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**The Great Warm Up**



"To play good golf, one must be flexible. To be flexible, one must stretch!"

Mount Airy Casino Resort's Head Golf Professional, Chris Zelenka, summed up the words of all of our Pocono Mountains' professionals as golf season starts. It's a proven fact that those who go directly from the parking lot to the tee lose strokes and get hurt - if they don't warm up, first.

Here are a few more words of "professional" wisdom:

*From Woodloch Pro John Pillar:* "Hitting 10-15 balls on the range before a round gets your muscles warmed up, and allows your mind to figure out issues that might impact your swing. You will save shots."

*Mountain Manor Pro Bill Lee:* "Use the driving range to warm up, starting with a short club, and building up to longer clubs. Then hold a club behind your head, and turn back and through. That's all it takes."

*Buck Hill Falls PGA Pro Tom O'Malley:* "Always arrive early enough to stretch and warm up."

**On Course:**  
Featured Golf Course of the Month:  
[Woodloch Springs](#)



Woodloch opens its 20th golf season in 2011! The Golf Shop opens this Wednesday; 2011 Rates are [\\$25/9 holes, \\$45/18 holes.](#)



**Scout Report**

- **Golf in the Pocono Mountains** was recently featured in *Fairways + Greens* Magazine. [Click Here](#) for the full story, from historic beginnings to present day.
- **Mountain Manor Golf Club** greatly anticipates a March 25 golf season opener, and welcomes golfers to its Bar and Grill with new menu.
- **Mount Airy Casino Resort** will open its golf course on April 1, featuring a new irrigation system and a new deck to enjoy after golf.
- **Pocono Palace Resort** has planned a couples' golf getaway weekend for April 28-May 1, including golf, evening Italian feast, live music, overnight accommodations and more. For more information, see [www.covepoconoresorts.com](http://www.covepoconoresorts.com).



**Eagle Specials**

- **Mountain Manor** is offering unlimited play in April for \$35 on weekdays and \$45 on weekends. Call 570-223-1290 for reservations.
- **Buck Hill Falls Golf Club** is offering a Pay One Greens Fee, receive a Second One Free, from April 9-June 15. Call 570-595-7730 for details.
- **Mount Airy** is currently offering spring warm-up rates for \$20-\$25 (nine holes, midweek-weekend) or \$37-\$45 for 18 holes. Rates are valid in April only.
- **Shawnee Inn and Golf Resort** is offering complimentary golf from April 3-28 when you book an overnight stay. Rates start at \$106/night with golf.
- **Fernwood Hotel and Resort** is offering stay-and-play packages starting at \$69 per person per night in April.



**Beyond The Course**

What's your favorite after-round meal in the Pocono Mountains - and where? Post your recommendation for our fans at <http://www.facebook.com/PoconoTourism>



Check out our Golf Videos and Interactive Golf Trip Planner at [POCONOSGOLF.COM](http://POCONOSGOLF.COM)  
800-POCONOS