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Sunday, May 05, 2024

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San Lameer
Country Club



From Pierre's Desk

Dear members,

Just like that, the **IPT week** is upon us and teams are starting to arrive on the Estate. The 12 teams will be staying on site for the week which is really good for the estate. It's a feather in our cap that GOLF RSA decided to bring such a prestigious event to our beautiful estate.

We have been working so hard to get the course in the best possible condition through out a cold and rainy winter. Clinton and his team continue to deliver and we can be very proud of our golf course and the condition it is in at the moment.

See below some of the pictures of our course and the fantastic condition it is in at the moment.





The new **Nike range** is in store and I took the time to do a quick video on some of the items.



Please remember that our member braai and monthly medal will be played on **Wednesday, 22nd of September**. This is due to the 4x4 taking place during the last week of September. I would also like to encourage all of our members to book ahead for Wednesday 29 September, it will be a very busy day as it will also be the practice round for the Men's 4x4 Team Challenge.



BURGER SPECIAL

ANY BURGER WITH CHIPS (Beef or Chicken) with any Large Milkshake or 300ml Windhoek Draught

R75

SEPT 2021

San Lameer Country Club

18 HOLE CHAMPIONSHIP GOLF COURSE | +27 (0) 35 313 5141 | catering@sanlameer.co.za

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Also don't forget, our burger special is back due to popular demand. So pop down to the club for a delicious meal.

Enjoy the weekend and happy golfing

Pierre

In the winners' circle

Wednesday, 8th September

Competition results

Individual Stableford

1st: P. Troder – 36 pts (15HC)

2nd: Peter Wright – 35 pts C/i (24HC)

3rd: N. Peterson – 34pts C/o (7HC)

Nearest to the pins

Hole 4: Robert Mavundla

Hole 16: Sabelo Moola



Stretch for a better game

How old does your back make you feel?

How do you keep yourself loose and flexible but your game tight?
Stretching. Stretching regularly won't only improve your game and reduce chances of injury, it'll improve your life off the course too.



If your hamstrings are tight, your ability to correctly position yourself during your swing is limited. This tilts your pelvis and causes rounding in your lower back. This in turn restricts your swing, and causes pain in the long term. The right stretches will help you avoid this.

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Put your back into it

Protecting and strengthening your hamstrings with the correct exercises and stretches won't only improve your swing, it'll also reduce your chances of back pain and injury. Let us help you.

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Regularly playing golf can keep you fit and healthy. The moderately intense exercise you get from walking, carrying your clubs and hitting the ball, all increase your blood flow and get your heart pumping. Golf also improves your:

- Heart health
- General fitness
- Brain stimulation
- Balance and co-ordination
- Mental health

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