

Good Times

June 2024 | Issue 6

THE MONTHLY NEWS OF ROYAL JOHANNESBURG

TABLE OF CONTENTS

FROM OUTSIDE
THE CLOCK TOWER • P. 2

HAPPY GOLFING • P. 10

CALENDAR • P. 15

LADIES GOLF • P. 17

RETAIL • P. 20

FROM EAST TO WEST • P. 23

TIP OF THE MONTH • P. 25

THE CHEFS TABLE • P. 28

HELLO HONEY • P. 32

HEALTH & WELLNESS FIX • P. 36

AIMPOINT • P. 40

BESPOKE FITNESS • P. 42


TSR

The hours have been put in. The work has been done.
As the moment approaches, you either fear it or feel it.
So step up and settle in with confidence. Titleist TSR is here.

#FindYourFaster



Titleist



From outside the Clocktower

By Candice Humphrey

There has been lots of riveting golf this past month with Scottie Scheffler returning to his winning ways on the PGA tour, and Hatton holding off Jon Rahm and Bryson DeChambeau to win the LIV Golf Nashville event. What will this month hold with the 152nd Open Championship at Royal Troon and the 2024 Paris Olympics?

We are at the end of our financial year and approaching the start of our new membership year. As budgets are finalised, we look back on a successful year, from receiving our new fleet of course machinery, the Solar implementation, the new patio furniture arriving and now to audit preparations and membership renewal. We continue on our journey to excellence and to provide members and guests with an escape from reality when entering the Club grounds.

At our core, we believe that "we are not in the golf business, we are in the human connection business." This philosophy shapes our vibrant Club culture and drives our continued investment and growth. We urge all members to support the Club and our dedicated staff, who strive tirelessly to uphold the high standards that define our community.

Winter is the perfect time for us to undertake and complete projects on the course and around the clubhouse. We are pleased to announce that the cart path from the 11th East bridge around the back of the tee box on 12 East is nearing completion. The team has worked diligently and swiftly to minimise any inconvenience to our golfers. Additionally, we will commence the redesign and upgrade of our driving range this coming Monday. We apologise to all our members and guests for any inconvenience caused during these maintenance and construction periods, and we appreciate your understanding and patience as we work to enhance your experience at the Club.

As we navigate these times, let us remember that a Club is more than just a collection of individuals with shared interests. It is a place where special memories, enduring history, and lifelong friendships are forged. We extend our gratitude to those who have already settled their 2024/25 subscriptions. For those yet to do so, please ensure your membership fees are settled by 1 July 2024. For assistance, contact membership@royaljhb.co.za

In an effort to enhance security and streamline access at the Club, we are introducing additional access control measures at the boom gates. All paid-up members will receive a small logo sticker for their windshields, enabling security personnel to quickly identify members and facilitate smooth entry and exit. Guests, visitors, and members without a sticker will need to have their license disk and license card scanned upon entry and departure.



These measures are designed to ensure that all vehicles are safely monitored and recorded, providing our members with peace of mind regarding the security of their vehicles within the facility and the record of all guest entering the facility.

We kindly ask for your understanding and patience with our security team as we implement this new security feature. Your cooperation is greatly appreciated as we work to enhance the safety and security of our community. Thank you for your continued support and patience during this transition period.

July promises to be an extraordinary month for sports enthusiasts. From the 152nd Open Championship, to Wimbledon, the Castle Lager incoming series, the 2024 Paris Olympics and the Tour de France. All events will be broadcast live on the Club's big screen on the patio. Join us and support the Club.

Stay warm, and we look forward to welcoming you to the Club.





VOTE FOR US



Africa's
Best Golf Course



South Africa's
Best Golf Course

2024 WORLD GOLF AWARDS

EAST COURSE NOMINATED
Best in Africa & Best in SA

WWW.WORLDGOLFAWARDS.COM





PAYMENT IS DUE 1 JULY 2024

MEMBERSHIP RENEWAL

1 JULY 2024 - 30 JUNE 2025



EARLY SETTLEMENT DRAW WINNERS

April 2024

Custom fit Titleist irons & stand bag.
(valued at R35 000)
R1000 voucher to the Old Oak Restaurant.

Winner: Lynn Gardner

May 2024

26 round playing ticket (valued at R8710)

Winner: Samuel McKenzie

June 2024

(Before 15 June 2024)

A 12 round playing ticket (valued at R8710)

Winner: John Ethan



Your perfect venue

functions@royaljhb.co.za



Grow Membership

membership@royaljhb.co.za



Happy Golfing

By, Tiaan Van Wyk | Golf Manager



BOOK YOUR SPOT FOR WINTER CLUB CHAMPS

We regret to inform you that the response for this year's Winter Club Championships, scheduled for the 10th and 11th of August, has been disappointingly low. If we do not receive more entries within the next week, we may have to cancel. We strongly encourage those who have not yet entered and are interested in participating to sign up as soon as possible. Please enter your name at the front desk to ensure this beloved event can proceed as planned. Your participation is crucial to the success of this championship, and we look forward to a competitive and enjoyable tournament.



Those playing the East Course will notice a lot of activity going around the 11th bridge and green and 12th tee box with the upgrade of the cart path. Please bear with the maintenance team as they endeavor to improve the Royal experience for all. Speaking of the Royal experience, please remember that we, the staff and the members, are all responsible for looking after our beautiful courses so please bear in mind the following when playing your round of golf:

- Golf carts. The Royal golf carts will automatically cut out if the cart is driven too close to the green. Many of our members own their own carts and do not have that feature so we ask respectfully, if all cart drivers could please be mindful of where they drive and/or park their cart.
- All players are asked to fill in divots, rake bunkers (leaving the rakes outside the bunkers) and repair pitch marks.
- Pace of play is still a problem and you are all asked to play your part in keeping your place in the field.
- All the knockouts appear to be going very well but we ask that once completed, you write the result of your match on the draw sheet .



The league season is a very busy season and all our teams are faring well at just over the halfway stage:

Betterball League East Team (B Division)	3rd
Betterball League West Team (C Division)	T 5th
Mid Am (A Division)	T 1st
Mid Am (C Division)	T 4th
Junior League (B Division)	1st
Scratch League (A Division)	2nd
Scratch League (C Division)	1st
Mixed Betterball League	3rd

A successful 2nd round of the Interschools Challenge was held on 22 June with 4 players from each team playing on East and the other 4 players on West. Team of the day belonged to FJM team and 44 betterball points won the best score on both courses. Top 5 standings after 2 rounds:

1. 2 Club Ernie	253 points
2. Stella	243 points
3. Louts	243 points
4. FJM	243 points
5. Royal Zuliks	241 points

The 3rd round of the Interschools Challenge will be held on 24 August and the finals on 23 November so please diarise those dates now.

We await the return of Rob Larsen to Royal Johannesburg and I'm sure you will all join in welcoming him back as our Golf Director when he starts work on 8 July. Many of you will remember him from when he previously worked at Royal and we can all look forward to the experience that he will bring to the golf department.

May you all continue to enjoy the run that we have on the courses and hopefully the cold weather is a thing of the past. Play well and may all your putts continue to drop.

MEMBER

CODE OF CONDUCT



Respect Each Other

Demonstrate fair play both on and off the course.

The use of foul or abusive language such as swearing has no place in the clubhouse, as well as disrespecting staff and use of defamatory language.



Members, guest & Visitors

Members, guests and visitors are all reminded that an acceptable standard of behaviour is expected in all areas of the Club and course, at all times and that upon payment of membership or green fees, all members, guests and visitors have given their consent to be bound by both the constitution, policies, restrictions and penalties which may be imposed for any breach of the Club's standards or serious misconduct in failing to meet the standards set out.



Pace of play

Avoid slow play, apply 'Ready Golf' principles and allow other golfers to play through as appropriate, waving the following group through when searching for lost balls and maintaining the speed of play by keeping up with the group in front. Slow Play is not tolerated at our facility. The fourballs 'course time' will be 2 hours per 9 holes and 15 minutes at halfway.



Booking

Tee Times are released / opened for booking at the following time;

- Weekdays: a month prior
- Saturday: 8 days prior at 09h00 (Friday a week prior at 09h00 online and at the Club)
- Sunday's: 14 days prior from 07h00
- Public Holidays: 14 days prior from 07h00

*All Tee times are subject to availability at the time of booking



No show policy

'No Show' rounds and late cancellations have a significant impact on the club and its budgeting requirements.

Failing to cancel within 24 hours will result in a penalty in the forms of a round reduction and a no show fee



Respect the course

Always follow established golf etiquette respecting the course, including repairing pitch marks, replacing divots, raking bunkers.



Be Accountable

Conduct yourself in a sportsmanlike manner and do not knowingly cheat or disrespect employees, officials or fellow players.

R&A Rule 1.2 – Standards of Player Conduct:

Abide by the spirit, etiquette and rules of golf as defined in the current edition of R&A Rules of Golf.



Winter Club *Championships* 2024

10th & 11th
August 2024

TO ENTER:

BOOKINGS@ROYALJK.CO.ZA



July
2024

Monday 1st July	West Course Closed
Tuesday 2nd July	Ladies Comp - Ind Stableford
Wednesday 3rd July	Individual Stableford
Saturday 6th July	Betterball Stableford BG's Crystal Bowl Mid-AM League Rnd 5
Sunday 7th July	Alliance 2 scores to count
Monday 8th July	East Course Closed
Tuesday 9th July	Ladies Comp - Ladies Wimbledon Open Day
Wednesday 10th July	Betterball Stableford
Thursday 11th July	Ladies Weekday League Rnd 7
Saturday 13th July	Individual - Medal (East) Individual Stableford (West)
Sunday 14th July	Betterball Medal Betterball League Rnd 7 Junior League Rnd 4
Monday 15th July	West Course Closed
Tuesday 16th July	Ladies Comp - Fourball Alliance
Wednesday 17th July	Betterball Bonus Bogey
Saturday 20th July	Betterball Bonus Bogey
Sunday 21st July	Individual Stableford Scratch League Rnd 3 Ladies Sunday League Rnd 6
Monday 22nd July	East Course Closed
Tuesday 23rd July	Ladies Comp - Betterball Stableford
Wednesday 24th July	Golf Directors Surprise
Saturday 27th July	Alliance 2 Scores to count Mid-AM League Rnd 6
Sunday 28th July	Betterball Stableford Men's Senior BB League Rnd 1
Monday 29th July	West Course Closed
Tuesday 30th July	Ladies Comp - 3 Ball Alliance
Wednesday 31st July	Betterball Stableford

Please note dates are subject to change, please confirm with the Club. Additional events will be added as confirmed

www.royaljhb.co.za



LOADING ...



New website
Launching soon...



Ladies Golf

By, Wendy Huddy | Ladies Golf Manager

June has been a quiet month on the calendar for the Royal ladies and despite the colder weather, the numbers playing on Tuesdays, Thursdays and Saturdays remains stable. Ashleigh Buhai and Casandra Alexander, two of our Royal lady ambassadors, continue to fly the Royal flag high with both ladies making the cut at the 2024 US Women's Open held at the beginning of the month. Ashleigh has had a successful season campaigning on the LPGA tour and Casandra on the LET Tour and now both ladies can look forward to a couple of weeks off. Congrats to Ash on qualifying to represent South Africa, along with Paula Reto, at the 2024 Olympic games scheduled to run from 7 to 10 August at Le Golf National in Guyancourt. Ash is no stranger to the Olympic Games and we wish her all the best in this year's Games.

Our weekday 1 team had a good win against Dainfern at home of the East Course on 6 June and our weekday 2 team had a bye on that day. Unfortunately our Sunday team went down to log leaders, Modderfontein 1 on Sunday 23 June, playing on the West Course. Although our ladies league teams have had mixed fortunes this month, all three teams still sit well on their respective divisions. Weekday 1 team are in second position in the A division, 1 point behind log leaders Riverclub, our weekday 2 team lie in 4th position in the C division and our Sunday league team also lie in 4th position in the Sunday A division, but only 2 points behind the leaders. With 4 more fixtures left in the season, there is still much to play for!

The BG's continue to play good golf and more often than not, are in the prizes on the Saturday competition. The Tuesday ladies enjoyed their annual 5 Club, July Fun Day on Tuesday 25 June – it is always interesting to hear the comments after the game and equally as interesting to see the results for the day! Our 'Wimbeldon' ladies open day competition will be held on Tuesday 9 July and if the weather behaves itself, we are sure to have a great day on the West Course. It is a 08h00 shotgun start and if there is anyone still interested in booking a fourball, please let me know A.S.A.P.

Thanks ladies and wishing you all good health over the next month. Keep warm and look forward to seeing many of you in and around the Club.





NEW VOKEY DESIGN SM10 WEDGES.
SHARPEN YOUR SHORT GAME.



proshop@royaljhb.co.za

Unlock exclusive benefits

I had the pleasure of entertaining 3 of our members, Richard Pollock, Kevin Chow and Laki Economedis at the Acushnet pro-am at the Gary Player CC this past week.

Martin Briede took a second Royal team consisting of Gareth Taylor, Ben Jacobs and Matt Martino. I'm delighted to report that my team earned bragging rights over Martin's team with much fun had by all.

The course was superb with the greens running a little faster than our East course if you can believe that!

More winter wear has arrived just in time for the ice cold weather that hits Jhb in July. Rest assured the members of Royal Jhb will have all the necessary heat gear to get us through to spring.





Padel @ Royal Book Now!

Members receive 25% off

Download
Playtomic App



**AFRICA
PADEL**
JOIN THE SPORTS REVOLUTION



From East to West

By, Jerry Steyn | Course Manager



W i n t e r p r o j e c t s a r e i n f u l l s w i n g

During the first two weeks of June, both courses were covered in heavy frost during the cold spell - usually we expect this to occur at the end of June through to early July. The courses took a beating after that and are now completely dormant. This is a much-needed cycle for the Kikuyu that has to happen and is only beneficial for when we do our spring treatments. Winter certainly did not announce its arrival.

The greens on West received a verti-drain during the first week of June. Recovery of the holes and sand settling into the canopy took a bit longer than expected but this was mainly due to the cold snap we received prolonging the recovery. We have multiple projects that we are undergoing on the East course - the levelling of the 2nd and 16th Club tee's have been completed. We are expecting to open the 2nd East tee in mid-July for play and the 16th crop cover will be removed during that time and we expect it to be ready for play by mid-August. A noticeable change will be seen in the new cart path on the 12-tee complex with a garden on the bank of the 12th tee.



This cart path will extent from the bridge crossing the 11th fairway and join with the path leading around the tee. This was a much-needed repair that will enhance the playing experience and visual aesthetics of the 11th green back drop and 12th tee.

We have finalised all the planning of the driving range tee upgrade and are looking forward to this project which is expected to be completed after six weeks. Our maintenance team will be doing this under the guidance of the designer of the project. We apologise for any inconvenience caused by having the range closed for this period, but this is however a much-needed enhancement that was much needed for the practice facilities. We look forward to this project starting and for the end results. The 13thEast dam on the right-hand side of the tee will be dredged during the second week of July and this is a three week process. A Geo bag will be placed on the opposite side of the dam to allow for water to run back into the dam and silt deposited into the Geo bag.

We will be verti-draining the East greens on Monday 8 July followed by a light sand dusting. This is the only major maintenance planned for both courses during July and during August we will start with our annual spring treatments.

Tip of the Month

By, Martin Briedé | Head Teaching Pro



Winter is upon us, we have had a few mornings of heavy frost on the range, as a result the grass on the range has turned brown, however due to over-seeding the tees are still green. The driving range project starts on the first of July. New target greens will be constructed and the teeing area flattened to give more hitting bays. Unfortunately the driving range will be closed for July.



Lessons will continue as normal and Gavan, Ricki and I will be focusing on the Short Game and on course lessons as well as full swing lessons. Gavan has been travelling to the United States to visit his his niece Rosalind who his married to Charl Schwartzel. Gavan started his travels at the LIV tour event in Nashville, I'm sure he will have some interesting stories on his return.

At the end of July Greg and I participated in the Achushnet Classic Pro Am at Sun City is was an honour to host my Royal team of Ben Jacobs, Gareth Taylor and Matthew Martino.

We look forward to the reopening of the new range in August, we will keep members posted on the reopening.

Martin Briede 084 503 5477 | Gavan Levenson 082 990 7186 | Ricki Dembo 071 381 8715





Club Competition Results

View now | June



The Old Oak Restuarant

Book Now



Winter Club Championships

10 & 11 August 2024



New Membership Year

Pruchase a pre paid round card



Golf lessons

Enquire now



Padel Membership

Enquire now



The Chefs Table

By, Ransley Pietersen | Executive Chef

The shadows of 'Smoke Stories' where whispers of intrigue mingle with the scent of oak and ember. The dancing flames reveal the whispers of forgotten lore filling the air. Partnering up with Jameson, we embark on bringing the first whiskey pairing hosted at The Old Oak in the next month. Set for the 30th of August we will put together a meticulous pairing with various Jameson lines such as the Select Reserve, Cask Mates Stout Edition, IPA Edition and we may even get a taste on the Jameson 18 Year.

We have always ventured on a journey of food and wine pairing, crafting experiences around what we have studied over several years. Though complex and daunting we have managed to navigate and curate some truly memorable experiences in and around The Old Oak drawing the attention of wine writers, celebrities and even the likes of international wine connoisseurs and of course the infamous Dan Nicholl.

After much training and collaboration with one of the most exclusive membership whiskey clubs in the country, invite only limited to 25 members annually, The Whiskey Vault. We have taken the decision to curate our first whiskey pairing. Through synergies in offering and awards that The Old Oak has achieved over the last two years, Pernod Riccard has opened the first slot to us to explore, create and change the game in how food and whiskey is served and perceived. The dinner will be outdoors next to the boma areas. All food will be prepared on the fire and bespoke cocktails will be crafted in front of each guest to give you a truly memorable experience. Imaging being in the kitchen when your food is prepared talking to the chefs while you sip on a whiskey.

As we approach the end of the financial year reflecting on a year of numbers, we are aware of the triumphs and the shortcomings. The current uncertainty in our political system and how things will develop over the coming months and years and how it will affect life as we know it is always a challenging time to navigate. We are optimistic as a F&B team that as the dust settles within the coming months and we find our footing in how our world is changing, we can get to a space where we continue pushing boundaries and challenge the status quo. The financial pressures in all aspects of our lives seem to be more exorbitant each month, with petrol prices sky rocketing and businesses struggling due to influx costs has a direct impact on everyone whether we acknowledge it or not.



Going into the new financial year, a clean slate presents itself with endless possibility and opportunity to plan better and increase utilization levels of the business through living our brand more and telling our story. The story of 1 Fairway Avenue and the unsurpassable experiences that we create as a team, the best team with the best members, anywhere.

Stay tuned for exciting developments on bespoke experiences.



The
GRAND
POP UP

WINTER POPUP MARKET

FRIDAY

26 JULY, 2024

SATURDAY

27 JULY, 2024

FRI | 11:00 AM – 05:00 PM

SAT | 09:00 AM – 05:00 PM



AT ROYAL JOHANNESBURG
(1 FAIRWAY AVE, LINKSFIELD NORTH, JOHANNESBURG)

R20 ENTRANCE

More Info:

WWW.THEGRANDPOPUP.CO.ZA

@the.grand.popup

Hello Honey

By, Clinton Duncan | Royals Bee Guy



Your Bee Round up for July 2023 to June 2024

Bee removals July 2023 - July 2024

Total bee removals for the year - 12

3 x West Tree (hole 2) *

2 x West valve box and tree (hole 1)

1 x East valve box

(garden bed 10th tee box)

1 x East valve box (hole 5)

1 x West valve box (hole 6)

1 x valve box (staging area garden)

1 x East trap out (hole 3)

1 x East valve box (garden bed 10th tee box) due to staff not replacing the lid correctly

1 x old oak tree at the Old Oak restaurant



Tagged active wild colonies 9

- East course 6 | West course 3

Wild colony count 15

Problematic colonies for removal

- Hole 3 (East course) if there is a DP world event at the end of the year due to area
- Locations of the hives.
- The East course nursery has an open-air colony among the build-up of wood as you come into the open space on the left side.

Apiary areas total 4/5

- Active hives 8
- West course 3
- East course 5

Hive colonies lost 0

New environment installations

- East course hole 3 - Owl box

Still to be completed

- West course - Owl box

Apiary 5

- Area still to be selected.



Your business playground

functions@royaljhb.co.za

Support your Club, network with like-minded people. Have freedom to be alone or together, working or having fun. Your place of belonging in 2024. We look forward to hosting your wedding, charity day or corporate event.





Your health & wellness fix

W e i g h t T r a i n i n g : B e l l s , B a r s , C a b l e s a n d B a n d s ; w h i c h i s b e s t ?

Last month I covered the topic of looks versus function in the gym with regards to training goals. This month I am going to cover the topic of which resistance method is better to use in the gym, particularly for golf.

Have you ever had a conversation with someone around gym training, and the phrase “kettlebells are the best for golf”, or “golfers should only use bands or cables”, or even “pilates is good for golf”? I have come across this idea a few times in my career, where a client will lean towards one kind of training or training modality and essentially say that it's good for golf.

The truth is there are many different ways to train, and yes they may have benefits for golf, but the more relevant question should be, “is this kind of training good for MY golf?” The most accepted way to know what your body needs is through assessment, but once you have done that, then you can choose a kind of modality that will help address the assessment results.

Training with a bar and plates is very often used for multi-joint, compound movements, such as a squat, or deadlift, or even a bench press. It is a way to increase the total amount of weight that you can lift, and it trains both sides of the body at the same time. The downside is that training with a bar will not address any weaknesses or imbalances between left and right hand side.



Training with dumbbells is a great way to train each side of the body equally, and can be used for simple or compound movements, and are often more readily available in hotel and commercial gyms. The downside to using dumbbells is that you can't lift as much total weight as you can with a barbell, but this is not always a bad thing.



Kettlebells can also be used like a dumbbell, but are most often used in a swing-type movement, or in multi-joint compound exercises. This often requires more coaching, and technique. Kettlebells can be done unilaterally or bilaterally.



Cables are a great way to train in the gym if you like to isolate areas of the body, and are also quite helpful in multi-joint and rotational movements. One of the big differences between cables and resistance bands is that cable resistance stays the same throughout the movement, whereas resistance bands become tighter/heavier the further you stretch them. The downside to a cable machine is that you need to exercise quite close to the machine as the cable length is limited, and they are quite expensive as far as equipment costs go.



Other ways of resistance training include sandbags, medicine balls, weighted vests, weighted clubs and even plate-loaded machines to name a few. In the end, a good fitness trainer will use a combination of these tools to achieve the goals you set, based on your level of experience, training history, injury history and availability of equipment. There isn't one particular method of resistance work that is "better" than the other.

Golf is a multi-joint, multi-plane compound movement that requires a variety of physical attributes in order to execute it well. In your training, there should be an echo of these requirements to ensure that your body can handle the load of the golf swing. In other words, you can use any form of resistance, provided it has a balance of single joint, as well as multi-joint movements, simple and compound movements as well as rotation. A balance between unilateral and bilateral movements will also ensure that you develop the body equally.

If the discussion above leaves you somewhat confused or overwhelmed, you are in good company as many people are in the same boat. The good news is that you can leave the program design to the experts, who can help build a program for you.

If you would like to chat to me about a tailored training program, or book your golf fitness assessment, you can do it on my website (www.gavingrovestraining.co.za) or fitness@royaljhb.co.za

HOME SWEAT HOME

BUILD YOUR OWN GYM



www.rebelstore.co.za

You are invited



WELLNESS EXPERIENCE

Your journey to better health



The Discovery Wellness Experience.

We will be hosting the Discovery Wellness Experience at The Royal Johannesburg Golf club. Open to all the members and guests who would like to complete their Discovery health check for Discovery Life, Health and Vitality clients.

Event details

Dates: Friday 5th July 2024

Venue: Royal Johannesburg

Time: 09:00 till 16:00

Please send an email or WhatsApp to the number or email address below in order to secure your spot.

Remember

- You need to bring your medical aid membership card as well as your ID or driving licence.
- Dress comfortably. You will need to be barefoot for certain checks (no socks or stockings).

We will have a dietitian and a biokineticist available for the optional assessments but these need to be booked separately. If you do not have medical savings this will be billed to you directly.

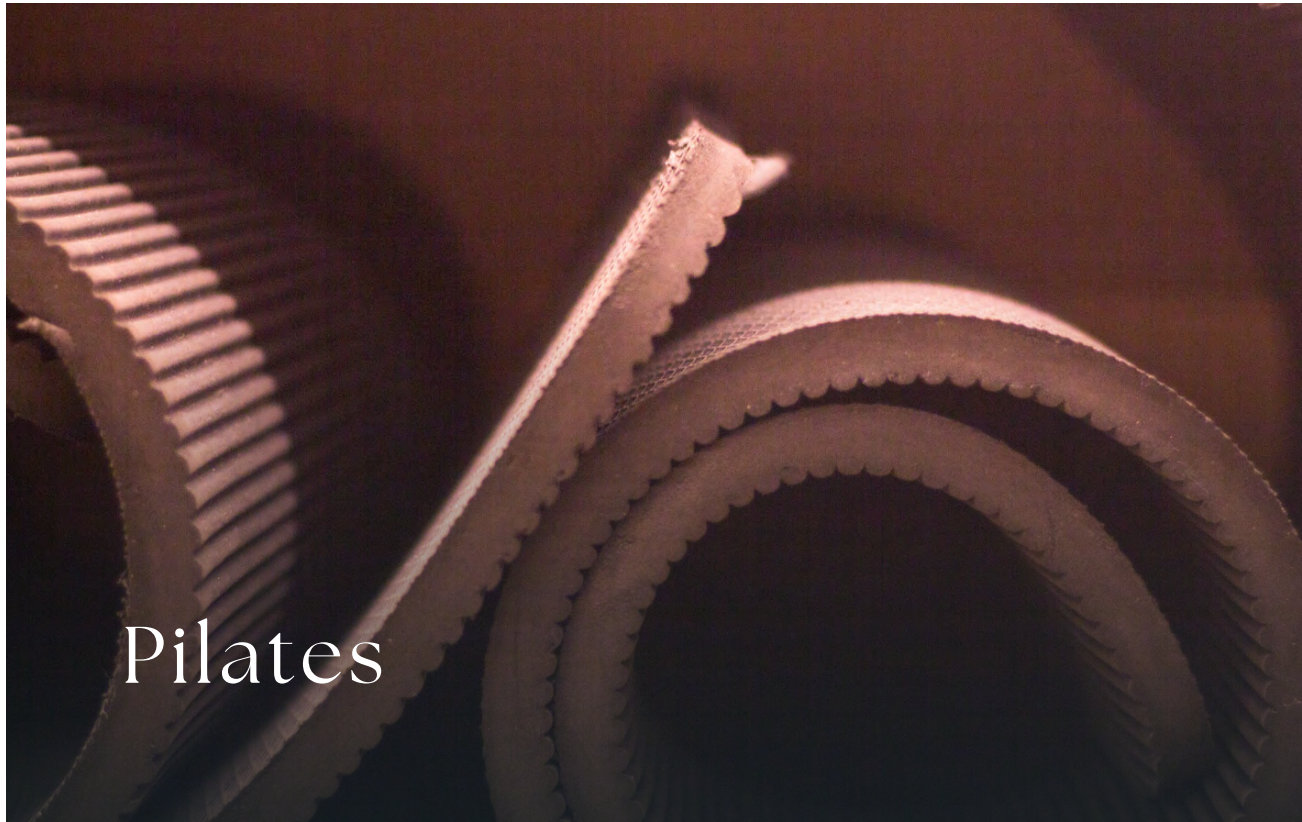
We look forward to seeing you at the Discovery Wellness Experience!

Grant Wulfsohn 0824411141 / Grant.wulfsohn@ic.discovery.co.za

Michelle 011 6158464 / michelle@efsolution.co.za

Join us

fitness@royaljhb.co.za



Pilates



Personal Training



Bio, Chiro & Massage



'Get fit' Classes

With our state of the art gym equipment and wonderful service providers, the Royal Retreat Wellness & Fitness centre is the perfect venue to reach all your goals. With discounts for existing members it is the perfect opportunity.



AimPoint

Sandra van den Bergh

Certified level 3 AimPoint Instructor

Paris Olympics

The battle for the gold medal is set to take place between 1-10 August at Le Golf National. In total 60 golfers will vie for the coveted medals on offer. In total, 32 countries will be represented. Apart from the United States' four representatives, no other country has more than two players playing. South Africa will be represented by Christiaan Bezuidenhout and Erik van Rooyen. Bezuidenhout is currently ranked 40th in the world, with Van Rooyen in 67th spot.

I wish both these players all of the best for Paris and look forward to seeing these two AimPointers win some medals.



E: sandra@royalretreat.co.za

C: 0832911183

Twitter: @svdberghgolf

Facebook: Aimpointgolf South Africa

Instagram: aimpointgolfsouthafrica

AimPoint® **GREEN READING**
WWW.AIMPOINTGOLF.COM

AIMPOINT CAN READ ANY PUTT ON ANY GREEN. NO MORE GUESSWORK

MAYBE I SHOULD LEARN AIMPOINT AND STOP GUESSING

10 SECONDS READS...

AIMPOINT GREEN READING IS THE WORLD'S #1 GREEN READING SYSTEM USED ON EVERY TOUR IN OVER 40 COUNTRIES

LEARN THE PUTTING SECRETS OF THE TOUR PROS!

HOLE MORE PUTTS AND SHOOT LOWER SCORES AFTER ONLY 2 HOURS OF TUITION!

LEARN AIMPOINT IN JUST 2 HOURS!

Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)



The Importance of Shoulder Strength and Stability in Your Golf Swing

Golfers of all levels understand that a powerful and accurate swing is crucial for success on the course. While much attention is often given to the lower body and core, shoulder strength and stability plays a pivotal role in the golf swing, influencing both power and precision.

Power and Distance

Strong shoulders contribute significantly to the power generated during a swing. The deltoid muscles, rotator cuff, and surrounding shoulder muscles are engaged during the backswing, downswing, and follow-through phases. Enhanced shoulder strength allows for a more controlled and forceful movement, translating to increased clubhead speed and, ultimately, greater distance on your shots.

Stability and Control

Golf requires a delicate balance between power and finesse. Strength in the shoulders blades provide the stability needed to maintain control throughout the swing. This stability helps in keeping the clubface square at impact, leading to more accurate shots. Additionally, upper back and shoulder blade muscles support better posture, which is essential for a consistent swing plane.

Injury Prevention

Golfers are prone to shoulder injuries due to the repetitive nature of the sport. Strengthening the shoulder muscles can help protect against common injuries such as rotator cuff strains and tendinitis. A strong shoulder girdle supports the joints and tendons, reducing the risk of injury and allowing for a longer, healthier golfing career.

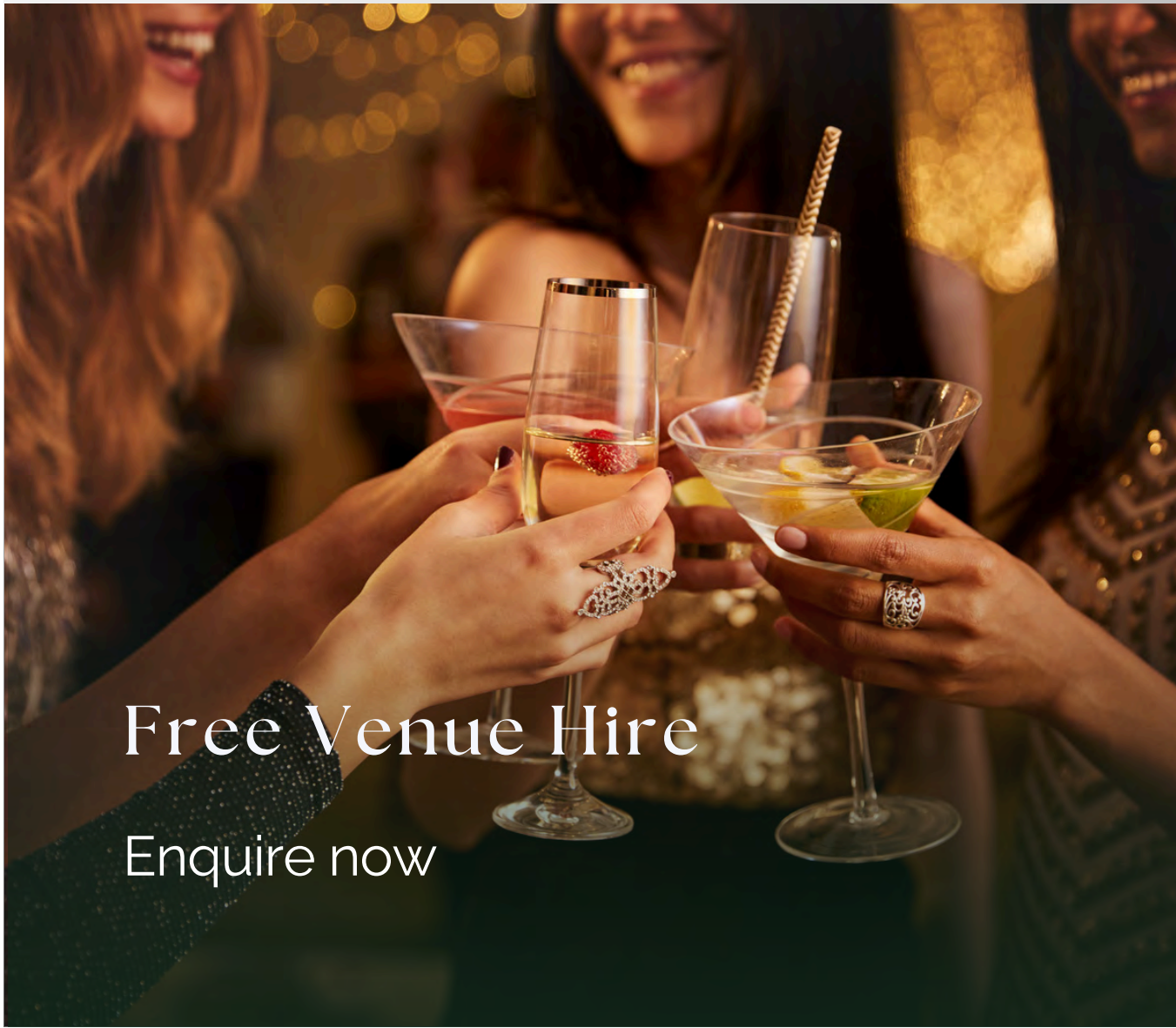
Seeing a golf fitness professional will give you a better understanding of the capacity of the strength and stabilizing muscles in the shoulder girdle. By focusing on shoulder strength and stability, golfers can achieve a more powerful, stable, and injury-resistant swing. Incorporating shoulder exercises into your routine to see improvements in your performance on the course. Remember, a strong foundation in your shoulders is key to unlocking your full potential in golf.





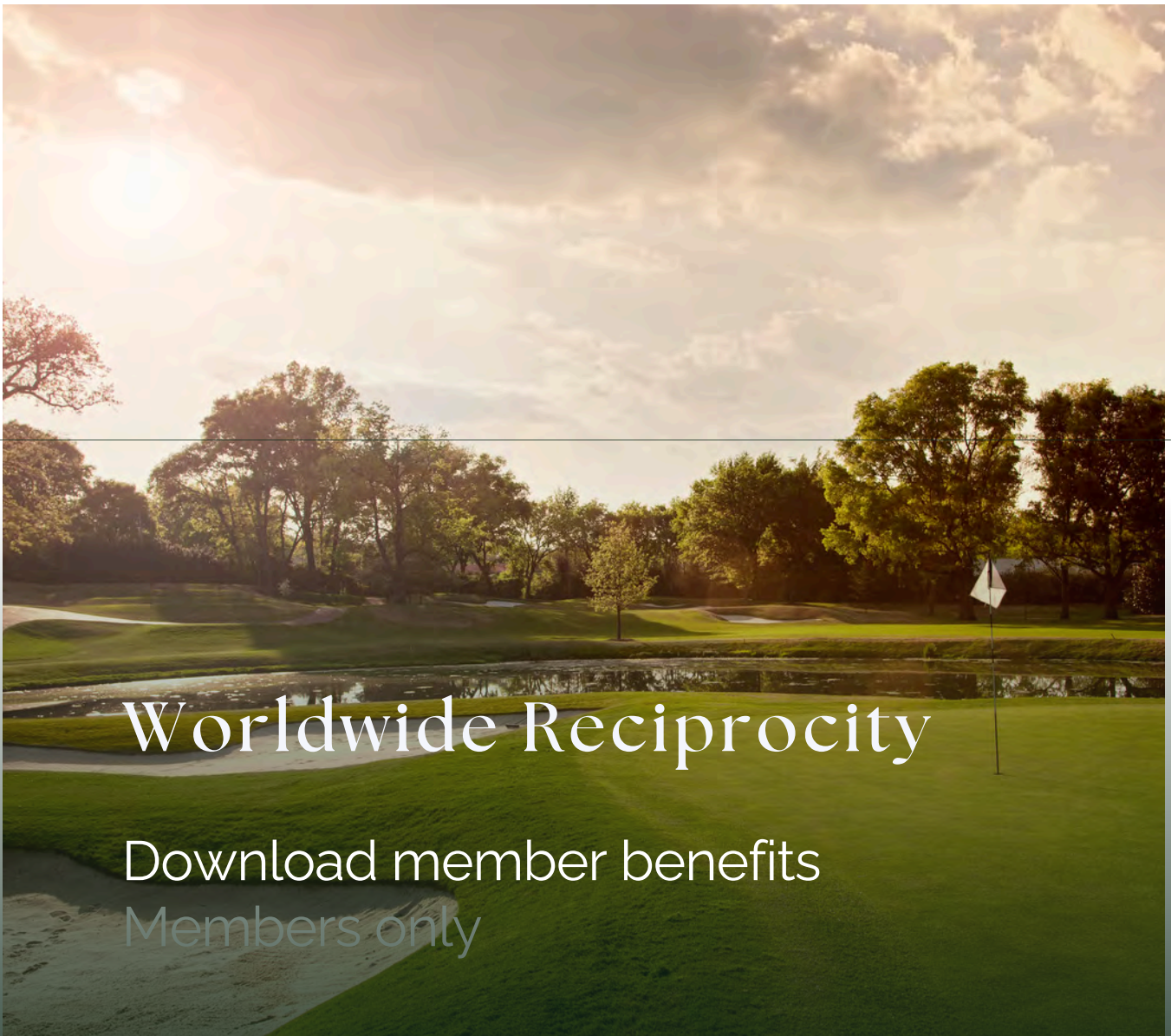
10% off F&B

Top up your clubcard



Free Venue Hire

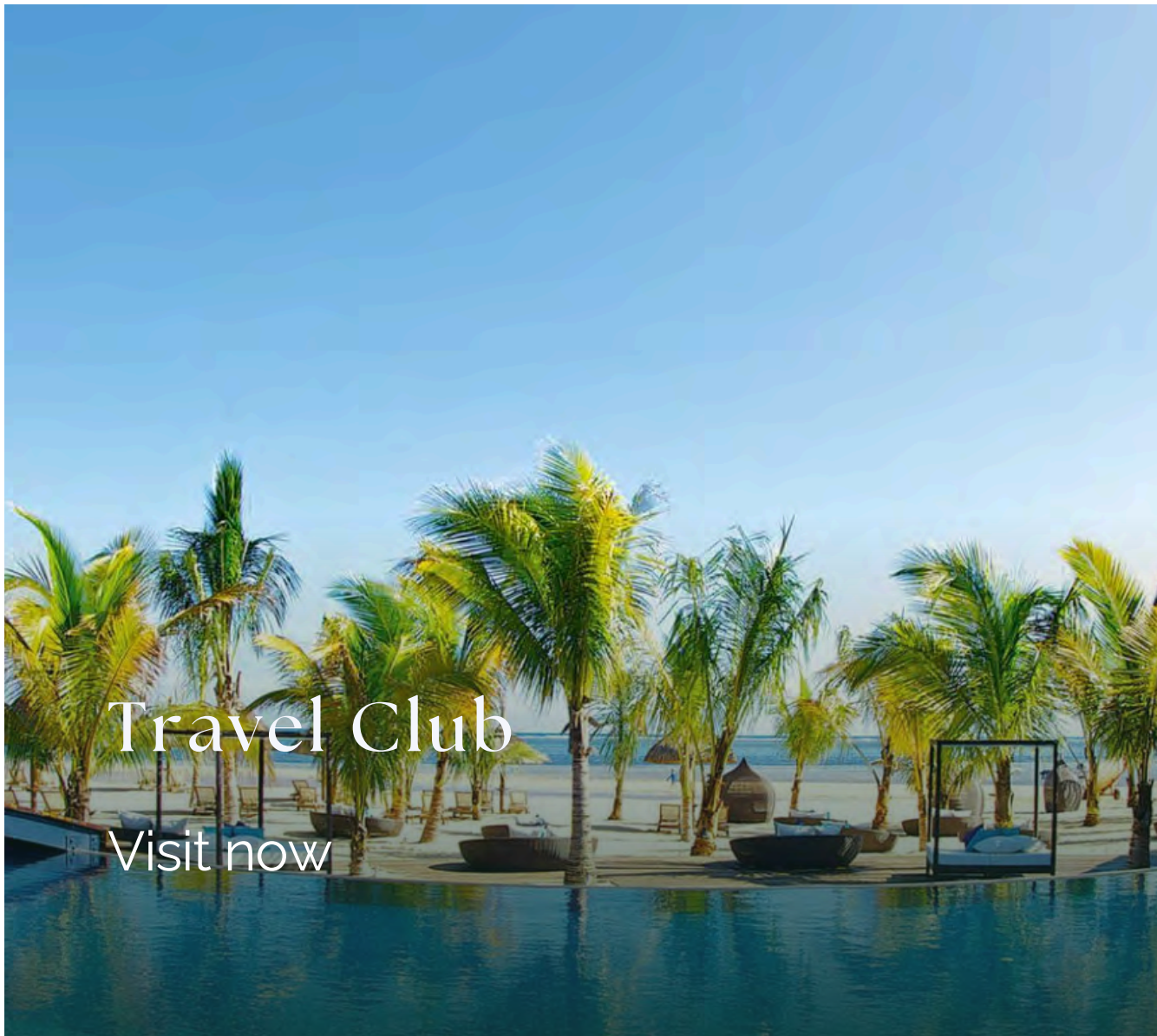
Enquire now



Worldwide Reciprocity

Download member benefits

Members only



Travel Club

Visit now



Free Gym Access (STC)

Sign up



Exclusive access

By golf traveller.com



CONNECT

GUEST RELATIONS & BOOKINGS
RECEPTION@ROYALJHB.CO.ZA
BOOKINGS@ROYALJHB.CO.ZA

GOLF
TIAAN VAN WYK - GOLFMAN1@ROYALJHB.CO.ZA
GREG JACOBS PROSHOP@ROYALJHB.CO.ZA
ELEANORA GALLETTI - GOLFEVENTS@ROYALJHB.CO.ZA

MARKETING & MEMBERSHIP MANAGER
CANDICE HUMPHREY MARKETING@ROYALJHB.CO.ZA

CLUB OPERATIONS
ERIK BRAKHOVEN FB@ROYALJHB.CO.ZA

FUNCTIONS & EVENTS
MARCELLE ROLT FUNCTIONS@ROYALJHB.CO.ZA

INFRASTRUCTURE
HENNIE BREDENHANN MAINTENANCE@ROYALJHB.CO.ZA

FINANCIAL MANAGER
SIOBHAN BERSIKS FM@ROYALJHB.CO.ZA

FINANCE ASSISTANT
MARIETTE BLYTH FINASST@ROYALJHB.CO.ZA

COURSE MANAGER
JERRY STEYN COURSEMANAGER@ROYALJHB.CO.ZA

ROYAL JOHANNESBURG
NO. 1 ON FAIRWAY AVENUE
LINKSFIELD NORTH JOHANNESBURG

PHONE: 011 640 3021
WHATSAPP: 076 392 2495

BOARD:
C. WADHWANI (CHAIRMAN), D. HARDING (VICE CHAIRMAN),
A MSENTI (CLUB CAPTAIN), I SANDERS (LADY CAPTAIN),
B JAGGARD, G. ODGERS (TREASURER), D. MOOROSI, W HUDDY

www.royaljhb.co.za
royal@royaljhb.co.za

Published monthly by
Royal Johannesburg
All Rights Reserved 2024

As our newsletter continues to evolve, we are looking to make it even more useful and interesting for our members. We encourage you to share your thoughts with us.



Advertise in the monthly
newsletter
Email: marketing@royaljhb.co.za