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Thursday, April 28, 2022



Please consider the environment before printing this newsletter.

[Click here](#) to join the Zwartkop Country Club Facebook group.



From the Club

From the club

GATE ACCESS: For your convenience, golf members have been cleared to use the left hand Residents Lane for access into the estate. We thank you for your co-operation during our Covid-affected operations.

Dale reports on the Golf Course...

I'm sure many of you, like me, can't believe the overall improvement in the golf course. A big thank you to Philani, Rudi and their team.

The greens have been both fertilized and sanded and are looking and putting really well. They are been cut shorter so have gotten faster, just in time for Club Champs.

The small bare patches on the greens at the 8th, 11th and 13th have been seeded and sanded, so with some heat we should still see them growing in.

The water level is so high that even with the little rain we had a couple of days last week, the water lay in puddles. Thankfully mostly in the rough. The bunkers are looking really good as are the new flags on the greens.



*Clockwise from top left - Cutting the fairway short of the 17th green;
spraying the greens with fertilizer last week – this week they are being
sanded; seeding and sanding small bare patches on the greens*

Rest in Peace Quinton Lonmon...

We are sad to report that Honorary Life Member, Quinton Lonmon passed away on Tuesday. Quinton was a very special gentleman who was widely respected by all at Zwartkop. He had been a member here for 52 years – since 1 June 1970.

How fortunate that we were able to pay tribute to him with the presentation of his Honorary Life Membership at the very special lunch we held here with Gary Player, just a few weeks before Covid lockdown hit South Africa in 2019. What a special occasion for he and his daughter Debbi to have shared.

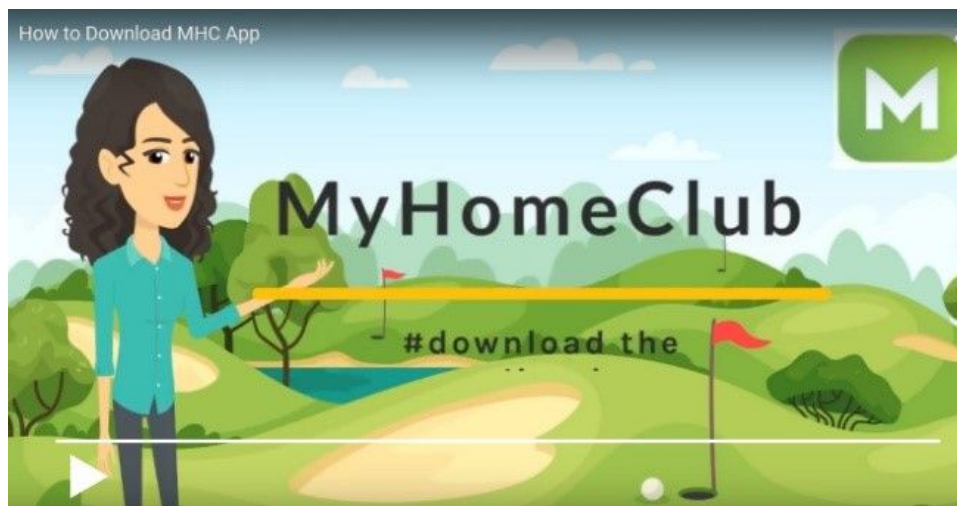
Our thoughts go out to Debbi, who is also a member at Zwartkop, her sister Jenni and to his wife.



Have you downloaded the My Home Club App?

We are using it more and more to communicate with our members, so if you haven't downloaded it - you are missing out.

[Click here to watch the video about how to get connected to the App:](#)



You can enter for Club Champs, find out about the rules of the event and even pay using the App!

Rules and details for Club Champs can be found on *My Home Club* – and you can Click [here](#) to access the online entry form and tournament information.



2022 MEN'S & LADIES CLUB CHAMPIONSHIPS

Sat, 14th & Sun, 15th May



A Division (HI 6.0 & under for men & 6.5 & under for ladies): Stroke play
B Division: (HI 6.1 – 14.9 for men & 6.6 – 15.3 for ladies): Stroke play
C Division: (HI 15.0 upwards for men & 15.4 – 36.0 for ladies): IS

Entries via the MHC App; in the newsletter OR at
www.zwartkopcountryclub.co.za
Contact sharon@zwartkopcc.co.za

Upcoming events

We'd love you to play in these other events too

Chicken Run

Friday, 29th April

The R50 comp fee includes 2 Jokers Wild tickets.

Book through the golf shop on 012 654 1144 / 2111.

Golf Management Campus Bursary Golf Day

Wednesday, 25th May

A truly worthy cause where we raise money to fund a student on his journey to obtain his PGA Diploma.

Contact Joanita to get involved | mentor@golfmanagementcampus.co.za |

012 654-1144.



Singles Club

Sunday, 29th May

April has been a busy month so we'll play our next *Singles Club* in May – diarise the date and book through Francois Anderson on 082-577-6694.

Let us help you play better golf

Adam Lowther walks you through the basics of a good grip. A good grip will give you the confidence you need to make a good swing.

Adam is an Assistant Teaching Professional at Zwartkop.



Get your body and golf in sync

Ask Justin Godfrey how he can help you get the most out of your golf.

He is Level 1 Titleist Performance Institute (TPI) certified, and is able to improve your golf through a combination of TPI and golf exercises, especially if there is an underlying weakness in your body which is affecting your golf swing.

Contact Justin on 082 925 0236 details.



Otway's Golf Shop



Get your kids started in the game of a lifetime

They receive:

- Free Junior Membership of Zwartkop Country Club
- 2 free Lessons
- 2 free Rounds of Golf (18-holes)

When you purchase a junior set of Cleveland or Wilson Junior Clubs.

Three sizes available priced between R2 999 & R3 999.

Offers ends 13th May 2022.



Swagg Promo

Look and feel Swagg-ilicious

Looking good helps one play better. Swagg brings you style and comfort; the best combo for a perfect game.

Buy a pair of *Swagg Shorts* plus a *Swagg Shirt* for only R799

Swagg Rain Suit – Jacket and Pants plus a free *Swagg logoed shirt*, all for R1748!



The Golf Shop takes trade-in Golf Clubs?

Cash from the trade-ins can be used to upgrade your set or to buy something else from the shop. Chat to Joseph for details.



Calendar

Results

Bookings

Tricky lies

Practice helps

You should always try and make practice both fun and purposeful. And who wants to practise the most difficult shots?




There's a fun way to practise your ability to escape difficult lies. Find a partner. Go to the short-game practice area. Taking it in turns, choose a difficult lie in the bunker or in the rough (try and find slopes), and then challenge them to get up and down.

Join our masterclass

By combining technical know-how with this playful approach, we'll help you get a lot more comfortable playing from uncomfortable lies.

[Join our masterclass](#)



If we told you:

IN THIS IRON IS
HIDDEN FASTER CLUB
HEAD SPEED, FASTER
BALL SPEED, MORE
CONSISTENT SHOT
MAKING, AND MORE
ACCURACY

would you

[Read more](#)

OR

[Contact us](#)

The New Cleveland Launcher XL Irons. Already recognised.

Add 24%

Mimicking movement

Mimicking golf movements in the gym won't only help you improve your game, it'll strengthen your muscles and improve their power capacity.

According to the British Journal of Sports Medicine, you can increase your clubhead speed by 24% in just 8 weeks with the right exercises.



Medicine balls help train your body to create maximum acceleration and power when you swing, creating more clubhead speed, sending your shots further down the fairway. You'll only need to do these exercises a few times a week to reap the benefits.

[Tell me more](#)

Mimic for strength

Make sure you're getting the most out of your game with the right strength exercises for you and your needs. Let's check your progress with an assessment before and after 8 weeks of consistent strength training and stretching to see if you can get your clubhead speed up by over 24%!

[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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