



Greetings from Brad,

So another 2 weeks...I guess no-one is particularly surprised. Let's just hope we can get out on the course in May! At least we won't have to worry about un-repaired pitchmarks – check out the update on the course below – man, I can't wait to get back out there!

Whenever the course does open, things will still be very “different”, at least in the early stages.

- 1 person per golf cart?
- Caddies need to wear masks and gloves?
- Should Basil and Mascott shower the arriving golfers with sanitiser as they walk in from the parking area?
 - Bunker rakes / no bunker rakes?
- Oh....and remember to putt with your glove on so you can take your ball out the hole with your covered hand!
- Social distancing isn't normally a problem for me – I'm generally 50 metres away on another fairway anyway.

Whatever the solutions are, as a club we need to focus on making sure we are pro-active and innovative as we build up to opening again...so that when the gates open, we are ready for business!

Maybe the most important difference will be our appreciation of just how fortunate we are to play this game – out on a lovely course in a beautiful city, with our mates, meeting new mates, fresh air...

Speaking for myself, I think I'm just going to try and “take it all in” and

savour it a bit more. I would imagine we'd all have gained some perspective over this time and that 3-putt really shouldn't matter that much.

Interestingly, **our course has been re-rated by Golf RSA**. Farrel sent me the new course and slope ratings for the various tees and it does look like a more accurate assessment. Note that off the white markers, the course rating of 70.4 was higher than the course par of 70. We are now rated at 69.9 off the white – quite a substantial difference!

What does it mean for you? [Check out the new handicap tables attached.](#)

One thing I'm sure you've all missed is Lexi's smile when you walk in the Pro Shop! She provides an update on how she's handling the lockdown below...of course it's as positive as ever...the world needs more Lexi's!

Other news to check out includes an update on the money donated for the caddies, course news and further tips from Yusuf. If you're interested in sending a video of your swing through to Yusuf, let us know – it could be a great way to make the next few weeks a productive time by working on a couple of simple drills at home that could help your game. And don't worry – we won't publish your swing in the newsletter. Unfortunately, Yusuf won't be able to fix Derek's dancing technique – he's not a miracle worker!

Chat soon!

Brad

P.S. – It was a dead-heat between Derek Wille and Steve Moubray's lockdown video last week. When you get back to the course, we'll oversee a sudden death putt-out on the practice green for the golf balls.

A word from Lexi

Hi Met Members,

I see so many of you are finding ways to practice your golf game from your yards, door mats, and living room rugs! I think it is so important to invest time in your hobbies during this lockdown, whether they be golf, reading,

solving puzzles, baking, or simply spending quality time with those you love!

Before heading into lockdown, I found myself running from home, to the Sea Point pavilion, and then through the Waterfront (12.5km to be exact). I was feeling a little stressed knowing I would not be able to go for run for a number of weeks, let alone leave my apartment at all, so I came up with a solution! I have been joining my gym, The Storm Centre, for live online classes five day a week, keeping up with yoga, and every day working on my number one lockdown goal ... learning to do a headstand, which I promise to share with you all once the tumbling has lessened! Setting these goals for myself has really gotten me through the time spent in my apartment alone while Anton goes to work in financial services. You can only walk circles around the yard a few times before getting dizzy!

I am loving the entries we have received for the newsletter competition, but I would love to see more photos, videos, or even just a short story to show us what you have been doing at home during this time! I would also love to know what you have all been reading to escape reality as I am already starting my third book this afternoon and may need to start a swap once I've buzzed through my whole bookshelf! Mail me on

metgolfshop@corporategolf.co.za

I am looking forward to seeing my Met family soon! Here is a beautiful photo from Anton, just in case you have started to forget how beautiful our second home really is:



Stay happy and healthy my friends!

Course update from Farrel

As you all may know, permission was given to golf clubs to maintain their course, however, with a complement of no more that 15% of their total staff.

Grant and William, yes just the two of them, have been working tirelessly on cutting fairways, tees, surrounds and managing our newly over seeded greens. The rate of germination on them has been fantastic and we can all look forward to playing a magnificently manicured course, and to quote Gary Player, 'world class greens'.





Grant, William, we salute you.

Caddie Support

Many thanks for all the generous contributions so far. The funds collected to date stand at **R14 250.**

A small committee is in place to manage the distribution of these funds to the caddies, but with the lock down now extended by an additional two weeks, any further contributions will be well received.

Bank details as follows:

Standard Bank Sea Point

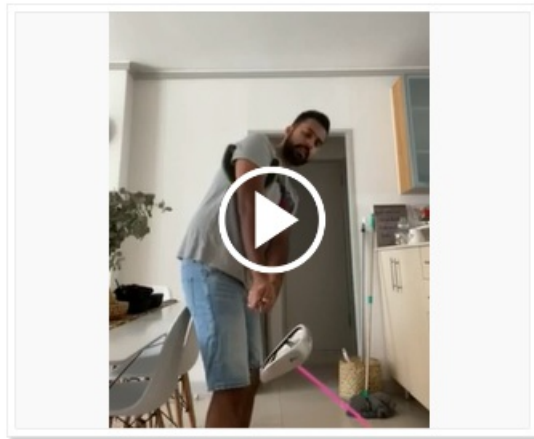
B/c: 004109 (for cash deposits)

B/c: 051001 (for EFT deposits)

A/c no: 074721402

Tip from Yusuf

This week Yusuf continues his journey with Met member, **Peter Zitianellis.**



EOGA Weekly Tip Lockdown Edition

How to check your shoulder turn and swing plane

With Jean van Niekerk (EOGA)

1. Place a club / stick across the front of your chest with the longer piece of the club / stick pointing towards lead side.



- 2.** Get into a good golf posture.
Hips back, slightly bent knees and chest over the ball.



- 3.** Place a golf ball 4 feet above where your ball would normally be at address.

Rotate until the club / stick point towards your golf ball.



Then take note of the following. If:

- your club / stick is pointing **above** the golf ball = you have a flat swing
- your club / stick is pointing **below** the golf ball = you have a steep swing
- your club / stick is pointing **at the ball = perfect**

This will ensure good shoulder turn and it's also a good swing plane check!

Contact your closest EOGA coach for more interesting tips!

Yusuf at yusuf@eoga.co.za or **081 867 0616**

Remember that EOGA is online!

Don't let the lockdown take a toll on your fitness or your golf.

GOLF STRENGTH AND MOBILITY

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@ 10AM
TUESDAY
@ 7AM



Luke Wewege

EOGA
Golf Academy

Honey King



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Sometimes we just get in our own way.

To make square contact with the ball, you must have the sole square to the turf at impact. Simple equation, with a simple process that so many ignore.



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Feels great hitting the target

What if your current irons were working against you? What if we could fix your current irons? What if we could help you hit the target more easily? If that matters to you, then when we next see you, let's talk about this or

[Start a conversation now >](#)

Keep moving. A few minutes a day for better rotation

Being home doesn't mean you can't work on your golf game. Your physical conditioning is just as important as technique and course management. Improving your mobility from home means that when you're back on the course, you can hit the ground running.



Rotation is the most fundamental movement of the golf swing. When your hips are loose, you're able to rotate fully and generate the swing speed you're capable of. Sitting a lot tightens your hips, but with just a few minutes a day you can loosen up and improve your mobility.



In this quick video, strength and conditioning expert Mike Boyle explains how to improve your hip range of motion and avoid lower back pain.

[Watch video >](#)

We're here to keep you mobile

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