

[View online](#) for a better experience

[Subscribe](#) | [Unsubscribe](#)

[Download a printer friendly copy](#)

Tuesday, April 30, 2024

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



Otterly unbelievable!

Have you seen an otter out on the course?!

There have been reports of otter sightings here at the met!



Snap a photo and email it to metgolfshop@corporategolf.co.za for a feature in the newsletter!

The Cape Met League Team

Congrats gentlemen!

The Cape Met League Team won their first match 7-1 against Milnerton on Saturday!



We are excited for our new partnership with the Cape Peninsula Golfers!

Cold days. Warm hearts.

Do you have old jackets, hats, gloves, or scarves lying around?

The Metropolitan ladies are collecting warm clothing for people living on the streets in Cape Town.



You will find donation boxes in the men's and ladies locker rooms.

Keep your eyes peeled

Remember to keep looking for specials in the Shop!

We have a huge clearout sale coming this month in celebration of our new Pro Shop!



Who's been winning at the Met?

Monday School

4 Ball Alliance – 2 X Scores To Count

Steve Newlan, Phil Schofield, Ian Maclarty, And Clifford Mijlof - **82pts**

Wednesday

Glen Gonsalves - **38pts**

Thursday

Members Competition - 4Ball Alliance – 2 X Scores To Count

Richard Felder, Charlie Nunes, Clifford Mijlof, And Tony Dunn - **88pts**

Saturday

Members Competition - Singles Medal (A & B) Singles Stableford (C)

(AM)

- A.** Hein Kriek - 74 Nett
- B.** Neil Gore - 70 Nett
- C.** Geoff Davidson - 37 Pts

(PM)

- A.** Spiro Bouloukos - 71 Nett
- B.** Steve Newlan - 67 Nett
- C.** Anthony Paitaki - 36 Pts

Spin: friend or foe?

How can you influence spin rates?

Manufacturers have long known that regular golfers needed a higher launch angle on tee shots. For a while, they tried to urge golfers to play super-high lofted drivers. But while increasing the dynamic launch angle (the actual angle the ball launches), it also created the side-effect of too much backspin for many.



If you create too much backspin for your ball speed on your tee shot then you create too much lift. The ball will balloon and then fall too quickly to the ground, robbing you of distance.

By fixing a very common swing fault, most golfers can increase the launch angle and lower spin rates to increase distance off the tee substantially.



Many golfers have a slight downward angle of attack on the ball with a driver, but that has the effect of lowering launch angle and increasing spin rate. A very poor scenario for most golfers.



21 extra metres


TrackMan data shows us that a golfer with an 80mph swing speed who changes their angle of attack from -5° to $+5^{\circ}$ increases their dynamic launch angle by 4° , but even more importantly reduces their spin rate by over 1,000rpm. And that means 21 extra metres.

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 >](#)

Be like Ernie...



XXIO
BE LIKE ERNIE.

PLAY XXIO X TO EXPERIENCE EASIER DISTANCE,
EASIER ACCURACY, EASIER GOLF.
NOTHING COMPARES TO THE INCREDIBLE
LIGHTWEIGHT FEEL & GAME-CHANGING DISTANCE
YOU WILL EXPERIENCE WITH XXIO (Zek-Si-Oh).
EXOTIC MATERIALS & UNPARALLELED CRAFTSMANSHIP
FOR MODERATE SWING SPEED GOLFERS.

ERNIE'S DRIVER
OF CHOICE
XXIO X 10.5 DRIVER
PX BLUE 6.5 SHAFT

It's time to do something

A staggering fact

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!



We're not here to lecture anyone on diet, nutrition, or "screen-time". But we do believe that we need to get our children to embrace a more active lifestyle.



That's why we want to help

If you have a child or grandchild, then let's get them started playing golf.

We'll make it fun and enjoyable, social, and active. We want them to be healthier for their whole life. We want them to have those 5 years back. It's time to do something.

Contact us for an assessment >

Share



**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](#)