



OCTOBER 2020

THE RIVER

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Our Coronavirus Action Plan & Rules

We are committed to continuing to provide a safe environment for all of our patrons. We are happy to be open for your enjoyment and relaxation during these unprecedented times. At the same time, we request your cooperation with the safety precautions outlined below. We are confident that you all will use common sense in practicing social distancing, appropriate sanitary measures and other safety precautions to limit possible spread and exposure to coronavirus. We also want to remind you that this remains a fluid situation and may change at any time, so keep checking back for updates!

GREAT RIVER GOLF CLUB IS CURRENTLY OPERATING AS FOLLOWS:

Monty's River Grille is now OPEN for takeout, inside dining and outside dining on the patio! Because space is limited, reservations must be made in advance by calling us at (203) 701-0051. Masks or face coverings must be worn at all times, except when eating or drinking. For menus, please visit the Dining page on our website.

Monty's River Grille Hours:

Tue-Thu – 11:00 am - 8:00 pm

Fri-Sat – 11:00 am - 9:00 pm

Sun – 11:00 am - 6:00 pm

Mon – Closed

GOLF COURSE POLICIES

Hours of Operation:

Tue-Thu – 8:30 am - 6:30 pm

Fri-Sun – 8:00 am - 6:30 pm*

Mon – Closed

**The first few hours of play on weekends are reserved for Members Only. Public golfers can book tee times for 12:30 pm and later.*



- To best prepare for the safety of our golfers and staff, **tee times are required** and walk ups are not permitted.
- Please indicate at the time of booking if you will need a cart, pushcart or will be walking. See below for rules on cart use.
- We strongly recommend all patrons **wear a mask or face covering** when coming to the club. Our staff members are required to wear masks. Masks are required while inside the Pro Shop & Locker Room.
- Please use common sense and be respectful of social distancing guidelines. These rules apply not only to all golfers, but also to our staff. Players waiting to play should always practice social distancing.
- If you do not feel well – STAY HOME!

FACILITIES & SERVICES

- Carts and push carts will be thoroughly sanitized by our staff prior to your arrival and again once you are finished.
- **Bag Drop & Bag Storage services are in full effect.** The golf staff will disinfect all bags with a high temperature steam gun after each round.
- **Club cleaning service** will be done after your round, regardless if your bag is staying or going. If you are taking your bag, the golf staff will disinfect your bag, clean your clubs, and bring them up to the Bag Drop

area.

- **Locker rooms are open.** However, no more than 10 people may be in the locker room at one time.
- **The driving range** will operate on the following schedule:
 - Monday - Closed
 - Tuesday-Friday - Mats All Day 7:30am-6:00pm
 - Saturday & Sunday - Upper Range until 2:00 pm, Mats 2:00 pm - 6:00 pm
 - Starting October 12, we will be on the mats for the remainder of the season.
 - *NOTE: If the teeing area for the day is getting severely damaged, the golf staff reserves the right to move the range to mats if needed.
 - With limited hitting bays, we ask that members not practice on the weekends between 7:00 am - 12:00 pm.
- **The Pro Shop is open for shopping!** Masks or face coverings must always be worn when inside. We have installed a hand sanitizing station at the entrance for your use, as well as a plexiglass barrier at the counter. No more than 4 customers may be allowed inside the shop at one time. If you see that 4 people are already inside, please wait to enter. We also ask that you maintain a social distance of six feet with all other patrons as you shop. Any customers who do not follow these guidelines may be asked to leave the shop.
- **The Snack Bar is open for service Tuesday through Sunday from 7:00 am – 5:00 pm.**

COURSE PLAY

- **Carts**
 - At this time, 2 players may share a cart. However, both golfers must be wearing a face covering while in the cart. The driver of the cart must remain the only driver of the cart throughout the round.
 - Members of the same household are not required to wear a mask while sharing a cart and may alternate drivers, provided both drivers meet all other requirements.
 - “Hitching a ride” while on the course is prohibited.
- **Cart Path Only** will be in effect on Hole 7 & Hole 17
- **Flagsticks, rakes, and benches may be used.** These and other high-touch items will be cleaned frequently.
- Ball washers, water coolers, and used tee baskets will remain off-limits.

Thank you for your support and cooperation as we continue to adjust to these ever-changing regulations and guidelines. We will do our best to communicate all updates regarding golf in our state and here at Great River. We will continuously reevaluate the situation based on the climate and federal and state guidance. Please feel free to reach out to a staff member with any questions or concerns you may have. See you out on the course!

- The Great River Golf Club Staff

Membership Update



We would like to welcome the following new members to Great River Golf Club. We are looking forward to having you as members!

KYLE BIRDSALL
TERRY BOCK
RYAN BOEHM
MICHAEL DAIUTO
DANE DORTA
STEPHEN EPIFANO
MIKE FISHOFF & BELINDA BARBIERI
KEVIN GRIER
SCOTT HAMMERSLA
ALEX HIPPI
CHRIS KINNEY

ANTHONY MARCHITTO
ROBERT MOORMAN
MICHAEL MORITZ
BERK & SUSAN NOWAK
JORDAN PARSLEY
MATT RULLY
AHMAD SIDDIQI
TJ TRIMBOLI
MICHAEL TROFA
JOHNNY VITTI
JOE YURMAN

We would like to welcome the following members back to Great River Golf Club. We are glad to have you back!

MIKE OREFICE
RICK ROSEN

Food & Beverage

Dear Members,

As mentioned in our last newsletter, autumn is truly a beautiful time of the year, especially in the culinary world. The colors are warm and vibrant and fruits & vegetables become riper and tastier during this season. Look for sweet root vegetables, sturdy winter squashes, hearty green vegetables ie. broccoli, spinach, kale, celery and artichokes, to crisp apples, juicy pears and whole grains. With this being said, Chef Matt & his team have been working on new Lunch and Dinner Menus. Expect to see new Monty's menus, the Fall/Winter version will be replacing our Late Summer Menu within the next couple of weeks.

If you have not heard, Governor Lamont recently announced that Connecticut will move into Phase 3 of reopening beginning on October 8th. This is great news for us here at Great River and Monty's River Grille, as the temperatures are beginning to drop and outdoor dining is less desirable. We will now be able to seat up to 75% capacity inside the dining room. We still recommend that you make reservations in advance. The Bar will remain closed until a future reopening phase goes into effect.

Our events tent will remain up outside on the Fireplace Patio until at least October 31st, and we will continue to hold weddings and other events in that space until then. Our team is evaluating the best way to safely transition into holding events inside the ballroom, and we will keep everyone informed as we make those decisions.

Thank you for your patience during these challenging & difficult times.

As, always we look forward to serving you, your family and friends!

Sincerely,

Dan Piccoello
Food & Beverage Director

Matthew Adkins
Executive Chef





Family-Style Take Out Menu

(203) 701-0051

Pick up between 11 am to 6 pm daily
Please allow 24 hours notice for all orders

Entrées

Full Tray serves 8-12 | ½ Tray serves 4-6

Baked Ziti with Italian Meatballs

red sauce

Full Tray: \$70

½ Tray: \$35

Sausage, Onions, Peppers and Penne

red sauce

Full Tray: \$100

½ Tray: \$50

Sausage, Broccoli Rabe and Penne

red sauce -or- oil & garlic

Full Tray: \$100

½ Tray: \$50

Grilled Chicken, Onions, Peppers and Penne

red sauce

Full Tray: \$100

½ Tray: \$50

Grilled Chicken, Broccoli Rabe and Penne

red sauce -or- oil & garlic

Full Tray: \$100

½ Tray: \$50

Chicken Marsala

with Mashed Potato and Mixed Vegetables

Full Tray: \$100

½ Tray: \$50

Chicken Piccata

with Mashed Potato and Mixed Vegetables

Full Tray: \$100

½ Tray: \$50

Chicken Francaise

with Mashed Potato and Mixed Vegetables

Full Tray: \$100

½ Tray: \$50

Eggplant Parmigiana with Penne Pasta

red sauce

Full Tray: \$50

½ Tray: \$25

Caesar Salad

croutons, parmesan cheese, Caesar dressing

Full Tray: \$60

½ Tray: \$30

add grilled chicken: \$6/person

Mesclun Salad

carrots, tomato, cucumber, balsamic dressing

Full Tray: \$50

½ Tray: \$25

add grilled chicken: \$6/person

add crumbled gorgonzola cheese: \$3/person

Reheating Instructions:

Preheat oven to 350°F. Leave covered and cook for approx. 1 hour, or as needed until internal temperature reaches 165°F.

Appetizers

Shrimp Cocktail

cocktail sauce & lemon

4 – \$12 ♦ 8 – \$24 ♦ 12 – \$36

Crab Cakes

remoulade & lemon

2 – \$14 ♦ 4 – \$28 ♦ 8 – \$56

Jumbo Chicken Wings

bleu cheese, carrots & celery

choice of sauce: tossed or traditional, buffalo, bbq, or liquid gold

7 – \$13 ♦ 14 – \$26 ♦ 21 – \$39 ♦ 28 – \$52

Beverages

Beer

Miller Lite – \$5

Coors Light – \$5

Bud Light – \$5

Heineken – \$5.50

Budweiser – \$5

Corona – \$5.50

Wine by the Bottle

Pinot Grigio (Vicolo, Italy) – \$26

An elegant, crisp style, with citrus aromas and floral notes. Delicate, rich, and refreshing.

Sauvignon Blanc (Kendall-Jackson, California) – \$28

Luscious honeysuckle, ripe pear & fresh lemongrass, medium-bodied.

Chardonnay (Kendall-Jackson, California) – \$34

Pineapple, mango, and papaya with citrus notes that explode in your mouth.

Rose (Prophecy, France) – \$30

Delicate and bright with layers of fresh strawberries, raspberries and a hint of white peach.

Pinot Noir (Bridlewood, California) – \$34

Dark fruit of raspberry & dark cherry meld with hints of caramel & toffee on the palate.

Cabernet Sauvignon (J. Lohr, California) – \$34

Intense fruit aromas of black cherry and plum are accented by a bouquet of hazelnut.

Cabernet Sauvignon (Joel Gott 815, California) – \$44

The wine enters sweet on the palate, well-structured and with firm tannins.

Chianti (Querceto, Italy) – \$30

Bold & Rich with spice, pepper dried cherry and oak. Long finish.

Please notify your order taker of any allergies or dietary concerns prior to ordering. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.



Lunch Menu – Summer 2020

Call for Takeout! (203) 701-0051

Starters

Soup of the Day

Cup — 4 Bowl — 6

Housemade Crispy Tortillas & Guacamole — 12

Served with fresh pico de gallo

Colossal Shrimp Cocktail — 4 each

Horseradish cocktail sauce, lemon

Point Judith Calamari — 14

Banana peppers and olives, served with marinara sauce

Plates & Things

Blackened Fish Taco — 16

Fresh blackened catch of the day, shaved lettuce, pico de gallo

Jumbo Chicken Wings — 13

Your choice of sauce: tossed or traditional, buffalo, bbq, or liquid gold. Served with bleu cheese, celery, and carrots

Quesadilla — 10

Caramelized peppers & onions, cheddar jack cheese, salsa, sour cream
add chicken — 3.50

Build Your Own

Sandwich

All of our deli sandwiches are layered with beef steak tomato and leaf lettuce. Pressed or not pressed. Served with a kosher dill pickle and your choice of house made chips, fries, or coleslaw

Deli — 12 Club — 14

MEAT

In-House Slow Roasted Turkey, Pastrami, Black Forest Ham, Albacore Tuna Salad, Bell & Evans Chicken Salad

CHEESE

American, Vermont Cheddar, Wisconsin Swiss

FRESH BREAD

White, Wheat, Rye, Wrap, Portuguese Roll

Salads

Caesar — 12

Romaine, roasted tomato, garlic croutons, parmesan, creamy Caesar dressing

Strawberry Salad — 12

Baby arugula, fresh berries, toasted pistachios, cucumber, radish, scallion, feta cheese, mint, strawberry balsamic dressing

Great River Cobb — 13

Beets, tomatoes, cucumber, raspberries, candied pecans, crumbled bleu cheese, applewood bacon, hard cooked egg, mesclun

Add to any salad:

Tuna Salad — 3.50 Chicken Salad — 3.50
Grilled Chicken — 6 Shrimp — 4 each

Sandwiches, Burgers + Dogs

Served with a kosher dill pickle and coleslaw, plus your choice of house made chips or fries

Rachel or Reuben — 14

Your choice of roasted turkey or pastrami with sauerkraut, Swiss cheese and Russian dressing

Italian — 14

Capicola, pepperoni, prosciutto, salami with sliced provolone, baby arugula, sun dried tomato aioli and olive tapenade. Served on a butter pressed

Portuguese roll

Burger — 13

Char grilled with Monty's seasoning
add cheese — 1 add bacon — 1.50
add fried egg — 1.50

Burger of the Day — 16

Chef's daily creation

Jumbo Hot Dog — 8

Dog of the Day — 12

Chef's daily creation

Light Lunch

Half Sandwich & Cup of Soup — 12



Starters

Soup of the Day

Cup — 4 Bowl — 6

Homemade Crispy Tortillas & Guacamole — 12

Served with fresh pico de gallo

Colossal Shrimp Cocktail — 4 each

Horseradish cocktail sauce, lemon

Point Judith Calamari — 14

Banana peppers and olives, served with marinara sauce

Jumbo Chicken Wings — 13

Your choice of sauce: tossed with buffalo, bbq, or liquid gold sauces. Served with bleu cheese, celery, and carrots

Steaks & Plates

8oz Filet Mignon— 38

Roasted garlic buttered shallots & mushrooms, rosemary Yukon potatoes, balsamic asparagus

16oz Black Angus Ribeye Steak— 42

Fresh herb butter, buttermilk mashed potato, garlic spinach, crispy Tabasco onions

Bronzini— 28

Crispy eggplant, baby arugula, fresh mozzarella, gazpacho sauce, olive oil drizzle

Day Boat Scallops— 28

Roasted garlic mashed, roasted plum tomato, fresh mozzarella, basil, balsamic reduction

Veal Saltimbocca— 28

San Daniele prosciutto, melted gruyere, wilted greens, mashed potato, lemon butter sauce

Chicken Francaise— 24

Mashed potato, wilted greens, white wine sauce

Fettuccini Carbonara— 20

Bacon and peas in a creamy Alfredo sauce over fettuccini

add chicken — 4

Broccoli Rabe, Sausage & Pasta— 24

Broccoli rabe, white beans, red roasted peppers, Italian sausage, sautéed in extra virgin olive oil, garlic and lemon finished with Grana Padano, tossed with Gemelli Pasta

Salads

Caesar

Large — 12 Small — 6

Romaine, roasted tomato, garlic croutons, parmesan, creamy Caesar dressing

Strawberry Salad

Large — 14 Small — 7

Baby arugula, fresh berries, toasted pistachios, cucumber, radish, scallion, feta cheese, mint, strawberry balsamic dressing

Chicken Milanese — 24

Baby arugula, tomato, parmesan, lemon, extra virgin olive oil, balsamic drizzle, lemon caper butter

Great River Cobb — 14

Beets, tomatoes, cucumber, raspberries, candied pecans, crumbled bleu cheese, applewood bacon, hard cooked egg, mesclun greens

Add to any salad — 6

Tuna Salad | Chicken Salad
Grilled Chicken | Crispy Chicken

Small Things

Blackened Fish Taco — 16

Fresh blackened catch of the day, shaved lettuce, pico de gallo

Quesadilla — 10

Caramelized Poblano, Bell peppers & onions, cheddar jack cheese, cilantro, salsa, sour cream

add chicken — 3.50

add blackened catch of the day— 6.00

Burger — 13

Char grilled with Monty's seasoning

add cheese — 1 add bacon — 1.50

add fried egg — 1.50

Burger of the Day — 16

Chef's daily creation

Greens & Grounds

Greens and Grounds Update

September brought in fall weather that allowed our department to widen our scope on the property and begin fall projects. We finished multiple tee renovations and have plans for more. We cut down the fescue for seasonal maintenance and began clearing brush to open up views of the river. We look forward to working on the corners of the course and details around the property that will help make Great River show its greatest attributes through sight lines and improved vistas.

Fall 2020 Tee Box Renovation Project Update

We completed resodding the black and blue tee on number 10, the blue tee on number 15 as well as our nursery behind the first tee. We uncovered a number of soil issues that were detrimental to plant health in already stressful growing environments. As part of our Tee Box Renovation schedule, we will begin the same work on #15 White Tee in early October. We have decided that the Blue & White Tees will remain closed for the remainder of the 2020 season in order to fully establish and have brand new untouched surfaces for the Spring of 2021. The back tee and the forward tee on #15 will be used for the remainder of the 2020 season. At the close of this golf season, we will perform renovation work on the remaining two tees, allowing us to provide all four brand new tee boxes for the Spring 2021 season opening.

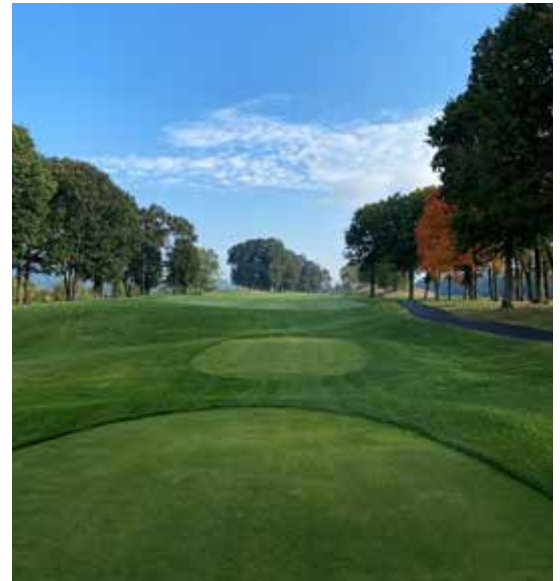
We have also made the decision to renovate the White and Green Tee Boxes on #4 this fall. These two tees experience heavy traffic and a high number of divots given the design of the 4th Hole and option to play a tee shot with club less than driver. We will be expanding the size of these two tees in order to maximize divot space and healthy turf to play from on a day-to-day basis.

Golf Course Aesthetics

The crew cut back the fescue for seasonal maintenance that will ensure a more resilient and pure growth within the next few years. The reclaiming of fescue native areas is typically a 3-5 year program at most facilities in the Northeast US, and each year there are practices that we must take on in order to ensure plant health and prevent the growth of undesirable weeds. We are working hard to implement our native management programs and are slowly beginning to see positive results as we believe this is an area of the course that provides a great deal of character to the Great River property.



We are beginning to work on opening vistas to the Housatonic River that captures the unique natural features we possess across our beautiful property. We have also begun looking into additional opportunities across the course to improve natural aesthetics and open sight lines between holes that will highlight the incredible forms and features present here at Great River with careful selective tree pruning and lower brush management.



The Greens & Grounds Department greatly appreciates the divot assistance we have seen out on the tee boxes and fairways. We are working to be more diligent with our divot repair and now have a bit more time to fill the voids and prepare ourselves for the healing temperatures that come in the fall months. As COVID protocols continue to adapt, we will make divot mix more accessible on the holes that receive the most wear and tear from play. We greatly appreciate the efforts of the members in assisting us with ball mark repairs and filling divots as this has greatly helped our Greens & Grounds team throughout a difficult 2020 season and the maintenance challenges presented by safety protocols. Thank you once again.



Continuing Education

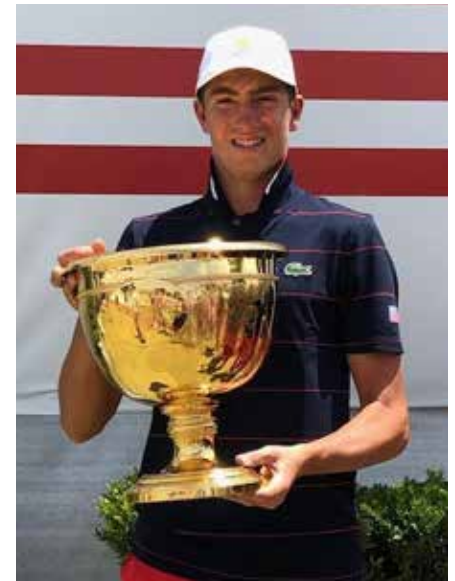
This fall our two Golf Course Turfgrass Management Interns have begun their pursuits to obtain degrees in Turfgrass Science to prepare them for Assistant Superintendent positions. Jake Kay was accepted into Rutgers University's Professional School of Turfgrass Management for the Fall of 2020 and is taking his classes remotely this semester while continuing work on site with us here at Great River. Evan White was accepted into UConn's Ratcliffe Hicks School of Agriculture this fall as a freshman. Evan is currently attending classes at the Main Campus in Storrs, and he will also be returning to Great River over the upcoming winter break and 2021 summer season ahead. They were both invaluable additions to the crew this season, and we are excited about the future for our new and growing Turfgrass Internship Program here at Great River.

- Steve McDonald

Tom Rosati Golf Academy

Great River's Tom Rosati and his Golf Academy continues to be the top hub for Connecticut Player Development

For 20 years, Great River's former Head Pro and current Director of Instruction, Tom Rosati, has been a consistent force in developing junior golfers throughout Connecticut – and this year is no different. In fact, this season in particular has seen an incredible amount of success from both our junior golfers and amateur golfers from all over the state. The most notable talent is Ben James, who this year received an exemption into the U.S. Amateur at Bandon Dunes based on his world golf ranking points. Ben is currently ranked one of the top 10 junior golfers in the world. There is also Sophia Sarrazin, the 15-year-old sensation who recently won the Connecticut Women's Amateur Championship and is already a winner on the AJGA Tour.



But the success does not stop with just these two stellar junior players! In the amateur rank, five out of the eight players in the quarterfinals of the Connecticut Amateur this year were Rosati's students, and three out of the four were in the semi-finals, with two of his students, Cody Paladino and Chris Fosdick, battling in the finals. Fosdick, a 19-year-old star, shot eight under 63 against Paladino to win the State Amateur. Ben Day was the other semi-finalist, who was last year's CT Mid Amateur Champion. Adam Friedman, another young star, was a Quarterfinalist in the Amateur and was medalist at the Connecticut Open Qualifier and the Metropolitan Amateur Qualifier.

And then there's the professional level, where former Sacred Heart University star, Josh Salah, has had two wins on the Asian Development Tour.

These are just some of the players that are experiencing success, but there are plenty of others. Seventeen-year-old Jake Ivan-Pal recently medaled in the Metropolitan Junior Amateur Qualifier, and Kyle St. Pierre was a runner up in the CT Junior Amateur. Jackson Roman, another 17-year-old upcoming star, recently went on a tear winning three events in a row – one them an AJGA tournament, firing a first round 64!

Connor Anstis won our Men's Club Championship and has made astonishing improvements since the beginning of the season. In fact, the Club Championship was the very first tournament he has played in – and he won! Darlene Tranquilli won the Women's Club Championship with two great rounds of 75-76. Also, Chris Fosdick won the CSGA Tournament of Champions with a 66 over another TRGA student, Cody Paladino, who shot 67. Paladino, though, will take the Player of the Year crown over Fosdick. These gentlemen are the two best amateurs in Connecticut.

It's worth noting that Tom's portfolio of students includes the reigning Men's Connecticut Amateur Championship (Fosdick) and the Women's Amateur Champ (Sarrazin) as students. On the Great River side of things, his students include both the reigning Men's & Women's Club Champions (Anstis & Tranquilli).

“Many of my players progress through my junior programs at a very young age,” explained Rosati. “My Level of Achievement Program that we use motivates kids to excel. The program is basically a tiered system, where the kids achieve different goals as they work their way up through levels. Each level has different skill goals and written tests. Each time a student achieves complete success at a level, they move on to the next. Sometimes, it’s the next camp or clinic, or maybe next year, but it keeps them working towards the ultimate goal which is to be the best player they can be.”

Having a great staff is a huge key to the success of our players. The head men’s and women’s golf coach of Sacred Heart University, Coach Matt McGreevy, has been working alongside Tom for 16 years. He, too, has a core of stable players that have shown success throughout the years. One of these is the top player on the SHU men’s team, Saptak Talwar, who recently just finished 7th in the Connecticut Open. This year, we added another great instructor in Peter Pulaski, a PGA member and former Connecticut Section Teacher of the Year, who has been a credible asset to our programs. Alongside of him is Steve Sokol, the golf coach at Post University and former winner of the Connecticut Open and buy.com tour player. Having Steve and Peter on the staff is huge benefit to the overall golf instruction department here at Great River.



The world-class facilities at Great River are an essential part of the success of Rosati’s programs to hone the talents of these players. A fantastic practice facility and short game area, along with an indoor learning center equipped with state-of-the-art learning technology, allows for year-round training which is key to becoming a great player.

Great River has also established a solid TPI Fitness Training program, with a level III TPI physical therapist, Jason DeSombre. We’ve established programs for middle school, high school and college players as well as adults and seniors.

“Getting my players stronger and more mobile helps me get them to swing the way I want them to and prevent injuries,” said Rosati. “TPI is a huge plus to the program. I always tell my players that the real training occurs in the off-season – that is when you make the most progress.”

For more information on lessons, camps, or clinics, contact the Tom Rosati Golf Academy at (203) 876-8051, x117 or email Tom at tom@grgolfclub.com.

TOM ROSATI



GOLF ACADEMY

TRGA Student Spotlight

DARLENE TRANQUILLI 2020 WOMEN'S CLUB CHAMPION

When certain students perform the motion perfectly, as Darlene does, sooner or later they're going to win tournaments. The images below show two key positions in the swing, and Darlene does better than anyone.

Figure 1 shows the top of the swing and the shape of her arms; the left arm matches the shoulder line and the right arm is in a perfect set position. The club shaft is positioned parallel to the target line. From there she drops the club into the magic position where the shaft points at the target line as shown in Figure 2. What's even better is that her body is in a perfectly balanced and athletic position, ready to deliver the club to impact. Once in this position it's pretty hard to screw up! So, forget the unconventional players on tour who have weird backswings -- it works for them because they're world class athletes that's why they're on tour! But for the mere mortals like us, these conventional positions make it easier to hit the ball solid. If you want to be a better ball striker, you must hit these two positions. Many players I teach can do it, it's just a matter of practice and focus. The off-season is a great time to make these changes, get back on track, and hit the same positions as Darlene.



FIGURE 1



FIGURE 2

Titleist Performance Institute Golf Fitness Program

**Jason DeSombre: Certified TPI Fitness and Medical Professional and
Tom Rosati: PGA Golf Professional**



Our Program Includes:

TPI Golf Movement Screening

These functional movement tests help us understand details of your golf motion and identify your strengths, weaknesses, and any imbalances that affect your golf swing.

3-D Motion Golf Swing Analysis Using the K-Vest

The K-Vest is a vest that you wear that has three electromagnetic sensors that generate a computer aided profile of your golf swing. Using the data collected through the powerful 3D motion capture software, we're able to analyze the efficiency of your golf swing and how well you generate speed and energy through your body in a golf swing and determine the most efficient way to swing.

Boditrak Force and Pressure Mat

This force & pressure measurement systems is used to assess movement patterns and ground interaction by measuring pressure points in your feet while swinging.

6-Week Fitness Program

After evaluating all the data, we design a custom program that will address the functional restrictions, so you can move better and improve your golf game.

Golf Fitness Training

We offer weekly golf fitness training which involves Jason personally training the student through the TPI fitness program in conjunction with Tom working to improve golf swing mechanics using high speed video, K-Vest motion analysis and the Boditrak pressure technology.



Initial TPI Functional Movement Screening and K-vest swing analysis

Cost: \$200.00
Great River Members: \$180.00
SHU faculty and Alumni: \$150.00
Juniors and SHU students: \$150.00

Golf Fitness training session

Cost: \$150.00; six sessions for \$800.00
Great River Members: \$130.00; six sessions for \$700.00
SHU faculty and Alumni: \$100.00; six sessions for \$540.00
Juniors and SHU students: \$100.00; six sessions for \$540.00

Golf Fitness training session group rates

2 people
Cost: \$80.00 per student
Great River Members: \$70.00 per student
SHU faculty and Alumni: \$60.00 per student
Juniors and SHU students: \$60.00 per student

3-4 people
Cost: \$60.00 per student
Great River Members: \$50.00 per student
SHU faculty and Alumni: \$40.00 per student
Juniors and SHU students: \$40.00 per student

**every student must complete the TPI screening before starting the fitness program*

To set up an appointment, call 203-876-8051 ext. 117 or contact us through email at tom@grgolfclub.com

Pro Shop Corner

At this time, all guests must wear a face covering or mask while inside the shop. No more than 4 customers may be allowed inside at one time, and all shoppers must maintain a social distance of 6 feet with others. Any customers who do not follow these guidelines may be asked to leave the shop.

We are also happy to take special orders and will work with you to coordinate a contactless pick-up!
To place an order, contact Karin Attolino at (203) 876-8051 x111 or karina@grgolfclub.com

OCTOBER SALES

All Footwear 30% off

Summer Shirts & Shorts Sale

All Short Sleeve Shirts/Shorts

Buy 1 piece 20% off

Buy 2 pieces 30% Off

Buy 3 or More 40% off

New johnnie-O Fall Collection

arriving 10/15/20

Tournament Club

Player of the Year & Ryder Cup Standings

We are almost at the end of the season and that means its almost time for the Ryder Cup. The Ryder Cup is the top 16 point leaders from the player of the year points that are split into two divisions. The teams will compete in a Ryder Cup style battle over two days (October 10-11).

Here is the current top 20 point leaders. We will go down the list by points for alternates if players in the top 16 can not play.

John Yavorka	122
Ryan Blair	91
William Doolittle	90
Darlene Tranquilli	89
John Doolittle	86
Thomas Yavorka	85
Matt McKinnon	84
Matthew Maleri	79
Sean O'Rourke	69
William Demeo	65
Connor Anstis	63
Andrew Acquarulo	59
Mack Fuller	59
Paul Sobel	59
Jim Chacho	57
Jeffrey Magid	57
John Marino	56
JJ Van Aman	55
Robert Intravia	52
Alex Cardona	51



2020 Great River Open

We are down to the finals! Good luck to **Thomas Yavorka** and **Duncan McCuaig** in the 2020 Great River Open championship match.

~~Round 1 Match Deadline: June 14th~~

~~Round 2 Match Deadline: July 19th~~

~~Round 3 Match Deadline: August 23rd~~

~~Round 4 Match Deadline: September 13th~~

~~Semi-Finals Match Deadline: September 27th~~

Finals Deadline: October 4th

Closing Day Tournament & 2020 Champions Dinner

Friday, October 16th - 1:30 pm Shotgun

While we will not be closing the course after October 16th, we call it our closing day as it will be our final event of the season (except of course our Turkey Shoot on Nov. 8th). This will also be the final weekend of pro shop starting times and weekend games. After the tournament we will have an awards dinner highlighting all the winners and accomplishments of the 2020 season.

Format:

The Closing Day Tournament will be an ABCD – 1,2,3 Shamble. Teams will be paired using an ABCD system and will play a Shamble in which all team players will tee off, the team will select the best drive, and all players will play their own ball in from that location. The team will record 1 best ball on the par 3's, 2 best balls on the par 4's, and 3 best balls on the par 5's.

The cost is \$75 per player which includes dinner, prizes, and tournament gift.

Awards Dinner:

After the tournament concludes we will have an awards dinner to highlight all the winners of 2020 and honor our 2020 Player of the Year. All members, especially tournament winners are invited to attend the dinner if they cannot play in the tournament. Look for a separate email/Clubster post with menu, price, and RSVP instructions.

Turkey Shoot Cross Country Golf Tournament

Sunday, November 8th - 10:30 am Shotgun

In hopes to not play in 35 degree weather again, we have moved the Turkey Shoot to Sunday, November 8th. This is a fun event in which teams of four will play a scramble from tees to greens that will challenge every shot imaginable. Teams will find tricky par 3's, nearly impossible par 4's & 5's, and even a par 6 to manage.

Come early for bloody marys and breakfast, then stick around after for some tailgate style lunch and some football! The Turkey Shoot is \$50 per player and members can sign up as single, pair, or complete team. There will be prizes for low gross and low net teams, as well as on-course contests.

Closing Day Dinner and 2020 Awards Ceremony

Friday, October 16 | 6pm



**CHICKEN CACCIATORE
BAKED ZITI
SWORDFISH WITH PESTO AND RISOTTO
PORKETTA AND GRAVY
GREEN BEANS WITH STEWED TOMATOES
ITALIAN AND GARLIC BREADS
CAESAR SALAD
ITALIAN COOKIES**

**\$35 per person
Kindly RSVP on the Clubster App
or contact Karin at (203) 876-8051 x111 or
karina@grgolfclub.com**

Event Planner Corner

Greetings!

We hope this email finds you well, safe, and healthy.

The Events team at Great River continues to meet the many challenges of planning outdoor events safely during a pandemic.

Governor Ned Lamont recently announced details for his plans to move Connecticut into Phase 3 of the state's reopening amid the ongoing COVID-19 pandemic. The plan will allow us to move events indoors, up to 100 people, subject to restrictions. We are meeting as a Team to determine when and how we can transition into this phase safely, and will keep all of our clients informed as we make those decisions!

We were extremely happy to have hosted six outdoor weddings during the month of September. A special congratulations go out to Ariana & George, Tania & Mike, Lindsay & Mike (SHU Alumni), Sara & Mark, Olivia & Tyler, and Jennifer (SHU Alumna) & Steve.

The Events team at Great River would love to help get your next event on your calendar. We are now booking for 2022. Please call 203-876-8051 ext. 132 or email ghunt@rgolfclub.com for availability, menus, and pricing.

Gail Hunt | Social & Corporate Event Sales Manager | ghunt@rgolfclub.com
Erin Grady | Assistant Event Planner | egrady@rgolfclub.com





Let us make *your dream wedding* a reality!

*Stunning Backdrop
Elegant Ballroom
Only One Wedding at a Time*



RACHEL GIROUARD PHOTOGRAPHY