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Sunday, April 28, 2024

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Harness your inner Phil!

I played in the members Wednesday competition with Simon Pac Poy, Bruce Russ and fellow AJS team member, Warren Lo. We had a great time out on the course on a magic winter's day and I'm happy to say that I didn't have to pay out at the end of the round. This round has been a long time coming as Bruce and Warren have asked me to join their group on a couple of occasions. I would love to play a round with all of the members of Eastlake and so would all of the other PGA members on our team so what are you waiting for invite Alex Laura or Mark to join your 4 ball soon.

The four pictures included are of lefty Bruce Russ showing us how to get up and down on the 17th hole from on top of the tree roots across the path and down the hill to a foot. I think he was harnessing the skills of the great Phil Mickleson on his way to winning the money!





Get the good golfing karma

On my recent round at Eastlake I noticed that in almost every bunker that the rakes had been left at the sides or up the walls of the bunkers.

When rakes are left in this position your ball may end up against the rake and it will make your next shot near impossible. Please, please, please leave the rakes in the middle of the bunker and where possible facing the direction of play. If your ball ends up next to a rake in the base of the bunker you will be able to move the rake without the ball moving and you will have a chance to play a brilliant bunker shot.

Whenever you next play do a favour for all of your fellow golfers rake up a few extra footprints if you see them, place the rake into the bottom of the bunker and please leave the place better than you found it. You will get good golfing karma.



Hot winter specials

We just received delivery of new FootJoy braided belts and have **25%** off all ladies FootJoy shoes and selected Ecco styles whilst stocks last. Get in quickly to snap up a bargain



[Contact us](#) for enquiries

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.

It's time to do something
Contact us >

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 >



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