

Thursday, April 18, 2024

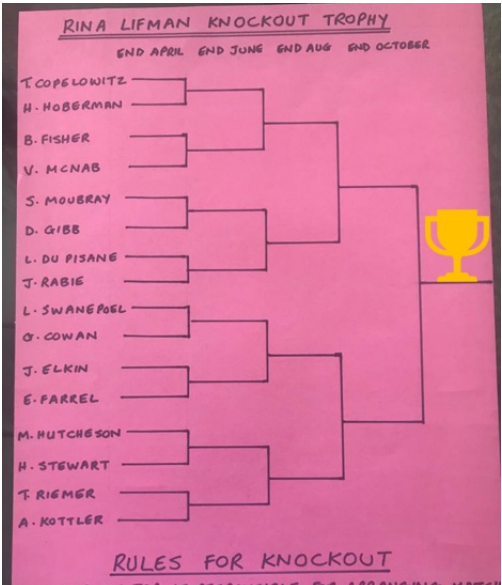
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# The Rina Lifman Knockout Trophy

Let the games begin!

The Met Ladies will be participating in the Rina Lifman Cup from now to the end of October. See who comes out on top after four rounds of match play!



1. NAME ON TOP IS RESPONSIBLE FOR ARRANGING MATCH
2. PRINT NAME OF WINNER AS WELL AS MARGIN
3. NO WALKOVERS - 2 MONTHS AMPLE TIME
4. ENTRY: R40 TO BE PAID TO JILL RABIE

## League news

The Metropolitan Mid AM League Team lost to Westlake (6-2) on Saturday.

## Look good on the course

New clothing and accessories have just arrived and we cannot wait for you to try them out!

Don't miss these new Under Armour shirts and long sleeves. They're perfect for the Cape weather and you can get them from our Pro Shop!



### Accessories

Under Armour and adidas belts



[Reserve yours now >](#)

## Who's been winning at the club?

<b>Monday</b> Monday School 4 Ball Alliance	<i>4-Ball Alliance - 2 x scores to count</i>	Johan de Villiers, Kevin Morton, Hans Lejon, and Paul Schweizer	87pts
<b>Tuesday</b> Ladies Day	<i>4-Ball Alliance - 2 x scores to count</i>	Sue Moubray, Jenny Dukas, and Lexi Swanepoel	80pts
<b>Wednesday</b> Members Competition	<i>Betterball Stableford</i>	Kevin and Vicki Morton	48pts
<b>Thursday</b> Members Competition	<i>4-Ball Alliance - 2 x scores to count</i>	Norman Stewart, Peter de Klerk, Andrew Drysdale, and Phil Gullan	91pts
<b>Saturday (AM)</b> Members Competition	<i>Betterball Medal</i>	Derek Wille and Mario Theodoropoulos	60nettc/i
<b>Saturday (PM)</b> Members Competition	<i>Betterball Medal</i>	Larry Sive and Mark Sacks	57nett

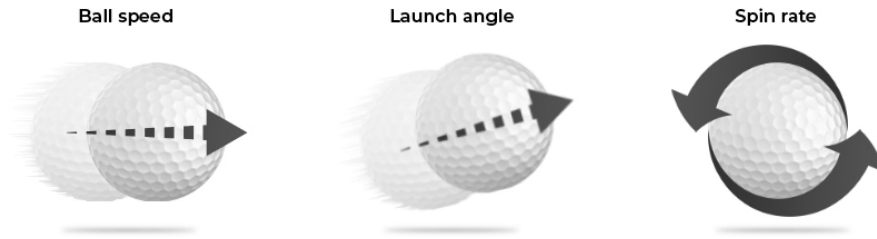
## Feel the thrill

### Don't leave potential behind

The reason we're able to add so many yards to our golfers' tee shots, is the amount of potential they leave behind even after making great contact. There's a different launch DNA for each golfer that maximises potential.



Now it's time to "tune" your performance.  
Can we change your angle of attack? How do we influence the amount of spin you create?  
What is the launch angle that works best for you?



### We're delivering thrills

Creating the perfect match of ball speed, launch angle, and spin rate, maximises the distance you'll get off the tee.  
A change of just 1° and 500rpm can unlock 20 yards. How much potential can we unlock for you? Act now.

[Contact us >](#)

## Improvements everywhere

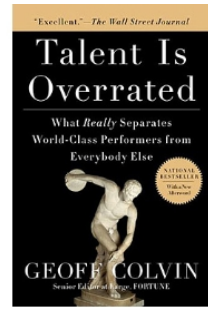


The new Z-STAR is soft and "feels" great. It goes further. You will generate more spin, making you a short game wizard. The ball last longer. Srixon's new Z-STAR does it all.

[Learn more >](#)

## How good could you be?

Make the most of any practice



Last week, we introduced you to Geoff Colvin.  
He has a theory about “Deliberate Practice”.  
This isn't about beating balls until your hands bleed.  
It's about making the most of any time you practice.

Colvin recommends identifying a skill you want to acquire, or particular golf shot you want to master.  
There are then two sorts of very deliberate practices on the way to mastering the skill or shot in competition.  
Let's say you're trying to become a master of the 40-yard pitch-shots that stops quickly.



#### **Block practice**

*While developing the ability to repeat the movements that will create a consistently controlled and measured 40-yard pitch shot, you will hit shot after shot, until you're comfortable.*



#### **Random practice**

*On the course, you'll need to play this shot at random. So create that in practice. Hit different golf shots, similar in sequence to a real golf game. Tee shot, approach, short (40 yards) pitch.*

**Start your journey. We want to help.**

Why don't you give "Deliberate Practice" a try? Start with an Assessment. Let's agree on a particular skill to be improved. We'll teach you the correct technique. We'll give you the practice program. We'll check in every week with feedback. After two weeks, let's test your new skill. How good could you be?

[Contact us >](#)

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GOLF CLUB**

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