

September 10, 2022 | Issue 22

ALL CLEAR

THE OFFICIAL NEWSLETTER OF
HEROES UNITED GOLF SCRAMBLE LEAGUE



Round 2 at Rio Pinar was 5 holes of awesome!

We welcomed some new players, handed out our new shirts and played a whole five holes as a group before the lightening started again. We scored the first five holes for each of the five teams. Jen, Paulie, John, and Eddie won this round with one under. Matt caught John's long putt on video (check out his social media to see that putt!). And, unfortunately we only had one player tee off on the 8th hole. Since no one else had a chance that means zero points for the closest to the pin this week.

Next round is at Duran Golf Club in Viera. That's right we're headed out to the coast to see all of our Melbourne, Merritt Island, and Viera friends. Afterwards they will keep the grill open for us, so we'll stay there for dinner.

Important Dates:

Saturday, Sept 17: Volunteer at Lake Nona Ace Hardware 8 am- 4 pm (unless rain changes our plans)

Saturday, Oct. 15: Rain check day at North Shore. YES! We will play 3 weekends in a row in October. If you missed the first round you can still score points at this round.

Monday, Dec 5: Our First Annual Heroes United Golf Tournament. Check out how you can play or find sponsors for our tournament at www.heroesunitedgolf.org/winter-tournament. Or, you can ask Rob, the Tournament Director, for more information!

WHAT'S INSIDE THIS ISSUE:

**NOW ON THE TEE
GAME ON
ON THE RADAR**

NOW ON THE TEE



PERFORMANCE ZONE

Coach Matt's Golf Tips!

Play with what you bring to the course

First round of golf in a long time? Keep your expectations low and use the ball flight that comes naturally. For example, for right hand golfers, if you were hitting the ball straight last time out and the practice range was all slices, start your round by aiming left of your normal target instead of trying to force a straight shot. This is a great strategy for any round you play instead of getting frustrated that you're not hitting your "typical" shot.



GRIT

Sports Psych is where it's at!

Speaking of playing what you bring to the course... How do you learn to be present in the moment at the course? It's easy to bring your stressors to the tee box. Whether you were cut off by some terrible FL driver on the way or have other things weighing heavy on you those are stressors that will impact your mental game and therefore your golf game. So, how do we leave behind those stressors?

Try these techniques:

- ~Before you get out of the car, take 5 deep breaths.
- ~Slow down your heart rate by thinking of a peaceful river or rain patter on the roof.
- ~Name 4 things you can see, 3 things you can hear, 2 things you can smell, 1 thing you can touch

How can YOU help?

We are a success thanks to the contributions of businesses, friends, and families!

Wondering how YOU or someone you know can help?

~Sign up to donate through [Smile.Amazon.com](https://www.smile.amazon.com) & look for us

~ Run a birthday fundraiser through Facebook

~Asking your local businesses for a contribution or gift

~Ask friends and family to visit, like, follow, and share our social media @heroes.united.golf or www.heroesunitedgolf.org to support the League and donate

~Pass out flyers to your local businesses and friends



Worried about the weather?

In the event of inclement weather on the day of each tournament please check our Facebook page and your email for updates.

Rain or shine we will at least meet for a meal!



 www.facebook.com/heroes.united.golf

GAME ON: FALL 2022

This season we will have 2 divisions that play together; a veteran and first-responder division & a family and friends division. Each division will have it's own leaderboard.

VETS/FR

John B- 6
Paul F- 6
Eddie H- 6
David B- 4
Jesse J- 5
Dan K- 4
Priscilla K- 4
Mike K- 4
Nate R- 4
Leroy T- 3
David Y- 3

SUPPORTERS

Jen B- 6
Lee H- 4
Alexa J- 5
Hunter L- 4
Jeff N- 5
Hilda Y- 3



ON THE RADAR

FALL 2022 SEASON DATES

27 August: North Shore
10 September: Rio Pinar Golf Club
24 September: Duran Golf Club
8 October: Eagle Creek Golf Club
16 October: North Shore Make up day
22 October: Eagle Creek Golf Club
5 November: Celebration Golf Club

Plan of the Day

115 pm Range and Putting Warm Up
(Come and go as you like)
200 pm - First team tee-off



CHAMPIONSHIP

19 November, 8 am start

Kissimmee Bay
18 hole scramble and awards
banquet to follow

"Forget the last shot. It takes so long to accept that you can't always replicate your swing. The only thing you can control is your attitude toward the next shot." -Mark McCumber

**NEED TO CONTACT US TO
PLAY OR DONATE?**

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