

## Change to the Schedule at Cottonwood & Palo Verde

- Both Cottonwood & Palo Verde Pro Shops will close at approximately 1:15 on Wednesday, April 16 for the Pro Skins Game
- Thursday, April 17<sup>th</sup> will be blocked off for the AM shotgun for a CLGA event. The PM shotgun will be open as normal.



Both Cottonwood and Palo Verde have moved to Golf Genius for our tournament software. This allows us to do on course scoring throughout the round with the assistance of a smartphone. The Golf Genius app can be downloaded in your app store for either Android or Apple.

[CLICK HERE](#) to learn how to download and use Golf Genius in your upcoming league round.



### REMINDER\*\*\*

Please remember to spend your CHITS! Any money won during league events prior to April 1<sup>st</sup> will expire May 31<sup>st</sup>!!

CHITS can be spent in either the Palo Verde Pro Shop or Cottonwood Pro Shop. Stop in and take advantage of some great deals in both Pro Shops!

*Jon, Joey  
Travis, Chris  
Jaron, Erin, & Don*

**PRO**  
**SKINS GAME**  
**@**  
**COTTONWOOD**  
**PV PROS**  
**VS**  
**CW PROS**

Wednesday,  
April 16th, 2025



1:30 PM

Side Wagers Prior to Tee Off



\$10 Ticket Price  
Includes Free Beer & Soda



**FOR MORE INFORMATION AND TO BUY YOUR TICKET,  
CONTACT EITHER PRO SHOP**



## HOW TO STAY HYDRATED DURING A ROUND OF GOLF

Water and Gatorade are good choices to stay hydrated on the course. If your drink of choice is water, you should also eat salty snacks such as salted nuts or pretzels. Because sweat contains a high concentration of sodium, you need to eat or drink sodium to maintain electrolyte levels in the bloodstream.

Now, on to the topic of alcohol. Everyone knows that beer is a popular drink during a round of golf. Some drink alcohol to be social, some drink to calm nerves, some just drink for the sake of drinking. While alcohol will improve your perception of how you're playing, your actual scores will show otherwise.

If you are going to drink alcohol while you play, it is best to stick with one drink per hour (read: per hour, not per hole!). Furthermore, you should drink 3 ounces of liquid per hole on top of that to counter the dehydrating effects of alcohol. This combination will allow you to stay hydrated while avoiding a noticeable loss in coordination.

A final consideration for those who play golf several times a week is that the dehydrating effects of alcohol can last up to 72 hours. Therefore, if you are playing golf 2 to 3 days in a row and you drink alcohol each day, your performance will likely suffer as the week goes on since dehydration will worsen. In this circumstance, you need to take a break from drinking as no amount of liquid will rehydrate you until alcohol is removed from your diet for a few days.

Overall, staying hydrated on the golf course is relatively simple provided a few simple rules are adhered to:

- Drink a little non-alcoholic and non-caffeinated liquid after every hole
- Ensure that you are consuming sodium during the day
- Drink no more than 1 alcoholic drink per hour while maintaining adequate non-alcoholic liquid consumption
- Don't drink alcohol on consecutive days since this will severely prolong the time needed to adequately rehydrate

Finally, healthy snacks such as fresh fruits or raisins and dates will help keep energy levels going. Fruits are not only natural sources of healthy sugars, but they are rich in natural vitamins and minerals and plant specific nutrients called phytonutrients.

Concentrated and liquid whole food supplements such as aloe vera juices are beneficial as well. Granola bars are also a wonderful snack for quick pick me up energy boost.

Just paying attention to these few extra details is certain to give your golf game the extra boost it needs for an excellent game.

*Source: The Vincera Institute*



Both golf courses are open 7 days a week!  
Pro Shop hours through April 30<sup>th</sup>  
7:00 am - 5:00 pm

Cottonwood runs shotguns 5 days a week  
Monday/Thursday/Friday/Saturday/Sunday

Tee times 2 days a week  
Tuesday & Wednesday

Palo Verde runs shotguns 4 days a week  
Monday/Tuesday/Friday/Saturday

Tee Times 3 days a week  
Wednesday/Thursday/Sunday

See each golf shop for any exceptions  
throughout the year

# Starting May 1<sup>st</sup>

both courses will move to their  
summer schedules.

## Cottonwood

Cottonwood runs shotguns 2 days a week

Thursday & Saturday

Tee Times 5 days a week

Monday, Tuesday, Wednesday, Friday, & Sunday

## Palo Verde

Palo Verde runs shotguns 3 days a week

Tuesday, Friday, & Saturday

Tee Times 4 days a week

Monday, Wednesday, Thursday, & Sunday





## REMEMBER TO USE THOSE SAND BOTTLES!

PLEASE FILL DIVOTS THROUGHOUT THE ENTIRE GOLF COURSE WITH EXCEPTION OF THE TEE BOXES  
-THE MAINTENANCE STAFF WILL FILL THOSE



## "TURF TALK"

BY: SCOTT ANDERSON- GOLF COURSE & COMMON AREA MANAGER

FIND OUT WHAT IS NEW AND INTERESTING  
WITH OUR GOLF COURSES!

[CLICK HERE](#) TO READ THE WEEKLY REPORT

PLEASE STOP BY EACH GOLF SHOP TO PICK UP  
YOUR EMERGENCY PROTOCOL STICKER!

### EMERGENCY CALLS ON PALO VERDE GOLF COURSE

1. Dial 911 and declare a medical emergency.
2. Give the dispatcher the address to Palo Verde; 10801 E. San Tan Blvd. in Sun Lakes
3. Tell the next dispatcher that you are on hole number (##) of Palo Verde Golf Course and that you are located at the: tee box, the fairway or the green.
4. Stay on the phone until emergency vehicles arrive.

# **DRIVING RANGE POLICY**

CLICK [HERE](#) TO VIEW THE FULL POLICY



**The Cottonwood Driving Range is available to use by all Sun Lakes homeowners and guests. Tokens are available for sale in the Cottonwood Pro Shop. The range closes early on Monday afternoon at 3 pm for maintenance, otherwise it is open 7 days a week, from dawn until dusk. All range patrons must adhere to the dress code. Baskets and golf balls should NOT leave the range area under any circumstances.**



CLICK [HERE](#) TO MAKE SURE YOU ARE  
FIXING A BALL MARK CORRECTLY.



*THE CORRECT RAKE POSITION AFTER YOU ARE DONE RAKING*



**BOTH PRO SHOPS REGRIP CLUBS!**  
**\$12.00 - 10% INSTALLED**

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**Super Stroke Putter grips at PV**  
**Winn Putter grips at CW**  
**Call or stop in for pricing**



## What is the proper attire/dress for playing golf?

Proper dress applies to those playing and/or using any of the practice facilities including the driving range, chipping greens, and the putting greens. Men may wear pants or golf shorts no shorter than mid-thigh. Men MUST have a collared shirt with sleeves. Mock turtlenecks or turtlenecks are permitted. Absolutely NO collarless shirts, tank tops, tennis attire, swim wear, or athletic shorts are allowed. Denim pants, shorts, and shirts (regardless of color) that are uniform in color, do not have holes or tears and are not frayed or raveled are permissible.

Women may wear slacks, or shorts/ skorts/skirts no shorter than mid-thigh. Collarless and/or sleeveless shirts, blouses, sweatshirts, and sweaters are allowed. Athletic shorts, swim wear, cut-offs, midriff-exposing tops, halter tops, revealing tank tops, and tennis attire are NOT considered proper dress for golf. Denim pants, shorts, and shirts (regardless of color) that are uniform in color, do NOT have holes, or tears, and are not frayed or raveled are permissible.

All participants MUST wear shoes. Cottonwood and Palo Verde golf courses are soft spike ONLY facilities. Metal golf spikes are NOT permitted. Golf shoes, golf sandals, sneakers or rubber soled shoes MUST be worn on the courses and practice areas. Any footwear that would damage the greens is strictly prohibited.



## Problem on the golf course? Who do I call?

When you observe a violation such as someone using the golf course as a practice facility during the hours of 7a.m.- 1p.m., please call the Cottonwood Pro Shop at 480-895-9449 or Palo Verde Pro Shop at 480-895-0300 depending on what course the problem exists. If there is a perceived violation on the golf course after hours, please call Patrol at 480-895-9277. Let's keep our courses the best in Sun Lakes.

Thank you for your help!

# **SOME VERY IMPORTANT THINGS TO REMEMBER TO HELP KEEP THE COURSE IN GREAT SHAPE THROUGHOUT THE YEAR**

PLEASE ABIDE BY THE 90 DEGREE CART RULE AT ALL TIMES (when not cart path only)

PLEASE KEEP UP WITH THE GROUP  
IN FRONT OF YOU- NO GAPS

HEAD TO THE CART PATH BEFORE YOU PASS THE YELLOW STAKES ON ALL  
THE PAR 4'S & 5'S - KEEP THE GREEN SURRONS PLAYABLE

PLAY READY GOLF AT ALL TIMES

FIX YOUR BALL MARKS ON  
THE GREENS

FILL ALL OF YOUR DIVOTS  
THROUGHOUT THE GOLF COURSE

## **PRO SHOP HOURS**

### **COTTONWOOD**

NOV 4 <sup>TH</sup> -APRIL 30 <sup>th</sup>	7:00AM-5:00PM
MAY 1 <sup>st</sup> - MAY 31 <sup>ST</sup>	5:30AM-3:00PM

### **PALO VERDE**

OCT 28 <sup>TH</sup> -APRIL 30 <sup>th</sup>	7:00AM-5:00PM
MAY 1 <sup>ST</sup> -MAY 31 <sup>ST</sup>	5:30AM-1:00PM