

Thursday, April 25, 2024

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Farewell to Jarryd

Dear Metropolitan Members,

It is with great sadness that my time at the Met has come to an end. I have made some great friendships and met some wonderful people during my journey. I would like to thank my team, De Waal and Lexi for the wonderful work experience we had together and I wish them all the best for the future. To my boss, Brad Forge, I would like to thank you for the opportunity I was given and all of the knowledge gained which I can take further into my career.

I look forward to still having a game or two at The Met! Thank you for all of the laughs, fun, guidance and support during my time here.

All the best,

Jarryd Frauenstein

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Looking good Srixon!

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Dress ready for the course with **Under Armour's** newest range.



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League news

Metropolitan Ladies League

The Metropolitan Ladies played in their first league match on Tuesday.

Results

The Silver Team lost to Somerset West at Rondebosch 5 to 1.

The Bronze League lost to Westlake at Durbanville 2 ½ to ½ .



*Jill Rabie, Brigitte Schubert, Heather Stewart, Gill Cowan,
Lizzy Du Pisanie, and Lexi Swanepoel*

Metropolitan Men's Mid Am League

The men played their first Mid Am League match on Saturday.

Results

The Metropolitan Men lost to Durbanville at Home 5 ½ to 3 ½.

Who's been winning at the club?

| | | | |
|-------------------------------|-----------------------|---|---------|
| Monday | | Craig Smith, Spiro Bouloukos, Rick Liebman, and Roberto Regasto | |
| Monday School 4 Ball Alliance | 2 X Scores To Count | | 86pts |
| Wednesday | | Koos Spangenberg and Coenraad van Graan | |
| Members Competition | Betterball Stableford | | 47pts |
| Thursday | | Michael Liebrecht and Steven Liebrecht | |
| Members Competition | Betterball Medal | | 62pts |
| Saturday (AM) | | Roberto Regasto and Eugene Malaan | |
| Members Competition | 4 B.B.B Bogey Plus | | +10 c/i |
| Saturday (PM) | | Traci Riemer and Phil Gullan | |
| Members Competition | 4 B.B.B Bogey Plus | | +12 c/i |

Revealing the lie

Too many are living with the lie

Are you one of the 65% of golfers making the game more difficult than it should be?
If you are, then you're sitting on a lot of opportunity. Hitting more good golf shots in a round, makes the on-course experience so much better.



Iron toe down

Strike the ball with the toe slightly down and your ball will go right of the target (right-handers).



Iron heel down

Strike the ball with the heel down and your ball will travel left of target (right-handers).



Get tested.

Lie angles can be altered.

Small effort; small change in your equipment; and you could be striking the ball so much more sweetly.

Hitting good shots is a beautiful feeling.



Get tested

Reveal the lie that could be plaguing your ball striking and the experience you have.
Make sweeter contact.

[Book an assessment >](#)

The best for you

You can do this

The ball doesn't move, which is convenient. No-one's about to tackle you. So it's safe.
We just need to improve one, some, or all of the following parts, and your playing experience changes more than
your game. It changes everything for the better.

Setup

*Too often we make it
difficult from the start.*



Takeaway

*You've all read that
apparently the rest is
easy if this is right!*



Backswing

*How many photos have you
seen showing the right
position at the top?*



Transition

Despite telling us what went

Release

Is this where we "throw the

Follow-through

More than for show.

before made it easy...

clubhead at the ball"?





This will reveal everything.



Yes, this is a nice swing. It could be you.

Getting these steps right, or at least better, makes a thrilling difference to your ball striking and the experience out on the golf course.

Share
Get a better experience

What would cause you to smile  often c  golf course? What  What  give you cause for celebration?
If "greater consistency" of ball striking will help deliver a smile or celebration,

[Contact us >](#)



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GOLF CLUB**

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