

Gate access: *please could we request that all Zwartkop members; visitors and staff use the right-hand lane for access into the club so that we can conduct Covid screening.*

Course Work Update...

The course staff have been removing more trees and branches along the river – we hope you agree that some of the holes, like the 3rd tee looks fantastic.

The TLB has been back this week hard at work to finish off the changes to the 12th green and the filling of the dam at the 16th.

The driving range mats have arrived and will be in use this week still, at certain times and on certain days. We have implemented a new rule that the Range is for **members only** and visitors may only use the facility to warm up before a round of golf.



Golf – Fun – Friends – Food – Live music



Today we'd like to warn you about the looming **Family Feud**.

That's right – it's the battle of the old (sorry Brian), semi-old (Dale) and the getting older (Adam) Hayes.

Each will put together a battalion of warriors with the quest being to emerge victorious after a day of heavy jousting – who knows how this will turn out.

The format is 36 holes of foursomes and you will all be in carts, so it will be a breeze. Plus there will be plenty of ribbing and chirping, which will amount to loads of fun.

Get in on the action by telling one of the captains how you would enhance his team – you may just lose the bet and be selected.

The prize will be your team's name on the Vardon Trophy (pictured below), which I think is the only one in South Africa. The trophy will be prominently displayed behind the bar for all to see!

**TEAM BRIAN VS TEAM DALE VS TEAM ADAM
"FAMILY FEUD"
SUN, 26TH SEPT**

**KIT KAT
GROUP**

CELEBRATION OF GOLF

**R380 INCL CART SHARING;
AM & PM HALFWAY; LUNCH;
DINNER; SOME DRINKS & PRIZES
(ADD GREENFEES IF NO PLAYERS CARD)**

**PLEDGE ALLEGIANCE TO
YOUR CAPTAIN
OR EMAIL SHARON@ZWARTKOPCC.CO.ZA**



We would like to get each day during the Celebration of Golf sponsored, and donations of prizes would be most welcome. If you would like more information, contact **Sharon** by email on sharon@zwartkopcc.co.za.

Star of the Week

Congratulations to **Nishalin Naidoo** from the Golf Management Campus who had a **hole-in-one** on the 6th hole last week. What a memorable feat!



Let us help you to play better golf

This week Adam Lowther gives you two drills guaranteed to help your putting.



Adam Lowther is an Assistant Teaching Professional at Zwartkop.

Junior Order of Merit

Get your kids to join in the Saturday afternoon Order of Merit.

Our team does a great job with our juniors and this is the perfect way to be competitive but have fun and make new friends at the same time.

Contact **Curtley** for details and to sign up on **071 809 3754**.



Junior Group Lessons

Contact Elsabe 082-922-8408 / elsabe@zwartkopcc.co.za



R1200 / school quarter for 1 hour / week

Classes grouped according to ages

8 kids max / PGA Coach

Juniors get FREE golf membership & Range Balls at half price

The Driving Range



UNLIMITED RANGE BALLS - R270 per month

*Check in at golf shop to receive slip for balls

(*Offer is only available for current members)



August Specials

The perfect opportunity to upgrade your golfing gear

All Jackets & Jerseys

Less 25%

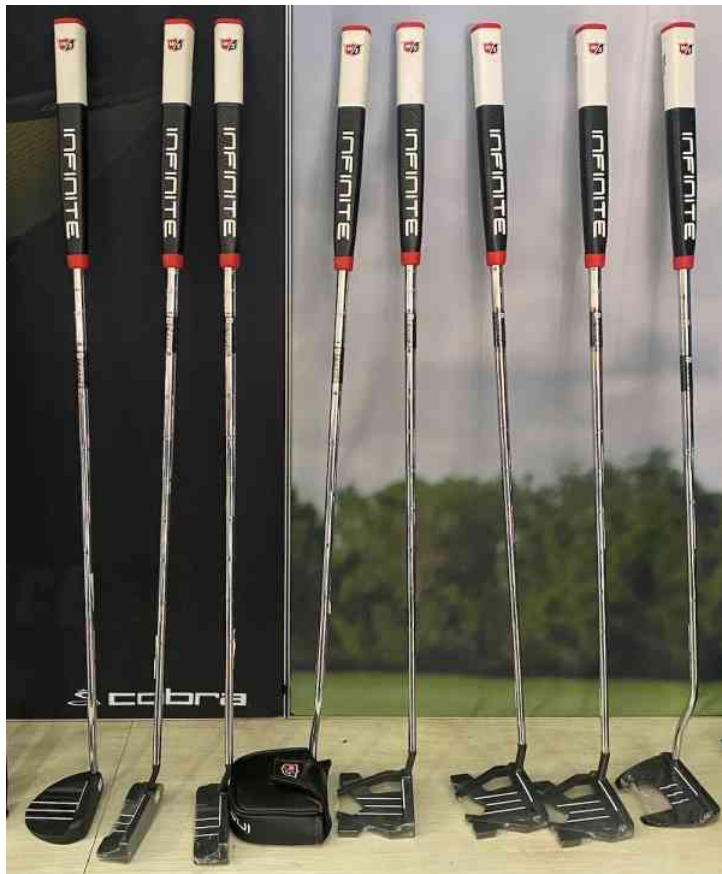


adidas Code Chaos Shoes

R1 399 – SAVE R1 000



Wilson Putters
Less 15%



Wilson Golf Bags

Less 15%



Grab your gear before they are gone. Reserve your item in the link below.

[Reserve now >](#)

Lions Club Used Clothing Collection

Our resident Lions Club of Centurion Lifestyle will be doing a used clothing collection at the Club next week. We will have a basket available in the golf shop and if you have anything to donate, please drop it off in the basket by **Sunday, 29th**.

Your support would be appreciated.



**The Lions
are collecting used
clothing from
23rd to 29th August**



**If you have any to donate,
please drop them off in
the basket in the golf shop
by
Sunday, 29th August**



Events, Results & Online Bookings



[Calendar >](#)



[Results >](#)



[Bookings >](#)

No more slice
Start a better journey with us



Most golfers shooting above 90 are struggling with the ball going right (for right-handers). If that's you, hitting the ball straighter, or even with a gentle draw, gets you on a better journey.

Join our Masterclass >

Some quick checks we can also do ahead of time if you book an assessment:



Is your grip too weak, causing the face to arrive open to the swing path at contact?



Are you holding the club in your fingers? Many hold it in their palm, making it more difficult to release the hands.



Is your club grip too large, making it more difficult for your hands?



Lose that slice

An assessment is the perfect place to start. We won't start a conversation talking about your slice. Let's start with your game and what will make it even more enjoyable. And we'll also fix that slice.

Contact us >

Go for the green



The Srixon ZX5 makes it easier for golfers who strike the ball well to add extra distance to their iron shots. But how does it stack up against the even more forgiving ZX4?

[Find out now](#)

Set Your Foundation **Mobility matters**

A 'kinetic chain' of joints and muscles extends from your ankles to shoulders. When that chain is strong, your energy transfer is better, and your swing is more powerful and consistent. But one weak link can cause a breakdown. That's why mobility matters.

[Swing assessment >](#)



“Your hips and torso are very important links in your kinetic chain. Full rotation here enables you to get into much better swing positions. And because the golf swing is a repetitive movement, improving mobility here is going to help prevent back pain and injury.”



Spinal twist stretch

This stretch helps to loosen the fascia in your buttocks and upper body, creating more room for your hip joints and torso to move freely. Be gentle when performing it, though. If you're unsure how to perform this exercise, please ask a fitness professional.

Build a strong foundation

A swing assessment can help us identify any areas where you might be restricted. Then we can decide whether a change in technique or a recommended visit to a physical trainer or both, would be best for you.

Start now >



To ensure delivery, please add zwartkop@greensidegolfer.retailtribenews.com to your contacts.

This mail was sent to {{contact.contact_email}} by The Club and is provided as a service for the members and guests of Zwartkop Country Club and the customers of the Zwartkop Country Club Pro Shop and has been supported and sponsored by advertisers in this mail and my partner suppliers:

[Cleveland](#) | [Srixon](#)

RetailTribe: Unit 8, Blaauwklip 1 | Blaauwklip Office Park | R44 | Stellenbosch | South Africa | +27 (0)21 880 2693

Trouble viewing this newsletter? [view it online](#) | [Download a printer friendly copy](#)

[Subscribe here](#) | [Unsubscribe here](#)