONTINUES HIS UK TOUR

The Vale's Vice-Captain, Mark Peace, made it to Northern Ireland in the last few days to play at Royal Portrush (home of the 2019 Open Championship)

The weather improved from the snow blizzard that hit Europe & the UK a week earlier and Mark was able to play; not sure what the ruling would be with snow in parts of the bunkers!

Royal Portrush also has a claret jug trophy (similar to the Vale's Alan Peace Memorial Trophy), but this one is a replica of Darren Clarke's Open win in 2011.



VOUCHER REDEMPTION

Before spending your vouchers please **check the list** of businesses where redemption can be claimed. The list has been revised so please check to avoid your voucher being rejected.

It is important that members use their vouchers as “bar credits”. This is of great help to our bar revenue which is the club’s main income source. We urge members use vouchers received on presentation night to **top up** their bar credit. If you are concerned you may not have time to redeem the value before 30 June, hold your voucher until 1 July.

JUNIORS

2018 Junior Golf Coaching Sessions - Weekly Term 1 Sessions Start Tuesday 6 February 2018

During **Summer/Autumn (school Term 1)** the **Junior Golf Coaching Sessions** are run **weekly on a Tuesday afternoon from 4:00pm to 5:15pm**. The weekly Tuesday afternoon sessions **begin on 6 February 2018 and finish on 10 April 2018**. The golf coaching sessions are for newcomers to the game and for other children to improve their game. All equipment is provided, and children are welcome to bring their own clubs. For children that have not registered before, a form is attached to this page. Fee is \$5 per session or \$20 for the 10 sessions.

Saturday 9 Hole Junior Competition in 2018 - A Junior 9 Hole Competition is proposed to be run in 2018 **on a fortnightly basis** following the main competition. All RVGC junior members are encouraged to play and juniors from other clubs are invited to play. All juniors should be in attendance at the 1st tee at 1:30pm and the round of golf should be finished around 4:00pm. The Junior 9 Hole Comp will recommence in 2018 - dates yet to be advised - **please use the Member Bookings tab or contact the Pro Shop on 4283 5322 or Phillip Peace, the JPO, on 0411 281 381 or JPO@rvgc.com.au.**

Competition dates in 2018 are yet to be advised.



PINK DAY

Proudly Sponsored by

BODY DYNAMICS ILLAWARRA

Having some joint pain that affects your Golf swing or walking around the course??

Call **BODY DYNAMICS ILLAWARRA** to find out
If you are exercising right for your Health conditions

Phone: 4283 6659

3/249 Princes Highway, Bulli

Proud sponsors of our Annual “Pink Day”.

WIN with Body Dynamics Illawarra’s Movement with Purpose Promotion

Body Dynamics Illawarra is a local Exercise Physiology and Allied Health Clinic whose aim is to assist the general public to move better and live a life of good health through reducing illness and injury with targeted movement programs.

Throughout March we are offering discounts to Russell Vale Golf Club members with the aim to improve your golf and injury prevention. The Exercise Physiology discount services apply until 30th April 2018. The discounts offered include:

- \$20 off our initial consultation,
- \$30 off our 3 month memberships (not including Medicare memberships),
- \$60 off our 6 month memberships

During the initial consultation Body Dynamics Illawarra will be able to identify any 'problem' areas that might lead to injury or be impacting in your performance in golf.

By filling in the slip below and emailing (heidi@bodydynamics.com.au) or dropping it in to Body Dynamics Illawarra (3/249 Princes Highway, Bulli) you will go in the draw to win one of 2 x 3 month memberships including 4 consultations, for one male and one female.

Closing date for this offer has been extended to 17 March 2018. The membership is to be commenced prior to the 30th April 2018 and can be postponed (or membership be held) if the winner is taking a holiday.

Vale John Reid – Passed away Thursday 8th March RIP