



Do it for Jarrod Month at Eastlake

Support the fighters - Leuk the Duck Fundraiser

We have been running a few fun events in the Clubhouse on Friday nights during the Members Tee Draw. Bowling for ducks and chipping over the duck wall to win prizes including beers of the Pro. We have raised over **\$600** so far whilst having a great time because that's what larrikin golf Pro, Jarrod Lyle, would have wanted. Let's keep the fun times rolling and celebrate his legacy with a cold one and a few laughs.

Leuk the Duck merchandise is now available at the Pro Shop. Make sure to support this great cause as all proceeds go to the Challenge Foundation!



[Contact us](#) for any enquiries!

Watch out for Adam Scott this week

This week is the BMW Championship the second event in the Fed Ex cup playoffs and after a very strong finish last week, **Adam Scott** is my tip to take out the event. He is paired with Paul Casey and Justin Thomas for the first two rounds which I think will push Adam to score well early to put him in a great position for the weekend.



Winter in Sydney

The weather has been pure magic!

What's your excuse for not getting out every day and getting active?



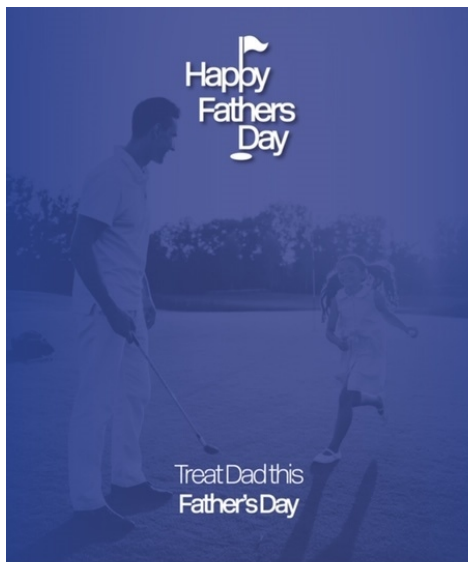
[Book your round >](#)

Father's Day

September 1st

Give dad the gift he really wants this Father's Day, the gift of golf!

With father's day fast approaching you can pop in and see us for a special gift for dads of any age or golfing ability. If you're stuck for ideas, ask our friendly staff or get a AJS gift card for any value. The best golfing gift you can give this Father's Day is time, get your dad out on the course even if it's for a putting competition or a chip off.



[Book your round >](#)

Dates to diarise

Titleist fitting day
6th of September



PING fitting day
8th of October



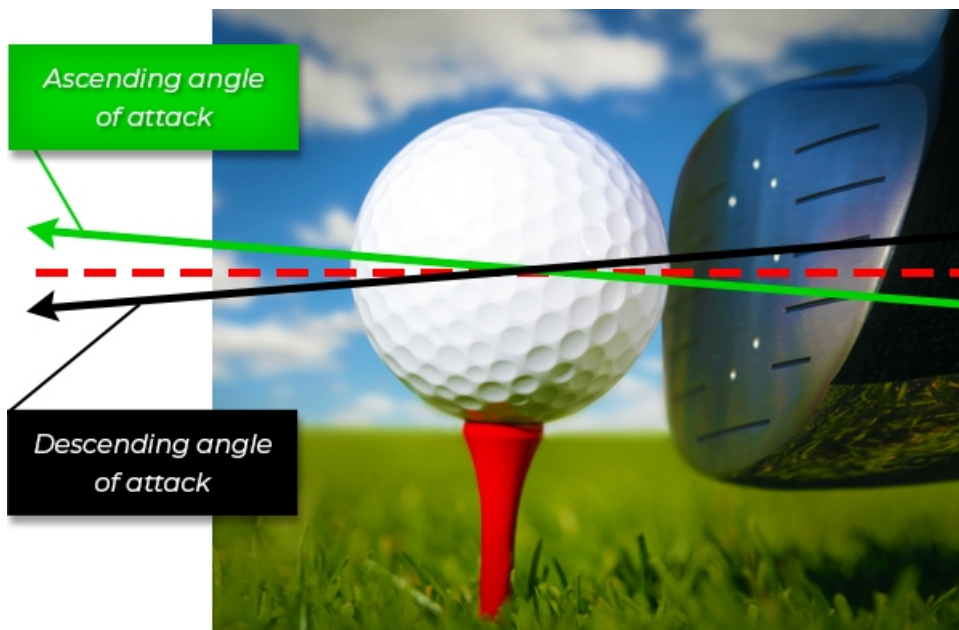
[Contact us](#) for enquiries.

Don't miss out!

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 >

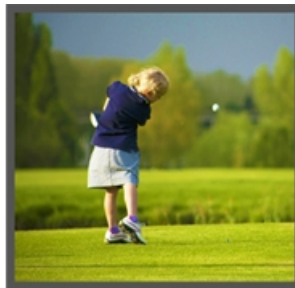
It's time to do something

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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