



## Dale's advice on getting back to golf

When we get back onto the golf course, it will almost be like taking up a new game.



For many people, this will be the longest break that you have taken from the game since you started playing golf. Why don't you consider making everything feel new and fresh, without too much damage to your bank account?

1. **New Grips** – when was the last time you checked your grips? I'll bet at the very least they need a good clean with a scrubbing brush, soap and water! Some may even need replacing.
2. It doesn't matter whether you use new balls or experienced balls, you can still be selective and make sure you are using the correct ball for your game. **Get advice from your PGA professional.** I promise that it will make a difference.
3. It's the shots around the greens that are the easiest to improve. The great Bobby Locke used to say; "try to turn three shots into two". The secret is to play the right shot more often. **A short game lesson can do wonders for your scoring.**
4. Add to the lesson and get advice to ensure that you have the correct make up of wedges. For most golfers a

lob wedge will cost you shots rather than save them! My choice for most golfers would be three wedges – a 46° pitching wedge, a 50° / 52° gap wedge and a 56° sand wedge for bunker play.

5. On the greens, as Harold Henning used to say, “it’s not how you drive, it’s how you arrive”. A putter that has good sight lines will help. **Make sure the length of your putter is correct** for your set up and check out the putter grip thickness. The new thick grips are popular, but they don’t suit everybody!
6. **Throw away your 3- and 4-iron, and maybe even the 5-iron.** Replace them with hybrids. They are so much more forgiving and you will get far more height on your shots, which will take a lot of trouble out of play.
7. I laugh when I hear a club golfer bragging about still using the same driver, he bought 8 or 10 years ago – “Still works for me!”. He might think so, but the **new drivers are far superior.** They are easier to hit, plus they are longer and more accurate!
8. **Start your new “season” with a soft new glove** so that you can get the perfect grip on the golf club. There are three things I love before the start of a round – slipping on a new glove; opening a new sleeve of golf balls and listening to the sound of spikes on a hard floor (okay that one doesn’t happen often anymore)!
9. Golf is a long walk and a long time in a pair of shoes. Comfort is critical. Lightness is nice and obviously looks are a factor too. **It’s worth spending a little extra money on a quality pair of shoes.**

## Get your kids or partner interested in golf

*You can improve at the same time*

Elsabe continues to help you get your kids or non-playing partner interested in the game of golf. This week she looks at an easy way of teaching someone how to hold the club properly.



*Elsabe Hefer is the Head Teaching professional at Zwartkop. She has been a PGA Pro for 20 years and is one of their Top 20 Teachers.*

## Ask Elsabe – your Expert Guide

Please feel free to send any questions you have for Elsabe – she can answer them for you via email or via video. You can also send her a video of your own swing or short game so she can give you personalised attention. Contact Elsabe on [elsabe@zwartkopcc.co.za](mailto:elsabe@zwartkopcc.co.za) / **082-922-8408**.



**How about a "virtual" lesson?**  
**Send a video of you putting; chipping; gripping  
or swinging to Elsabe for analysis**

Send video via WhatsApp; Email or by loading the video onto You.Tube  
and sending the link to  
**082-922-8408 / [elsabe@zwartkopcc.co.za](mailto:elsabe@zwartkopcc.co.za)**

## Dale's Corner

*The holes at Zwartkop*

Today, Dale takes you through the **twelfth hole**.



## Let's add you to our #Membersfirst business page!

We welcome Anton Redelinghuys from Control Centre Technology to our #MembersFirst page – [click here](#) to check out the page, and support local. If have your own business, send us **50 words** so that we can promote you to the other members. Send your descriptions to [alison@zwartkopcc.co.za](mailto:alison@zwartkopcc.co.za).

## Win a bottle of Dimple!

Don't forget to send in your entry telling us about the most embarrassing thing that has happened to you on the golf course! All entries will go into a draw to win a bottle of Dimple Scotch Whisky. Send your entries to [alison@zwartkopcc.co.za](mailto:alison@zwartkopcc.co.za) or WhatsApp **082-990-7528**.



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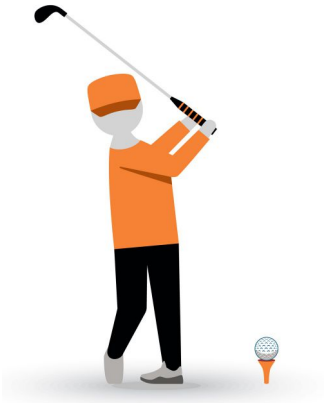


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## We are here to serve you

*It doesn't matter what your equipment needs or your golfing goals are, we want to help you play better golf and have more fun on the course. Speak to us for expert advice.*

[Get in touch >](#)

## You want easier to use

The improvements required in fairway woods don't require a consumer focus group. "Easier to get up on a good trajectory with solid contact".



*The **Cleveland Launcher HB Turbo Fairway Woods** address ease of use by lowering the CoG by 2.2mm. Weight can be moved deeper because of the face cup and the ultra-light hosel. There's another benefit and that's increased MOI (forgiveness). Together those improvements will make this fairway wood a much easier club to use with consistency.*

## Fall in love with fairways

If you're not confident with your fairway woods, then let's either not carry them or change that. The ability to consistently hit a solid fairway wood shot has so many benefits to your golf experience.

[Contact us >](#)

## Golf's next generation. Playing to improve.

Once juniors have learned and practised the fundamentals of the golf swing for several years, it's important that we start to emphasise fitness too. In athlete development models, this stage of a junior golfer's journey occurs between 12 and 16 years old, and is called "play to improve".



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### **Playing additional sports**

*Rather than prescribing fitness exercises to improve physical conditioning, one of the best things young golfers can do is play a sport that also complements golf. Tennis is a great example. It strengthens aerobic fitness, agility and speed, as well as hand-eye coordination.*



## Happy, healthy children

When a junior starts to master golf skills, we see them experience joy and excitement. They become more self-confident. They are happy and eager to learn. That's what golf can do for your child. If you have a child who could benefit from the game, when we next see you, let's talk about it, or

[Start a conversation now >](#)



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