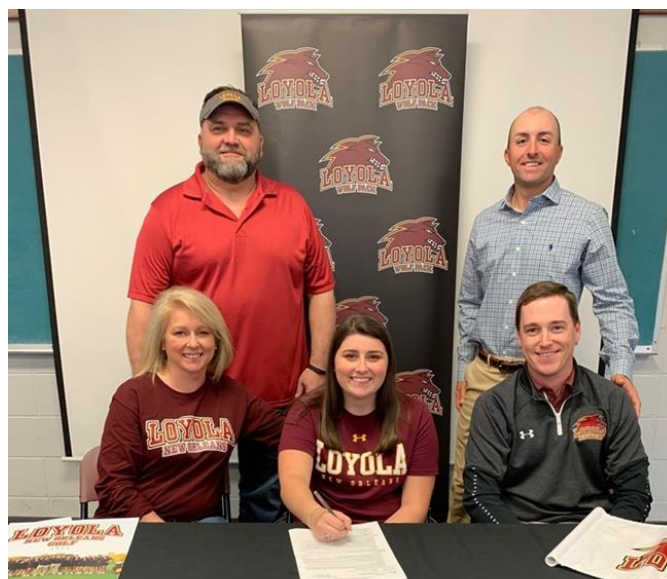




Congratulations to Shelby Walls

For committing to play golf for Loyola

This is fantastic news, Shelby, we are so proud of you, and look forward to seeing all your success in the future!





Never too early to start

Learning those 2019 USGA Golf Rules



I guess knee height is knee height no matter how high the knee!

Here is Nancy Conravey teaching our little ones all about the new USGA Golf Rules for 2019 and how they apply to the game.



Golf can be a serious sport, but Nancy and our team at RPGA make it fun for our youngsters to learn. So if you have someone you know would be interested in getting involved in this sport please [contact us](#) and we can open up a whole lifetime of enjoyment for them.

Testimonial Tuesday

Remember we love to hear about your triumphs, so keep sending them in.



*"Not to hit ya up after hours but just wanted to say the left to right timing drill is bad ***. The impact bag is great too. Thanks." ~ Joey Giglio*

Practice is only good if you are doing it correctly.

[Contact us](#) and we can make sure you aren't wasting your time.

Feel the thrill

Enjoy some speed

There's no getting away from the fact that speed matters.

But the great news is that the smallest increase, translates into lots of distance.
And the even better news is that the smallest changes can create greater speed increases than you thought possible.



$$1=2$$
$$=4$$

Increasing your clubhead speed by just 1mph adds 2mph to ball speed, and that results in 4 extra yards.

Just look at how many ways we can add to your clubhead speed:

**Upper body
rotation**

**Downswing
sequence**

Shaft Length

**Shaft flex &
performance**

Weight



The smallest improvements in your upper body rotation will add speed.

How you start down to the ball from the top of the backswing is, for most, a huge potential area for improvement in speed generated.

Drivers with larger hitting zones allow you to play with longer shafts and still hit the zone. Simple physics adding clubhead speed.

Especially a shaft that is too stiff, or one that has a kick-point that is wrong for your swing, will rob you of clubhead speed (and accuracy).

For many of our golfers playing with a lighter club, allows them to not only generate more speed but to have greater control.

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 >

Playing the wind

Practice your technique

If you're playing golf in the wind then there are five technique messages to remember:
club up; choke down; ball back; weight forward; swing easy.



The final advice to swing easy often leads to golfers swinging with just their arms; there's no shoulder turn.





Practice tempo

Whether you're going to play in the wind or not, if you want to add consistency to your ball striking, practice a good swing tempo. Choose a target, go one club higher than you would usually choose, choke down on the grip, ball back in the stance, and swing with a good tempo. Ball flight lower? More accurate? Does your consistency improve?

Want some help with this?

[Contact us >](#)

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GOLF ACADEMY

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