



MEDALLION NEWSLETTER

MAY 2011
5000 Club Drive • Westerville, OH 43082

GOLF SHOP

Monday: Closed
Tuesday-Sunday: 7:00am-7:00pm

DRIVING RANGE

Tuesday-Saturday: 1/2 hour before first tee time to 8:00pm
Sunday: 1/2 hour before first tee time to 6:00pm

FITNESS CENTER

Monday-Friday: 6:00 am-9:00 pm
Saturday: 7:00 am-6:00 pm
Sunday: 8:00 am-5:00 pm

KIDS' KORNER

Monday-Thursday: 8:00 am-12:00 pm
5:30 pm-9:00 pm
Friday: 8:00 am-12:00 pm
5:30 pm-9:30 pm
Saturday: 8:00 am-12:00 pm
5:30 pm-9:00 pm
Sunday: Closed
1st Child \$4 for up to the first hour
\$1.50 for each additional 1/2 hour
2nd Child \$3 for up to the first hour
\$1.00 for each additional 1/2 hour
Maximum 2 hour limit for infants / 3 hour limit for non-infants

MIXED GRILL

MAY
Monday: Closed
LUNCH
Tuesday-Sunday: 11:30 am-2:30 pm
DINNER
Monday: Closed
Tuesday--Club House Menu Only: 5:30 pm-9:00 pm
Wednesday-Thursday: 5:30 pm-9:00 pm
Friday: 5:30 pm-10:00 pm
Saturday-Sunday: 5:30 pm-9:00 pm

CLUB PHONE NUMBERS

Clubhouse: 794-6999
Golf Pro Shop: 794-6988
Mixed Grille Reservations: 794-6999 x150
Fitness Center: 794-6977
Pool: 794-6962
Tennis: 794-6966

MAY'S GOLF EVENTS



DEMO DAY

Friday, May 13th

3pm to 7:30pm

- The representatives from Callaway, Cobra, Titleist, TaylorMade, Nike, Ping, Mizuno and Cleveland will be here so you can try all of the 2011 products.
- Cash bar and free Hors D'oeuvres at the driving range

MEN'S ONE DAY MEMBER/3 GUEST

Tuesday, May 17th

1pm Shotgun

Event: 2 better balls of 4, 80% Handicap

Cost: \$300 per foursome

- Entry includes: Guest & cart fees, lunch, dinner, gifts for your guests and prizes.

MEN'S AND WOMEN'S MEDALLION CUP

May 21st and 22nd

Cost: \$35 per player

- Format: 36 Hole stroke play event within your flight

MEMORIAL DAY EVENT

Monday, May 30th

9am Shotgun

Cost: \$35 per person

- Format: 4 person "schramble"
- 20% of total team handicap
- Entry includes: Continental breakfast, prizes and light Hors D'oeuvres

ESPN National Golf Challenge Local Qualifying

SATURDAY MAY 14th

The ESPN National Golf Challenge is a national amateur two-person better ball tournament designed to find "America's Best 2 Some".

Time: Tee Times from 8:00am to 12:00pm

Format: 1 Best Ball of the Twosome

Handicap: 100% played off the low ball.
Max Handicap =24. Higher Handicaps are adjusted down to 24
Three Divisions: Gross, Net and Senior Net (55 years and older)

Entry Fee: \$60 plus cart fee

Entry Includes:

ESPN Gift Pack Valued at \$90 (2 sleeves Callaway Top of the line golf balls, \$30 Under Armor Gift Card and a 1-year subscription to Golf Magazine)

Local Winners:

The local winners will advance to Regional Finals Tournament (end of August) and then to the National Finals in Las Vegas.

National Finals:

October 13, 14 and 15
The National Finals accommodations will be at Treasure Island Hotel & Casino
National Finals golf will be played at The Las Vegas Paiute Golf Resort.

2011 COUPLES GOLF EVENTS

The couples golf events are some of the biggest attended events at the club. Couples golf events are set up to be fun for all types of golfers from the experienced to the beginners. This year's events promise to be focused on having fun and enjoying the game of golf.

- Friday, May 27th** Western Night
- Friday, June 17th** Hawaiian Luau
- Friday, July 15th** New York, New York
- Friday, August 5th** Wine and 9
- Friday, September 2nd** Tailgate Party



FROM THE PRACTICE TEE:

You might remember this tip from last year, but I think it is very important to take the time to read about how to practice again.

“Practice Like You Play”

There is a difference between warming up and practicing. This applies to the putting green, short game area and the driving range. If you are heading out there for 15 minutes to get stretched out then you are warming up before a round, but if you are going to work on your game then you are practicing. Too many times while we practice we get caught up in trying to do so well we forget to practice like we would play on the golf course. I see this most often with alignment and not taking the time to get set up for success. You hit a bad shot on the driving range so you quickly grab another ball and hit it again as fast as you can, so you can forget the last bad swing. That ball is hit badly as well and you start searching for answers and adjusting your swing. After awhile of doing this, it seems like you can't find your swing at all and you are left not knowing what is right and what is wrong. Does this sound familiar?

The most important thing to hitting a good golf shot is to make sure you are correctly aimed at your intended target. Most swing faults we see in teaching are caused by golfers being incorrectly set up which leads to them compensating for this fact in other areas of the swing. Take the time when you are out there to line up every shot just as you would if you were playing your normal round of golf. Step behind the golf ball, look at your target, then address your golf ball and swing away. You will see instant results with your practice sessions improving in quality and not just the quantity of golf balls hit. I tell all of my students, I would rather see you do things correctly and hit 20 golf balls,

This technique applies also to the putting green. How many times do you line up your putt? How many times do you really read a putt and pick out a spot? You may do it for the first putt, but then you are assumed you are still set up correctly as you hit the other two balls from the same spot. Take your time, practice can give you confidence going to the golf course. There is no greater confidence then hearing the golf ball drop into the hole. Also, when you go to the putting green use the golf balls you intend on playing on the golf course. It does you no good to putt with range balls. Range balls have a different feel and core than your normal golf ball does. It is important on the putting green to develop feel for your stroke but also a feel for how your golf ball reacts when coming off the putter's face. You cannot get the same feel by practicing with range balls.

Michael R. Heston

PGA Head Golf Professional



GOLD ESTABLISHMENT PARTNERSHIP LOGO



We unveiled at our Opening Night Bash the new member's only logo. I think everyone was very excited about this new privilege to being a member. At the time of the bash only the men's clothing had arrived, but in the next couple weeks you will see the ladies pieces coming in as well. The logo will also be available for special orders but can only be ordered on Nike Tiger Woods Collection and Adidas AdiPure Collection Clothing.

GOLF DRESS CODE REMINDER



We made some changes to our dress code last year and these changes will continue to be enforced at the club this year. If a player is in violation of our dress code they will be asked to change before their round. The biggest problem we faced last year was that we do not allow cargo shorts or pants at the club. If it has an outside pocket, in most cases we will not allow that on the golf course. Please read our dress code below so you can inform anyone playing golf with you this year. Remember to remind all of your guests playing at the club, so that they can have a pleasant experience at The Medallion Club.

"Gentlemen's shirts must have a collar and sleeves and be tucked in. Mock Turtleneck shirt collars must be a minimum of 1-¼ inches. Shorts must be mid-length. Women may wear dresses, skirts, mid-length shorts, slacks and a proper golf shirt, with or without collar. Hats must be worn properly, which means forward at all times. All golfers must wear golf shoes or tennis shoes with flat bottoms. Golf shoes with metal spikes are prohibited.

The following is not acceptable attire:

jeans or denim of any kind, bathing suits, jogging suits or shorts, coaching shorts, track pants, casual "cargo" shorts or pants, tennis dresses, tank tops or cutoffs.

Junior golfers are expected to follow the standard dress code of all members. Improperly dressed members or guests will be asked to change before playing. If you are in doubt concerning your attire for the course, please call a member of The Medallion Club management before your tee time.

MEMBER **MIXERS**

Have you heard?

Have you attended one yet?

What are we talking about? Complimentary Member Gatherings held once a month, this May on Thursday May 26th, 2011 from 7:00PM – 8:30PM. A great time to meet new members, party with your existing friends and of course bring guests to show off your club!

Join us in the ballroom for open bar and complimentary hors d' oeuvres.

SPONSORING A NEW MEMBER

Do you know someone who might be interested in membership? Call or email Cindy Cline and ask her to send an Invitation on your behalf. Have you felt the energy and have you seen the extra members and guests at the club lately, thanks to all of you!!! The swim team, the special events, the fitness classes are all picking up!

Thank you to all of our members, KEEP it coming.

Cindy

Membership Sales Director

MOTHER'S DAY **BRUNCH**

11:00 am-2:00 pm

Adults \$24.00 per person plus tax and gratuity

Children 4-12 \$12.00 per person plus tax and gratuity

Reservations are required

Cous Cous Salad with Grilled Vegetables & Romano Cheese

Medallion Salad with Assorted Toppings & Dressings

Green Bean Salad with Roasted Pepper Dressing

Tomato-Mozzarella Salad

Fresh Fruit Salad

Shrimp Cocktail Display w/Citrus Cocktail Sauce

Sausage Links & Hickory Smoked Bacon

Egg Strata Bake

Hash Brown Potatoes

Chicken Fingers

Baked Macaroni & Cheese

**Carved Rosemary Porkloin
with Honey Mustard Sauce**

Carved Turkey Breast with Herb Gravy

Grilled Salmon Filet with Pesto Sauce

Herb Roasted Beef Sirloin & Mushroom Demi

Made to order-Omelets & Waffles

Blueberry Pancakes & Maple Syrup

Assorted Rolls, Muffins, Danish & Chef John's Coffee Cake

Dessert Display

KID'S LUAU AT THE POOL

Friday-June 3, 2011
6:30pm-9:30pm

- Food stations
 - Fresh fruit with dip
 - Chicken fingers with sauces
 - Mini corn dogs
 - Assorted pizzas
 - Assorted cookies and cup cakes
 - DJ and games
 - Limbo
 - Tiki Bar with fruit punch
 - Guests welcome
 - 7 years old and up
- \$13.00++per person
Reservations required, please call 794-6999

OPENING OF THE MIXED GRILL PATIO PARTY

Friday-June 3, 2011

LIVE ENTERTAINMENT BY ERIC DOVE

Entertainment 6:30pm-9:30pm
Reservations required, seating is limited
Please call 794-6999



CLASS SCHEDULE MAY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
spinning 6:30 am w/karma		spinning 6:00 am w/karma			
yoga 7:00 am w/kelley					spinning 7:00 am w/courtney
					50/50 8:00 am w/karen
golf fit 9:00 am w/julio		golf fit 9:00 am w/julio		golf fit 9:00 am w/julio	
women on weights 9:15 am w/lori	mat pilates 9:15 am w/lori	zumba 9:15 am w/chrys	mat pilates 9:15 am w/karen	zumba 9:15am w/chrys	yoga 9:15 am w/brooke
		power hour 10:30 am w/natalie			circuit training 10:30 am w/meredith
yoga 6:15 pm w/janet	spinning 6:15 pm w/meredith		spinning 6:15 pm w/courtney		
circuit training 7:30 pm w/meredith	yoga 7:15 pm w/brooke		zumba 7:30 pm w/rachel		

PRICING

Drop in fee (any class/any time slot):	\$10 member	\$15 guest fee
Package of any 10 classes*:	\$75 member	\$100 guest fee
Package of any 20 classes*:	\$140 member	\$180 guest fee
Package of any 30 classes*:	\$195 member	\$240 guest fee
Package of any 40 classes*:	\$240 member	\$280 guest fee



*Complimentary Kids Korner for the first hour w/ purchase of package
(1 child for 1 hour when attending a group class)

*Packages are non-transferable

*Packages expire after 3 months from date of purchase

*Classes are subject to change without notice

*Class sizes are limited so reservations are required

*12 hour cancellation policy will apply

THE MEDALLION CLUB 2011 SWIM TEAM INFORMATION

The Medallion Blue Herons Swim Team is a summer-only program for children of Medallion members ages 6 through 18, or 19 if a graduating high school senior.

Swimmers of ALL ability levels are invited to join our team.

For safety reasons, all participants must be able to swim at least one lap of the pool unassisted. Our goal is to have fun, make new friends, improve skills in all 4 competitive strokes, and enjoy the great sport of swimming.

The fee for swim team participation is: \$110 1st child, \$90 2nd child, \$70 each for 3 or more swimmers.

To register, print and complete the registration, meet participation, and volunteer forms found on our website at www.eteamz.com/medallionblueherons-swimteam.

2011 PRACTICE SCHEDULES

AFTER SCHOOL - MAY 23 TO JUNE 9
6 & unders 4:30–5:30 pm
7-8 and 9-10 year olds 5:30-6:30 pm
11 and older 6:30-7:30 pm

WEEKDAY MORNINGS – JUNE 10 TO JULY 15
6 & unders 9:30-10:30 am
7-8 and 9-10 year olds 8:30-9:30 am
11 and older 9:30-10:30 am

SWIM PRACTICE POLICY

- Daily practice attendance is encouraged but not mandatory.
- Practice cancellations will be posted on our website (www.eteamz.com/medallionblueheronsswimteam)
- We are required to clear the pool if there is thunder and/or lightning.
- Friday practices = Fun Day (games, water polo, etc.)
- Please notify the head coach prior to any extended absences (e.g. vacation, camp, summer school).



2011 SWIM TEAM CALENDAR OF EVENTS

For additional information please check our website — <http://eteamz.com//medallionblueheronsswim-team>.

GO BLUE HERONS!



May 6	For parents: In-person Registration & Happy Hour
May 21	Team Suit Fitting at the Pool
May 23	After-school Practices Begin
TBA	Swim Team Pizza Party & Picture Day
June 6	Intra Squad Meet
June 8	Weekday morning practices begin.
June 13	Dual Meet at Cols Country Club
June 20	Dual Meet at Medallion w/Jefferson CC
June 25	Future Stars meet for 10 & Unders at Wedgewood CC
June 27	Dual Meet at Brookside CC
July 5	Dual Meet at The CCC at Muirfield
July 11	Dual Meet at Medallion w/Cols CC
July 18	Championships—Prelims at Worthington Hills CC
July 19	Champions—Finals at New Albany CC
July 21	Swim Team Banquet & Pool Party

