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Thursday, June 04, 2020

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RIP May!

You will forever be in our hearts

It is with heavy hearts that we report the passing of our Caddie Master, **May Mathibedi**, this morning. Boy, will May be missed at Zwartkop. He was a wonderful man, always happy, eager to make your day, and to make you smile, and went the extra mile for every person he met.

Sadly, he had debilitating diabetes and spent most of lockdown in hospital. Our sincere condolences to his family and friends. Rest in Peace May – you will always be remembered very fondly.

GolfRSA...

See the latest press release from GolfRSA this morning – [Click here](#) to read it.

The Golf Shop is open

We are on hand to talk golf, lament the lack of golf, and to assist with any golf equipment or clothing requirements you may have. Pop in or give us a call!



Zwartkop Catering has expanded their offerings

(1) Deliveries within Centurion: That's right, their full take-away menu – [click here](#), plus “Meal of the Day” is available for delivery within Centurion. Send a WhatsApp or call **066-274-1315** with your order.

(2) Liquor Store: Selling liquor for home consumption is permissible during Lockdown Level 3. You place your orders with **Adam**, and he will confirm when you can come and collect from the Club. Much simpler than going to a bottle store! Place orders via WhatsApp or call **066-274-1315**.





**WE CAN TRADE AS A LIQUOR STORE
MONDAY TO THURSDAY
09H00 – 17H00**

**PREFERABLY CALL / WHATSAPP YOUR ORDER
066-274-1315
YOU WILL BE ADVISED WHEN ITS READY FOR COLLECTION**



Dale's Corner

The holes at Zwartkop

Today, Dale talks you through the **sixteenth hole**.



Your journey to playing better golf

This week Elsabe helps beginner golfers with **how far to stand from the ball** – a good reminder for experienced players too!



Elsabe Hefer is the Head Teaching professional at Zwartkop. She has been a PGA Pro for 20 years, and is one of their Top 20 Teachers.

Ask Elsabe – your Expert Guide

Please feel free to send any questions you have for Elsabe – she can answer them for you via email or via video. You can also send her a video of your own swing or short game so she can give you personalised attention. Contact Elsabe on elsabe@zwartkopcc.co.za / 082-922-8408.



How about a "virtual" lesson?
**Send a video of you putting; chipping; gripping
or swinging to Elsabe for analysis**

Send video via WhatsApp; Email or by loading the video onto You.Tube
and sending the link to
082-922-8408 / elsabe@zwartkopcc.co.za

**Golf is good for your child.
Life skills through experience.**

Golf etiquette and values foster behaviours and skills that will help your child deal with life more effectively. The golf course can be seen as a safe and fun testing ground for real-world challenges.



Overcoming obstacles

Golfers are faced with a variety of challenges during a round that require problem solving skills and self-belief to solve.



Dealing with disappointment

As in life, there are ups and downs during a round. Golf teaches children to accept the highs as well as the lows.



Reflecting on one's actions

Golf challenges players to assess themselves, accept critique and look for ways to improve.



10 reasons why

Golf offers many more benefits for your child. We've highlighted ten of the best here.

[Learn more >](#)

Let them enjoy everything golf has to offer

Whether it's the immediate benefits like fun, outdoor exercise and family time, or long-term benefits like physical and mental development, golf has so much to offer your child. Give them the chance to experience it all.

[Ask us about junior golf >](#)

Limber for longer

It's normal to become stiffer with age. The fascia or connective tissue, between our muscles tighten and restrict movement. Without a full range of motion, the distance in your golf game dips. But the good news is that by stretching and moving daily, you can keep your muscles limber.



Kneeling hip flexor stretch

This simple stretch can be done anywhere, and really helps to elongate the hip flexor and torso. These muscles stabilise your swing and take your upper body through a full rotation.



Kneel with your front knee bent at 90-degrees. You should feel a stretch in the hip on the side of your grounded knee. Reach the arm of that side over your head to stretch the torso. Hold for a few seconds and change sides.



If you're unsure whether you're able to do this exercise, please ask a fitness professional first.

Distance is a package deal

We're here to help you hit it longer. That means everything from club fitting to swing coaching to golf fitness.

Whatever aspect of your golf game you'd like to ask us about, please come chat with us. We could also,

Start a conversation >



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