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Saturday, April 27, 2024

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## Hello February!

Can you believe that 1/12th of the year is already gone? Have you been using your time to grow your golfing journey?

Here's what EOGA has been up to already for 2020!

## Video Corner

This month, we had a lovely visit from legend player Gary Player at our Metropolitan site and he didn't disappoint!



## Briefing from our Bio

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As golfers, striving for improved distance and accuracy on longer shots, as well as being able to have pinpoint control on our approach shots on the green, is a constant objective. Without good balance, achieving these objectives on a consistent basis is unrealistic. Therefore, proper balance is essential and foundational for a rock-solid and steady swing. A balanced swing will allow you to have better control of your club and deliver it squarely to the ball, ensuring greater accuracy and power.

The most important aspect in generating force in your golf swing stems from a **strong foundation**.



Starting from our feet on the ground, we exert force which creates an equal and opposite force that ripples up our bodies (Newtons 3rd law). At this point of contact, where our feet meet the ground, if we are not balanced properly, we limit our ability of transferring force efficiently. This is called an **energy or power leak**. Subsequently, this 'power leak' has a domino effect and ultimately impacts on our swing as our kinematic sequence/rhythm/tempo gets thrown off which affects the point of contact between club and ball.

How you finish also helps dictate the power and control of your swing. If you finish your swing feeling controlled and balanced, that is a strong indicator that you are well balanced on the whole. If you find yourself stumbling at the finish with a less than satisfying shot, chances are that both your rhythm and timing are off. If you find yourself relating to the latter, balance work is required.

*The good news about balance is that it is trainable.*

Having good balance translates to the ability for your brain to perceive where your body is in space. If you close your eyes and try and balance, generally, you would fall over as the brain can't perceive where your feet are in space. That's why it is super important to train to improve your balance so that your brain knows exactly where your feet are, irrespective of the conditions. We call this type of training **proprioception**.

Proprioception generally deteriorates with age - which makes it an essential part of any exercising regime to constantly improve and maintain this fitness characteristic. Having good balance will help in your day to day life, improve your golf swing, and prevent falling which can have catastrophic impacts as we grow older.

*"You can't fire a canon from a canoe"*

*Charles Poliquin*

Happy balancing

**Luke**

## What's more?

**Earn up to 7500 points!**

Luke is affiliated with Discovery and you can do your Vitality Fitness test with him. Start 2020 on the right foot and book an appointment with him!

**Luke Wewege - 082 4919 179**

[lukebiokinetics@gmail.com](mailto:lukebiokinetics@gmail.com)



# News

## On the way to Bellavista School

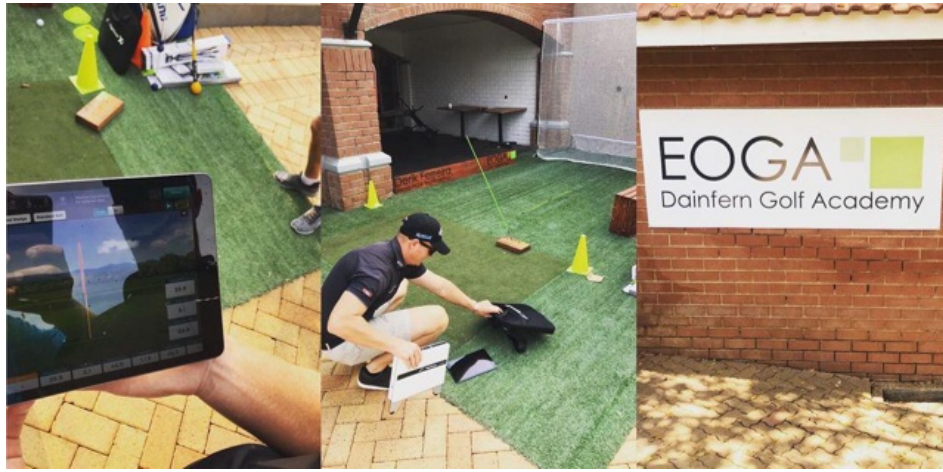
EOGA Killarney has started a new partnership. We are now offering coaching at **Bellavista School every Wednesday**.

We are so eager to start, as our passion lies with the growth and development of the youth in golf. **Coach Chalton** will be taking the youngsters and will coach them in all golf basics. They are as excited as we are!



## Coaching is up and running at Dainfern

Last month, we were excited to welcome **Derik Ferreira** to our team as our new head coach at **Dainfern**, a new site where EOGA is now offering coaching. We've been hard at work at upgrading the facilities and making sure that our coaching remains up to our standards.



## Developing our youth

On the subject of youth development, EOGA appointed our coach **John Thomson** as our **Head of Junior Instruction**. John is the best in the business to grow kids in golf and he will manage all our Short Golf setups and make sure that this side of EOGA runs smoothly and correctly.

Here's what a lesson with John looks like:





## Wedding bells ringing

In other news, our wonderful behind-the-scenes lady, **Lauren**, got married this month. **Congratulations** Mr and Mrs Basson! We wish you and Demetrius the most beautiful road ahead!



# Awards

## Ryan in winning ways

**Ryan Dreyer** (right), from EOGA Killarney, won the **Central Gauteng Mid Am tournament** played at Bryanston Country Club. What an achievement Ryan!



## Provincial selection for students

**Alex Utterson** (left) and **Heo Minjun** (standing right with EOGA coach Keagan) have been selected to represent the **Western Province U13 team**.

We are so happy for them! We know they will make us proud!



## Incredible results

EOGA had great results at the **Bridge Fund Managers Junior Series WP**.

**Bobbi Brown** had her best tournament score and finish. She came **2nd**.

Amazing result for our young Bobbi!

**Pearce Lewin** and **Kimón Botoulas** finished **5th** and we are equally proud of them!



# What's on at our sites?



### **Chalton Steyn**

chalton@eoga.co.za

060 650 9494

### **Junior Classes**

Wednesdays @ 2:00 – 3:00 | Sundays @ 10:00 – 11:00 and 12:30 – 1:30

*Maximum 6 kids per class*

### **Ladies Clinics**

Saturdays @ 1:00 – 2:00

[Contact us >](#)



#### **Etienne Olivier**

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082 561 7782

#### **David Gerhardi**

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083 658 5611

#### **Cassidy Williams**

cassidy@eoga.co.za

082 739 2394

#### **Alec Ahrens**

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082 829 7094

### **Junior Target 36 Practice**

Monday to Friday @ 4:30 – 6:00

### **Junior Academy**

Fridays @ 1:00 and 1:30

*Ages 4 to 7*

[Contact us >](#)



**André Loots**  
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082 860 4977

**Jean van Niekerk**  
jean@eoga.co.za  
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**Junior Classes**

Tuesdays @ 4:00 – 5:00 | Thursdays @ 4:00 – 5:00

**Ladies Clinic**

Thursdays @ 9:00 – 10:00

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**John Thomson**  
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**Nic Swart**  
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**Dominique Jacobs**  
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**Alec Ahrens**  
alec@eoga.co.za  
082 829 7094

**Junior Classes**

Saturdays @ 9:00 – 10:00

*R130*

### **Ladies Clinic**

Fridays @ 11:00 – 12:00

*R150*

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### **Keagan Beyer**

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**DAINFERN**

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# Gallery







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