



**TUESDAY LADIES LEAGUE
2024 NEWSLETTER
April 30th – September 10th, 2024**

**Open House April 6/7th 10:00am - 5:00pm
7215 Dale Road, Port Hope, Ontario L1A 3V6**

Registration: Register “online” or by dropping by the Clubhouse at Open House or thereafter.
www.ashbrookgolfclub.com

Ladies League Fee: \$90*
Includes: Tuesday on-course challenges, participation into all tournaments, door prize draws & 50/50 weekly draw, Special BBQ Tuesdays and more!

**Note: you must be either a course member or hold a 10-game (9hole) punch card to join the Ladies league.*

How to stay in the know...

Receive weekly email announcements, Facebook Group – join ‘LadiesofAshBrook’, Our Clubhouse Communication Board, Clubhouse Easel on What’s Coming Next!

If you have any questions or suggestions or wish to volunteer, please contact us below:

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**FRIENDLIEST LADIES GOLF COURSE
TEES AND WALKABILITY**

Ash Brook Golf Club’s 18 Hole, Par 72 course totaling 6,339 yards is located just 2 km’s north/east of the town of Port Hope. Situated on 150 acres of picturesque countryside, this course provides variety and challenge in each of its eighteen holes.

Our course is now a member of GAO. Our newly renovated clubhouse is complete with bar, new menu features, covered patio, friendly pro shop, electric golf carts and driving range practice facilities.

League starts Tuesday, April 30th.

All day Tuesdays! How does it work...

- Book a tee time by calling 905-885-8546 or use the new “online” system.
- Check in at Pro Shop on ‘play day’ 20 minutes prior to your tee time.
- Pick up a scorecard.
- We encourage foursomes. Great way to meet your other members.
- Write the date of play, your full name and your score for 9 holes and then total.
- Deposit ‘league’ scorecard in the white mailbox at the ‘Starters Hut’ by Hole #10 Men’s Tee.

Note: To be eligible for year-end tournament, you must have played 4 – 9-hole league games.

Make up games anytime can be used. Last day/date of ‘league play’ is Tuesday Sept 10th, 2024.

Note: On CAW Tuesdays, the ladies league play will start after 1:00pm. Dates: May 7, June 4, July 2, July 30 and Sept. 3. Dates are also listed on our Communication Board in the Clubhouse.

MARK YOUR CALENDARS NOW!

Cost for Tournaments: TBA

Special Event – 9 Hole Tournament
Scramble, Shot Gun Start
JUNE 4, 2024
Includes golf, dinner, prizes.

Special BBQ Luncheons
#1 BBQ LUNCHEON May 21, 2024
#2 BBQ LUNCHEON July 23, 2024
#3 BBQ LUNCHEON August 13, 2024

Canada Day – 9 Hole Tournament
Scramble, Shot Gun Start
JULY 2, 2024
Includes dinner, prizes.

Year End Closing – 18 Hole Tournament
Scramble, Shot Gun Start
9:00 a.m. Sat. Sept. 14, 2024
Includes golf, dinner, prizes.

And more!



Number One Rule – Have Fun!

Ash Brook Golf Course is now a member of GAO. This is a handicap system which is designed to provide all golfers with a consistent measure of playing ability. The new system focuses on three main objectives: to encourage as many golfers as possible to obtain and maintain a handicap; to enable golfers of differing abilities, genders, and nationalities to transport their handicap to any course globally and compete on a fair basis; and to indicate with sufficient accuracy the score a golfer is reasonably capable of achieving on any course around the world, playing under normal conditions.

On Line Tee Time Booking System “New”:

Ash Brook has implemented a new system for online booking of tee times. www.ashbrookgolfclub.com

RULES OF GOLF

The 10 Golden Rules of Golf

- Play the ball as it lies.
- You may lift natural objects not fixed or growing, except in a water hazard or bunker. No penalty.
- Movable man-made objects may be moved. For immovable objects, you may take relief by dropping away from them within one club-length, no nearer the hole, except in a water hazard or if the object defines out of bounds. In a bunker, you must drop in the bunker. No penalty.
- You may take relief from casual water, ground under repair. On the putting green, place at the nearest point of relief, no nearer the hole; otherwise drop within one club-length of the nearest point of relief, no nearer the hole. In a bunker, you must drop in the bunker. No penalty.
- In a water hazard or bunker, don't touch the water or ground with your hand or club before the stroke.
- If you hit your ball into a water hazard, drop behind the point where the ball last crossed the hazard. One penalty stroke. If you hit into a lateral hazard, you

may also drop within two club-lengths of the point where the ball last crossed the hazard. One penalty stroke.

- When you hit your ball out of bounds or can't find it, add a penalty stroke, go back and drop a ball at the place where you played the shot. On the tee, if you think you have hit your ball out of bounds or lost it outside a water hazard, play a provisional ball before searching for the first one.
- You may repair ball marks and old hole plugs on the putting green that are on the line of your putt.

Quick Terms:

Shotgun Start - A shotgun start in golf is described as participating players starting a round of golf at the same time.

Flight - a "flight" is a division or grouping of golfers within the tournament.

Handicap - Handicap system is a way for golfers of varying skill levels to compete against each other.

Stroke Play - Player or team of golfers compete against each other for the lowest score in a round.

Match Play - Players compete against one another to make the best score on individual holes in head-to-head competition. The player who wins the most individual holes wins the match.

Skins – Similar to match play, where players win a “skin” for winning individual holes. However, some skins games also offer skins for achievements like landing a tee shot on the green.

Scramble – Teams of 2-4 golfers tee off and choose the best shot from their group. From this chosen shot, all team members will then hit their next shots within one club-length of the selected shot. On each subsequent shot, players continue picking the best ball from where they will all play.

Best Ball – A team tournament format where each team member plays their ball from the tee until they get it into

the cup. The team will then use the lowest number of strokes any member of their team made for their score on that hole.

Pace of Play – Rule of thumb is to keep pace with the group in front of you. If the hole in front of you is “open” and the group behind you is waiting, golf etiquette asks that you let this ‘faster’ group “play through” to “fill in the gap”, so all groups can progress at an acceptable ‘pace’.

Why Golf Ladies....

Heart health – any form of physical exercise helps get the blood pumping to your heart. Walking, carrying your bag and swinging all increase your heart rate and blood flow.

Brain stimulation – regular daily walking strengthens the brain's memory circuits. Whether it is going for a jog or walking the golf course, keeping physically active is a great way to keep your heart and your brain healthy.

Weight loss – the golden number of steps per day needed for weight loss is 10,000. An 18-hole round easily exceeds this recommended number, especially when you walk and do not use a golf cart.

Reduces stress – the pleasure of walking in fresh air, socializing, with an added mental challenge means golf releases endorphins, the natural mood-enhancing chemicals in your brain, which make you happy and relaxed. What better way to enjoy golf.

Improved sleep – exercise and fresh air are a powerful combination for improved sleep. Walking the course will give you a good workout.

Low injury – golf is a low-impact activity in the sense that one walks on a soft, gently rolling surface.

Live longer – Golfers have a 40% lower death rate, which corresponds to a 5-year increase in life expectancy.