

Sunday, May 05, 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 [click here](#).

[Click to schedule now >](#)

## Getting fit for your clubs

Is tantamount to getting you a better game





*"I just received the set of **Henry Griffitts** clubs and took them out to the range immediately. WOW! What a difference in the feel and weight of the clubs. While I have only hit these clubs on the range, I can hardly wait to play this Wednesday afternoon with my regular playing group. I will give you an update after my play. I would like to thank **RNGA** for helping me with the right fitting. It makes such a difference.*

*I have only good things to say about the Henry Griffitts company. They stand behind their product! Thanks again." ~ **Ron Gaubert***

How has RNGA helped you get a better game?  
Tell us.

[Contact us >](#)

## Shafts and myths

### It's not about swing speed

We've seen online fitting tools that ask you how far you hit your 5-iron. From there they estimate your swing speed. Then they recommend a shaft flex. What if we told you that two golfers, with the same swing speed, using great club fitters, had to use two wildly different shaft flexes?



📷 Bridgestone Golf: [Nick Price's Golf Swing](#)



📷 Bridgestone Golf: [Fred Couples' Golf Swing](#)

The "load" that Nick Price put on the shaft on the downswing was far greater than the much smoother Couples. Price needed a shaft as stiff as he could get. Fred Couples played a much softer flex. But they had the same swing speed.

By the way, there are no standards for shaft flex.  
There is no consistent meaning to "stiff" or "regular".  
Each manufacturer labels the shaft as they wish.





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

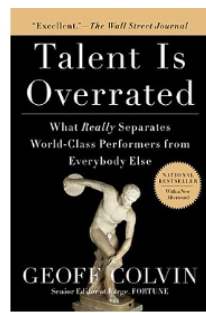
### How do you load the shaft?

How does the rhythm and tempo of your swing impact the shaft? Have you ever invested some time in checking what you need in a shaft?

[Book your check-up >](#)

## How good could you be?

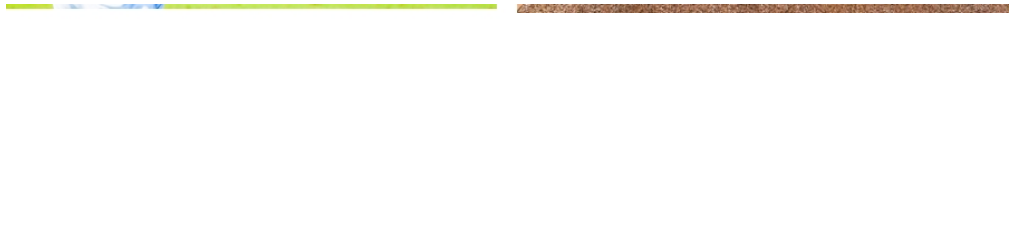
### Make the most of any practice



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 ACADEMY

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