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Wednesday, 04 September 2019

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Perfect practice leads to peak performance

Need some work on your swing?

We have just the answer with these great weekly specials!



MOUNT EDGECOMBE
COUNTRY CLUB ESTATE
DRIVING RANGE

SHARPEN UP YOUR SHORT GAME

THIS 4 LESSON PROGRAM IS DESIGNED
TO IMPROVE YOUR CHIPPING, PITCHING,
BUNKER PLAY AND APPROACH SHOTS
(40M AND IN)



Golf
Steve Cottingham



PGA

ONLY R2150



MOUNT EDGECOMBE
COUNTRY CLUB ESTATE
DRIVING RANGE

MONDAY
Pensioner's Day



50% OFF
MEDIUM & LARGE BUCKETS
ON THESE DAYS
(NO EXPIRY DATE)

TUESDAY Ladies Day



THURSDAY
Students Day


Golf
Steve Cottingham

Bunnies

Hop your way into lower scores!

The next Bunnies Programme is due to start on the **9th of August**. If you would like more details [please let me know](#).



MOUNT EDGECOMBE
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DRIVING RANGE



PGA



Golf
Steve Cottingham

Bunnies 2019

8 Weeks of tuition &
2 Weeks on the Golf Course

Start Date: Thursday 8 August at 9am

- 1 hour of Tuition each week & 30/45 min for Rules & Etiquette each week with Nicci Taylor
- Equipment Provided if necessary
- 2 Fun Events on the Golf Course
- On going Clinics • Gift Pack • Refreshments

EXCLUSIVE
3 Month
Membership
Offer Open to
Only the
Bunnies
OFFER

10 WEEK PROGRAM - R1650 Includes:
All tuition, rules booklet, range balls & refreshments

To enrol or for more information please contact
Nicci Taylor: nix@peterdtaylor.co.za / 082 925 8842
Steve Cottingham: steve@greatgolf.co.za / 076 141 7469

Please note

Grass Tee Areas



MOUNT EDGECOMBE
COUNTRY CLUB ESTATE
DRIVING RANGE

Dear valued Members,

As you are aware, we opened our newly planted grass tee boxes in June, and they have proven to be very popular, and we are delighted that you are enjoying the upgrade.

Unfortunately, this has caused an issue with overuse and with the poor re-growth at this time of year it looks like we have used the grass to its full extent for the time being.

As such we will have to close both grass tees for a few weeks, we are fertilizing and watering extensively so we hope this will allow the grass to regenerate quickly.

Your patience in this regard is much appreciated

Kind regards

Steve Cottingham

General Manager

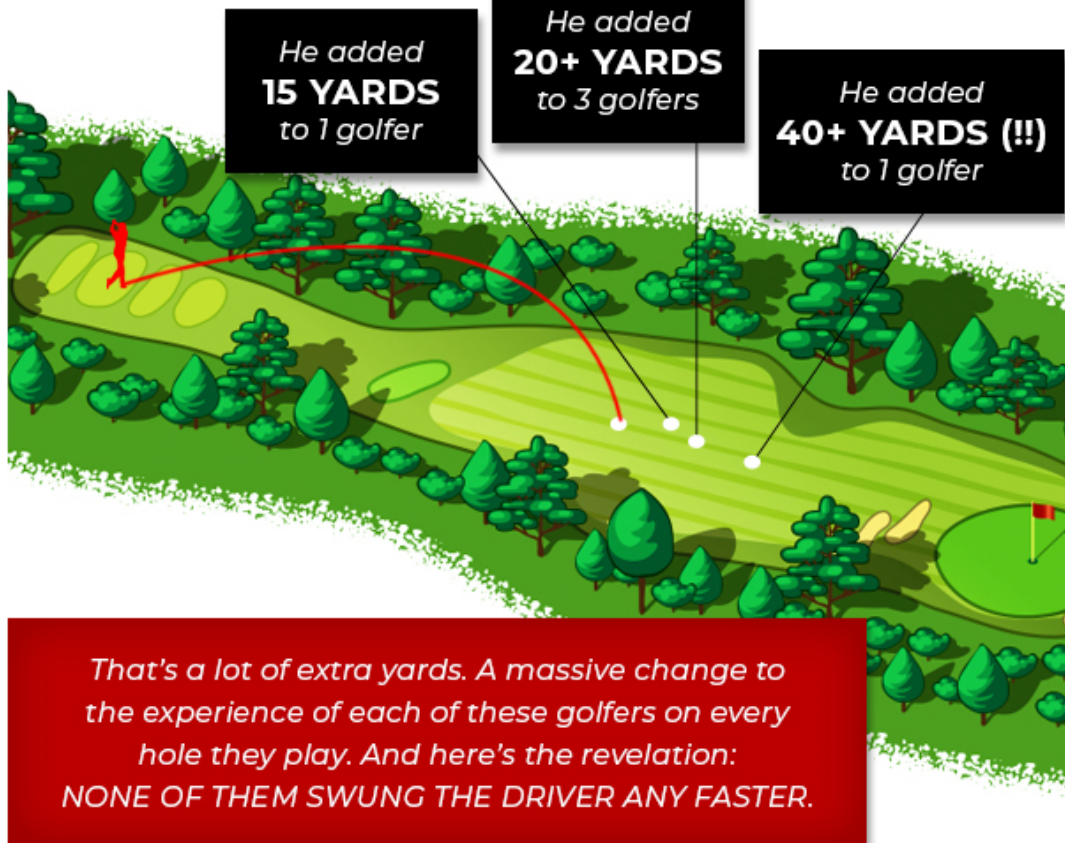
Cell: 076 141 7469

steve@greatgolf.co.za

Spin: friend or foe?

This is a bigger deal than many think

A colleague of ours recently picked five golfers at random in his club. Three men and two women of differing ages. He spent 20 minutes with each one and their driver (along with alternative configurations).



*Changing the spin rate with the same swing speed has a huge impact on the distance the ball travels. Too much backspin for the ball speed and the ball will have too much lift and balloon. Too little spin and the ball doesn't have enough lift and dies quickly. (Read *The Magnus effect* and *Bernoulli's principle* if you want more physics).*

The laws of physics (proven with the data from hundreds of thousands of golf swings) means that those with slower swing speeds generally benefit from a higher launch angle and more spin, than someone with more aggressive swing speeds.



Matching swing speed, ball speed, launch angle, and spin rate on tee shots, will make upwards of 40 metres of difference for some golfers. How much difference would it make to you?

Don't let spin rob you

Book an assessment with us and let's find your personal launch DNA: the perfect match of launch and spin for the ball speed you're creating.

[Contact us >](#)

It's time to do something

What is happening to our children?

Right now, we have a younger generation who are expected to LOSE 5 years of

expected life because of childhood obesity, poor nutrition and activity, and the rise of type-2 diabetes and coronary disease. Golf can help reverse this trend.



We need children to become more active. Of course, they need to participate in more than one activity, but golf should be one of the activities. It has everything for a child.



 <https://crown-golf.co.uk>

Start your child now

With young children we're not thinking about creating Tour superstars, we're trying to introduce them to a past-time that will offer them the chance to live an active and social lifestyle that will make them healthier for their whole life. It's time to do something.

Contact us for an assessment >

Happy golfing!

Steve



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This mail was sent to **##RECIPIENT_EMAIL##** by Steve Cottingham and is provided as a service for the members and guests of Mount Edgecombe Driving Range

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