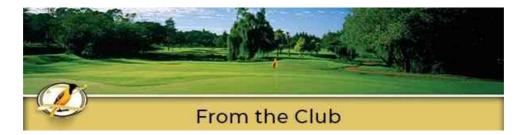
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<u>Click here</u> to join the Zwartkop Country Club Facebook group.



Exciting golf shop developments

We have great news in that we are upgrading and upsizing the golf shop.

We will be moving into Otway's in the middle of April.

We have some exciting things planned for the new shop including a putting green, so you can test out our putters, and in a couple of months we'll even offer a hitting bay so you can try out clubs right there in the shop.

We'll keep you posted on these plans...

Masters Promotion

Between now and the start of **The Masters (7th April)** you should make all of your big golf purchases at Zwartkop because we are offering you a MONEY-BACK PROMISE when **Louis Oosthuizen** wins The Masters...

You have nothing to lose... buy what you need and if Louis wins we will give you your money back in **Golf Shop credit**, on any purchases over R1000 between now the start of The Masters.



The Course

The 13th green has been sodded – you can see what was involved in the pictures below. The sodding of the fairways has also begun with the right hand side of the 11th having been done yesterday.



Remember to please

Repair your pitchmarks!

Did you know?



Don't miss the fun on 18th March

The Chicken Run

The last Chicken Run for March is being played tomorrow, the 18th, and then in April we'll have two events – on the 22nd & 29th.

"Winner Winner Chicken Dinner"

ZWARTKOP CHICKEN RUN



Saturday, 2nd April

HNA's OUTsurance Monthly Mug

The OUTsurance Monthly Mug is a FREE-to-enter limited-field golf tournament where, by playing in your local club competition, you can compete against players from across the country, with great prizes up for grabs.

You enter by signing up for the tournament under the 'Public Events' section of the HNA App. Once you've signed up, all you need to do is play your normal round of golf (in your Saturday club competition) and make sure you enter your hole-by-hole scores in the 'Events' section. Your scores will be pitted against other golfers who are playing at different courses across the country, with prizes for the best verified scores.

For more details, click on the button below.

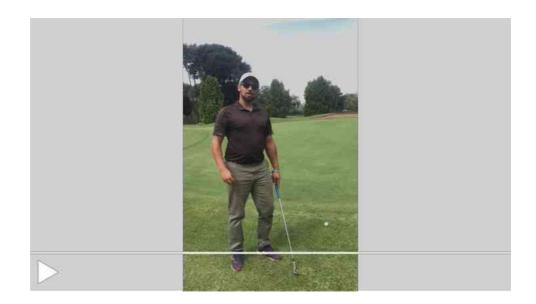
Find out more

Singles Club

Due to league games and public holidays in April, the next Singles Club will take place on Sunday, 29th May. Diarise the date!

Let us help you play better golf

This week Curtley shows you how to play a low bump-and-run shot from close to the green.



Curtley Roberts is an Apprentice PGA Member and part of the coaching team at Zwartkop.

Junior Masters

It's school holidays soon, so why not let your kids join us for a two-day event that will see them having fun outdoors, making new friends and playing the game that they love.

Contact Curtley for bookings on 071-809-3754.



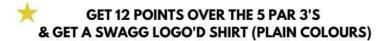


Win with our Par 3 Challenge





HERE'S WHAT YOU WIN ANY 2 ON A HOLE - WIN GOLF BALLS TO THE VALUE OF R210





THREE PRIZE OPPORTUNITIES IN ONE!
R50 ENTRY FEE PAYABLE IN THE GOLF SHOP



Shop our discount table

Make sure you keep an eye on the 50% OFF table at the golf shop door – we have a variety of golf shirts at discounted prices.



Grab this limited offer now

If you would like us to reserve any product for you, please let us know.

Reserve item

St Patrick's Day

See you on Saturday for some festive Irish music, food and drinks.







Calendar



Results



Bookings

Further down the fairway

Where is your biggest opportunity?



When setting you up for improved distance and accuracy, we'll look at aspects like: a shaft length and flex that makes it easier for you to square the face at impact; a club weight that improves your swing tempo; and a larger hitting zone that makes it easier to generate higher ball speeds.



But there's also your attack angle and loft to consider. To find out why these also matter,

Read more

Go longer AND straighter

Once we've identified the correct driver head and shaft for you, we'll finetune your setup based on your swing, making it easier for you to find more fairways and extra metres off the tee.

Book your fitting

Add 24%

The right rotation

When you do strength training, your muscles get stronger, and you can add up to 24% to your clubhead speed, according to the British Journal of Sports Medicine. Remember, smaller muscles often get neglected, making them even weaker and highly susceptible to injury.



The rotator cuff is a classic example. If you don't do exercises that are designed to strengthen your rotator cuff specifically, you'll be at higher risk for injury and your game will suffer. Make sure you're looking after all your muscles for a strong, steady swing.

Tell me more

Rotate your cuff correctly

With the right rotator-cuff exercises you can avoid injury and strengthen your swing. Even better, if you commit to 8 weeks of consistent strength training, you can add up to 24% on your clubhead speed.

Book now

See the 8-week plan

If you engage in these exercises, you agree that you do so at your own risk and assume all risk of injury to yourself.



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