<u>Club Website</u> | <u>www.stfrancislinksgolfpros.co.za</u> | **Tel:** +27 42 200 4500



## Amica De Jager makes us all proud

Amica De Jager and her family live on the estate, staying under the radar as she excels in sport and academics. She trained in our pool during the lockdown and continues to impress with every event she participates in.

This past weekend, she was in the water with back-to-back races.







Amica, the great

Thanks, Jendermark



Proper swim

### Read about it in her words ...

#### From Amica!

I competed this weekend in the SA National Open Water Swimming Championships 5km and 10km races, and also the 5km Jendamark Bellbouy Challenge.

Friday was the 10km South African Olympic trials, where I got a bronze medal. It was a very tough tactical race and I'm ecstatic with the result.

That's the best result I have ever achieved at the 10km South African Nationals.

Saturday was the Jendamark Bellbuoy Challenge 5km race. I have won it for the last three years, so I was pretty nervous going into this year's race because Michelle Weber (Olympic open water swimmer from South Africa) was entered in the race, so I had my work cut out for me.

Thankfully, I managed to defend my title with Haydn Holmes of Liquid Lines helping me as my seconder. The race was tough, but also was awesome to have the St Francis swimmers suffering along with me.

Sunday was the 5km South African Open Water Nationals. Going into the race, I was exhausted and not sure if I would survive it, but I hung in there and managed to get another bronze medal. It was a close finish between the top three swimmers with only two seconds separating each of us.

Overall, I'm incredibly happy with my results from this weekend and look

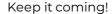
forward to competing at the SA Pool Nationals, which is South Africa's invitational Olympic trials, from the 7th to the 12th of April. But for now, it's rest and recovery before we hit the hard training again.

### You GO, Girl!

## Our golfing community is growing!

The number of members playing golf on The Links is really on the rise and we thank the members for joining in. Last week, we celebrated **St Patrick's Day** and shared the day to say farewell to **Sandy and Brian Cunningham**.

Our competition days are nearly always filled with members and their friends. The Men's Knockout for 2021 has attracted 40 teams of two!





Download the Zapper App and take a chance!



## Players of the Week

### St Patrick's Day

Noel Du Plessis, Boetie Zietsman, Gustav Botha and Hannies Ferreira, 97pts

**<u>Click here</u>** for detailed results.

### **Saturday Competition**

Foursomes

Dave Micklem and Norman (the) Rock, 40pts

### Team Member of the Week

Lynette Stander | HOA Liaison



I joined The Links team on 23 November 2020 – so almost four months now. I am the HOA Liaison officer and assist all homeowners and tenants with their estate day-to-day queries. I also serve as an admin and accounts department assistant. I love the fact that I can integrate and work with all Links staff from different departments and enjoy working as a team. Every day here at the Links is different and I am enjoying meeting the homeowners, tenants and visitors to the Links.

I have a bookkeeping and travel background, love the outdoors especially running, swimming, all types of fishing and stand-up paddleboarding – oh yes and I love a good glass of wine!

I come from a large family of six – I have two brothers and three sisters, with me being the youngest. I am married to Rory and we have two sons – Tyler is 30 Years and Damien is 28 years (pictured with me) and together, we are an ocean-loving family!

My favourite quote is: "Never judge a day by the weather!"

# Thank you all for caring about your course – #leading the way



## Good food and even better company

Celebrate Easter with us



Let's make April a great month





## The 2021 Calendar and Results

We look forward to our sponsored days with ITEC, Selective Lighting/The
Fire Works, Pam Golding Properties, and Village Square SuperSpar
events.

To view the current schedule, as well as the results, click the button below.

View the calendar and results >

Dreams of Better

Make this your reputation

Golf is filled with player types and reputations. "The long hitter." "The rules stickler." "The advice giver." What if your reputation was "The wedge wizard"? Sharp wedge play won't just impress your playing partners; it'll make the game more fun and lower your score. This doesn't have to be confined to your dreams; let's make it a reality.

## Sharper wedge play >



### Up to 10 shots less

A regular golfer with a handicap between 16 and 24 could shave 10 shots off their score just by improving their wedge play and putting.



"For the next four weeks, keep a second score of your shots from 40 metres in. If your average from here is over 3, get in touch with us, and let's add a whole new dimension to your game."

## From dreams to reality

Are you dreaming of having more fun on course, hitting more good shots, and being able to share that experience with others? That's golf heaven, and we want to help you get there.

Make it happen >



Getting a long approach shot onto the green usually means a birdie putt will follow. But to get into that position, you need good launch, accuracy and distance with your irons. The new Srixon ZX4 gives more golfers access to those kinds of shots.

Find out more >

## Breaking 90

"Love your wedges"

On the way to breaking 90, you must be able to shoot under 54 from 70-metres in over 18 holes. (If you missed our explanation of a strategy to break 90



That means you need to love your wedges. Four factors to consider:





"Most of you are playing with too few wedges. What's the loft on your pitching wedge and your sand wedge? Almost certainly you need a loft in between"



"The most common final approach to the green is between 15 and 40metres. Too many golfers decelerate and/or scoop this shot. Learn the correct technique."



"Despite your best efforts, you will find the greenside sand. Make it so that you have no doubt you'll get the ball up and onto the green in the right area".

## Become a short game master

Above are three of the four fundamentals to mastering the short game.

Reach the 'master' level and never mind 90, you'll be threatening 85. Why

not join us to become a 'short game master'.



### Share











This mail was sent to {{contact.contact\_email}} by St Francis Links . and is provided as a service for the members and guests of St Francis Links and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on +27 42 200 4500.

Sent on behalf of St Francis Links by

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

Trouble viewing this newsletter? <u>View it online</u> I <u>Download a printer friendly copy</u>

<u>Subscribe here | Unsubscribe here</u>