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Saturday, May 04, 2024

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No, this isn't April Fool's

1st-30th April

Buy any Callaway clothing and receive 2 sleeves of Callaway Supersoft balls free.



6th & 7th April only

Buy any 2 full priced Shirts and receive a free shirt on sales rail.

13th April only

Callaway cap + glove combo for only **R550**.

Easter specials coming soon. Definitely something to be looking forward to!

New Arrivals : Callaway Big Bertha 4 hybrid.



Callaway Big Bertha Hybrids

The new hybrids bring Jailbreak Technology to Big Bertha for the first time and also feature an updated system for adjustability. These features combine to increase speed and optimize launch in a package designed to improve overall distance and performance.

Twilight delight

Twilight special from now until the end of August



We are delighted to announce that Arabella is now running a twilight special everyday from **1pm to 3h30pm** up until the end of August for only **R599.**

This price includes clubs, a golf cart and 9 holes of golf.

[Contact us](#) now to book your round.

Learn to lean forward

The most common thing that causes poor contact in shots around the green is the hands and wrists trying to scoop the ball in the air. The scooping action results in punishing shots that are bladed over the green or hit fat and fall short of the target. The scooping action of your hands and wrists causes the shaft of the club to lean away from the target at impact. This backward leaning shaft creates a thicker sole (bounce) which makes it difficult to hit the ball solidly.

If you want to strike the ball solidly you must replace your scoop with a technique that creates a forward leaning shaft at impact. The most effective training aid for preventing your scoop and creating forward shaft lean is **The Punisher**. First grip your chipping club normally; grip a second club underneath the first one down close to the hosel or clubhead. The second grip should now be sticking out under your left armpit. Try keeping the second shaft away from your left side as you swing through. During the chipping motion, if you are a scooper the extended part of the club will punish you by bumping into your side. Instant feedback! Be careful not to take too long of a swing. After eliminating the scoop you will eliminate the punishing fat and thin shots from your short game.





[Book a lesson](#) to practise this and much more.

What's happening at EOGA



Give your junior's weekend a golfing kickstart!

During the school holidays, André organised a **2-day Junior Academy bootcamp**.

Each day started off by improving technique and doing some skill training, and ended on the course playing with their new friends.

EOGA is having another **1-day Junior Academy bootcamp** this **Friday, the 5th April**. The juniors will play a few holes.



EXTRA DAY
JUNIOR BOOTCAMP
Friday 5th April
4.30 – 5.30
R100

[Get in contact](#) to book your junior's spot.

Ladies, get involved this Thursday!

The Ladies' Clinic carries on **every Thursday**. Last week was a lot of fun as usual.



This Thursday's Ladies' Clinic will focus on **controlling the irons** and **striking the fairway woods**.

 **ARABELLA**
GOLF CLUB
South Africa

EOGA 
Golf Academy

LADIES' CLINIC

With EOGA coach André Loots

THURSDAY 4th April
R200 - 9am to 10am
Meet at the range

Focus on: controlling the irons and
striking the fairway goods

andre@eoga.co.za 0828604977

[Book](#) your spot now!

Stronger core = better golf

This Wednesday, EOGA will be hosting its **first ever pilates class** with instructor Amelda.

Pilates is a wonderful form of exercise that will strengthen your body in all the right places. Good core strength is essential for good golf!

It's happening at the Arabella gym. There are **only 6 spots**, so [booking](#) is essential with André.

A promotional poster for a Pilates class. The top half features a blue-tinted photograph of people in a gym performing Pilates exercises. Overlaid on this image is the text 'PILATES CLASS' in large, bold, orange letters. To the right of this, in white text, are the prices 'R150/person' and 'R250/couple'. Below the image is a solid blue band containing the text 'WEDNESDAY 3 APRIL' and '8am - 9am At Arabella gym' in white. Below this is another solid blue band with 'ONLY 6 SPOTS' in orange and 'Book with André 082 860 4977' in orange. The bottom section is a solid orange band with the text 'JOIN US FOR THE FIRST EVER EOGA PILATES CLASS WITH INSTRUCTOR AMELDA' in white. At the bottom left is the EOGA Golf Academy logo, and at the bottom right is the Arabella Golf Club South Africa logo.

PILATES CLASS

R150/person
R250/couple

WEDNESDAY 3 APRIL
8am - 9am At Arabella gym

ONLY 6 SPOTS
Book with André 082 860 4977

JOIN US FOR THE FIRST EVER EOGA PILATES
CLASS WITH INSTRUCTOR AMELDA

EOGA Golf Academy

ARABELLA GOLF CLUB
South Africa



EOGA coach André is running a promotion for this week. As this is the last week before the hallowtining begins, André is running a special on '**on-course session**'.

Only **R600/hour** with our fantastic coach! The focus of the session is on

mindset, course management and getting the ball in the hole.

[Contact Andre](#) now to book your on-course session.

Results Corner



Morne, the Somerset West Junior Competition champion

Our Junior, Morne, won his division by 9 shots over the week end at the Somerset West Junior Competition. We are so proud of him!

Click on image to enlarge.

The image shows two golf scorecards from Arabella Golf Club. The left card is for Reinold du Randt, showing a score of 79. The right card is for another player, showing a score of 79. Both cards include hole-by-hole scores, a total score, and a signature line.

Reinold du Randt's scorecard

Reinold du Randt played a lovely **79** over the week end at Arabella from a 12 handicap. This happened the day after André worked with him on better mental technique that he tried on the course that day. Congratulations!

2 of our EOGA clients – **Sello and Kenielwe Moloko** – won at Killarney Golf Club in Johannesburg. It was a corporate golf club day and with the betterball format, they scored 53 points. Their hard work in the gym and on the range definitely paid off!! Well played!

Simplify your short game

A wedge chart helps

You want to hit closer wedge shots more often with greater ease. If you can control your distance, you create more opportunities for birdies and par saves. Let's help you achieve this by simplifying your short game with the use of a wedge chart.

Wedge	Swing length	Yardage
60°	9 - 3	23m
60°	11 - 1	64m
60°	Full	92m
55°	9 - 3	32m
55°	11 - 1	98m
55°	Full	108m
50°	9 - 3	40m
50°	11 - 1	110m
50°	Full	122m
PW	9 - 3	43m
PW	11 - 1	118m
PW	Full	130m

A 'wedge chart' is an accurate recording of the distance each wedge travels depending on the length of your swing. Wedge charts are used by the majority of Tour Pros, yet no one really encourages amateur or club golfers to use them.

Making your wedge game easier

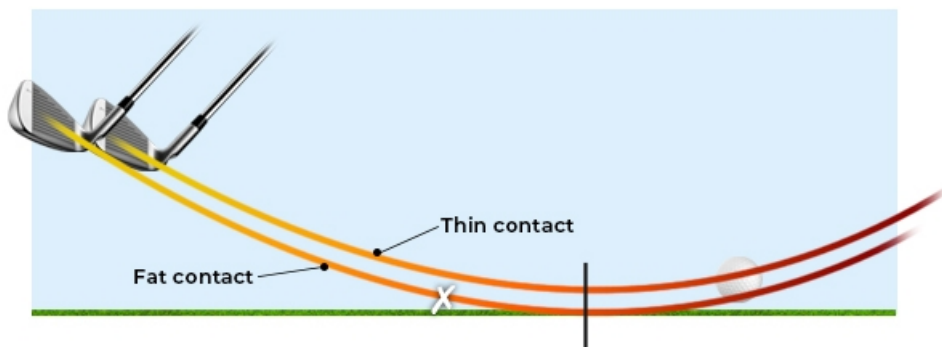
Understanding the importance of precision on approach shots using a wedge chart is your first lesson to a better short game and becoming a wedge guru. You may think you are not good enough for a wedge chart, but they really work for any level of golfer.

Contact us >

Better ball striking



There's a special feeling that comes with hitting a solid iron shot. Especially one you feel launch off the face and then track on a great trajectory going straight at the target.



Most of those who are struggling to hit solid iron shots have a low point of their swing BEFORE the ball. That means they either make "fat" contact (turf before ball) or they catch the ball with the bottom of their iron face (thin) on the upswing.



If you're a good ball striker and want to get even better, then try focusing on tempo. Reduce your emphasis on how far you hit your irons, and work on a consistent tempo. A good tempo will lead to consistent contact and consistent distances.

Make it solid

You need to strike the ball first with a slight descending trajectory. That ensures your contact is solid and strikes the face in the hitting zone. We have drills that can help you on the practice range. We can also look at your swing and let you know how to improve your ball striking.



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