

Friday, May 03, 2024

[Book an assessment](#) | www.metgolfshop.co.za | **Tel:** 021 430 6015



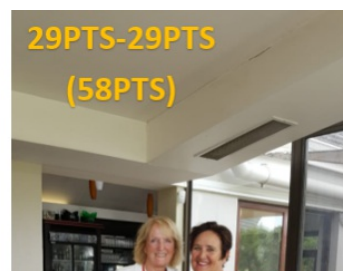
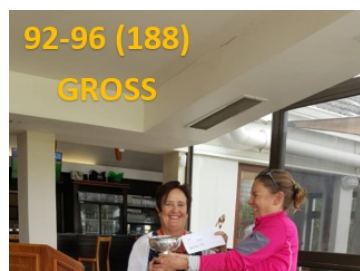
Ladies Club Championship



Our Ladies Club members did very well in the Ladies Club Championship. Congratulats to our Club Champion,
Kathy Blumberg!



Well done to all our winners!





Mix it up this February

Join us for the Monthly Mix on **Saturday, the 24th of February**, sponsored by Spine Align. The format is 4-Ball Alliance and the cost is R290 per person (this includes a light snack platter).

To book contact Bev or Kathy on **021 430 6011**.



JOIN US AT THE METROPOLITAN
MONTHLY MIXED

Kindly sponsored by



DATE: 24TH FEBRUARY 2019

AFTERNOON FIELD

FORMAT: 4 BALL ALLIANCE

COST: R290 p/p

Includes a light snack platter per 4-ball

BOOKINGS: Bev or Kathy 021 430 6011

Don't get lost out there!

Don't get lost out there!

We all need a helping hand on the course

New Laser Rangefinders

Quick response - Get an accurate read on an LCD Screen in less than 1 second!

Includes scan mode - Allowing you to actively range multiple targets without having to reactivate the laser for each target.

Water resistant - This device is designed to help you in tricky situations, even when water is involved!



[Reserve yours now >](#)

Who's been winning at the club?

Monday Monday School 4 Ball Alliance	<i>4-Ball Alliance - 2 x scores to count</i>	Keith Gilmour, Billy Filanowski, James McNab, and Vanessa McNab	91pts
Wednesday Members Competition	<i>Progresive Alliance</i>	Ioannis Kritzas, Mano Coulentianos, Freddie McLennan, and Shaun Stevenson	89pts
Thursday Members Competition	<i>Betterball Stableford - 2 to count on par 5's</i>	Luis Rosa and Steve Newlan	50pts
Saturday (AM) Members Competition	<i>Medal (A & B) - Single Stableford (C)</i>	a. Jayson Rawraway b. Sam Roets c. Dave Heron	72nett c/i 67nett 32pts c/i
Saturday (PM) Members Competition	<i>Medal (A & B) - Single Stableford (C)</i>	a. Craig Campbell b. Farell Cohen c. Jackie Schneider	67nett 68nett 38pts

Totally different, totally new

Plenty of balls are soft. Plenty of balls go far. But to play a ball with ultimate feel and distance, you need FastLayer. It's only in the new Z-STAR and Z-STAR XV golf balls. And it's only from Srixon. [Contact us](#) to reserve your 6-pack.

An advertisement for Srixon Z-STAR golf balls. On the left, three boxes of Srixon Z-STAR golf balls are displayed against a dark red background with a subtle pattern. The boxes are white with yellow and red accents. On the right, the text "BUILT FOR DISTANCE." is written in large, bold, yellow letters. Below it, in smaller white text, is "THE ALL NEW SUPER CHARGED Z-STAR SERIES GOLF BALLS". Further down, "6 BALL PACK" is written in white, followed by "R199,99." in large, bold, yellow letters. At the bottom right, in small white text, it says "AVAILABLE AT PARTICIPATING GOLF RETAILERS". The Srixon logo is in the top left corner of the ad.

[Contact us >](#)

Feel the thrill

The sweet spot matters

One of the best feelings in golf is when you make contact out of the "hitting zone" with your driver. It's an exquisite moment. There's satisfaction in watching the ball speeding down the fairway.



It's not easy though. You're swinging the club with the longest shaft. The ball might be teed up, but it's going to be over 40 inches away from where your hands are gripping the club. It used to be you had to find the sweet spot in a much smaller head. Now the head and face are larger, and the manufacturers work to extend the hitting zone.



We're delivering thrills

Our passion is helping you experience the thrill of contact out of the hitting zone.
If you're looking for more thrills, come and spend 30 minutes with us.

[Contact us >](#)

Beyond our expectation



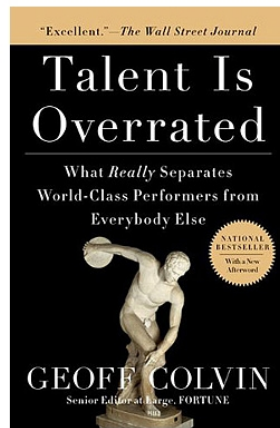


How does a golf ball deliver it all;
Soft, fast, distance, spin, durability?

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:



<i>A personal plan that starts from your current reality, identifying the areas you can most easily improve, quickly.</i>	<i>Go beyond your comfort zone, practicing shots you are not comfortable with. Choosing to hit shots you can't execute properly or consistently might not seem like fun, but you need to deliberately push your boundaries.</i>	<i>If you don't have a lot of time for practice, then limit the new skills you're trying to develop. You need, through repetition, to sear the new movements required into the brain.</i>	<i>You need continual and specific feedback. You need to record your swing in practice, or have a coach present. If the result is bad, you need the diagnosis as a feedback. If the result is good, you need the positive affirmation of the movements that created the result.</i>
---------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Start your journey. We want to help.

We want to help you on your quest for a better golf experience. Let us involve us in your progress. Let us  better feed  g experience. Let u  and guidance. Bette  you off with an assessment. Then, shots, more often, is a great payoff.

Contact us >



**METROPOLITAN
GOLF CLUB**

This mail was sent to {{contact.contact_email}} by Brad Forge and is provided as a service for the members and guests of Metropolitan Golf Club and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on 021 430 6015.

*Sent on behalf of Metropolitan Golf Club by
RetailTribe: Unit 8 | Blaauwklip Office Park | Stellenbosch | 7600 | 021 880 2693*

Trouble viewing this newsletter? [View it online](#) | [Download a printer friendly copy](#)
[Subscribe here](#) | [Unsubscribe here](#)