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Tuesday, July 15, 2025

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## ZWARTKOP: A GOLF, LIFESTYLE AND ENTERTAINMENT CLUB

GOLF, TOPPADEL, TOPTRACK RANGE POWERED BY TRACKMAN, BEAUTY SALON, GYM, KIDS PLAY AREA, DELI & SO MUCH MORE.

9-HOLE GOLF COURSE

**TOP TRACK**  
POWERED BY TRACKMAN

**TOP PADEL**



VISITORS ARE WELCOME - BOOK FOR GOLF & TRACKMAN THROUGH GOLF SHOP - (012)654-1144  
& FOR PADEL THROUGH THE PLAYTOMIC APP  
[WWW.ZWARTKOPCOUNTRYCLUB.CO.ZA](http://WWW.ZWARTKOPCOUNTRYCLUB.CO.ZA)



On the golfing front

### This could be you...

**Yvonne Mitchell** started out attending our Practice Club sessions and then took a few individual lessons with Elsabe Hefer.

She just shot a 94 – her best score ever. Congrats Yvonne – here's to many more great rounds!

Why don't you get Elsabe to help you reach your goals? Give her a call on **082-922-8408** / [elsabe@zwartkopcc.co.za](mailto:elsabe@zwartkopcc.co.za) to discuss what you would like to achieve.



### Practice with Purpose in August...

Join Elsabe and Justin's Practice Club - every Wednesday in August from **12h00 – 13h00**. This month ANYTHING GOES – so practice whatever you

need help with!

# PRACTISE WITH PURPOSE

**Join Elsabe & Justin's PRACTISE CLUB**  
**Have fun & Make new friends...**

**12h00 - 13h00 EVERY WEDNESDAY**  
**R100 FOR THE MONTH**  
**AUGUST FOCUS**  
**ANYTHING GOES - WHATEVER'S BOTHERING YOU!**



**Call Elsabe on 082-922-8408**

## Group Golf lessons

We also have a variety of classes available for both junior and adult golfers. It's a fun way to get into golf or to improve your game – and you get to meet new people at the same time!

### ADULT GROUP LESSONS



**A great way to learn or improve your golf - and it's more fun in a group!**

R1000 PER SCHOOL QUARTER  
8 students max per class. Beginners to lower handicaps are all welcome. We will cover all aspects of the game

Contact Elsabe on 082-922-8408  
/elsabe@zwardkopcc.co.za

### Junior Group Lessons



1 hour / week in public school terms  
Classes grouped according to ages & 8 kids max / PGA Coach

Our juniors get:

- \*FREE golf membership
- \*FREE golf after 16h00
- \*Free Range Balls after 16h00
- \*Free use of the Mashie Course
- \*Fun Junior four-balls on a Sat afternoon

Contact Elsabe 082-922-8408 /elsabe@zwardkopcc.co.za

**GOLF is the Game of a lifetime!**





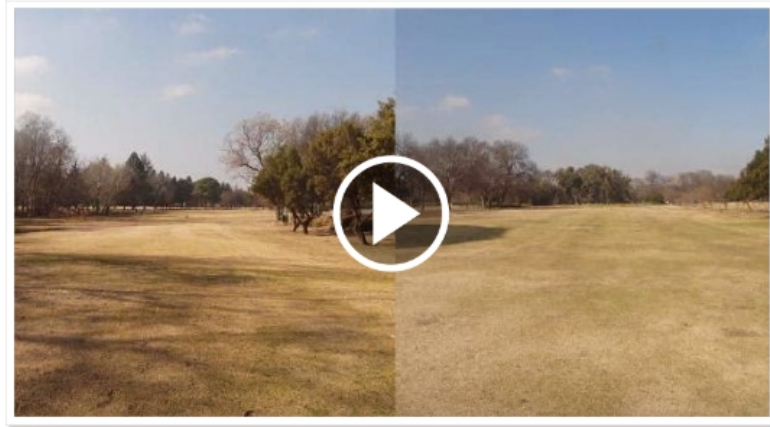
## Product of the Week

G4 Golf Shoes on Sale in the Shop this week – **R3999!**

Luxury Brand **Peter Millar** have just launched the Rolls Royce of golf shoes. The G4 golf shoes is nothing like you have ever worn before. Calf skin leather with your stability. If you would like us to fit you into a pair make sure you pop into the golf shop and chat to Ian.



This week Elsabe advises you to keep it simple when playing the **2nd hole**. Questions? [Contact her.](#)



## Is your next round booked?

The best practice is playing! [Book your round](#) today.

## 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.*

### **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.

Contact us >

**It's time to do something**

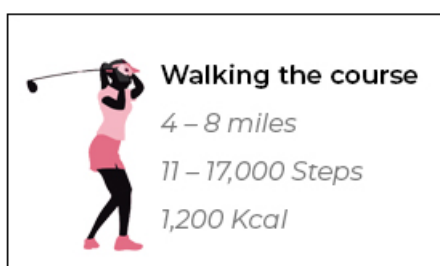
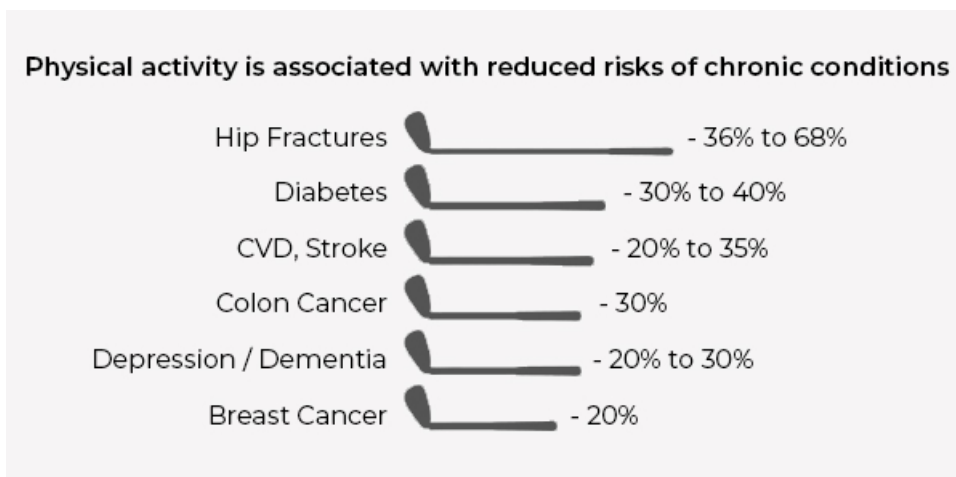
**Everyone benefits**

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 >

Get in touch

Call 012 654 1144 | [Contact us](#) | [Visit our website](#) | [Visit us](#) | [Read my golf tips](#) | [Book a lesson](#) | [Book a fitting](#) | [Book a round](#) | [Leave a review](#)

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