



Catta Talk

CATTA VERDERA COUNTRY CLUB

MAY 2022



Jeff Wilson, PGA

FROM THE GENERAL MANAGER

Easter has passed and we celebrated Mother's Day just a few days ago. So I would like to wish all of the mothers out there a very happy Mother's Day and

hope you had a special day.

We are having very nice weather for growing grass. I think the golf course is in the best condition that I have ever seen it in. Jogi and his crew are doing a great job. Hole #17 bunker project has been completed and as soon as the sod binds we will be playing on it. They will also be moving to fairway bunkers as soon as the Cabrillo is over.

Clint Bassett our new General Manager will be starting on Monday, May 9th.

As you know Jim Braden is going to be retiring at the end of this month. Please join me in thanking Jim for his 11 years of service to Catta Verdera! Clint and I will be conducting interviews for our new Food & Beverage manager starting May 16th. We will keep you posted on the process.

On another sad note for me, our mechanic of 23 years is leaving us. Brett has accepted a new position with Turf Star. Brett has been a tremendous asset helping with everything around the club. Please join me in wishing him well in his new position.

As always, thank you for being members at Catta Verdera.

~Jeff Wilson

CABRILLO CLASSIC MENS INVITATIONAL

May 12th, 13th & 14th

We are looking forward to hosting the Cabrillo Classic Men's Invitational. The Cabrillo Classic will be held this Thursday, Friday and Saturday. During the invitational, the golf course will be closed to play those 3 days as we provide the best experience possible for our Members and their guests. Additionally, Quixotes will be closed on Thursday and Friday, and will re-open at 4:00pm on Saturday.

For everyone who will be participating in the event, we wish best of luck! Have an amazing time, compete hard and have fun!

That you to all the staff who support this event...we hope it is the best Cabrillo Classic ever put on for our Members.

Memorial Day - Club Open Monday, May 30th

On Memorial Day, take time to remember those who gave their life serving our country, honoring the ultimate sacrifice given by them and their families.

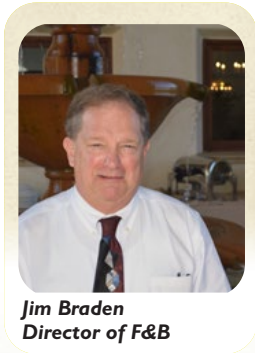
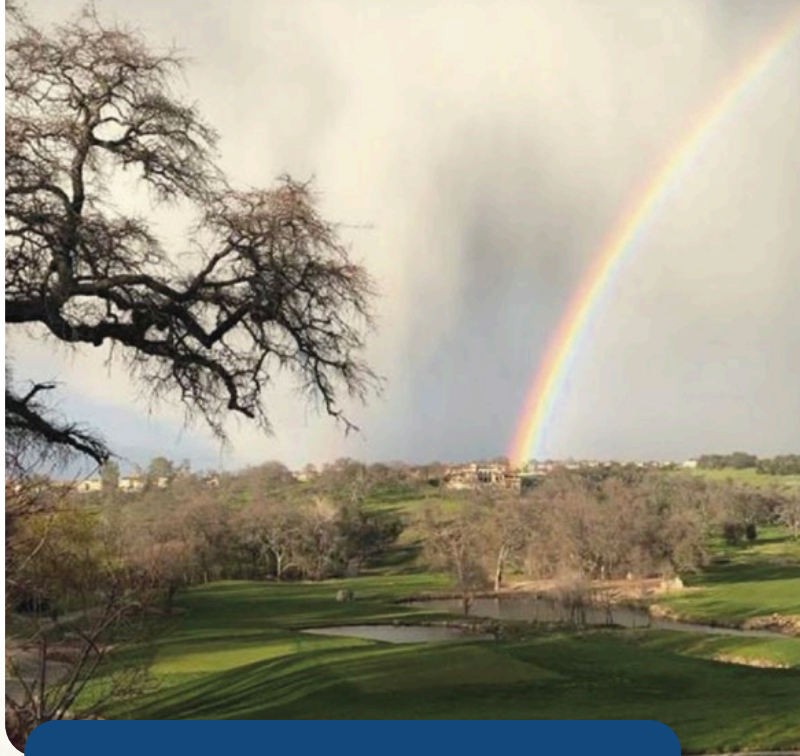
The Club will be open this day to enjoy a round of golf or a nice meal!

MONTHLY GUEST DAYS
3rd 8:30 AM
Thursday
Ladies
MAY 19





Catta Chatter



Jim Braden
Director of F&B

Jim Braden

After 11 great years here at Catta Verdera, I have decided to retire. My last day will be May 31, 2022. It is sooner than I had planned but I need to spend some time with my 87 year old mother back in Ohio.

My time here as been very rewarding and a labor of love. I have made some new friends and become even closer to some old ones. I have watched the membership grow and the club rebound from the difficult economic times. I will always be grateful for my time here and the opportunity to be a proud member of the Catta Verdera team.

I wish you all and Catta Verdera continued growth and success.

~Jim Braden

Quixote's Hours - May 26th

On Thursday May 26th, Quixote's will be open to Members at 4:00 pm,



TUNES on the Terrace Thursday, May 26th ~ 6pm-9pm

Tunes on the Terrace returns this year on May 26th and continues throughout summer. Join us on the Terrace every Thursday and enjoy a different band and buffet each week, no reservations required. This is a fun night and a great way to meet new members, so come on down and join the fun. This month...the John Lacey Band!

Save the Date...

Lads 'n Lassies Tournament Saturday, June 4th

Save the date for this fun annual tournament! Come out and compete with other Lads & Lassies. Contact the Golf Shop for details.

Hole-In-One Insurance

Everyone who plays golf should be signed up for this wonderful benefit. There is no cost to sign up...but great rewards.

Please contact the Golf Shop for details.

Couples 9-hole Scramble Sunday, May 15th

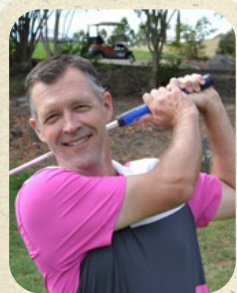
Next Couples League is May 15th. Happy Cinco de Mayo -- 10 days late! Let's Celebrate! Come on down and play 9 Holes with the Fabulous Couples of CVCC! This is a great way to meet other couples and enjoy time with your spouse/partner!



Acers Alert!

Congratulations to Clyde Colley for making a hole-in-one on April 17th! Clyde scored his ace on hole #4 from 132 yards using his 8-iron. Congrats on the ace!!





Paul Shorts
Head Golf Professional

Hit it farther.

I wrote this 10+ years ago, but it still applies today. Plus, with Cabrillo preparation I haven't had time to write something new.

Distance is that seductive Siren that lures us to swing just a little harder. Often harder than we're

able; that seductress that causes us to be just slightly off balance at impact; that causes us to be a little out of sync for the entire swing; that if we seek it from the wrong sources, causes us to hit the ball poorly. First we need to be clear; no matter how far you hit the ball, deep down inside, you will always want to hit it a little farther. Long ball hitters on the PGA Tour, guys that can carry the ball 325 yards, fight the urge to try to carry the ball 330 yards. So don't think that by learning to hit the ball a little farther you will ever cure the natural instinct to want more. It's deep inside all of us, and part of our DNA. It's the same phenomenon that causes billionaires to feel like they need just a little more money to be satisfied.

All that being said, distance is a huge advantage. If player A is hitting Sand Wedge or Pitching Wedge into every green and player B is hitting 8 iron or 7 iron in to the same holes, player A will have a definite advantage. Distance is a huge advantage in every aspect but one. The farther you hit the ball, the straighter you need to hit the ball. A ball hit 300 yards and 5° off line will be 78 feet from your target. A ball hit just 200 yards and the same 5° off line is only 52 feet off line. This may not seem like a lot, but to hit the ball just 50 feet off line on a 300 yard shot, your club can only be 3° off line. In other words, on a 300 yard shot you need to be 40% more accurate with the club face angle to get the same result as you would on a 200 yard shot. And those numbers are based on hitting it with absolutely no side spin. The harder you hit the ball, the more spin you impart, and with a driver that usually equates to side spin if the impact is not perfect. When you figure the added curvature possible due to side spin, your accuracy requirements go up even more.

On the off chance you made it through the previous paragraphs... Here is the part that you wanted to read when you saw the title. The main sources of power in the golf swing are the legs, back, and centrifugal force created by lag and rotation.

If you are like most golfers, it is very hard not to swing with your hands and arms. You have a club in your hands and a ball you want to hit laying on the ground; it's only natural to swing at it with your arms and hands. This instinctual arm and hand swing, however, causes the club to move much slower toward its target than necessary.

Step 1 – Everyone has heard that you need to grip the club lightly, and hold it in your fingers rather than your palms. Here's why. Tight muscles move slowly, and a tight grip doesn't allow your wrists to be properly hinged by the club at the end of your backswing. The non-hinging of the wrists takes a powerful lever out of the golf swing that is naturally released at the golf ball, provided you continue to grip the club lightly and keep it in your fingers. If you want to see a graphic illustration of rigid versus light and relaxed watch some YouTube video of a Catapult (rigid) and then a Trebuchet (loose). It will become quickly obvious which one can create more speed with less effort.

Don't start your downswing with the arms and hands. The down swing needs to start from the bottom and gradually work its way up to the clubhead. Watch any Tour player in slow motion, or any player that hits the ball a long way, and the first movement you will see on the down swing is the forward hip sliding slightly toward the target. The arms at this point in time are fairly relaxed and literally starting to fall under the force of gravity. As the hip continues to move forward it eventually won't be able to go any further without moving the head forward with it (note: we don't want the head to come forward at this time). When the stopping point is reached in the forward hip, the hips will naturally begin a rotation toward the target. This rotation will then start the spine and shoulders into the same rotation which will cause the "falling" arms to come around the body and result in the golf club dropping into "the slot". The angle between the shaft and your left forearm (for right handed golfers) at this point will be at least 90°. If you keep your grip pressure light, you don't have to do anything to create this critical power angle. When watching the swing arc of someone letting the club naturally hinge, you will notice a definite wide to narrow club head path

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FROM THE DIRECTOR OF GOLF...CONTINUED...



regard to the back swing and down swing. If the arms and hands are relaxed, the club will quite naturally come closer to your body on the down swing creating the wide to narrow arc. Step 1 is creating the “lever” that will eventually accelerate the club through the ball. This already makes sense to you if you have the ability to throw a ball hard. Anyone who can throw hard can hit a golf ball far. If you were never good at throwing, learning to hit a golf ball with your legs and back will in fact, improve your ability to throw.

Step 2 – Creating a proper swing arc and swing plane. The club needs to travel on the correct plane and path. If it’s off, you have no choice but to reroute it toward the golf ball. This rerouting will require you to use your hand and arm muscles in an effort to redirect the club which will in turn slow things down as it approaches the ball. Obviously a larger arc has the potential for more speed at the club head, but make sure that as you increase your arc size you don’t let your arms get away from, and operating independently from your body. If they do, the club will inevitably need rerouting as it approaches the ball, and therefore negate any speed you might have gained from the larger arc during the rerouting process. Imagine a laser beam coming out of the grip end of your club. On the back swing the laser should hit your golf ball or pass just inside it, and then pass directly through it again on the down swing.

Step 3 – Shorten your back swing by keeping your right knee flexed, holding your spine angle, and keeping your left elbow fairly straight. As soon as you straighten your right knee, the power engines in your right glute and hamstring are effectively “turned off”. When you stand up (spine angle) in the back swing, your lower back is “turned off”. When you over-bend your left elbow your upper back is “turned off”. The reason golfers straighten the knee, reduce the spine tilt, and bend the elbow is because they want to take the club back farther (in order to hit the ball farther). The sad irony is when you do all 3 of these pseudo power moves, your club might go back a little farther,

but you have turned off the 3 biggest engines in your golf swing. From there all you can do is flail at it with your arms and hands. The other negative byproduct of these seeking a longer backswing movements is that you will also be completely out of position at the top of your backswing. In order to hit the ball, you will need to try to get your knee back to its starting flex, your spine back to the starting tilt, and your arms back to their hanging starting position. Not only are you losing speed, you are for all practical purposes playing “golf shot lottery”. There might statistically be a chance you’ll get everything back into position and “win”, but more often than not it’s left, right, fat, or thin.

Step 4 – Proper impact conditions. Many golfers, in an effort to create more “pop”, flip their hands at the ball. This move actually can create a little more club head speed if timed absolutely perfectly, but because of the impact position that the flip puts the club in, all that extra speed passes under the ball rather than being planted into it. With the exception of a teed up driver (and this is up for debate), your hands must always pass the ball before the clubhead gets there. This slightly forward leaning shaft angle allows the ball to get “caught” by the grooves, and all of the potential energy in the moving club becomes actual energy transferred into the golf ball. Think of it this way; if your impact conditions are off, (the club head gets to the ball before the hands), it is akin to running your heater or air conditioner with your windows and doors open. You are using your energy to create a bunch of power that is going right out your open windows and doors. By “insulating your house” you will harness much more of your potential power and get the enjoyment from it that you should.

Remember: the farther you hit it, the straighter you have to hit it. With much power comes much responsibility.





WANTED!

All Points Bulletin – Be on the lookout for 3 vandalous, trespassing youths. Last spotted driving their personal cart across the 16th green on the evening of May 6th. Yes, you heard that right – **ACROSS THE GREEN!** They were hostile toward the golfers they encountered as well. If you have any information on who they may be please let us know as soon as possible.



Help keep the course in pristine condition!



Junior Golf Camp

Catta Verdera is offering three Junior Golf Camps dates this year, designed to help your little one break into the game we all know and love. Whether they're just beginning, or are already on the path to becoming the next big thing, our camps have something for everyone. Contact us today for more info! (916) 645-7200



June Camp - 6/7 - 6/9 (Tuesday - Thursday)

July Camp - 7/12 - 7/14 (Tuesday - Thursday)

Click the link below to register:

[June Camp](#)

[July Camp](#)

Register Now for the June Camp!

There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do - and I believe that. ~Derek Jeter

May 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Ladies Day	6	7 Ladies Saturday Play
8 Mother's Day	9	10	11	12 CABRILLO CLASSIC MEN'S INVITATIONAL Quixote's Closed	13 CABRILLO CLASSIC MEN'S INVITATIONAL Quixote's Closed	14 CABRILLO CLASSIC MEN'S INVITATIONAL Quixote's Open at 4:00 pm
15 Couples 9-hole Scramble	16	17 Sierra Gold Team Play	18	19 Ladies Guest Day	20	21 Ladies Team Play
22 Nine & Wine	23	24	25	26 TUNES on the Terrace Course Closed	27	28
29	30 Memorial Day Club Open	31 Club Closed				

Coming in June...

Saturday, June 4th
Lads 'n Lassies

June 6th - 9th
Junior Golf Camp

Friday, June 10th
Men's Club Friday

Sunday, June 12th
Couples 9-hole

Saturday, June 18th
Tough Day!

Thursday, June 23rd
Ladies Mini Invitational

Saturday, June 28th
Troubadour Day 1

Sunday, June 29th
Troubadour Day 2

Thursday, May 26th
Club Closed



CATTA VERDERA
COUNTRY CLUB
Where everyone wants to be.

PHONE NUMBERS

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Membership 916.645.6745
Events 916.645.6722
Quixote's 916.645.6742