

[View online](#) for a better experience

[Subscribe](#) | [Unsubscribe](#)

[Download a printer friendly copy](#)

Saturday, July 12, 2025

[Email us](#) | www.sanlameergolf.co.za | **Tel:** (039) 313 5141


San Lameer
Country Club



From Pierre's Desk

**Don't get caught sleeping
on 27 January**

You don't want to miss out on our Pro Shop Night Sale! Up to 50% off winter clothing!

PROSHOP

27 JANUARY 2021
Between 17:00-19:00

NIGHT SALE

Winter Clothing 50% off all marked price's – international and local brands.
World renown golf brands such as Nike, Adidas, Ahead and many more -
up to 40% Discount on marked price.
Great saving on beautiful shirt and short combos will be on offer for this evening only!

f

t

g+

ig

in

android

apple

www.sanlameer.co.za

+27 (0) 39 313 5141 | proshop@sanlameer.co.za

San Lameer

Country Club

Get in touch >

Invest in more smiles in 2021 with Callaway

The new Callaway Epic Max Driver

Boasting a formula, driven to reach the very best combination of speed and forgiveness.

The jailbreak frame within the driver head's new structure, is designed to reach maximum horizontal and torsional stability – **promoting ball speeds** across the face – even if the hit is off centre.



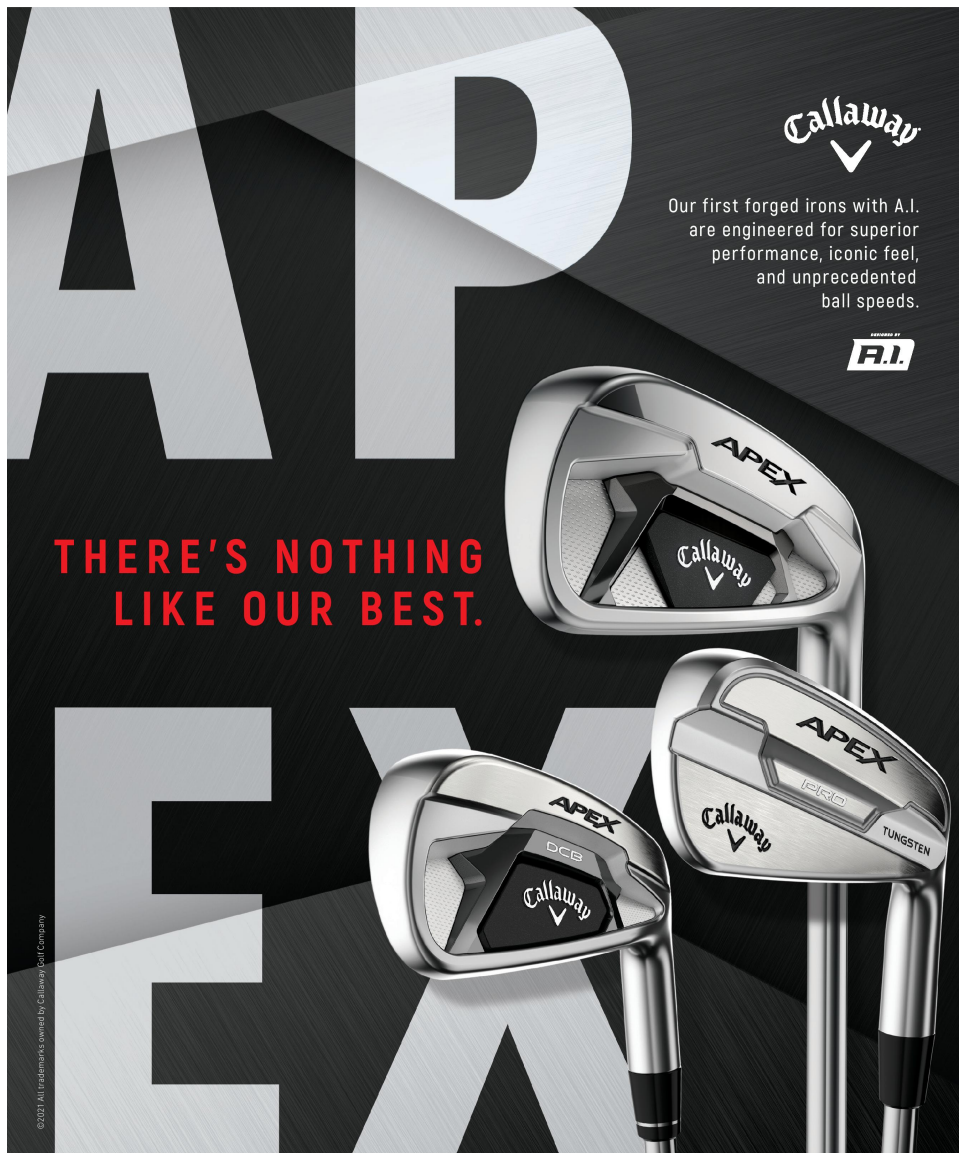
The clubface has been designed with Callaway's trademark flash face technology to get the very best out of the jailbreak technology – the flash face technology promotes speed over all areas of the club face – resulting in **consistent distance** even on off center hits.

This driver delivers an exceptional combination of a deep CG, draw bias and higher MOI, and promotes a more consistent and manageable ball flight for all golfers to enjoy.

[Get yours today >](#)

The new 2021 Apex 21 irons has just arrived!

These irons combine beautiful craftsmanship with tried and tested performance. These irons have been designed for **faster ball speeds** and **improved spin consistency**.



The increased forgiveness come from the massive Tungsten Energy Core. Three unique and purpose driven designs cater for all levels of players in mind. In short, these irons deliver superior performance with tour proven feel on every swing.

[Purchase yours today >](#)

Your success and happiness on the course is important to us. Keep your eye out for our coming Demo Days which gives you the opportunity to try and test these various clubs.

**Happy Golfing,
Pierre**

Results

Wednesday, 20 January 2021

Individual Stableford

Winners	Names	H/cap	Pts
1st Place	Hennie Dirker	28	41
2nd Place	Anton Hauptfleisch	13	40
3rd Place	Kobus de Lange	29	39 c.i

Nearest to the pins

Hole 9: Hennie Dirker

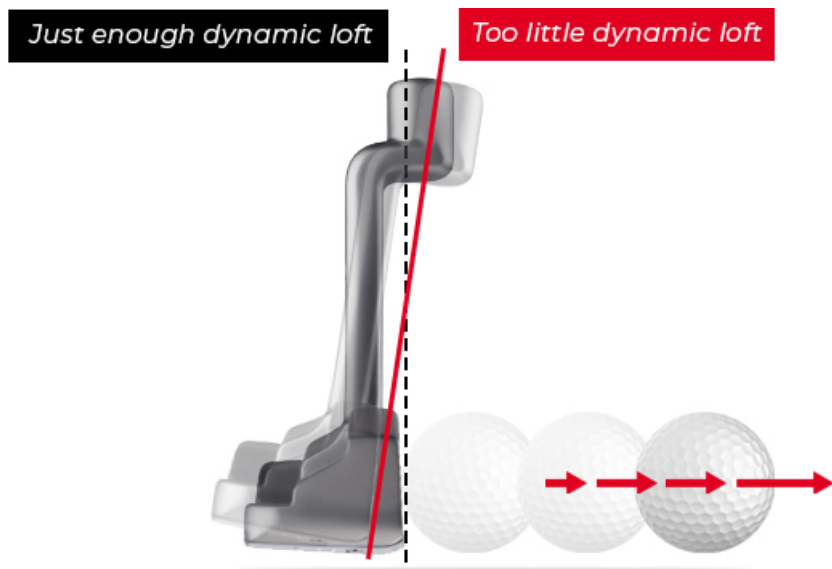
Hole 14: Anton Hauptfleisch

Loft 'n' roll

Sometimes too little goes too far



When you overshoot the hole by several feet, it's not always because you hit it too hard, or because the green is fast, or that it was on a downward slope. Sometimes the culprit is too little dynamic loft in your putting stroke.



Too little loft causes the ball to skid too far along the surface of the green after impact. Some Pros call this a “hot putt” because it comes out too fast, too quickly. Sure, sometimes you get lucky and it fires into the back lip of the hole. But luck alone isn’t going to improve your putting.



The best putters impart topspin to get the ball rolling true very soon after impact. This makes it a lot easier to control the distance of your putts. Putt with the right loft for your stroke, and you can do the same.

Improve your roll

To get your ball into a smooth, end-over-end roll after impact, we need to make sure your putter loft is working with your stroke to give you the best dynamic loft. That means getting fitted or having your stroke assessed, or ideally, both.

[Ask us about it >](#)



Yoga for golf

The breath matters

Increased lung capacity and circulation will improve your golf performance and your life.



You don't always need exercises, such as jogging, that significantly increase your heart rate, to stimulate your cardiovascular system. You do want exercise that accesses more lung tissue, meaning more oxygen and blood flow to the muscles. And you need plenty of that when swinging a golf club.



Breathe deeper, swing better

In yoga, you're holding isometric muscle contractions and synchronising movement with deep breathing. In the cat-cow yoga sequence, you inhale deeply while curling your back before exhaling fully while arching it (if you're unsure how to perform this exercise, please ask an instructor).

Let's review your mobility

A swing assessment enables us to see if your ability to move through the three planes of motion impacts your golf. Then we can decide whether an accommodating change in technique and/or a recommended visit to a yoga instructor would help.

Get moving >
Share



This mail was sent to {{contact.contact_email}} by San Lameer Country Club and is provided as a service for the members and guests of San Lameer Country Club and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on (039) 313 5141.

Sent on behalf of San Lameer Country Club by

RetailTribe: Unit 8 | Blaauwklip Office Park | Stellenbosch | 7600 | 021 880 2693

Trouble viewing this newsletter? [View it online](#) | [Download a printer friendly copy](#)

[Subscribe here](#) | [Unsubscribe here](#)