



**October 17, 2024**

# **AN UPDATE FROM THE HEAD GOLF PROFESSIONAL**



## **COLD FACE TOWELS**

- You will notice that there are now refreshing cold face towels available at the ice and water stations at the Cabana, Hole #7, and Hole #15. Please place used towels in the correct bins marked "Towels" in the cabinets.

## **GOLFER HYDRATION**

- Would you like your golf scores to go down? Who wouldn't? My "Summer Tip from the Head Golf Professional" is that we all know here in Southwest Florida the heat can be a major issue when outside. Here are a few tips I have learned over the years to help you stay hydrated while playing golf. Drink at least one glass of water BEFORE playing, then have one glass at each water station while playing (#7, then at the turn and again at #15), then one glass after playing. This will help you feel better, perform better and help you avoid muscle cramps. Avoid beverages such as coffee, soda and beer (sorry) while playing as they all contain dehydration properties (and beer after golf is NOT water). If you choose to drink beer after golf have a glass of water first.

## OCTOBER-DECEMBER GOLF SHOP SCHEDULE

- The Golf Shop will be open seven days a week from 7:00am-5:00pm

## GOLF CART RETURN RULE

- Reminder that in the golf section of the Worthington Rules and Regulations #1a states “club provided carts must be returned by dark, or 7:00pm, whichever comes first.”

## “SEE SOMETHING, SAY SOMETHING”

- If you see something going on in a golf area that you think is wrong during the hours of 7:00am-5:00pm, please let the Golf Shop at 239-495-1750 know right away. If it is after those hours, please email me at [headpro@worthingtoncc.net](mailto:headpro@worthingtoncc.net). Please take pictures of the incident. Without pictures and a phone call it can be almost impossible to do anything about it. It takes all of us here at Worthington CC to make our community strong.

## “CART PATH ONLY” ON ALL PAR 3 HOLES (#5, #7, #13, #16)

- Reminder that the club rule is that all PAR 3 HOLES ARE ALWAYS CART PATH ONLY EVERY DAY OF THE YEAR. (including blue handicap flags)