



Lynx Ridge Ladies League

Public Welcome

Welcome to the 2019 Lynx Ridge Ladies League

**Early bird registration for returning Ladies League members begins February 1.
Open registration begins on February 18.**

We are looking forward to another great year of golf. As always, our goal is about playing a great game of golf while fostering new friendships, having a lot of laughs, learning more about the game and hopefully improving our game.

This booklet is to help our members both new and returning access information about our league.

Lynx Ridge Ladies League tee times

- Tuesday Mornings (18 holes)
- Tee times starting at 9:00 am
- Tuesday Evenings (18 and 9 holes)
- 18 Hole tee times start at 3:30 pm
- 9 Hole tee timers start at 5:00 pm

Please note that the start times are approximate and vary during the season due to daylight and weather.

Public Ladies League Member packages

- A registration fee of \$500.00 includes 10 (9 hole) rounds of golf or \$750.00 includes 10 (18 hole) rounds of golf.
- Included in this price is the weekly use of a pull-cart and driving range balls.
- Green fee passes can only be used for Ladies League play on Tuesdays.
- Green fee passes are non-transferable with the exception of "Bring a Guest" day.
- These rounds expire at the end of this years' golf season.
- Cannot use these rounds towards Ladies Ridge Cup or Ladies League Closing Event.

Booking Tee Times

- Tee times may be booked maximum one week in advance only by calling into the Pro Shop at (403) 547-5969 or in person up to the Sunday prior at 12:00 pm.
- Morning tee times will be sorted by the Pro Shop. Ladies will be mixed so participants will play with different golfers from week to week. You may request to play with up to one individual by specifying with the Pro Shop. Your exact tee time will be emailed to you.
- Afternoon/evening tee times may be booked as a foursome, threesome, twosome or as a single (the Pro Shop will fill in spaces if less than a foursome is booked). We encourage players to play with different ladies. This is a social league.
- Provide full names of the players in your group otherwise they will not receive a confirmation email of their tee time.
- Members of Lynx Ridge may book using their normal privileges by calling into the Pro Shop or by booking in person.
- For last minute play please call the Pro Shop as there may be space available on the day of play.
- If you are unable to make your tee time we request 24 hours cancellation notice.
- You will receive an email confirmation of your tee time. If you do not have access to email contact the Pro Shop at (403) 547-5969 to confirm your tee time (ensure that the Pro Shop has your correct email address).

Etiquette

- RCGA rule books are available on the Golf Canada website for \$5.00.
- Website for Golf Canada is golfcanada.ca
- Proper golf attire must be worn at all times (no jeans, sweat pants, workout wear, shirts must have sleeves or collars, shorts/skirts must be appropriate length).
- If the Pro Shop feels that you are not dressed appropriately they will gladly sell you some of the fantastic golf attire available in the Pro Shop.
- Do not apply bug spray on the grass. The only place to apply bug spray is on the cart paths.
- Repair all ball marks and use the sand provided to repair your divots.

Arriving at the course

- Check in at the Pro Shop 1/2 hour prior to your tee time
- If you are running late for your tee time call the Pro Shop to notify them at (403) 547-5969. When you arrive, they will fit you in to the next available opening or take you out to join your group.
- The weekly game will be available in the Pro Shop when you check in.
- Check with the starter 10 minutes prior to your tee time. Once the group in front of you has moved safely on, you will be ask to tee off.

Pace of Play

Goal: Play round in 4 hours or less for 18 holes, 2 hours or less for 9.

- Always keep up to the group in front of you. Once the group in front is a safe distance away please be ready to hit your ball (this includes on the fairway and putting surface).
- If you are unable to see the group in front of you increase speed of play or pick up your ball and move on until you catch up to them.
- Be ready. While other people are playing their shots, you should be preparing to play your next shot.
- One practice swing is normally enough.
- Watch shots of everyone in your group. Helps when looking for lost golf balls.
- Pick up if you have reached your max. For beginners, this is double par + 2.

Ready Golf at Lynx Ridge

“Ready golf” is a commonly used term which indicates that players should play when they are ready to do so, rather than adhering strictly to the “farthest from the hole plays first” stipulation in the Rules of Golf.

On the Tee

- The first player ready, plays when it is safe to do so. Shorter hitters should hit first if longer hitters are waiting.
- Carry an extra ball in case you need to re-tee.

On the Fairway

- Proceed to your own ball. If power-carting, drop off rider (with 2 or 3 clubs), then drive to your own ball.
- Hit when ready and safe to do so.

Lost Ball

- Players should play their own ball before helping to look for a lost ball.
- Do not take more than 2 minutes to find a lost ball.

On the Green

- Park carts between the green and the next tee box.
- Line up your putt while others are putting and be ready to play when it's your turn.
- Whenever possible, continue putting until holed out.
- First player in the hole picks up the flag.
- Move quickly off the green, record scores at next tee box.
- Gimmie range is 22” for Tuesday Ladies League play. Have the Pro Shop mark your putter. If your ball is within 22” from the hole, count the stroke and pick up your ball.

Beginner Golf

Written by K. Young for the Lynx Ridge Ladies League. April, 2018

Like any sport, golf requires some coordination, flexibility and endurance. The one difference, however, is the mental aspect of the game. Outside of tournament play, golf is probably the only sport where one really competes with themselves and the actual course.

Beginners often feel intimidated by other golfers and that “they aren’t good enough” to play with others. This is where the healthy mental attitude comes into the picture. Beginners need to understand that the only thing other golfers care about is how quickly you play. Pace of play is critical on any golf course and players often play better with a nice steady pace. New golfers can easily keep pace by picking up their ball. There is no shame in picking up your ball to keep pace. We were all beginners at one time and as the beginner continues with the game and practices good pace of play etiquette, you can have fun with any group you go out and play with.

Some tips and tricks for the beginner golfer include:

- **Practice.** Just hitting the driving range for 15-30 minutes before your tee time can help loosen up your swing, find a rhythm and reduce the chance of injury. This is a good time to work on eye to hand coordination and concentrating on making solid contact with the golf ball. Continued practice creates muscle memory which leads to developing that consistent swing all golfers strive for.
- **Putting.** This is where the beginner golfer can take strokes off the scorecard. A good putter can take 1 stroke to sink that 20 footer when the more experienced golfer may have gotten to the green in 2 but still takes 3 putts to get it in the hole. Par 3’s are usually where the beginner golfer can get a good score if their putter works!
- **Keeping pace.**
 - More than 1-2 practice swings is too much – you’re just wasting the swing and tiring yourself out.
 - Try 2 out of the sand, then throw it out...again, nobody cares.
 - Par 5’s can be difficult for the beginner...give yourself a break: if you’re still a mile away and it’s your 4th or 5th shot, just pick it up and start putting. Save some stamina for the next par 5!
- **Scoring.** Again, nobody cares about your score except you! (Tournament play is the exception as you really are competing with others.) As a beginner, unless you’re competing for a prize, don’t worry about your score. With league play, if you have a bad hole, no worries. Place an X on that scorecard for that hole and the pro shop will know it was over double par +2. Eventually, with continued play, keeping score and establishing a handicap will help you see improvements in your game. It can be thrilling to finally score under 100 for 18 holes. Set those goals for yourself.
- **Attitude.** Remember that golf is “one hole at a time” and “you’re only as good as your last hole”. Frustration and trying harder actually makes you play worse. Go out and have fun, get some exercise and enjoy the outdoors with friends.

Handicaps

- Handicaps allow you to compete with everyone. The best way to create a fun and competitive environment with golfers of varying golf ability is through the use of handicaps.
- Establishing a handicap is a necessity for all golfers trying to take one of the “next steps” in improving their game. By creating a handicap, you open yourself to more ways to better your game.
- Keeping a handicap is a great way to track your improvement throughout the season. As you improve, you can expect to see your handicap gradually go down. You can even use your handicap posting service to track your game statistics like number of putts, fairways hit in regulation, greens hit in regulation, etc. which will give you valuable information on areas where you might need to focus your learning and practice.
- Ladies League, club tournaments and competitive amateur tournaments require a handicap. When playing in these events, you will play alongside golfers of all levels.
- A handicap is not required to join the league, your scorecard will be collected at the pro shop for handicap calculation. A minimum of 5 scorecards is needed to calculate a handicap.
- For help with determining your handicap contact one of our Ladies League coordinators. They will assist you in registering for RGCA’s gold membership as a Calgary Public member or you can check out the RCGA website at golfcanada.ca

Games

- Are played every Tuesday morning and Tuesday afternoon/evening.
- There will be a Bring a Guest Night in the months of June, July and August. Please refer to the schedule below.
- Winners of prizes will be announced on the day of play.
- If you are not present to receive your prize it can be picked up in the Pro Shop.
- In the event of rain or a turnout of less than 10 ladies prize money may be put towards the closing tournament prizes.
- Games will be changed up every week.

May 7	Blind Partner
May 14	Count Your Putts
May 21	Sand & Surf (Combined Ladies League - 5:00 pm start)
May 28	Skill
June 4	International Women’s Golf Day
June 11	Picasso (Bring a Guest)
June 18	The String Game
June 25	Snake

July 2	What 4's
July 9	Count Your Putts (Bring a Guest)
July 16	Trouble
July 23	Hate'm
July 30	Blind Three Hole Throw-out
August 6	Skill
August 13	Blind Partner (Bring a Guest)
August 20	What 4's
August 27	3 Clubs and a Putter
September 3	Trouble
September 10	Sand & Surf

- Group score cards are handed into the Pro Shop once you are finished playing the front 9. For those playing more than 9, individual score cards are to be handed into the Pro Shop after game play is done.

The Lucky Lynx Pot

- \$5.00 entry fee
- Two winners will receive a portion of the money collected on Ladies League day.
Birdie hole – each week will alternate between hole #5 and hole #8
50/50 draw – proceeds towards the Girl's Junior Golf Program
- You can sign up in the Pro Shop when you check in at the course.
- This is for all handicaps

Cancellations

- Weekly games are seldom canceled unless it is unsafe to play due to extreme weather.
- The Pro Shop appreciates 24 hours to cancel your tee time. To cancel simply call the Pro Shop at (403) 547-5969.
- Dinner and drinks will be available even if the league play is canceled. Come out and socialize.

Golf Skills Clinic

We will be offering clinics throughout the season at a minimal cost. If you are interested call the Pro Shop at (403) 547-5969. These clinics are a great way to improve your driving, chipping, sand and putting skills.

Lynx Ridge Golf Dates

April 16th	Ladies Meet & Greet and Interclub Registration
May 7th	Ladies League Opening Day (tentative)
June 4th	International Women's Golf Day (open to the public)
July 1st	Fun Tournament and Fireworks (open to the public)
August 17th & 18th	Ridge Cup (open to all LR Ladies Members and all Lady League Members)
September 10th	Last Tuesday League Games
September 15th	Ladies League Closing Event (open to all LR Ladies Members and all Lady League Members)

Ladies Ridge Cup

- This is a fun tournament. Teams are set up by the Pro Shop and we try to keep them as even as possible (handicaps are needed).
- Cost
 - \$50.00 for Lynx Ridge members
 - \$50.00 for Public Ladies League members (green fees are extra)
- 2 days of golf
 - Saturday – 18 Holes of golf followed by appetizers and drink specials.
 - Sunday – 18 Holes of golf followed by dinner and prizes.
- The winning team gets bragging rights and a little something extra.

Ladies League Closing Event (Included in Public Ladies League Fee)

- This is a fun tournament to celebrate our great year of golf (handicaps needed)
- Teams are chosen by the Pro Shop
- Cost
 - \$50.00 for Lynx Ridge members
 - Public Ladies League members cost is included in the League Member Package (green fees are extra)
- Great day of golf followed by a delicious meal
- Team prizes and proximity prizes
- Best costume prize
- Short Ladies League update and accomplishment speech

Ladies League Contact

Val Olmstead – Ladies Club Captain lynxridgeladiesclub@gmail.com

Lynx Ridge Contacts

Pro Shop (403) 547-5969

Tyler LeBouthillier – Head Professional headpro@lynxridge.com

Tyler Cook – General Manager

LYNX RIDGE LADIES LEAGUE REGISTRATION FORM

Please complete your information below. This information is only for the use of the Lynx Ridge Ladies League and is confidential.

For Lynx Ridge members registration cost will be charged directly to your account.

EQUITY MEMBER _____ PUBLIC _____ Date _____

First & Last Name _____

Address _____ City _____ Postal _____

Telephone _____ Email Address _____

PLEASE SELECT ONE OPTION

Lynx Ridge Member \$50

Public Ladies League Options

\$500 includes 10 (9 hole) green fees

TOTAL OWING

\$750 includes 10 (18 hole) green fees

I acknowledge the information provided will become part of the record of participants that will be kept by the Lynx Ridge Ladies League. I understand and will adhere to the handbook rules and expectations.

Signature _____

Payment Options

E-Transfer Visa/MasterCard Debit Cheque Cash

**Send e-transfers to payment@lynxridge.com & use password Lynx*

Credit Card Information:

Name on Card _____ Card Number _____

Expiry Date _____ CVD _____ Signature _____

Volunteering

If you are interested in assisting the planning of any of the tournaments please let us know.

Women's Golf Day

Ladies Ridge Cup

Ladies League Closing Event