





Robbie Barich,  
Head Golf Professional

## Golf Department

FROM YOUR HEAD GOLF PROFESSIONAL

Your Golf Team is excited and looking forward to another great year at Catta Verdera. We have many new events planned, and updates to some of our traditional favorites as well.

On the equipment side, all of the top manufacturers are scheduled to release great new equipment that not only looks good, but will be sure to help you improve your enjoyment of the game. These new items will all have new technologies that have been rigorously tested by tour professionals and “scientists” to ensure that they provide top-of-the-line performance to get you to hit it farther and straighter.

Here are some of the items we can expect to see:

- ◆ **TITLEIST:** Get ready for the newest in golf ball technology with the release of their new ProV1 & ProV1x due out in mid-January.
- ◆ **TITLEIST:** Something completely new will be the GT280 mini driver. This club makes its debut in Hawaii as the Tour kicks off their season, and should be available to Catta Members before anywhere else. The club is geared towards the lower handicap players and will be shorter in length than a driver, while offering more workability.
- ◆ **TAYLORMADE:** Releasing their newest line of drivers, the QI35. This will come in three models QI35, QI35 Max, and QI35 LS.
- ◆ **PING:** Get ready for the new G440 which will replace all current G430 heads except for the G430 10K. These new drivers feature a new technology known as “spin-sistency”. This was created so that wherever you hit it on the face of the driver, it will have more consistent spin rates on mis-hits, therefore creating more forgiveness.

We will have all these clubs to demo or get fit for in the shop when they are released.

Looking ahead at the 2025 Calendar, we have been working hard on ways to improve our Invitational’s to make sure that we are showcasing our club properly.

First up, the Cabrillo Classic will be moving to the well-known 9-hole match play format. This format change will first and foremost allow us to get 12 more teams in, reducing our lengthy wait list that we see each year. All of this while improving our pace of play for everyone’s enjoyment. Expect full details on this new schedule to be coming out in the next few weeks.

We also look forward to our 2nd Annual Catta Verdera “King of the Greens” Putting Championship this summer. Paul Haney is our defending champion, but we know that there are many coming for him!

Also new this year, we will be looking to add some exciting “Night Golf” competitions that are sure to be fun for the entire family. Be on the lookout for the announcement of those dates.

This is just a sample of some of the exciting things we have planned on our packed calendar this year, and we look forward to everyone joining in on the fun.

Please reach out to the Golf Shop if you have any questions on the new products or events.



## **NEW ADVISORY COMMITTEE BEGINS IN JANUARY**

As we highlighted last month, we are excited to bring in new members to our Advisory Committee this year with some new practices as well. As our committee meets, we will be adding a new piece to our Catta Talk each month summarizing the discussion points that this committee covers in these meetings.

So much has been done in such a short time here at Catta and a very big part of that is directly related to the feedback you give to our Committee Members. These discussions have been integral in the improvements to both policy and operations here at our club. It is this feedback that helps Club Management make the decisions that improve all of our experiences here at our Club.

As we move through this new year, we encourage you all to reach out to the Committee to offer your opinions so that they can be put on the agenda for discussion.

### **2025-2026 Committee Members:**

- Ellen Grivna
- Sean Harrigan
- Dena Lumbirt
- Sasha Macktinger
- Matt Morgan
- Kris Palmer

Email contacts for each Advisory Committee Member can be found on our Member's Website Page under the "Committee" tab.





T.J. Orban, PGA  
Director of Instruction

FROM YOUR PGA DIRECTOR OF INSTRUCTION

Let's make a new year's resolution together and head into 2025 with a plan to play better golf!

To help get us all started, here are some simple ways we can accomplish this:

◆ **Set Clear Goals**

- Every improvement starts with setting clear, attainable goals. Instead of broad resolutions like "become a better golfer," set specific, measurable targets such as:
  - Reducing your handicap by 3-5 strokes.
  - Practicing putting for 30 minutes three times a week.
  - Hitting 50 balls at the driving range every weekend.
  - Break larger goals into smaller, manageable steps to track your progress over time. Remember, consistency is key.

◆ **Commit to Regular Practice**

- Improving your golf game requires consistent practice, not just a pre-round warm-up
- Short Game Practice: Devote time to putting, chipping, and pitching...these areas account for the majority of strokes during a round.
- Driving Range Sessions: Focus on accuracy, ball striking, and improving specific areas like driving or iron play.
- On-Course Strategy: Play practice rounds where you focus less on score and more on decision-making and situational shots.

◆ **Focus on Fitness**

- Physical fitness plays a significant role in improving your golf performance. Better strength, flexibility, and endurance will lead to more powerful swings and fewer injuries. Consider incorporating weights for golf or specific exercises to target key muscle groups:
  - Golf Exercises with Weights: Use light dumbbells for rotational exercises to improve swing power and control.
  - Upper Body Golf Workouts: Focus on shoulder presses, chest presses, and resistance band exercises to strengthen muscles used in your swing.
  - Back Exercises for Golf: Incorporate lat pulldowns, rows, and lower back stretches to prevent injuries and improve posture.
  - Yoga is also an excellent addition to your fitness routine. Yoga for golfers can improve flexibility, balance, and mental focus, all of which are critical for maintaining consistent golf positions throughout your swing.

continued next page...

fitness clubs posture handicap swing positive yoga driving  
 assessment habits putting ball routine strokes grips targets  
 physical endurance rotation improvement chipping strategy flexibility  
 goals professional technique striking dedication range swings tracking  
 performance power self-talk control resistance commitment instruction



### ❖ **Improve Your Mental Game**

- Golf is as much a mental challenge as it is physical. Cultivating better habits in how you think on and off the course can significantly impact your performance.
  - Practice Properly:
    - Visualization: Picture the shot you want to hit before stepping up to the ball.
    - Mindfulness: Stay in the present and avoid dwelling on past mistakes or future holes.
    - Positive Self-Talk: Replace negative thoughts like “I’ll never make this putt” with encouraging affirmations such as “I can sink this.”

### ❖ **Upgrade Your Equipment**

- Get professionally fit for new clubs to take advantage of new technology from the top manufacturers
- Utilize the new launch monitor to get suggestions about which ball you should be playing
- If your grips are old or worn, have the golf shop order new ones and replace them for you

### ❖ **Seek Professional Help**

- Attend Golf Clinics
- Talk with our Director of Instruction

To start 2025 on the right track, reach out to T.J. for more information

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## **THE LESSON VAULT** – WITH PGA PROFESSIONAL **FRANKLYN RICHARDS**

Franklyn continues to help golfers around the world with his unlimited knowledge of the golf swing. As you watch these stories from Franklyn’s very own YouTube channel, don’t forget to send him a question about your swing, and begin to play better immediately.

To view this week’s playlist on “PUTTING”, click [HERE](#).

To schedule a lesson with Franklyn here at CattaVerdera, please email him at [britishpga@gmail.com](mailto:britishpga@gmail.com) or call the Golf Shop at 916.645.7200





Kyle Hundley  
Director of F&B

# Food & Beverage

FROM YOUR DIRECTOR OF F&B

As we step into the new year, I'd like to take a moment to thank you for making this past year so memorable. December brought us a festive flurry of joy, with events like Holiday Bunco (where the husbands joined in on the fun!), our heartwarming Cookies with Santa event, and the delicious convenience of our Christmas Eve Dinners To-Go. These moments, filled with laughter, connection, and holiday cheer, made the season truly magical.

Now, a brand-new era is here, and January at Catta Verdera is packed with exciting events:

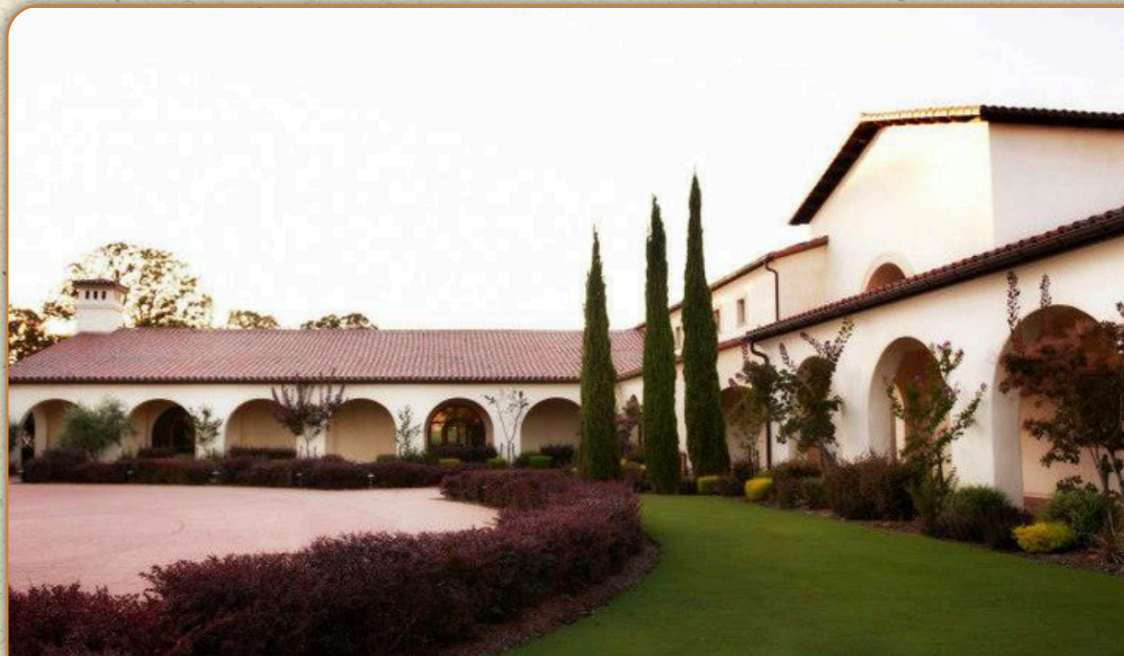
- ◆ Ladies Night – Wednesday, January 8, at 6 PM. Gather with friends for a delightful evening of Bunco, laughter, and good company.
- ◆ Thurs-Date – Thursday, January 9. Treat your significant other (or make it a double date!) to a romantic evening in the enchanting setting of Madelena's, complete with a four-course meal and a bottle of wine.
- ◆ Book Club – Wednesday, January 22. Dive into engaging discussions with fellow book enthusiasts. Don't forget to check ForeTees for the selected title!
- ◆ Country Club Canvas – Saturday, January 25. Unleash your creativity in a fun and relaxed atmosphere. Whether you're a seasoned artist or a first-timer, this night promises to inspire and delight.

## What's on the Horizon?

Looking ahead, we're thrilled about the exciting plans in store for the year. From the highly anticipated return of The Kelly Twins to new and familiar wineries joining us for exclusive wine dinners, there's so much to look forward to. Get ready to test your luck at our lively Bingo nights, showcase your best recipe in the Fall Chili Cook-Off, and participate in exciting new dance, athletic, and cooking classes. These events are just the tip of the iceberg for what promises to be an unforgettable time at the club.

Make it your New Year's resolution to take full advantage of all our club has to offer. From our beloved weekly specials to these exciting events, Catta Verdera is the perfect place to create new memories with friends and family.

On behalf of the entire Food & Beverage team, we wish you a happy and prosperous new year. Here's to a fantastic January and an even better year ahead!





**Jogi Choung, GCSAA  
Superintendent**

**FROM YOUR GCSAA COURSE SUPERINTENDENT**

Thank you to all of our members for your continued support as my team and I work diligently to deliver the best playing conditions possible. While 2024 gave us our challenges, we were able to continuously improve the playing experience here at the Club. With a record-setting number of days over 100° through the summer, followed with almost 60% of our annual rainfall in the closing months of the year, the task was not easy, but a rewarding challenge for my team.

Now we focus on the new year and I am happy to say that we are more prepared than ever. With new equipment and a full staff, we will continue to focus on details throughout the course.

I will work with the Golf Team each day to make sure they can communicate any specific tasks that are being performed that might interrupt play, as well as keep the team informed of any agronomic changes that might be made.

We have a number of improvements added to our schedule for this coming year as well. We will continue to stimp our greens regularly to maintain a consistent speed of 11.0-11.5 throughout the year. We will also be addressing specific holes where we'll be leveling and expanding some tee boxes. Another main focus for 2025 will be softening the entry into a number of bunkers, making it easier for us all to get in and out.

As we work through this schedule, again we will communicate to everyone the timeline on each project. Thank you again for all the support, and Happy New Year!

## January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day	2	3	4
5	6	7	8 Advisory Committee Meeting Ladies Night in Madelena's	9 Thurs-date in Madelena's Ladies' Golf Day	10	11 Women's Club Saturday Golf
12	13	14	15 Men's Golf Day	16 Ladies' Golf Day	17	18 Private Golf Cart Permit Day
19	20 Martin Luther King Jr Day Club Open	21 Club Closed	22 Catta Book Club Men's Golf Day	23 Ladies' Golf Day	24 Men's Club Friday Golf	25 Country Club Canvas
26	27	28	29 Men's Golf Day	30 Ladies' Golf Day	31	

### Coming in February...

- Every Wednesday  
**Men's Golf Day**
- Every Thursday  
**Ladies' Golf Day**
- Wednesday, February 5th  
**Ladies' Night in Madelena's**
- Sunday, February 9th  
**Super Bowl Specials in Quixote's**
- Wednesday, February 12th  
**Advisory Committee Meeting**
- Thursday, February 13th  
**Thurs-Dates in Madelena's**
- Friday, February 14th  
**Valentine's Day**
- Saturday, February 15th  
**Couple's Valentine's Day Golf**
- Monday, February 17th  
**President's Day - Club Open**
- Tuesday, February 18th  
**Club Closed**
- Friday, February 21st  
**Annual Catta Crab Feed**
- Saturday, February 22nd  
**Women's Club Saturday Golf**
- Friday, February 28th  
**Men's Club Friday Golf**



**CATTA  
VERDERA**  
COUNTRY CLUB  
Where everyone wants to be.

**PHONE NUMBERS**

- Clubhouse** 916.645.7200
- Fax** 916.645.6729
- Membership** 916.645.6745
- Events** 916.645.6722
- Quixote's** 916.645.6742