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Wednesday, July 02, 2025

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## For your calendars

### Titleist Fitting Day | 6th September

*Get a fast start on every hole*

The new TS range from Titleist proves that distance is in the details. With the TS Drivers and Fairway Woods you are guaranteed to hit it longer and straighter every time you tee it up. Titleist will be joining us on the 6th of September to give you the opportunity to test-drive these revolutionary clubs, so make sure you don't miss it. The Titleist experts and our pros will be there to help you find the quickest route to more metres.

Limited spots available. [Book](#) yours today.



### PING Fitting Day | 01 October

*What's your ball speed?*

*watch your ball soar*

Would an extra 10 metres off the tee, more forgiveness and a better ball flight improve your golf experience? If you answered yes, make sure you don't miss our upcoming PING fitting day on 01 October. The PING experts and our Pros will be there to give you the opportunity to try out the latest equipment from PING and to help you find the quickest route to better golf.

Limited spots available. [Book](#) yours today.



*G40 LTS Driver*



*G40 SFT Driver*

## Swing improvement challenge

### Change your posture change your game

Below are some examples of recent game improvement session, in which a simple tweak allowed the student more room to swing and the ability to move more fluently. Without changing their swings much at all, each player featured began to strike the ball sweeter, straighter and further.

My challenge to you is to get one of you fellow golfers to take a picture of you from the same angle as the examples and send it to me.









Let's see if a simple tip like this can kick start your game going into spring.

Send pics to Alex: [proshop@eastlakegolfclub.com.au](mailto:proshop@eastlakegolfclub.com.au)/ 0427895994.

## Reconstruction underway

### Don't let your ball fall in the creek!

Our ground staff are putting in a massive amount of work reconstructing the little creek around the ninth green. This work has really tidied up this area and will have some water flowing through it soon to catch out any balls

that come up short of the green. Keep up the amazing work guys.



## Who were our champions?

### Foursome Club Championships 2019 Results

A Champion: Scott Robertson & Mark Reynolds - 158

2nd: Brandon Zee & Matthew Zee - 162

3rd: Scott Campbell & Harley Holohan - 163

B Champion: William Wadworth & Andrew Reid - 200

2nd: Blaine Carey & Adam Hilliker - 203

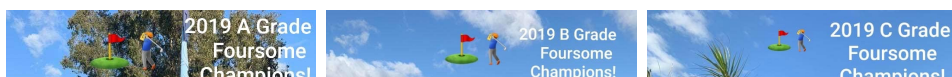
3rd: Gerald Winch & Andrew Stevart-Thomson - 203

C Champion: John Kyriazis & Luke Kyriazis - 199

2nd: John Bagnall & John Stanley - 209

3rd: Geoffrey Carey & Galy Yook - 217

View the full results [here](#).





*Scott Robertson & Mark  
Reynolds*



*William Wadworth &  
Andrew Reid*



*John Kyriazos & Luke  
Kyriazos*

## Spin: friend or foe?

### The impact zone and launch

In the last weeks we've described how a simple swing fault (the angle of attack) can lower launch angle and increase spin, robbing you of 20+ metres of tee shot distance. Miss the sweet spot, and you lose more than ball speed, you also impact your launch DNA.



A common error we see is golfers consistently making contact below the

sweet spot. It might still feel solid, but tests run by Golf Magazine revealed a likely loss of up to 4° of launch angle and an increase of nearly 800rpm. For the regular golfer that's a loss of between 10 and 15 metres.



*Most manufacturers are now working hard to release new drivers that protect launch and spin, as well as ball speed away from the sweet spot. That helps make significant improvements to average distance as well as increasing the distance on your perfect strikes.*

### **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**

### **Everyone benefits**

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!

Last week we reported on the alarming rise in type-2 diabetes in



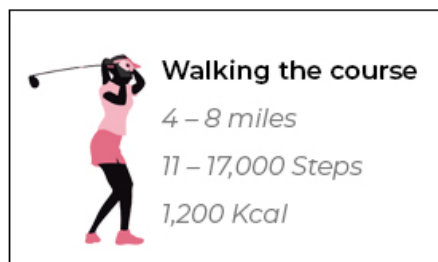
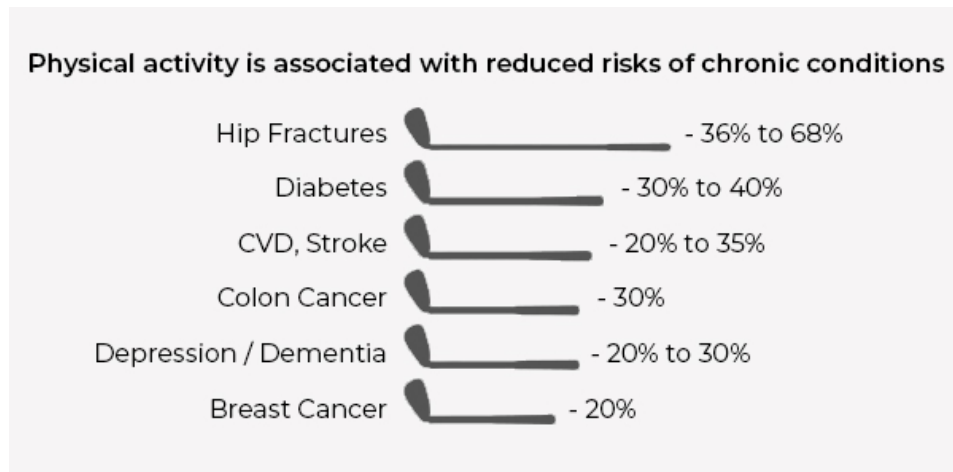


children, youths, and teens.

We promoted golf as part of an active lifestyle. Well guess what? *"Golf is proven to be great for your health over your whole lifetime."*



Golf and Health and the University of Edinburgh published an infographic that highlighted the level of reduced risk of chronic health conditions if you have an active lifestyle.



If you didn't think that golf was an active lifestyle then note just how active it is.

## Help your family live an active lifestyle

So, as well as improving the life of a child or grandchild, introducing golf to a spouse or sibling whatever their age will improve their lifestyle and contribute to a longer and better life. It's time to do something.

[Contact us for an assessment >](#)





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