Book an assessment | www.metgolfshop.co.za | **Tel:** 021 430 6015




# Kit yourself out for summer




It won't be long before we break down the wall to our new Pro Shop! Look out for the signs in the shop and take advantage of these unbelievable prices before it's too late!

Polos from **R300**

Shorts from **R399**

Trousers from **R499**

Golf bags from **R1850**

**15%** off all hats

# Do you feel lucky?

It's that time of the year again! Enter for the MET Ladies Open Raffle for a chance to win big! Remember, it's for a great cause!




Get in touch >

# League results

The Cape Met League Team won their second match on Saturday 4 ½ - 3 ½ against Erinvale.

Way to go guys!

# Who's been winning?

## Monday

**Monday School**

***4Ball Alliance – 2 x scores to count***

Kevin Botha, Clifford Mijlof, Dave Heron, and Johan de Villiers

## Tuesday

**Ladies Day**

***Medal***

Debbie Gibb 73 nett

## Wednesday

**Members Competition**

***Betterball Stableford***

Yves Moutier and Colin van Wyk 40 pts

## Thursday

**Members Competition**

***Betterball Medal***

Roberto Regasto and Steve Moubray 58 pts

## Saturday (AM)

**Members Competition**

***4Ball Alliance – 2 x scores to count***

Sam Roets, John Laskarides, Ivan Stone and Clinton Mitri 90 pts

## Saturday (PM)

**Members Competition**

***4Ball Alliance – 2 x scores to count***

Richard Lemkus, Julian Dallamore, C. Jansen, and C. Van Tonder 89 pts

# Spin: friend or foe?

## The impact zone and launch

In the last weeks we've described how a simple swing fault (the angle of attack) can lower launch angle and increase spin, robbing you of 20+ metres of tee shot distance. Miss the sweet spot, and you lose more than ball speed, you also impact your launch DNA.



A common error we see is golfers consistently making contact below the sweet spot. It might still feel solid, but tests run by Golf Magazine revealed a likely loss of up to 4° of launch angle and an increase of nearly 800rpm. For the regular golfer that's a loss of between 10 and 15 metres.



*Most manufacturers are now working hard to release new drivers that protect launch and spin, as well as ball speed away from the sweet spot. That helps make significant improvements to average distance as well as increasing the distance on your perfect strikes.*

# It’s time to do something

## Don’t let spin rob you

Book an assessment with us and let's find your personal launch DNA: the perfect match of launch and spin for the ball speed you’re creating.

## Everyone benefits

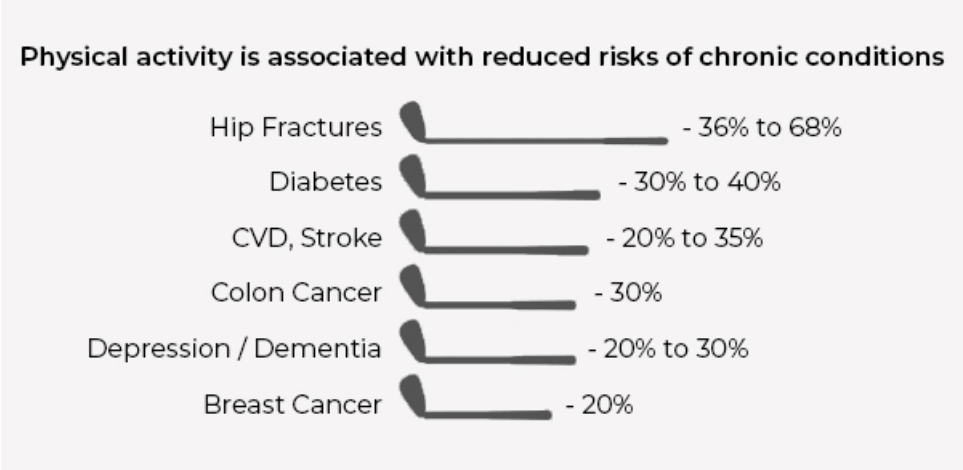
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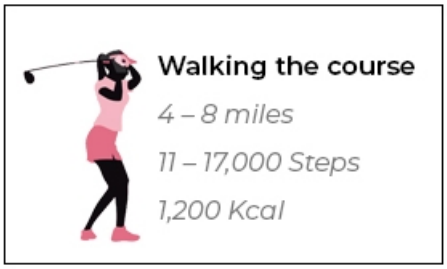
Scientific research indicates that, despite the medical advances that are curing many diseases, the life-expectancy of the latest generation is going to be 5 years less than we currently live!

Last week we reported on the alarming rise in type-2 diabetes in children, youths, and teens.
We promoted golf as part of an active lifestyle. Well guess what? *“Golf is proven to be great for your health over your whole lifetime.”*



Golf and Health and the University of Edinburgh published an infographic that highlighted the level of reduced risk of chronic health conditions if you have an active lifestyle.




If you didn't think that golf was an active lifestyle then note just how active it is.

## Help your family live an active lifestyle

So, as well as improving the life of a child or grandchild, introducing golf to a spouse or sibling whatever their age will improve their lifestyle and contribute to a longer and better life. It's time to do something.

Contact us for an assessment >

Share



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