



Fall...into...Winter

Boys High School State Results



Hunter Swanson (far left) put on a stellar sophomore showing at the CHSAA 4A State Golf Championship. Swanson, an Eagle participant at First Tee of Green Valley Ranch, finished the state championship at even-par and tied for 2nd place. Micah Stangebye of Montrose took home the state title shooting 9-under after 36 holes totaling 133.

Eagle participant Dawson Thulin (above) also competed in the 4A State Championship. Thulin finished the championship with a 36 hole total of 156(+14), finishing within the top 25.

Kyle Leydon, of Brighton High School, was an alternate for the 5A championships, but an injury prior to the tournament kept him from competing.

Congratulations gentlemen on a great year! Keep growing in your golf and life skills!

End of Year BBQ



A huge thank you to all who came out to our year-end BBQ to celebrate a great 2019 golf season! What a beautiful fall day full of fun, food and laughs!

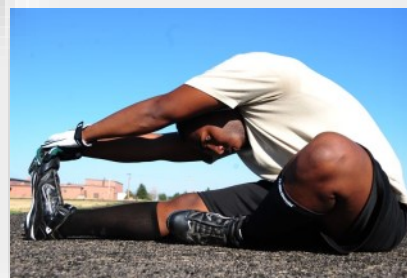
A big shout out to our sponsor, Toro! Thank you for supporting First Tee of Green Valley Ranch.

Staying in Golf Shape

As the snow and cold have already made an appearance, we are going to have a segment each month out of season on how to help you stay in "Golf Shape." This first topic will be flexibility, and since we are still going to have some nicer weather to play golf, we want you to remember to always stay flexible. Stretching should always be a part of the daily routine to stay limber and definitely help on the golf course, but even more important during the golf season. Here are 6 exercise to help you "limber up".

1. Reach for the sky the moment you get out of bed for 10 seconds
2. Bend down and touch your toes with feet together for 5 seconds keeping your knees as straight as possible
3. Spread the feet apart bend down and touch the ground for 10 seconds again keeping your legs straight
4. Lay down flat put your arms straight behind your head and reach as far back as you can for 10 seconds
5. Arm circles - start small then go bigger once you start to feel arms getting a little tight from the small circles

The few minutes you spend stretching each day will help you stay in golf shape through the cold months of winter.





Fall...into...Winter

Coats, Cans & Cash TFTGVR Gives Back

The First Tee of Green Valley Ranch is holding a food and coat drive for our service project this year. We are collecting donations through December 6th. We're accepting gently used coats, non-perishable food items, and monetary donations. In addition to clothing and food, we will be donating essentials to The Gathering Place. Anything helps, so please drop by your donations today! Thank You!

DROP OFF Locations (during business hours):

- TFTGVR Learning Center - 20309 E. 48th Pl. Denver, CO 80249
- Green Valley Ranch Golf Center - 4900 Himalaya Road, Building Q, Denver, CO 80249
- Ebert's Terrace at GVR - 4900 Himalaya Road, Denver, CO 80249

DONATION GUIDELINES/SUGGESTIONS:

- **CLOTHING:**
 - ⇒ Gently worn and in good working condition
 - ⇒ Free of stains if possible
 - ⇒ Mittens/Gloves
 - ⇒ Any sizes
- **FOOD:**
 - ⇒ Non-Perishable & Not Expired
 - ⇒ High in protein
 - ⇒ Soups/stews
 - ⇒ Cereals/Oatmeal
 - ⇒ Canned fruit & vegetables
- **OTHER ITEMS:**
 - ⇒ Diapers
 - ⇒ Baby wipes



From our First Tee family to yours. We are thankful for our families, participants, volunteers, players and supporters who help us change lives one swing at a time.

We will be closed Thanksgiving Day through Sunday, December 1st for the holiday.

Programming Under Construction

We're currently working on the 2020 program schedule. Stay tuned for some Exciting stuff!

