Tuesday, May 07, 2024

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# Start planning now!



Don't wait until the end of the school year to start your plans for the summer. The junior camps at Rob Noel Golf Academy book up long before then - so start getting these scheduled now.

### **Cypress Lakes**

**Time**: 8:30 am - 12 pm **\$275** per student

Ages: 5 - 12 June 4-7 July 9-12 **Ages**: 10 - 17 June 11-14 July 16-19 Money Hill Time: 9 am - 12 pm \$275 per student

> **Ages**: 4-16 June 18-21 July 9-12

For more information **<u>click here</u>**.

Click to schedule now >

# Do you check your alignment?

#### #golfteamwork

Our **Junior Ignition** class learned all about how to help each other with their alignment and why it is so important for your game.



If your game is off - maybe you should ask your junior what they learned.



Playoff Victory #priceless

Or speak to us and we can take care of you.

# Golf becomes more fun for the family

"Coach Nic and the Junior Ignition program has been a great investment for my 6-year-old son. I couldn't be more pleased with his progression over the past few months. Keith never swung a club other than putting around the greens a few times while his grandfather and I played a round. His understanding of the game, as well as his play, has surpassed all my expectations and I am excited to watch his development as we continue in the program. Thank you, Coach Nic, for doing such an excellent job with Keith, and we will take full advantage of all the hard work you have put in for years to come.

I am looking forward to future Father and Son golf games that in my opinion will be priceless. Thanks again." ~ KC Cox



Tell us about how you have enjoyed playing golf with your family since the kids have taken up lessons through RNGA!

Be the next success story >

# Shafts and myths

## Let's bust some myths and misunderstandings

You may have read or heard some say that "the shaft is the engine of the golf club".





That metaphor isn't right. If there's an engine, then it's you. You create the energy. The shaft controls and channels that energy. The shaft is more the transmission; allowing the shaft to return the clubhead square to the target at impact. The shaft transfers the energy you create to the clubhead.



One of the questions you have to ask yourself is: do you have the right transmission for your engine and vehicle? Are you maximizing the return on the energy you're creating; and are you returning the clubhead square to target at impact?



"If you're losing distance as you get older each year, then it's really worthwhile looking at options to create faster clubhead speed and a better energy transfer."

## Now let's check

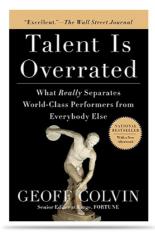
Ready for your transmission to be checked over? We have examples of shaft changes that have added as much as 30 yards to tee shots. With irons, we find significant improvements in shot dispersion.

Book your check-up >

## How good could you be?

## Talent is overrated

Geoff Colvin, in his theory of "Deliberate Practice", contends that you can all be so much better at golf, and much quicker than you imagine, with a better approach to practice.



This isn't about beating balls until your hands bleed.

It's about having a sensible structure that accommodates the commitment you feel you can make. There are four essential steps according to Colvin's principals:



can most easily improve, Choosing to hit shots you quickly.







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If you don't have a lot of identifying the areas you are not comfortable with. the new skills you're trying to record your swing in

> to develop. You need, required into the brain.

You need continual and from your current reality, zone, practicing shots you time for practice, then limit specific feedback. You need practice or have a coach can't execute consistently through repetition, to sear present. If the result is bad, the new movements you need the diagnosis as feedback. If the result is good, you need the positive affirmation of the movements that created the result.

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

We want to help you on your quest for a better playing experience. Let us start you off with an assessment. Then, Share. involve us in your progress. Let us provide feedback and guidance. Better golf shots, more often, is a great payoff.





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