

## The Mountain State of Golf

### Volume 3, Issue 2, Spring 2023

## WV Golf Hall of Fame selects Caroline Ramsey

The West Virginia Golf Hall of Fame revealed its first ever inductees in 2009, when the incomparable pair of William C. Campbell and Sam Snead were enshrined as the inaugural class. Since that time an impressive list of those who made a profound impact on the game of golf in the Mountain State have been honored. The West Virginia Golf Association (WVGA) is extremely excited to announce the 2023 West Virginia Golf Hall of Fame selection of Caroline Ramsey of Bridgeport. She will be enshrined in ceremonies conducted later this year and join 19 others as recipients of this prestigious honor.

Caroline Ramsey had an esteemed playing



career in West Virginia which includes four West Virginia Amateur Championships (1969,1975. 2001 & 2002), 14 West Virginia Women's Senior Amateur Championships (1998 -

2001, 2003, 2004, 2006, 2008, 2009, 2010, 2011 and 2014-2016), seven years as West Virginia Women's Senior Player of the Year (2008-2011 and 2014-2016) and West Virginia Women's Player of the Year in 2014. Additionally, she was the WVGA Club Tournament Women's Champion in 1998 and competed in 30 years of Virginia's/Carolina's Matches.

"Caroline Ramsey is a name everyone knows in West Virginia golf and she is so deserving of this honor. Her career accomplishments are unmatched, and she continues to add to her legacy as she continues to compete in WVGA events," said WVGA Interim Executive Director Chris Slack. "We are so excited for her and look forward to her induction ceremony later this year at her home club of Bridgeport Country Club."

In addition to her individual championships and honors, she is a seven-time member of the USGA Women's State Team. She competed in the 1971 U.S. Women's Amateur Championship, the 1963 U.S. Girls Junior Championship and was Runner-Up in the 1969 National Intercollegiate Championship. Before coming to West Virginia, where she was Club Champion at Clarksburg Country Club once and 19 times at Bridgeport Country Club, she was the Kalamazoo (MI) Women's City Champion in 1974 and the Gull Lake (MI) Club Champion in 1975.

The WVGA Hall of Fame Selection Committee Chairman Tim McNeely said, "It was an honor to be a part of this HOF process this year. Caroline Ramsey is very much deserving and will be a wonderful addition to the HOF. I look forward to Bridgeport Country Club's support and rolling out the carpet for an induction event later this year in her honor."

### Davey Jude wins first 2023 WVGA tournament, Tri-State PGA Classic at Guyan Country Club

Davey Jude of Kermit took top honors in the first 2023 West Virginia Golf Association (WVGA) tournament. The West Virginia Tri-State PGA Classic took place April 3-4 at Guyan Golf & Country Club. Jude, the 2022 Men's Player of the Year, dropped three strokes from the first day's score to finish with a four under par 138 for the two-day event. Clayton Thomas of Proctorville, Ohio, and Christian Boyd of Charles Town tied for second at even par.

In the Professional Division, Ty Roush, head golf professional at Riverside Golf Club, won the division by a stroke with a total of three over par for the championship.

The first day of the season saw a tie for the lead of the West Virginia Tri-State PGA Classic at Guyan Golf & Country Club. Jude tied with Cam Roam of Huntington for the lead in the starting field of 50 players. The 2022 Women's Player of the Year, Susan Glasby of Chesapeake, OH, tied for 12th.

"We're happy to have the first event of the WVGA season," said Guyan's General Manager Allan Thrasher. "We were pleased to have such a beautiful day to start the Classic."

"I'm happy with how I played, since this is only like my fourth round of the year, so I was very pleased with my early form," Jude said. "I got a few more putts to drop today so I think that was the biggest difference from yesterday."

Birdies were the shot of the first day, with five players each scoring four birdies, including Christian Boyd of Charles Town, Christian Brand of Scott Depot, Pat Carter of Hurricane, Noah Mullens of Milton and Cam Roam.

Birdies were once again the shot of the second day, led by Ryan Bilby of Follansbee with six, followed by Thomas and professional golfer Michael Gervais of Bridgeport each with five.

"We had a second day of beautiful weather for this first event of the WVGA season," said Guyan's General Manager Allan Thrasher. "The roughs weren't quite perfect this early in the season, but it was great to see all these golfers out on the course."

"We'd like to thank the Tri-State PGA organization for their support. Our special thanks go to Steve Superick and Puma Golf for their sponsorship," said WVGA's Director of Rules and Competition Chris Slack. "We'd like to thank Guyan Golf & Country Club for making our first event of 2023 so much fun."



Davey Jude takes the 2023 WV Tri-State PGA Classic at Guyan Golf & Country Club.

### Wong, Glasby defend Ladies Scramble Championship title in 2023

The 2023 Ladies Scramble Championship, conducted by the West Virginia Golf Association (WVGA), saw the team of Cathleen Wong of Parkersburg and Susan Glasby of Chesapeake, Ohio defend their title from 2022.

They extended their eight under par round one lead to finish with a 14 under par 130 thanks, in part to six birdies today and nine birdies yesterday.

The team of Kerri-Anne Cook of Oceana and Brielle Milhoan of Vienna finished in second with an eight under par, followed by Taylor Sargent of Milton and Savannah Hawkins of Hurricane at six under par. First Flight winners were Karen Rainey of Daniels and Mary Payne of White Sulphur Springs, finishing with a two under par 142."We are pleased to have a part in growing women's golf with this event," said Head Golf Professional Matt Felber. "We're also happy with our course conditions. The warmer soil temperatures have been a help."

The first day of play on the Stonehaven Course at Glade Springs Village saw three teams in contention.

The first round of play saw Cathleen Wong of Parkersburg and Susan Glasby of Chesapeake, Ohio, in the lead with an eight under par 64, thanks in part to the pair scoring nine birdies on the day.

Two strokes off the lead were Kerri-Anne Cook of Oceana and Brielle Milhoan of Vienna at six under par, with seven team birdies, followed by Taylor Sargent of Milton and Savannah Hawkins of Hurricane at four under par.

"We are so pleased to see women golfers of all ages participating in this event," said WVGA Interim Executive Director Chris Slack.

"We are happy with the course conditions this weekend," said Head Golf Professional Matt Felber. "Our work over the winter is paying off now." "Stonehaven Golf Course at Glade Springs Village is a tough test of golf and our ladies played it very well this weekend," said WVGA Tournament Manager Lucas Ware. "Head PGA Professional Matt Felber and his crew had the course in excellent condition for mid-April." Click here for the final leaderboard.



2023 West Virginia Ladies Scramble Champions Cathleen Wong of Parkersburg and Susan Glasby of Southpoint, OH.

### 2023 Two-Man Scramble sees sold-out event; Brand and Miller take the trophies

The 2023 West Virginia Two-Man Championship saw the winning team of Christian Brand of Scott Depot and Bosten Miller of Hurricane come from two strokes behind the first day's leaders to win the championship by two strokes thanks, in part, to scoring eight birdies and two eagles today.

The Championship, which took place April 15 and 16, teed off the first day on the Woodhaven Course at Glade Springs Village, hosted by the West Virginia Golf Association (WVGA). The sold-out field of 50 teams, 100 golfers, enjoyed better weather as the day progressed.

The team of Jeremy Valley of Logan and Cory Hoshor of Scott Depot held the lead after the first round with a 12 under par 60. They were followed closely by the teams of Jess Ferrell of Fairmont and Jared Taylor of Bluefield, sitting at 11 under, and Christian Brand of Scott Depot and Bosten Miller of Hurricane, at 10 under par.

The Championship final day saw the second place team of Jess Ferrell of Fairmont and Jared Taylor of Bluefield finish at 20 under par. Tied for third at 18 under par were the team of Brian Anania of Scott Depot and Philip Reale of Hurricane and the team of Mitch Hoffman of Poca and Mason Weese of Charleston.

The first day's leaders, Jeremy Vallet of Logan and Cory Hoshor of Scott Depot, fell to a threeway tie for fifth.

"There was some great action on the course on the second day, showing what a difference a day can make in the sport of golf," said WVGA's Tournament Manager Lucas Ware.

Highlights of the first day included eight birdies and two eagles for Vallet and Hoshor, 12 birdies for Ferrell and Taylor and eight birdies and one eagle for Brand and Miller.

Highlights of the second day included 12 birdies for Ferrell and Taylor, 11 birdies for Anania and Reale and seven birdies and an eagle for Hoffman and Weese. "We'd been looking forward to good spring weather," said Matt Felber, head golf professional at Glade Springs Village. "We looked forward to the big men's field at this weekend's event."

"We were pleased with the weather and the event and we thank Glade Springs Village and Matt and his staff for their hard work to make this happen," said WVGA's Interim Executive Director Chris Slack.

Click here for the final leaderboard.



2023 West Virginia Two-Man Championship team of Christian Brand of Scott Depot and Bosten Miller of Hurricane.

# Hawkins, Downes take 23<sup>rd</sup> Junior Match Play titles on Mother's Day weekend in Parkersburg

The final day of play for the Junior Match Play Championship, conducted by the West Virginia Golf Association (WVGA), took place on Mother's Day at Parkersburg Country Club, leaving Savannah Hawkins and Argyle Downes holding the trophies.

The first of two Junior Match Play qualifiers for players under 18, took place April 29 at Edgewood Country Club in Charleston. Seven boys and seven girls qualified for the Junior Match Play Championship on May 13-14 at Parkersburg Country Club.

Girls qualifying for the Championship were: Kerri-Anne Cook; Savannah Hawkins; Brielle Milhoan; Anna Earl; Scarlett Albertson; Sidnea Belville; and Lauren Cline. Boys qualifying for the Championship wee: Jackson Woodburn; Stephen McDavid; Tanner Vest; Jack Michael; Andrew Johnson; Parker Vannoy; and Cooper Ward.

The final qualifier took place May 6 at Bel Meadow Golf Club in Mt. Clare.

The girl qualifying for the Championship was Audrey Kerr of Bridgeport. Boys qualifying for the Championship were: McCartney Hinkle; Alex White; Andrew Taylor; Andrew Pennybacker; Blake Lewis; Argyle Downes; Gavin Goodrich; Jonah Wilson; and Carson Higginbotham.

Alternates were Isaac Hayes and Grant Roush. "We're excited to have these young golfers here every year. The course is in good shape, so I think they'll enjoy the course,"



said Bel Meadow Head Golf Professional Randy Workman. "We love having the West Virginia Golf Association here. They bring great young talent and further recognition to our course."

.In the girls' championship match, Hurricane's Savannah Hawkins defeated Oceana's defending champion Kerri-Anne Cook 6 and 5. Following the win, Hawkins said, "I played much better today than yesterday, and I'm happy with the win."

On the boys' side, Argyle Downes of Charles Town defeated Jack Michael of Huntington 1 up to claim the championship title. Starting the semi-finals earlier Sunday, Michael defeated Andrew Johnson of Hurricane 7 and 6, while Downes defeated Tanner Vest of Shady Spring 1 up.

"This event on Mother's Day weekend gave parents a great opportunity to watch their kids play, especially the mothers of Savannah and Argyle," said Head Golf Professional Adam Chesnut. "Our course is as good as it's ever been and the credit goes to Superintendent Pat Maher and his crew for having it in top-notch shape."

"We want to congratulate Savannah and Argyle and thank everyone at Bel Meadow Golf Club and Edgewood Country Club for hosting our qualifiers and the Parkersburg Country Club

for hosting the 23rd Junior Match Play Championship," said WVGA Interim Executive Director Chris Slack. Click here for <u>the final</u> <u>leaderboard</u>.



# Weather won the tournament, but Sam O'Dell won his sixth WV Mid-Amateur Championship

The weather may have been the big winner of the 20<sup>th</sup> Annual WV Mid-Amateur Championship, hosted by the West Virginia Golf Association (WVGA) and presented by Pikewood Energy, challenging 47 players with cool temperatures, rain and even snow throughout the tournament on May 1-3, but Sam O'Dell of Hurricane won his sixth WV Mid-Amateur Championship.

Cam Roam of Huntington finished the first day's round of stroke play at Williams Golf and Country Club in Weirton with a one under par 71 thanks, in part, to five birdies. He was two strokes ahead of Jonathan Clark of Hurricane and Jared Taylor of Bluefield, tied for second at one over par 73.

Williams' Head Golf Pro Brian Grogan said, "Even with the challenging weather, we were thrilled to have the West Virginia Golf Association and these outstanding golfers here in the Northern Panhandle."

The round of 16 on May 2 featured some of the best amateur golfers in West Virginia, including two-time West Virginia Open Champion Jonathan Clark, four-time West Virginia Amateur Champion and five-time West Virginia Mid-Amateur Champion Sam O'Dell, as well as past West Virginia Amateur Champion and past Mid-Amateur Champion Philip Reale.

After Tuesday's Round of 16, the following golfers qualified for the quarterfinals:

- Sam O'Dell defeated Philip Reale in 19 holes;
- Jonathan Clark 4 and 3 over Chase Wolfe;
- Davey Jude 8 and 6 over Buck Gower;
- Christian Brand beat Cory Hoshor 1 up. Wednesday's semi-final pairings were:
- Sam O'Dell played Jonathan Clark; and
- Davey Jude played Christian Brand.

Sam O'Dell of Hurricane won his sixth West Virginia Mid-Amateur Championship, going 3 and 1 over Davey Jude of Kermit following the morning matches. Williams' Head Golf Pro Brian Grogan said, "It's been cold, wet weather that was challenging for the players this week, but the winners overcame the elements each day." <u>Click here for a</u> complete list of today's action.



Sam O'Dell of Hurricane, left, and Davey Jude of Kermit, finished one-two at the Mid-Amateur Championship at Williams Golf and Country Club in Weirton. Yes, that is SNOW falling on Wednesday, May 3.

# 2023 West Virginia Senior Amateur saw great weather and play, with Myers taking the win

Bryan Myers of Wheeling, last year's runner-up, topped the Championship Bracket at the West Virginia Senior Amateur Championship, sponsored by Little General Stores and conducted by the West Virginia Golf Association (WVGA), at Sleepy Hollow Golf Club in Hurricane. Myers won his match 3 and 1 over Pat Carter of Huntington.

In the Senior Championship Bracket, Neil Christiansen of Parkersburg won his match 2 and 1 over Lee Cooperrider of Hurricane.

The Consolation Championship was won 1 up by Jay Davis of St. Clairsville, Ohio over Brian Morrison of Barboursville, while the Consolation Senior Championship was won 7 and 5 by Reid Carroll of Barboursville over Harold Barner of Westover.

Brian McPherson of Belpre, Ohio, outscored the field by on the first day by one stroke in the Championship Division of the West Virginia Senior Amateur Championship. McPherson scored six birdies, leading to a one under par 71. The Senior Division was tied at the top between Scott Bibbee of Vienna and Jim Carpenter of Martinsburg, both shooting one over par 73.

The semifinal round in the Championship Division saw McPherson win 3 and 2 over Mike

Chapman of Athens, Ohio, Carter win 5 and 4 over Michael Koreski of Parkersburg, Harold Payne of Hurricane win over defending champion Todd Westfall of Bridgeport 2 and 1 and Myers win over Chuck Workman of Marlinton 4 and 2. In the final round. Carter defeated McPherson 3 and



2, while Myers defeated Payne 5 and 4 to set up the championship between Carter and Myers.

The semifinal round in the Senior Division saw John Bledsoe of Barboursville over Scott Bibbee of Vienna 4 and 3, Neil Christiansen of Parkersburg over



Hank Middlemas of Fairmont 5 and 4, John Crowe of Ridgeley over Cledus Judd of Proctorville, Ohio in 22 holes and Lee Cooperrider of Hurricane over Randy Neville of Charleston 1 up to set up the final round between Christiansen and Cooperrider.

Highlights of the three-day event included a total of 10 birdies each for Myers and Carter.

"We've had a week of good weather and great golf," said Jimmy Harrison, head golf professional at Sleepy Hollow. "We're pleased to congratulate Bryan Myers and Neil Christiansen on their wins."

"Sleepy Hollow is an outstanding Championship course and we are very excited to hold our Senior Amateur here at a course with so much history in WVGA events. We join Jimmy in congratulating Bryan and Neil on their wins," said WVGA Interim Executive Director Chris Slack. "We'd like to thank Jimmy Harrison and his staff at Sleepy Hollow Golf Club for hosting this event and Little General Stores for being our event sponsor."

Click here for the event leaderboard: <u>Se-</u> <u>nior Amateur Championship – Championship</u> <u>Round</u>.

## 19-year-old Cameron Jarvis wins 104th WV Amateur Championship at The Greenbrier

With chilly, rainy weather more typical of March than late May, The Greenbrier saw 120 players tee off on the Meadows Course during Round One of the 104th WV Amateur Championship, presented by Astorg Motor Company and Mercedes-Benz of Charleston, sponsored by United Bank and conducted by the West Virginia Golf Association (WVGA).

Over 400 golfers, including six past champions, competed to qualify for 120 spots in this year's Amateur Championship during seven events.

Extending his lead by two strokes on the final day, 19-year-old Cameron Jarvis of Barboursville scored (-2) today to take the overall lead at (-3) 277 to win the 104th West Virginia Amateur Championship at The Greenbrier.

The only other 19-year-old to win the WV Amateur Championship was Mason Williams in 2019.

Davey Jude of Kermit remained in second place with a (+2) 282, while Ryan Bilby of Follansbee rose to third with a (+3) 283 for the tournament.

"My play didn't change all week. It's slow back, fast forward and keep it level in the head. I came out here knowing every shot was important. It was good to come out and play this well at this place," said Jarvis. "I had no idea what the score was. I didn't know anything. When that last putt fell, I didn't know if I won until people started celebrating, so that was really cool."

"The Old White Course is a good test of patience and skill. This is a long event, and most people don't play 72-hole events during the summer. It becomes a mental grind," said The Greenbrier's Head Golf Professional Hill Herrick. "We certainly congratulate our young champion, Cameron Jarvis, on the win."

"This has been another great year for golf in West Virginia. The WVGA staff did a great job of making this special for the players. With-



out the golfers, we wouldn't be here and we're happy to be part of it," said Astorg Auto General Manager Tyler Astorg. "Mercedes-Benz is proud to be a continuing sponsor, along with Astorg Auto, and the support from United Bank has further elevated this event. We're pleased to see so many young golfers like Cameron Jarvis. It's speaks well to the future of the game."

"This is a wonderful venue and they even arranged for the weather to improve each day," said WVGA Interim Executive Director Chris Slack. "We are very grateful for our partners in Astorg Auto, Mercedes-Benz and United Bank who have helped us elevate this championship tremendously over the last eight years. This championship could not be done without the great support of The Greenbrier Resort."

#### TOP TEN FINISHERS (with ties):

- 1 Cameron Jarvis of Barboursville, (-3) 277;
- 2 Davey Jude of Kermit, (+2) 282;
- 3 Ryan Bilby of Follansbee, (+3) 283;
- WV Amateur (

Continued on page 9

- 4 Christian Brand of Scott Depot, (+4) 284;
- 5 Cory Hoshor of Scott Depot, (+5) 285;
- 6 Jack Michael of Huntington, (+7) 287;
- 7 Tommy Evans of Charles Town and Christian Boyd of Charles Town, (+8) 288;
- 9 Cam Roam of Huntington, (+9) 289;
- 10 Woody Woodward of Bridgeport, Mason Kidwell of Charles Town and Sam O'Dell of Hurricane, (+10) 290.

Although the lead changed on the third day of the 104th WV Amateur Championship, the young still led the way. After three rounds of play, Jarvis scored (-3) to take the overall lead at (-1) 209, thanks to six birdies on the third day.

Jack Michael of Huntington, the 16-year-old who led the first two rounds, fell to third with a (+1) 71 and a three-day total of (+2) 212. He is behind Davey Jude of Kermit who scored a (-3) 67 on the day, leaving him at even par 210 for the three days.

Christian Brand and Cory Hoshor, both of Scott Depot, tied for fourth with a three-day total of (+3) 213 as the final round moved back to the Old White Course on Wednesday.

"Every single shot matters and I have a lot of golf still to play," said Jarvis. "I'm a Type I diabetic and the most important thing to me is that I'm healthy. This is the first time in five years I've been healthy heading into this tournament. If I'm healthy, the golf will be there."

Jude said, "I played pretty solid today. Being one back is an ideal position for tomorrow. I feel fine and I'm hitting the ball well."

"It wasn't my best day and I put myself out of position sometimes," said Michael. "I was disappointed to lose the lead, but other people played great."

"We are getting more and more junior golfers, as Tuesday's leader board showed," said The Greenbrier's Head Golf Professional Hill Herrick. "The WVGA with their First Tee program and Callaway Junior Tour is getting more young people interested and involved in the lifelong game of golf. It's certainly showed this week, with the first two rounds topped by a 16-yearold and final two rounds topped by a 19-yearold."

"Astorg Auto, Mercedes-Benz and United

Bank are all pleased to support not only the West Virginia Golf Association and its members, but we're especially pleased to recognize the young golfers taking part in and leading this event," said Astorg Auto General Manager Tyler Astorg.

Jack Michael of Huntington maintained a onestroke lead at (+1) 73 on the second day as play moved to the Old White Course.

Following Michael, the next 28 players were within five strokes of each other. Four players tied for second at even par 70, three players tied for sixth at (+1) 71, two tied for eighth at (+2) 72, five players tied for 13th at (+3) 73 and 14 players tied for 18th at (+4) 74.

Additionally on Hole #1 on the Old White Round 2, players enjoyed "Elevating the Player Experience," presented by United Bank with the use of TracMan Technology with The Greenbrier's Director of Instruction Steven Cox. The TracMan 4 launch monitor technology captures club head speed, ball speed, spin rate, carry distance and total distance, information valuable to players throughout the remainder of the Championship.

Teenager Jack Michael of Huntington topped the first day's leader board with a (-2) 68. Following Michael, the next 29 players were within five strokes of each other. Four players tied for second at even par 70, two tied for sixth at (+1) 71, five tied for eighth at (+2) 72 and five more

players tied for 13th at (+3) 73.

The opening round concluded with a player dinner and reception at The Schoolhouse Hotel sponsored by United Bank. Over 150 attended the opening dinner ceremonies of the 104th West Virginia Amateur Championship. <u>Click here for the</u> final leaderboard.



### Nine-hole golf courses:

Editor's note: In order to showcase our ninehole courses across West Virginia, we will be featuring two of them in each issue of this newsletter.

#### **Course name:**

Bluefield Elks Lodge #269 Golf Course Address:

1501 Whitethorn Street Bluefield, WV 24701

#### **General Manager:**

Dr. Robert Stephens, Exalted Ruler

#### Head of Golf:

Dwight Sisson

#### **Ownership structure:**

Golf offers seasonal memberships

#### Year opened:

1912-1914

#### **Designer:**

Rocky Schorr redesigned course in 1940s

#### **Season dates:**

April 1-November 1

#### **Rates:**

9 holes: \$13 with cart 18 holes: \$20 with cart

### What's a unique fact or feature about your course?

A twin engine Budd Conestoga cargo plane crash landed on the the Bluefield Country Club golf course on New Year's Eve 1946. Lost in a blizzard during a flight from Nashville, TN to Washington, DC, pilot Joe Robert circled Bluefield at a low altitude looking for a place to land. The lights from the Club House made the third hole a perfect spot! Hundreds of Clover Club Members rushed out to welcome the unharmed passengers and pilot and the party continued. The plane was eventually taken to salvage in Roanoke, VA. It made for a memorable event after four years of World War II in the historic city limits of Bluefield, WV. What separates your course from other nine-hole courses?

Oldest course in Southern West Virginia. Dazzling views down the valley towards Virginia



at the foot of East River Mountain. Par for the course is 35. From the back tees the course plays to 2776 yards. From the forward tees the course measures 2411 yards. The longest hole on the course is # 8, a par 5 that plays to 474 yards. The shortest hole on the course is #7, a par 3 that plays to 159 yards from the back tees. Notable Golfers that have played course are Patty Berg LPGA, Ben Hogan and Sam Sneed.

#### What do you brag about?

Our Senior Community scrambles almost every weekday morning. They volunteer their time to maintain the course and are devoted to the game. The Elks sponsors young golfers, allowing local middle and high school teams and coaches to access the course, where they learn the rules of etiquette and play on this memorable course.

#### How to book tee times:

Call 304.327.6511. Most days tee times are not required. Call to see if a tournament or League have closed course for an event.

#### Web site:

https://www.elks.org/lodges/lodgefacilities. cfm?LodgeNumber=269

#### Facebook:

@Bluefield Elks Club Golf Course

### The hidden gems of golf in West Virginia

**Course name:** Barbour Country Club Address: 117 Country Club Drive Philippi, WV 26416 **Operations Advisor:** Dan Simon **Course Superintendent:** Kent Smith **Ownership structure:** Stockholder-held corporation, We offer single memberships, family memberships, student memberships and corporate memberships annually and are open to the public. Year opened: February 1956 **Designer:** Committee of charter members **Season dates:** April 1 - November 1 8:00 a.m. - 8:00 p.m. Sun.-Sat. **Rates:** 9 holes: \$25 M-F/\$29 S-S (includes cart and tax) 18 holes: \$30 M-F/\$34 S-S (includes cart, and tax) What's a unique fact or feature about your course? In 2018, the course became unplayable and closed. In August 2018, a small group of stockholders got together and started a renovation process. The course reopened with a volunteer staff on July 6, 2019. By the 2021 season, we were able to have a limited payroll in addition to the vast amount of volun-

teer help. We still appreciate our volunteers even after the club became self-sustaining in 2022.

#### What separates your course from other nine-hole courses?

Barbour Country Club (BCC) is a 9 hole parkland type golf course that opened in 1957. It is a stockholder owned corpora-

tion that incorporated Feb 1956. It is managed by a Board of Directors and assisted



by an advisory committee.

#### What do you brag

#### about?

BCC hosts several community based benefit tournaments each season along with club tournaments and social holiday events. BCC also hosts special events for birthday parties, reunions, weddings and receptions. They also host "Live on the Patio" events with live music and food, plus leagues on Wednesday evening and Thursday morning.

#### How to book tee times:

No tee times are needed.

#### **Facebook:**

https://www.facebook.com/p/Barbour-Countrv-Club-100054495908258/



### WVGA welcomes new staff member, Rick Johnson, to the golf family

Rick Johnson, West Virginia native and Bridgeport resident, became the newest member of the West Virginia Golf Association (WVGA) staff on May 16.

Johnson is a graduate Fairmont State University where he majored in business.

His love of golf goes back to childhood. After graduating from Fairmont, he caddied for two seasons at Augusta National, including two Masters tournaments. During the Augusta off-season, he came home to West Virginia where he worked for State Distributing, a beer wholesaler. After leaving Augusta, he joined State Distributing full-time for several years. He then moved to the manufacturing sector, working for Mylan Pharmaceuticals for the next dozen years.

His next move was back to the world of sports. Johnson served as head coach for both the men's and women's teams, a post he held for eight years.

A member of the Clarksburg Country Club, he saw the opening at WVGA as the opportunity to make a career change. "This allowed me to get back to the sport I love the most, which is golf," Johnson explained.

He learned about the WVGA the old-fashioned way -- through his daughter. "Marra played in the Callaway Junior system and I got to know Brad Ullman, Chris Slack, Cory Hoshor and Lucas Ware over the years," Johnson said. "When Chris told me a position was coming open, I jumped at the opportunity to apply. Chris was quick to tell me the job isn't all sunshine and roses, and can be very time-consuming, but that didn't change my mind. When



I coached swimming, the kids were in the pool at 5:00 a.m. and I was there before them." "The staff here is great. There's a terrific sense of camaraderie and, with everyone on the same page, it's easy to come to work," he said.

"My first full week on the job was with the West Virginia Amateur. It was tough having to spend my first week of work for the WVGA at The Greenbrier," he quipped. To his delight, his daughter was the caddy for one of the players, so they got to enjoy the experience together.

"The Championship gave me a change to meet some of the board members that I didn't already know. I learned these folks are all pro-golf and pro growing the sport of golf," he said.

Johnson said he would be working with Senior Series events and helping with the Amateur Series, "I'm looking forward to working with these two areas and meeting the golfers and sponors," he said. "I'm also excited to work with Jeff Preast on First Tee activities. The thing I loved about coaching was the opportunity to work with young athletes and teach them their particular sport, be it swimming or golf. My contacts in the northern part of the state may help make contacts for Jeff."

"My beautiful wife of 22 years, Dee, is the director of sales and growth for Charles Pointe Hospitality, a property with several hotel brands and restaurant chains. She's worked with Jeff Preast and Danielle Monk on Ladies Night Out in Bridgeport Conference Center, so this is kind of coming home to friends," he explained. Like the other staff members, Johnson said his family comes first. "Our daughter always comes first, and Dee and I try to be there for all of her activities. Marra is on the golf and swim teams at Wheeling University and made Dean's List both of her first two semesters."

"I'm excited to be here and be part of this great organization that grows and serves golfers from elementary school to those in their 80s," Johnson said. "I look forward to getting to meet all our golfers as our events move around the state."

## New apparel and gifts are available for golfers of all ages - get what you need for 2023

As you see what new golf gear you need for this season, start by shopping <u>First Tee-West</u> <u>Virginia's online shop</u>.

This shop features clothing and accessories for women, men, girls and boys. Other items will be exclusively in our new location at Coonskin Park in mid-July.

There are a variety of styles, colors and sizes in: blankets, casual tees, cinch packs, headwear, hoodies, outerwear, pants, performance tees, polos, pullovers, shorts, spectator scarves, stadium seats and more.

There are long-sleeved and short-sleeved tops. Depending on styles, you can find a rainbow of colors including black, light, navy or royal blue, light or dark gray, forest or kelly green, pink, purple, red, white or yellow.

Your purchases can benefit First Tee-West

Virginia, which means you'll be helping students throughout the state in both classroom-based and green-grass programs.

Let us make your shopping more convenient, while helping the children of our state!

**9** first tee

<u>Click</u> <u>here</u> <u>to</u> <u>order</u> <u>now!</u>

🤊 first tee

# Practice golf injury prevention so you won't miss a single day on the links

Many people consider golf a low-level physical activity without much risk for injury. Many injuries can be caused by playing golf, however, including injuries to the ankle, elbow, spine, knee, hip and wrist.

According to a study published in the British Journal of Sports Medicine, up to 40.9% of amateur golfers get injured each year while playing golf, and the lifetime risk of golf-related injury for amateurs is as high as 70%.

#### **Types of Golf Injuries**

#### • Low Back Pain

Low back injuries are the most common complaint among golfers, according to a study by the Norwegian School of Sports Sciences, accounting for up to 34% of all golf injuries. Low back pain is often caused by a poor swing. The rotational stresses of the golf swing can place considerable pressure on the spine and muscles.

Also, poor flexibility and muscle strength can cause minor strains in the back that can easily become severe injuries.

Here are some simple exercises to help strengthen lower back muscles and prevent injuries.



**Rowing**. Firmly tie the ends of rubber tubing. Place it around an object that is shoulder height (like the door knob on a closed door, or bed post). Standing with your arms straight out in front of you, grasp the tubing and slowly pull it toward your chest while squeezing your shoulder blades together. Release slowly. Perform 3 sets of 10 repetitions, at least 3 times a week.

**Pull downs**. For this exercise, the rubber tubing needs to be secured to an object that is higher than your head, like the top corner of an open door. Stand facing the door and hold the tubing over your head with both hands. Pull your arms down slowly toward your chest, bending your elbows as you lower your arms. Raise the tubing slowly over your head. Perform 3 sets of 10 repetitions, at least 3 times a week.

• Golfer's Elbow

Medial epicondylitis, or "golfer's elbow," is the second most common golf-related injury. Golfer's elbow is an inflammation of the tendons that attach your forearm muscles to the inside of the bone at your elbow. This leads to pain and tenderness inside the elbow.

For best results, do these exercises during the off-season as well.

<u>Squeeze a tennis ball</u>. Squeezing an old tennis ball for 5 minutes at a time is a simple, effective exercise to strengthen forearm muscles.

Wrist curls. Use a lightweight dumbbell, then lower the weight to the end of your fingers, and then curl the weight back into your palm. Then curling up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, and then with the other arm. Complete 4 sets of 10 on each side, 3 times a week.

**Reverse wrist curls**. Using a lightweight dumbbell, place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm that you are exercising at the mid-forearm with your other hand to limit the motion to your wrist. Perform 10 repetitions with each arm, 3 times a week.

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## FUNDRAISERS FUNDRAISERS OF THE FAIRWAYS Stonewall Resort

June 9, 2023 Each year the Stonewall State Park Foundation and First Tee - West Virginia come together on the Arnold Palmer Signature course for a 4-Person Scramble and raise funds for both organizations. Golf, food and prizes make this a fun filled day on the course!

#### **15TH ANNIVERSARY** "THE" BEN MCGRAW FIRST TEE CLASSIC OCTOBER 6, 2023

The Ben McGraw First Tee Classic is a 4-Person Scramble played each year on the Cobb Course at The Resort at Glade Springs in memory of Benjamin McGraw. As we celebrate the 15th anniversary of this annual event, we continue to honor Ben and his family who have always dedicated themselves to growing the game not only in Raleigh County but throughout the state of West Virginia.



## There's still time to get your VIP Card and play some great golf around West Virginia

The West Virginia VIP Card makes a great gift for birthdays, anniversaries...or any day at all! Plus, it's one of the many benefits of becoming a member of the West Virginia Golf Association (WVGA).

VIP Card Holders have access to 65 West Virginia private, public and resort courses at EXCLUSIVE VIP rates. They also receive an official Handicap Index for score posting and each golfer has a specific, private number assigned to them. When you purchase a \$50 VIP Card, you are a member of the WVGA and are eligible to participate in WVGA events.

#### 2023 WV VIP Card Rules & Regulations:

- 2023 West Virginia VIP Cardholder is entitled to the round(s) of golf listed from 1/1/2023 through 12/31/2023.
- Some clubs may limit daily VIP play at their discretion. Please call ahead for tee times.
- Fee includes motorized cart, unless otherwise noted.
- Please call 24 hours in advance of requesting a tee time, you must ID yourself as a West Virginia VIP cardholder.
- VIP Cards may not be used for tournaments or special events.





- Cardholder must present their VIP Card before playing. ID may be requested, VIP Cards are non-transferrable.
- Cardholder must abide by dress code and other regulations of the VIP course.
- Members 17 and younger must play with an adult.
- Replacement VIP Cards are \$15, payable to the WVGA.
- VIP Card holders have access to 65 West Virginia private, public and resort courses at discounted rates.

<u>Click here for more de-</u> tails or to purchase a card





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### 2023 WV Golf Association Newsletter Advertising Contract

Advertising is available to members of the West Virginia Golf Association (WVGA) in our quarterly newsletter issues. Please see below for details regarding ad sizes and rates.

		Frequency of Ad	
		1 – 3/issue	4/year
	Full page 2 columns (7" wide x 9.5" deep)	\$900.00/qtr.	\$3,240/year
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WVGA wants to assure that you get the best quality advertisement in the newsletter for your advertising dollar. To that end, we ask that you **submit your color ad electronically in a 300 dpi (dots per inch) resolution JPG or PDF** format. Ads saved as Word or Word Perfect documents or Excel spreadsheets **will not** give you a quality ad in the publication. If there are conversion issues with your file, our designer will contact you directly. Ads must be emailed directly to Danielle Monk: <u>dmonk@wvga.org</u>.

Ads can be run each quarter throughout the year or in any combination of quarters you choose. Please note there is a price break when you commit to a full-year contract. Changes to your ad copy or cancellations can be made during the duration of the contract, but must be submitted 30 days prior to the next publication. (i.e, February 1<sup>st</sup> for the March issue). Please complete the information requested below and return this page, with payment, to *WVGA Newsletter*, WVGA, 1 Frances P. Jordon Way, Charleston, WV 25302. Ads must be paid in full by check or credit card prior to publication. Please contact Danielle Monk at (304) 391-5000 or <u>dmonk@wvga.org</u> to discuss these options.

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