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Monday, April 29, 2024

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## Everyone loves the Met!

This past week a well known golf influencer from the United States, [Erik Anders Lang](#), visited our course and had nothing but great things to say about our wonderful facility.

*Click on the image to find the post*



*"Rocked up to @metropolitan\_golf\_club with no warning and the staff and members were so welcoming, joined us for a round, and spoke to us*

*about the local golf scene. "The Met" is an 18 hole course with 14 smooth and fast bent greens and 9 fairways, all fit within the Atlantic Coast and the shadow of Cape Town stadium. The stadium was erected in 2009 for the 2010 World Cup, changing the layout of the course. The membership here is exactly what you look for in a local club - filled with diverse players of all ages and the course easily plays as a quick five hole routing. Honestly, felt right at home here. Check it out you're nearby absolutely."*

For someone who plays on some of the best courses around the world for a living, we are thrilled to hear that our course ranks among the best of them!

## Hurry in for our Celebration Clearout Sale!

Kit yourself out for summer



It won't be long before we break down the wall to our new Pro Shop! Look out for the signs in the shop and take advantage of these unbelievable prices before it's too late!

# The Floral Cup

Golfing for a great cause

8 September 2019

Metropolitan Golf Club

invites you to play in the Ladies

PRINS & PRINS DIAMONDS FLORAL CUP COMPETITION

in aid of

*Pikkewyntjies Pre-Primary School, Bettys Bay*



Cape Town's trusted jeweller since 1982



Metropolitan Golf Club, Green Point

**Sunday 8 September 2019**

Registration 07:30am, Shotgun Start 8:30am

Cost: R355.00

Bookings confirmed on receipt of payment

Format: Single Stableford

**Fantastic prizes and lunch included**

Contact Kathy on (021) 430 6011 to book

Attention ladies! **The Prins and Prins Diamonds Floral Cup** is just around the corner and you do not want to miss it! I had the pleasure of playing last year and it was such a beautiful day in support of Pikkewyntjies Pre-

Primary School in Bettys Bay. There were heartfelt speeches as well as a beautiful song sang by the school children to thank the golfers. Prins and Prins Diamonds sponsors beautiful tanzanite jewelry for prizes and little angel brooches that the ladies go crazy for!

Please [contact the club](#) and join us on the 8th of September for a fun filled day on and off the course!

## Cappy Info News (Cape Peninsula Golf Club)

### Cape Met 2nd League

Below find an excerpt from the Cape Peninsula Golf Club's newsletter. We are extremely proud to be associated with the wonderful club!

*"What a historical occasion. For the first time, a combined team comprising players of CPGC and Metropolitan, stepped out in the WP 2nd league. Three of our players, Ebrahim Osmond, Mike Mayesa (home) and Edmund Francis (away) were part of the team.*

*The team couldn't have asked for a better start, winning their game 7-1*

*You guys have made us proud!!!*

*A big thank you to Clive, Farrell (Met) and all others involved, for putting this merger of our clubs together for this league."*



*Our players involved were Lihan van der Merwe, Craig Smith, Chris van Rensburg, Strati Zitianellis and Dean Myburg*

## Who's been winning at the Met?

### Thursday Members Competition

*Betterball Bogey Plus*

Sam Roets And Ioannis Kritzas **+9**

### Saturday (AM) Members Competition

*Betterball Stableford*

Tony Ashberg And Mervyn Rosenberg - **43pts**

### Saturday (PM) Members Competition

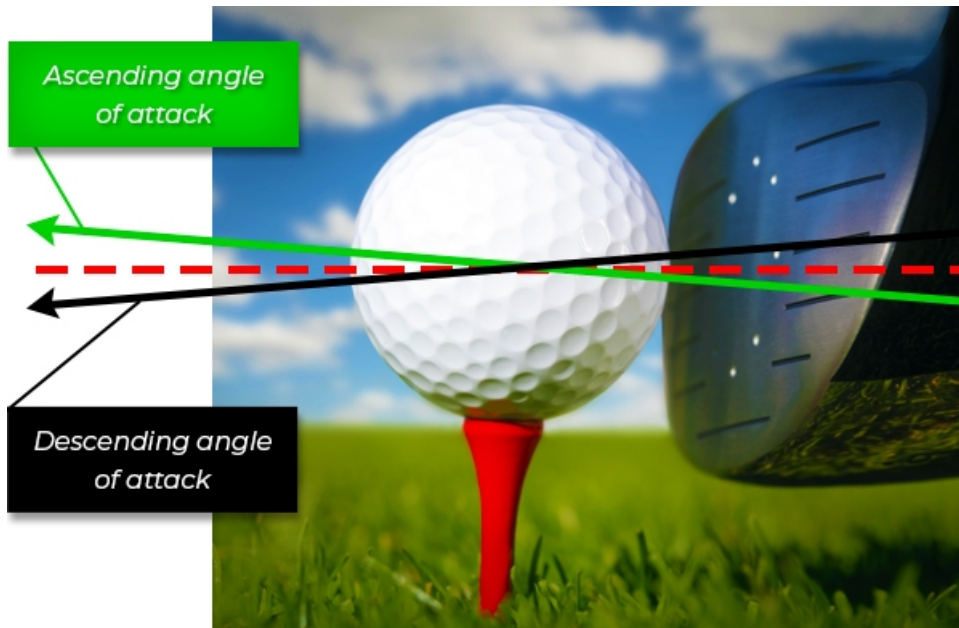
*Betterball Stableford*

Debbie Gibb And Muller Van Der Walt - **45pts C/I**

## Spin: friend or foe?

This impacts better players too

Last week we showed how many golfers have a simple swing fault that is robbing them of 21 metres. They strike their tee shots with a slightly descending blow (just 5°) rather than a slightly ascending blow.



One of the characteristics of better players is a better swing, but it's also often a faster swing speed. However, when we look at most of our better golfers, while they don't strike the ball on the tee with a descending blow, they're often "neutral", so even for them, the distance they're being robbed of is substantial.

Clubhead speed	Angle of attack	Launch angle	Spin rate	Total distance
100mph	0°	10°	2,600rpm	278 yards
100mph	5° up	12.5°	1,900rpm	293 yards

## 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

## This is wrong, let's reverse the trend

Between 2002 and 2012, the incidence of type-2 diabetes in children increased by 5% according to research done for the Center for Disease Control and Prevention. Further research indicates that we can expect to see an even faster acceleration by 2022.



You might think that golf isn't a sport or activity that burns the most calories. You might think that there are more intense sports. But you'll struggle to find a sport that gives a child so much.



## We know golf is good for children

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 >](#)

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GOLF CLUB**

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