



**HONSBERGER**<sup>+</sup>  
PHYSIO

**PROUDLY PRESENT THE 2018  
HONSBERGER PHYSIO CLASSIC  
AT SPRING LAKES GOLF CLUB**

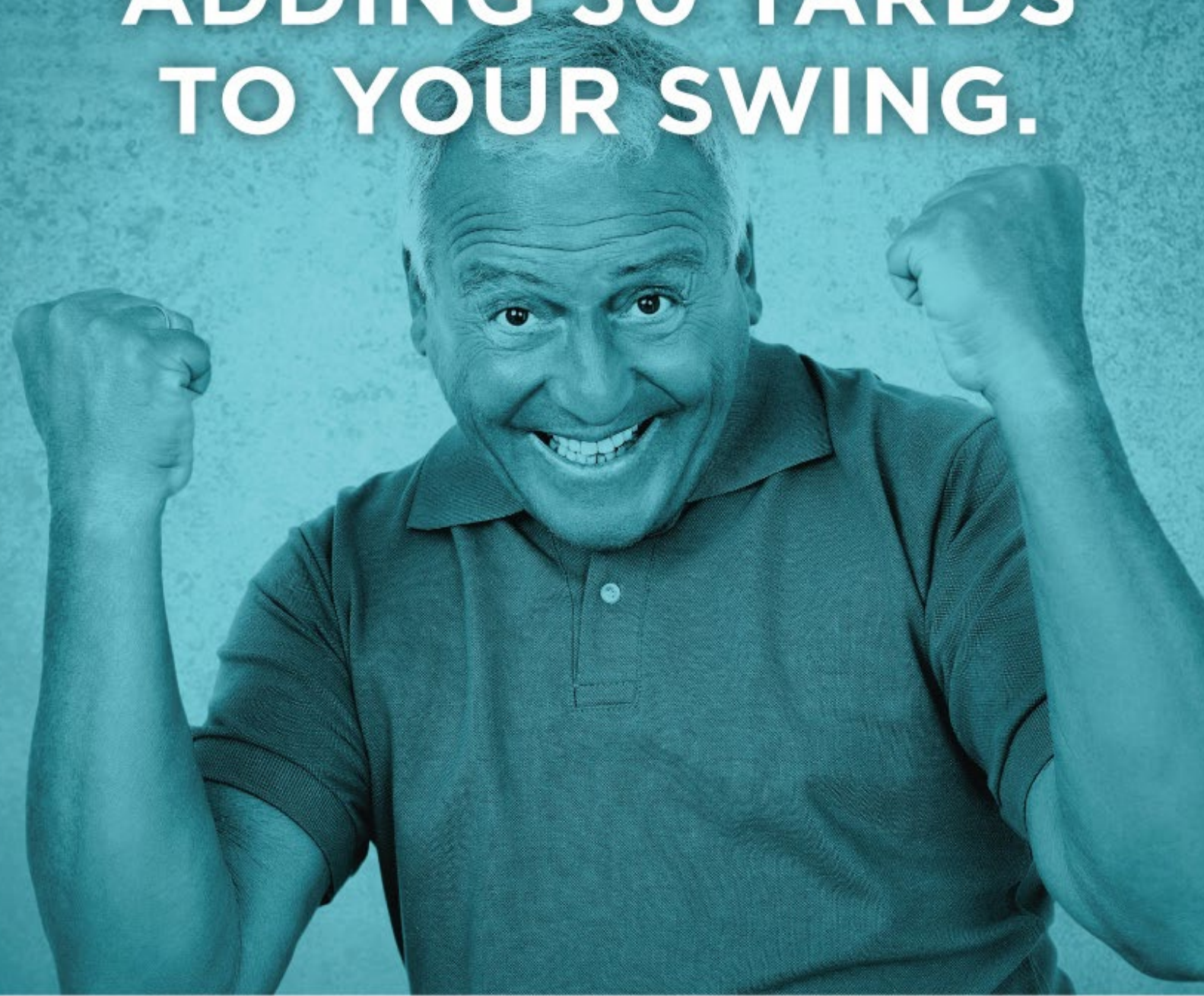


**HOLE DESCRIPTIONS COURTESY OF  
Mr. PAUL DERMODY**

**HONSBERGER+**  
PHYSIO

Better Moment #22

# ADDING 30 YARDS TO YOUR SWING.



**Honsberger Physio+ is all about helping you perform at your best!** By evaluating your body mechanics and golf specific movement patterns, we help you improve your golf game both on and off-season. Whether your goal is to add 30 yards to your swing, improve your accuracy, or be more consistent, we will help you get there faster and injury free!

[www.honsbergerphysioplus.com](http://www.honsbergerphysioplus.com)

BUILDING  
A BETTER  
YOU

# GOLF PERFORMANCE

**WARM UP** before going to the range

**STAY WARM** during the round

**COOL DOWN** after the round

**MOBILITY  
MATTERS**

## WARM UP

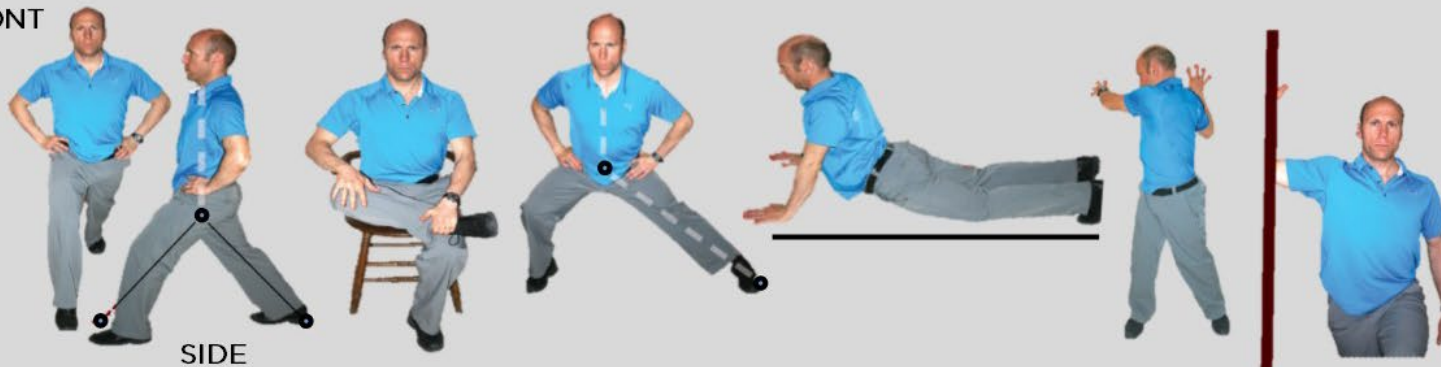


## COOL DOWN

### Recommendations

- 3 reps per side for 20 seconds each

FRONT



SIDE

If you experience any **pain** while performing these stretches please **stop** and seek out a health professional who is knowledgeable about golf to help customize stretches to your particular needs.

# BUILDING BETTER GOLFERS

**HONSBERGER+**  
PHYSIO

TM

# SPRING LAKES EAST - HOLE #1 (PAR 4)



**Your opening hole at Spring Lakes East is a straight away Par 4. A good drive that finds the fairway puts you in position for a mid-iron approach to a generous green that slopes from back to front. This hole is a fair chance at Par as you start your round.**

## SPRING LAKES - HOLE #1

FLIGHT	YARDS	DISCARTARY CERIRGHT QUIBRENK TROT	BEACH TIME	C D I R S T Y A N L C E F T R E P O U T I R B U D N K T E R S	BOMBS AWAY
CHAMP	408		190		260
A FLIGHT	408		190		260
B FLIGHT	371		153		223
C FLIGHT	371		153		223
SENIOR	371		153		223
WOMEN	356		138		208
REC	371		153		223



**Green Depth = 29**

**HONSBERGER+**  
PHYSIO

# SPRING LAKES EAST - HOLE #2 (Par 5)



**#2 is a fun Par 5 that requires a good drive with a slight right to left shot. Aim for the hill on the right and let your ball run out down the fairway, which makes this hole reachable in 2. Otherwise, a layup shot short of the creek is a wise move to ensure a Par. The green slopes front to back and is protected by a large bunker on the front lower right.**

## SPRING LAKES - HOLE #2

FLIGHT	YARDS	D I S T A N C E  T H E  R E Q U I R E D  T O	SHORT GRASS	C A R R Y  D I S T A N C E  R E Q U I R E D  T R E E S	BOMBS AWAY
CHAMP	495		210		283
A FLIGHT	460		175		248
B FLIGHT	460		175		248
C FLIGHT	425		140		213
SENIOR	460		175		248
WOMEN	395		110		183
REC	425		140		213



**Green Depth = 34**

**HONSBERGER+**  
PHYSIO

# SPRING LAKES EAST - HOLE #3 (Par 3)



Is a good Par 3 protected by a pond on the right and a creek on the front and left. This hole usually plays into the prevailing wind, so consider an extra club here. This is a very generous green so an accurate tee shot is required to avoid..  
 .....dare we say it? The dreaded 3 putt!

## SPRING LAKES - HOLE #3

FLIGHT	YARDS	A V O I D A L L T H E C O S T S W A T E R	AVOID WATER	C A N Y O U M A K E A	SAND SAVE?
CHAMP	165		AVOID WATER		SAND SAVE?
A FLIGHT	148		AVOID WATER		SAND SAVE?
B FLIGHT	137		AVOID WATER		SAND SAVE?
C FLIGHT	126		AVOID WATER		SAND SAVE?
SENIOR	137		AVOID WATER		SAND SAVE?
WOMEN	126		AVOID WATER		SAND SAVE?
REC	126		AVOID WATER		SAND SAVE?



Green Depth = 33

**HONSBERGER** <sup>+</sup> **PHYSIO**

# SPRING LAKES EAST - HOLE #4 (Par 4)



The 4th Hole is a straight away Par 4 guarded with a creek that runs the entire length of the right side of the hole and some large fir trees on the left. The green is sloped from left to right and front to back so an accurate approach shot is needed to ensure par.

## SPRING LAKES - HOLE #4

FLIGHT	YARDS	D I S T A N C E  T O T H E R E Q U I R E D	AVOID CREEK	T O D I S C A R Y C E L E R E T Q U I R E D	GO FOR IT!
CHAMP	422		215		242
A FLIGHT	389		182		209
B FLIGHT	382		182		209
C FLIGHT	382		182		209
SENIOR	382		182		209
WOMEN	307		121		121
REC	382	182	209		



Green Depth = 32

**HONSBERGER+**  
PHYSIO

# SPRING LAKES EAST - HOLE #5 (Par 4)



#5 is a short Par 4 and a good hole to make birdie on. A good drive up the right side of the fairway gives the best approach shot to a green that runs right to left and is well guarded by a pond on the left. This green is fairly flat so go after the flag here!

## SPRING LAKES - HOLE #5

FLIGHT	YARDS	TO D I S T A N C E  R I G H T  R E Q U I R E D	SHORT GRASS	T O D I S T A N C E  W A R T H  R E E R E D	GO FOR IT!
CHAMP	356		263		311
A FLIGHT	337		244		292
B FLIGHT	327		234		282
C FLIGHT	327		234		282
SENIOR	327		234		282
WOMEN	314		221		269
REC	327		234		282



Green Depth = 27

**HONSBERGER+**  
PHYSIO

# SPRING LAKES EAST - HOLE #6 (Par 3 - H10)



Hole 6 is a mid-length Par 3 where what you see is what you get. Protected by bunkers left and right on the approach, the triangle-shaped green opens up to a large putting surface that could allow for a 2nd birdie opportunity in 2 holes.

**THIS IS THE GTA AM TOUR HOLE IN ONE HOLE COMPETITION!**

## SPRING LAKES - HOLE #6

FLIGHT	YARDS	HIT THE BIRDIE GREEN ANCHOR FOR	AVOID SAND	GET TO THE HOLE IN 2 STROKES	ACE?
CHAMP	155		AVOID SAND		ACE
A FLIGHT	155		AVOID SAND		ACE
B FLIGHT	155		AVOID SAND		ACE
C FLIGHT	155		AVOID SAND		ACE
SENIOR	155		AVOID SAND		ACE
WOMEN	155		AVOID SAND		ACE
REC	155		AVOID SAND		ACE



Green Depth = 27

**HONSBERGER**  **PHYSIO**

# SPRING LAKES EAST - HOLE #7 (Par 4)



This is a straight away Par 4 that requires an accurate tee shot. The fairway narrows at about the 150 yard mark, so set yourself up for a mid iron into the green that is gently sloping back left to front right. This could set you up for a 3rd birdie opportunity in a row and be the place to take your advantage over the rest of the field.

## SPRING LAKES - HOLE #7

FLIGHT	YARDS	DISC STRAY NCE RIG HE QU IB REN DE TR O	AVOID SAND	DISC STRAY NCE LE FT RE QU IB REN KE R TO	GO FOR IT!
CHAMP	369		197		234
A FLIGHT	369		197		234
B FLIGHT	360		188		225
C FLIGHT	340		168		205
SENIOR	360		188		225
WOMEN	340		168		205
REC	340		168		205



Green Depth = 31

**HONSBERGER** +  
PHYSIO

# SPRING LAKES EAST - HOLE #8 (Par 5)



The most challenging of the Par 5's, this hole requires accuracy off the tee to avoid the large pond on the right. This is a generous fairway for your tee shot but narrows considerably for the approach shot to the green. Although reachable in 2 for the long hitter, you must still guard your approach shot for the pond on the right that may not be visible when taking your second shot. This green slopes gently from front to back and could set up nicely for a birdie opportunity.

## SPRING LAKES - HOLE #8

FLIGHT	YARDS	D I R E C T I O N	SAFE PLAY	D I S C R I M I N A T O R Y	GO FOR IT!
CHAMP	530	E A S T	203	R I G H T	255
A FLIGHT	530	E A S T	203	R I G H T	255
B FLIGHT	517	E A S T	190	R I G H T	242
C FLIGHT	495	E A S T	168	R I G H T	220
SENIOR	517	E A S T	190	R I G H T	242
WOMEN	495	E A S T	168	R I G H T	220
REC	495	E A S T	168	R I G H T	220



Green Depth = 28

**HONSBERGER** <sup>+</sup>  
PHYSIO

# SPRING LAKES EAST - HOLE #9 (Par 4)



The front 9 finishes with a long Par 4 that appears straight away, but still requires accuracy in your tee shot in order to reach the green in 2. The green slopes from front to back with a shelf area at the back of the green. Pay attention to the pin location. Par here is a good way to finish the front 9 and prepare for the challenges of the back 9.

## SPRING LAKES - HOLE #9

FLIGHT	YARDS	D I S T A N C E  L E F T  R E Q U I R E D  T O	BEACH TIME	D C A R T A Y  C R E I G H T  R E Q U I R E D  L I N E	BOMBS AWAY
CHAMP	412		233		301
A FLIGHT	399		220		288
B FLIGHT	399		220		288
C FLIGHT	383		204		272
SENIOR	399		220		288
WOMEN	383		204		272
REC	383		204		272



Green Depth = 32

**HONSBERGER+**  
PHYSIO

# SPRING LAKES EAST - HOLE #10 (Par 5)



You start the back 9 with another fun Par 5, which is a slightly uphill dogleg left. Big hitters will try to cut the corner for a great chance at reaching the green in 2. The risk in cutting the corner is going too far left and getting caught in the fescue and taking extra strokes to get back on track.

## SPRING LAKES - HOLE #10

FLIGHT	YARDS	D I S T A N C E  R E I G H T  R E Q U I R E D  T O	SAFE PLAY	D I S T A N C E  L E F T  R E Q U I R E D  T O	BOMBS AWAY
CHAMP	480		233		260
A FLIGHT	480		233		260
B FLIGHT	470		223		250
C FLIGHT	454		207		234
SENIOR	470		223		250
WOMEN	454		207		234
REC	454		207		234



Green Depth = 29

**HONSBERGER**<sup>+</sup>  
PHYSIO

# SPRING LAKES EAST - HOLE #11 (Par 3)



**#11 at Spring Lakes East is a lengthy Par 3 that seems to play longer than it looks. Select your club appropriately and play for the centre of this large, gently sloped green from left to right.**  
**THIS IS THE GTA AM TOUR CLOSEST TO THE PIN COMPETITION**

## SPRING LAKES - HOLE #11

FLIGHT	YARDS	H I T C E N T R E O F G R E E N	BULLS EYE!	C A N Y O U S A V E P A R ?	SAVE PAR?
CHAMP	182				SAVE PAR?
A FLIGHT	182				SAVE PAR?
B FLIGHT	148				SAVE PAR?
C FLIGHT	148				SAVE PAR?
SENIOR	148				SAVE PAR?
WOMEN	138				SAVE PAR?
REC	148				SAVE PAR?



**Green Depth = 38**

**HONSBERGER+**  
PHYSIO

# SPRING LAKES EAST - HOLE #12 (Par 4)



Hole 12 is 1 of 2 Par fours on the back that will play similar off the tee. Your ideal line is the left edge of the bunker guarding the right side of the fairway. Big hitters might fly the bunkers for extra yardage as the ball runs out off the downslope from the bunker. Errant tee shots to the right will either be blocked out from a good approach or find the dreaded out of bounds!

## SPRING LAKES - HOLE #12

FLIGHT	YARDS	DISASTRANY CELEST RETT QUIBUN KERS TO	SAFE PLAY	CARRIANCE RIGHT BUNKERS	BOMBS AWAY
CHAMP	414		1 - 206 2 - 274		238
A FLIGHT	414		1 - 206 2 - 274		238
B FLIGHT	404		1 - 196 2 - 264		228
C FLIGHT	404		1 - 196 2 - 264		228
SENIOR	404		1 - 196 2 - 264		228
WOMEN	334		1 - 126 2 - 194		158
REC	404		1 - 196 2 - 264		228



Green Depth = 29

**HONSBERGER**<sup>+</sup>  
PHYSIO

# SPRING LAKES EAST - HOLE #13 (Par 4)



**#13 is a challenging Par 4 with a creek left and a large pond guarding the green. Big hitters could easily reach the pond so choose your club wisely when standing on the tee. Balls sprayed to the right risk going O.B. onto HWY #48.**

## SPRING LAKES - HOLE #13

FLIGHT	YARDS	D I S T A N C E W A R T E R R E Q U I R E D T O	SAFE PLAY	C A R R Y D I S T A N C E R I G H T R E Q U I R E D T O B U N D K E R S	BOMBS AWAY
CHAMP	391		258		224
A FLIGHT	391		258		224
B FLIGHT	383		250		216
C FLIGHT	339		206		172
SENIOR	383		250		216
WOMEN	339		206		172
REC	339		206		172



**Green Depth = 25**

**HONSBERGER+**  
PHYSIO

# SPRING LAKES EAST - HOLE #14 (Par 3)



This relatively short Par 3 always seems to play longer than it looks, so make sure to check the wind and pick your club wisely. It is well protected by bunkers, a creek, and cedars on the right, but may yield a birdie if you hit this green.

## SPRING LAKES - HOLE #14

FLIGHT	YARDS	H I T  C E N T R E  O F  G R E E N	AVOID CREEK	A V O I D  C H A N G E  T H E  C R E E K  B I R D I E  F O R  A	AVOID CREEK
CHAMP	169				AVOID CREEK
A FLIGHT	154				AVOID CREEK
B FLIGHT	142				AVOID CREEK
C FLIGHT	130				AVOID CREEK
SENIOR	142				AVOID CREEK
WOMEN	130				AVOID CREEK
REC	130				AVOID CREEK



Green Depth = 23

**HONSBERGER** **PHYSIO**

# SPRING LAKES EAST - HOLE #15 (Par 4)



#15 is an uphill Par 4 with a slight bend left in the fairway at the 150 yard mark. Trees left and a bunker right make accuracy a necessity if you hope to hit the green in 2. Long hitters beware of the pond beyond the bunker on the right.

## SPRING LAKES - HOLE #15

FLIGHT	YARDS	D I C S A T R A R Y C E R I R G E H Q U I B R U E N D K E T R O	BEACH TIME	D I R E S T A C H A N C E W A R T E E R Q U I H R A Z E D A R D T O	GO FOR IT!
CHAMP	385		243		311
A FLIGHT	375		233		301
B FLIGHT	358		216		284
C FLIGHT	358		216		284
SENIOR	358		216		284
WOMEN	334		192		260
REC	358		216		284



Green Depth = 29

**HONSBERGER** <sup>+</sup>  
PHYSIO

# SPRING LAKES EAST - HOLE #16 (Par 4)



**#16 is a similar view from the tee as Hole #12. Your aim should be just to the left edge of the bunker guarding the right side of the fairway. Big hitters can fly the fairway bunker and leave themselves a flip wedge into a receptive green. This hole will likely yield it's fair share of birdies!**

## SPRING LAKES - HOLE #16

FLIGHT	YARDS	D I S T A R N C Y E  1 R S E T  Q U B I U R N E K D E R  T O	BOMBS AWAY	D I S T A R N C Y E  2 R N E D  Q U B I U R N E K D E R  T O	BOMBS AWAY
CHAMP	387		212		241
A FLIGHT	387		212		241
B FLIGHT	371		196		225
C FLIGHT	371		196		225
SENIOR	371		196		225
WOMEN	319		144		173
REC	371		196		225



**Green Depth = 28**

**HONSBERGER**  **PHYSIO**

# SPRING LAKES EAST - HOLE #17 (Par 4)



Probably the most challenging hole on the course. There is a pond that will come into play for anyone hitting a long ball. A layup here at the 175 yard mark is a necessity to avoid penalty strokes. The entrance to this green is well guarded by pine trees on both sides of the fairway. Your second shot will be a long iron into a large elevated green well guarded by bunkers.

## SPRING LAKES - HOLE #17

FLIGHT	YARDS	D I S T A N C E  L E F T  R E Q U I R E D  T O  C L E A R B U N K E R	AVOID SAND	D E N D  T A N C E  F A I R W A Y  / E D G E  O F	AVOID WATER
CHAMP	421		204		263
A FLIGHT	402		185		244
B FLIGHT	402		185		244
C FLIGHT	374		157		216
SENIOR	402		185		244
WOMEN	374		157		216
REC	374		157		216



Green Depth = 29

**HONSBERGER** <sup>+</sup>  
PHYSIO

# SPRING LAKES EAST - HOLE #18 (Par 5)



The signature hole for the East course. Take straight aim over the left edge of the bunker on the right side of the fairway and let loose with your best drive of the day! Long hitters will have a good opportunity to go for the island green in 2. It is a large putting surface so take notice of where the flag is. Finishing with an eagle here is a rare occurrence, but will be a great end to a round with all the on lookers from the patio behind the green!

## SPRING LAKES - HOLE #18

FLIGHT	YARDS	DISC S T R A N Y C E R I G H T R E Q U I R E D K E R T O	AVOID SAND	DISC S T R A N Y C E L E F T R E Q U I R E D B U N K E R T O	BOMBS AWAY
CHAMP	516		236		269
A FLIGHT	516		236		269
B FLIGHT	504		224		257
C FLIGHT	455		175		208
SENIOR	504		224		257
WOMEN	455		175		208
REC	455		175		208



Green Depth = 32

**HONSBERGER** <sup>+</sup>  
PHYSIO