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Tuesday, April 30, 2024

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



Don't just drive by

Peninsula Driving Range and the Metropolitan Golf Club

We are very pleased to inform you that the Peninsula Driving Range is now offering all Met members a 20% discount at the range. A huge thank you goes to Sally Little for the kind offer.

The range is the home of The Sally Little Centre for Excellence, where Sally does some amazing work with young school children.

It is a great initiative; we encourage you all to please support the range and experience first-hand the great work that is being done.





League News

Good reason to be proud

Congratulations to the Cape Met League team for winning 5 and 2 against Atlantic beach on Saturday, the 28th of September!

Out with the old, in with the new

We are getting closer to a new Pro Shop!





We are currently operating out of a temporary shop next door!

Looking for your next DIY project?

Please [contact us](#) with any interest in our shop furniture!



Calling all the Ladies

The Metropolitan Ladies Open is only 2 weeks away!

Ladies Open | 18 holes

Time: 12:00 shotgun start

Cost: R360 per player | carts @ R265 (member's rate)

**Bookings confirmed on receipt of payment*

AM 9-hole Competition Open for Men's to participate in the day!

Brunch buffet and separate prize giving to follow!

Tee times: from 6:53 – 8:24

Cost: R250 per player | carts @ R160 (member's rate).



The Metropolitan Ladies Open
16 OCTOBER 2019

SPONSORED BY:

the PRESIDENT HOTEL cape town

Sun GrandWest

IN SUPPORT OF:

DOMESTIC ANIMAL DARG RESCUE GROUP

The RAINBOW ACADEMY
School of Performing Arts & Business

[Book your spot >](#)

The luck of the draw

Enter the raffle to win big!

Tickets:

10 2000 50 1000

1 for R100; 3 for R200

This is your chance to spoil someone special in your life.

- *One-night stay for two in a sea facing room at The President Hotel in Bantry Bay (including The President's famous breakfast)*
- *A round of golf for two at the Metropolitan golf club in Mouille Point*
- *Dinner for two at Golosso in Sea Point*



Who's been winning at the

who's been winning at the club?

Thursday, 26 September

Members Competition - Betterball Stableford

Doug Van Rensburg and Paddy Syndercombe - 52pts

View the full results [here](#).

Saturday, 28 September (PM)

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

Rourke Broad, Anthea Van Breeman, Gary Pearson, And Gill Ward - 94PTS

View the full results [here](#).

What are you buying?





More than anything, you want
confidence.

You want confidence that your Iron is going to help you hit a solid and accurate approach shot.



A recent check of 82
golfers found that 63% of
them were playing with a
lie angle at least 1° too
upright or too flat. That's
52 golfers who are going
to struggle for confidence.

confidence



Get fitted: Gain confidence

Champ the champion

Why wouldn't you want to play with a lie angle that lets you hit solid accurate golf shots? Why wouldn't you play with a lie angle that **GAVE YOU**

confidence? You should always get fitted.

PGA Tour's longest player wins with Srixon Z-STAR

Cameron Champ has won his second PGA tour trophy within two years of switching to the Srixon Z-STAR XV golf ball.

Check your equipment

Let's get your Irons checked. Let's help you build confidence in your

approach shots. Come and see us. Call us, or

On his way to victory at this year's

Safeway Open, Champ topped the event assessment >

Driving Distance and Scrambling

rankings. An achievement no

doubt helped by playing a ball

that's long off the tee and soft

around the green.



[Learn more about the Srixon Z-STAR XV >](#)

Consistently better

Please

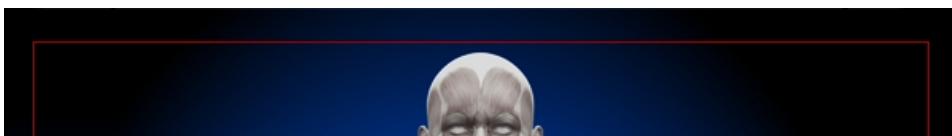
Tease,
not the hands

What part of your body controls your swing? Too many golfers struggle with consistency because their hands (and arms) are too involved in their golf swing.



A swing controlled by the hands and arms depends too much on the finer, smaller muscles. Swinging on plane becomes difficult. Consistency of ball striking is impossible. And it's much more difficult to create power.

You need to let the large muscles control the swing to create consistency and power.





Test it out on the range

A career in golf

On the range, feel what your body starts with the backswing and what part starts your downswing. Controlling the first movement of both the

backswing and downswing with the correct part of your body can be a big pay-off for most of you.

[Contact us >](#)



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GOLF CLUB**

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