

Good Times

March 2024 | Issue 3

THE MONTHLY NEWS OF ROYAL JOHANNESBURG

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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.

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Titleist



From the Clocktower

By, Christopher Bentley | CEO

It is with mixed emotions and immense gratitude that I write my final newsletter to the membership of Royal Johannesburg.

I love Royal!, the staff, the members and everything we have achieved over the past decade. The decision to accept an opportunity to work abroad has unquestionably been the hardest decision of my career. Royal has been more than a job to me - it's been a professional passion, a family and I could not be prouder of the work we have done, the friendships made and the challenges we have overcome.

Being a steward of the Club's history and forming part of its legacy is something I will cherish forever. I deeply appreciate everything Royal has done for me, my career and my family. I have been surrounded by so many amazing people and it is because of your unwavering support and guidance that the Club is so well placed for the next generation. Together we have taken Royal to a leading position and I have no doubt that the brightest days are ahead. The finest address, finest staff, serving the finest members anywhere.

I can't thank you
enough for all
your support and the
wonderful memories!

I will forever remain a proud supporter and ambassador
of this great Club.

I'm sure that those of you who played in this year's Club
Championship, will agree that it was one of the best in terms
of atmosphere, friendship, theme and just a memorable
weekend of fun and great golf. Congratulations to all the
winners and newly crowned Champion Jacques Van Der
Merwe.

Next up is the year's first and favourite Major - you can feel
the Masters aura approaching! At Royal, we celebrate the
Masters through our very own Par 3 experience, a high
demand member event which allows the whole family to get
involved. This year's contest will again be played over 9 holes
and on the East Course. The selected holes will be replicated
to the same criteria as the Par 3 course set out at Augusta
National and it promises to be another fun filled afternoon,
celebrating Masters week.



The first Board meeting of the year was held on 27 March with many important approvals to keep progressing, namely the process to appoint a new CEO and the final approval of the annual membership renewal (advice). The Board & management team have taken great care in considering future pricing, the impact on members' personal and disposable income and all the other factors, whilst still ensuring we raise enough capital to keep up standards and move the Club forward. The member renewal advice for the new financial year (1 July 2024 – 30 June 2025) will be distributed to the membership in early April, with some fantastic incentives on offer for our 'early birds'.

The Club has also released the annual member survey which will close on 3 April. As always, the objective is to receive member insight into the preferences and general perceptions across the various Club topics and services. This allows the Club to monitor a go-forward frame of reference on a broader basis, which greatly assists the office in paving future strategy, correcting shortfalls and delivering what the majority membership wish to see. Please take the time to complete the survey which went out via email and is available in hardcopy at reception.

In closing, I look forward to celebrating my Royal tenure with you, for a sundowner on Friday the 19th.





Join us as we say farewell to our CEO, Chris Bentley

Farewell Sundowner

April 19, 2024 • 5 pm

The Old Oak Amphitheatre
Complimentary Drink & Braai

RSVP MEMBERSHIP@ROYALJHB.CO.ZA



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LAUNCHING 3 APRIL 2024

MEMBERSHIP RENEWAL

1 JULY 2024 - 30 JUNE 2025



EARLY BIRD SPECIAL

Members who settle in the month of April 2024, will be entered into a draw and will stand the chance of winning this incredible hamper:

CUSOTM TITLEIST IRONS OF YOUR CHOICE with stand bag.
(valued at R35 000)



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MASTERS PAR 3 CHALLENGE

FROM 1PM, WEDNESDAY, 10 APRIL 2024

BEST DRESSED!

Limited: bookings@royaljhb.co.za | 011 640 3021

Your perfect venue

functions@royaljhb.co.za



Grow Membership

membership@royaljhb.co.za



MARCH 2024

Welcome BACK

SHAUN CARTER GOLF MANAGER

We are delighted to announce that Shaun Carter will be re-joining the team again.

Shaun, alongside Tiaan Van Wyk will oversee the Golf Department and ensure the Golf experience continues to reach new heights.



Club trip to paradise

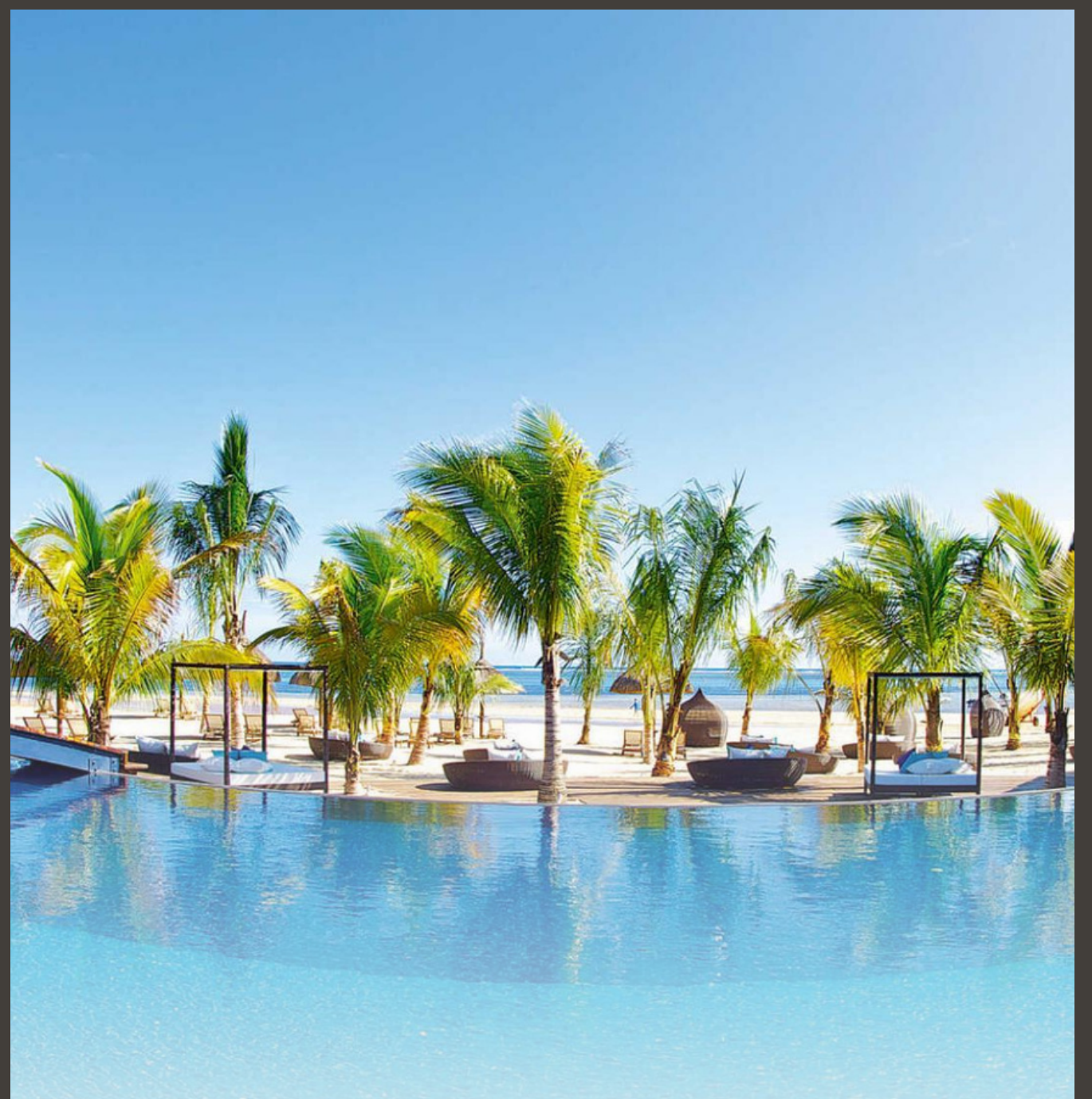
Jan-louis.nel@golftraveller

BEST OF MAURITIUS

9 - 16 JUNE 2024

Accommodation, transfers, bucket list courses

and unforgettable memories! Hosted by a Royal, PGASA Professional



Happy Golfing

By, Liam Brown | Director of Golf



IT HAS BEEN A PRIVILEGE SERVING YOU!

As I write my last article for the newsletter, I think back over the past four years with much gratitude to the members and staff of Royal but most importantly to our C.E.O., Chris Bentley, for his guidance and mentorship and for preparing me for the next chapter of my golfing life. I will miss his leadership qualities and friendship but wish him well as he starts his new and exciting chapter abroad – Royal will miss him enormously.

The 2024 Club Championships was one of the best that I have been involved with and I thank every member of the Royal team for ensuring the members enjoyed two days of Scottish camaraderie and great golf. Our course superintendent, Jerry Steyn and his team did a fantastic job in producing two world class set ups for all the players and congratulations to our 2024 Club Champion, Jacques van der Merwe on his fine win and to our Lady Champion, Tze-Ning Chan for claiming her first Lady Club Championship title.

Our league teams continue to do well and our 1st Scratch League team have a chance at redemption at the Scratch League Regional finals in July at the Witbank Golf Club when they will face off against the best of the Gauteng unions scratch league players. We wish them the best of luck and hope they bring home the title! Congratulations to our junior league team who have to date won both their league matches – all bodes well for the rest of the season.

Please diarise the following dates:

Wednesday 10th April – Masters Par 3 Challenge (book online or at the front desk)

Saturday 20th April – 1st Round Interschools Challenge (am times)

Tuesday 30th April to Sunday 5th May – Waterfall City Tournament of Champions (East)

The draws for the Club knockouts have been finalised and have been emailed to the competitors and are available on the Club's notice board – the first round for all the knockouts is due to be played by 27 April.

I would just like to take this opportunity to welcome Shaun Carter back to Royal as a golf manager and I know that he, together with Tiaan van Wyk, will ensure that all our members will continue to enjoy a 5 star golfing experience.

Thank you to you all for your support over the years and I hope to see you again soon.





Bellora Magic!

The summer season of US Kids Golf has come to an end, and we are proud to announce that the Bellora Twins (Royal Juniors) have finished Top 5 in the Junior Golfers Order of Merit for the Boys Under 7 category. These young stars have shown remarkable talent, dedication, and improvement throughout the season, and have earned their spots among the best of the best.

Congratulations Michael & Jason Bellora



April

2024



Monday 1 April	Public Holiday
Tuesday 2nd April	Ladies Comp - Ind Stableford - (West Course Draw)
Wednesday 3rd April	Individual Stableford
Saturday 6th April	Betterball Stableford CGGU Ladies & Junior Championships (West Course)
Sunday 7th April	Alliance 2 scores to count CGGU Ladies & Junior Championships (West Course)
Monday 8th April	West Course Closed
Tuesday 9th April	Ladies Masters Open Day (West Course)
Wednesday 10th April	Greg's Day Betterball Stableford Royal Masters Par 3 Challenge
Saturday 13th April	Individual - Medal (East) Individual Stableford (West)
Sunday 14th April	Betterball Medal Betterball League (Round 4)
Monday 15th April	West Course Closed
Tuesday 16th April	Ladies Comp - Betterball Stableford (West Course)
Wednesday 17th April	Betterball Bonus Bogey
Thursday 18th April	Ladies Weekday Handicap League (Round 4)
Saturday 20th April	Interschools Challenge AM (Round 1) Betterball Stableford
Sunday 21st April	Individual Stableford Ladies Sunday League
Monday 22nd April	East Course Closed
Tuesday 23rd April	Ladies Comp - 3 Ball Alliance (West Course)
Wednesday 24th April	Golf Directors Surprise
Saturday 27th April	Public Holiday Alliance 2 Scores to count
Sunday 28th April	Betterball Stableford Scratch League (Round 1)
Monday 29th April	East Course Closed
Tuesday 30th April	Ladies Comp - 3 Ball Alliance with a Twist (West Course)
Tues 30th April to Sun 5th May	Waterfall City Tournament of Champions (Sunshine Tour) East Course

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...

SCAN ME



CLICK HERE



THE ANNUAL MEMBER SURVEY

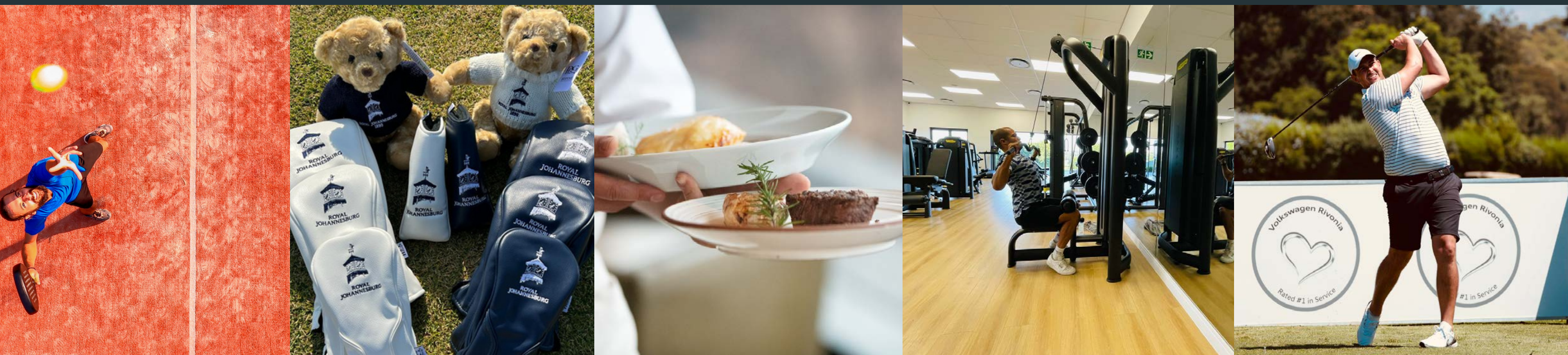
2023 - 2024



Each year the Club conducts an annual member survey, which ensures we continually monitor and track basic progress across the various Club topics, facilities, products and services.

The Club invites all members to please participate and give us your constructive evaluation in the best interest of the Club. The survey will be active from 22 March and will close on Wednesday, 3 April 2024 at 13h00.

We thank you in advance for taking the time and complete the survey.






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THE PATRONS DRAW

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PLAYERS COMPETING TICKETS AT
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Terms & Conditions Apply

Tickets: ladies@royaljhb.co.za | 011 640 3021



Ladies Golf

By, Wendy Huddy | Ladies Golf Manager

‘Leadership is not about a title or a designation.

Its about impact, influence and inspiration’

I know I can safely speak on behalf of all the ladies of Royal when I thank our C.E.O., Chris Bentley, for all that he is done at and for our Club over the past 10 years! The ladies at Royal have been in the enviable position of having a leader who genuinely cares and looks after the lady members – where else would you find a C.E.O. whose largest item in his personal budget is the cost of champagne for the lady members and their visitors? I don't think you would. ... Thank you Chris for always listening and advising in the most diplomatic way and we all join in wishing you and your family the best of luck as you embark on your next chapter – you will be sorely missed by the Royal ladies.

As we come to terms with the news that Chris is leaving, I thought it quite fitting that 'his' last Club Championships was such a resounding success. From the kilts to the bag pipes to the videos to the interviews, it was just a fabulous weekend and of course, the golf played was wonderful. Thank you to each and every member of staff of our Club who embraced the Scottish theme – it was a weekend I think we will all remember for a long time

Congratulations to our Club Champion, Jacques van der Merwe on his great performance. To our Lady Champion, Tze-Ning Chan and our Bronze Champion, Helen Tyne, very well played and congrats on your fabulous wins – we are very proud of you both. Thank you to all the ladies who were able to play over the weekend and I do hope that you all enjoyed the experience.

The BG's continue to feature regularly in the Saturday Club competitions and on Saturday 23 March, Sue Rice and Liza van Wyk romped home with an impressive 47 betterball points on the West Course, to win the Heritage Championships. They will now play at Sun City in September in the National Finals – well played ladies.

Our weekday ladies have had two trophy events this month and congrats to those winners. Our Jubilee Cup (IPS) for the Silver division and Coronation Trophy (IPS) for the Bronze division was held early in March in some tough conditions on the East Course. Both divisions were won with 33 stableford points – the Silver division was won by Eleonora Galletti and the Bronze division was won by Aileen Wilmot. Congrats ladies.



Our Jean Eustice Trophy (betterball stableford) was played for at the end of March and again the East course proved to be a good test for most of the ladies. These trophies date back to the 1980's at Kensington Golf Club and there are many familiar names engraved on them. Congratulations to Lynn Gardner and Gill Wood on winning this competition with a great score of 42 betterball points.

Our league ladies continue to do well. Our Sunday team sit on top of their A division log, our weekday 1 team sit on top of their A division log and our weekday 2 team are in second position on their C division log but have already had a bye. Well done to our three managers and their teams on the great start to the season.

We now look forward to our Ladies Masters Open Day that will be held on Tuesday 9 April on the West Course and to the Masters Par 3 competition that will be held on Wednesday 10 April. Please do support these competitions if you are able to. The Masters Par 3 competition is always such a fun afternoon for the family so please don't forget to book your spot!

Thanks ladies and hope to see many of you around the clubhouse or on the fairways!



proshop@royaljhb.co.za

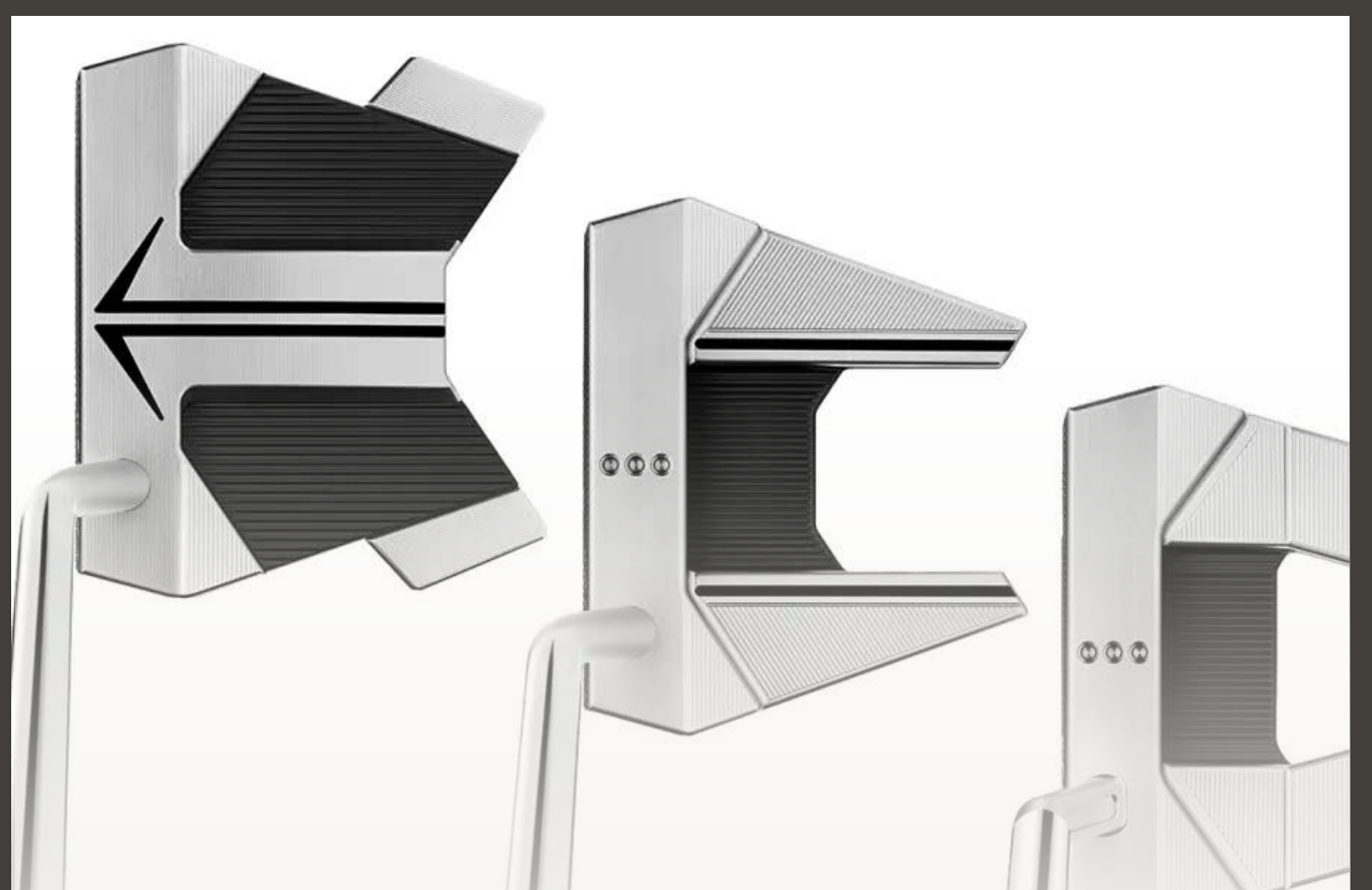
Unlock exclusive benefits

I am happy to announce the launch of the new Scotty Cameron Phantom range on the 28th March. These putters are designed to help the golfer aim correctly. Pop into the shop and see this magnificent range. These putters resemble jewelry before golf equipment.

Our new Fj shirts are back from the embroiders showing off our wonderful new logo. A smattering of winter wear has also arrived from FJ, all with our logo. They look fantastic and I can't wait for some cold weather!

You have one more week to join Greg's Loyalty Reward Program. Buy all golf equipment at cost for the remainder of the year! T&C apply.

Hope you has a blessed Easter! Enjoy your golf.





Padel @ Royal Book Now!

Members receive 25% off

Download
Playtomic App



**AFRICA
PADEL**
JOIN THE SPORTS REVOLUTION

Tip of the Month

By, Martin Briedé | Head Teaching Pro



March has been a busy period for the range. The driving range was well supported during Club Champs and it was great to see so many members warming up before play as well as preparing for Champs in the weeks leading up to it. Congratulations to Jacques van der Merwe who is a 'regular' at the range. Also well done to B division champion Clint Poppesquou - I don't think I have ever seen Clint hit so many practice ball before play, so that is obviously a winning formula.



Monthly Golf tip - March 2024



Share



Watch on  YouTube

Just a reminder we do have a Flightscope Mevo Plus for members to use at the range. The Flightscope is great for checking the distances of your irons. You can also use it to increase your driving distance as the device gives your launch angle, spin rate and clubhead speed. Working with the Flightscope along with Ricki or me, can help you understand these parameters and optimise them for maximum distance.

The Flightscope can also be used to practice pitching and the short game. The angle of attack of the clubhead is the magic parameter for the short game. The angle of attack should be between 9 and 12 degrees down for consistent contact in pitching. We can measure this and work on it with the Flightscope.

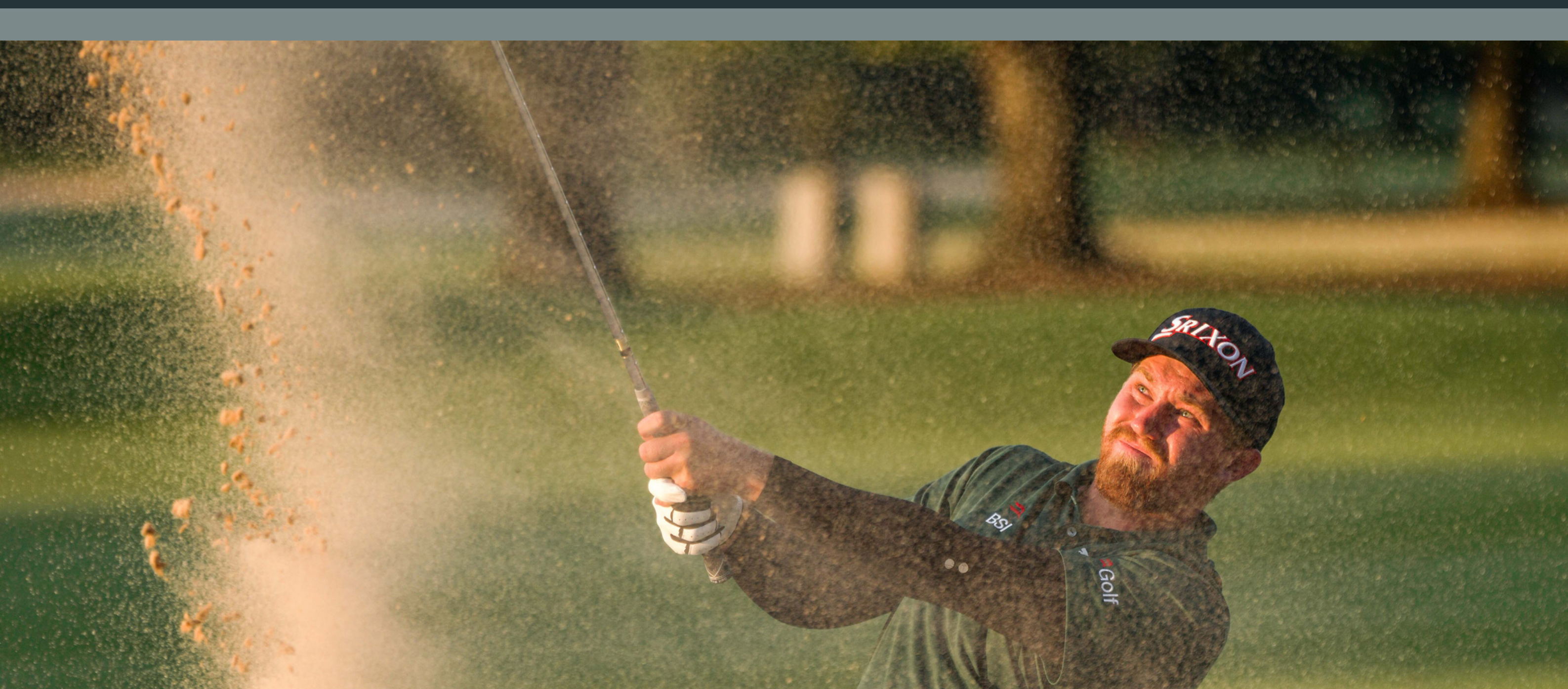
Here is Rory Crosley who works with me at the range with the Flightscope. Rory has been working on his distances. It's a great tool.

It is great to see so many members making use of the range and please remember if you need help with the game, you can contact Gavan, Ricki or me for a lesson.

Martin Briede 084 503 5477

Gavan Levenson 082 990 7186

Ricki Dembo 071 381 8715



From East to West

By, Jerry Steyn | Course Manager



I T S A L L C O M I N G T O G E T H E R !

The first month of autumn has been a hot one indeed and although we felt the presence of a heatwave during the first three weeks, the courses held up greatly during this time. Club Champs weekend was a huge success and compliments to everyone involved as the atmosphere set out from the entrance made my job easier. Congratulations to our Club Champions and everyone who took part in this special member event - I am already looking forward to next year's Club Championship.

With Club Champs behind us, we have started our seven week count down to the Tournament of Champions to be held on the East course. During the next two weeks we will complete any repair works on the East course and focus on conditioning during the last five weeks. I believe this event will be a spectacular event as Royal will showcase at its prime during mid-autumn with our trees amplifying the course in every aspect.



The team has started working on a new garden bed behind the 4th East green as this is a dead, out of play area, where bark was placed for aesthetic reasons. The bark turned out to be a huge cost and when there were storms, the bark chips were washed onto the green. The new bed will amplify the backdrop of the green and also add value to the 5th tee. Agapanthus and Wild Iris will be primarily used as they are self-sustainable once established and we will border the front with beautiful colours to add to the greens back drop. We will also soon extend the garden on the left of the 10th East tee and sod out the service road caused by the staff.

No major maintenance is planned for April and our regular vertical mowing of tees and fairways will still happen on the course closure days and dusting of greens will take place, leading up to the Tournament to ensure we have a great playing surface. The West course greens will however receive a granular fertilizer in April to ensure that they will be well protected for winter and as part of our agronomic plan.

Pitch marks remain a huge burden on the courses and it is alarming to see the amount of unrepaired and mostly incorrectly repaired pitch marks daily. The West greens are suffering mostly, because they are still fairly new and will only getting denser after year two, which is in September 2024.

Pitch marks should not be lifted when repaired but pulled into the centre to be able to recover within a day. An unrepaired pitch mark can take several weeks to recover and in winter, several months! Please do your bit in looking after our courses!

I look forward to April and the transition from summer to autumn as the leaves start falling and changing as we all know.





Club Competition Results

[View now | March](#)



Club Championships Reults & Gallery

[Click here](#)



Masters Par 3 Challenge

[Book now | 10 April 2024](#)



The Old Oak

[Book now](#)



Golf lessons

[Enquire now](#)



Padel Membership

[Enquire now](#)

The GRAND POP UP



Johannesburg Pop Up Markets

Step into a world of excitement and vibrancy at our upcoming Johannesburg-based popup market! Prepare to be enchanted by an exquisite showcase of local handcrafted treasures. It's the perfect opportunity to explore local talent and find hidden gems while enjoying a lively atmosphere. Join us for a market experience filled with laughter, browsing, and maybe even a little indulgence.



Tee-Time Market

26th & 27th April

The Royal Johannesburg
Fri: 11am - 6pm | Sat: 9am - 5pm

Join The Grand Pop Up at our first market at The Royal Johannesburg.

Join us for "Tee Time", the perfect market experience uplifting local South African entrepreneurs—firmly believing that local is indeed better!

Public Entrance Fee: R20 | Members Entrance Fee: Free

 info@thegrandpopup.co.za

 www.thegrandpopup.co.za

 [@the.grand.popup](https://www.instagram.com/the.grand.popup)



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The Chefs Table

By Ransley Pietersen | Executive Chef

The team has successfully launched a new gastro pub inspired menu at the Champion's Retreat offering a vast selection of dishes that is sure to set your taste buds into a frenzy. Chef John and the team at the Clubhouse have done a great job in focusing on quality and experience.

The Old Oak has also launched a new menu. Over the last two years we have launched 4 menus, with each edition being a notch up from its predecessor. This edition is no different. We have incorporated more seafood into our menu such as fresh west coast mussels, calamari, prawns, salmon and so much more. Our menu seems to have been a massive hit in the last 3 weeks after launching.

Restaurant Week Edition 1

The Old Oak has joined Restaurant Week 2024 and we are extremely excited to showcase our establishment to a myriad of foodies with their discerning palates. You can book your seat by visiting the website: restaurantweek.co.za and indulge in our exclusive menu designed for this event. Remember to review your experience after dining through restaurant week and help our establishment climb the leaderboard.

Ken Forrester 30th Anniversary FMC dinner

On the 17th of April 2024, Ken Forrester will be hosting an exclusive dinner @ The Old Oak featuring his best vintages of the world renowned FMC over the last 30 years. This will be a vertical tasting, highlighting the best vintages as well as telling the stories of wine making techniques and tales of the vineyard and how they translate to what's in each drop of Chenin Blanc.



THE OLD OAK
Restaurant & Family Centre

30 years of Excellence

KEN FORRESTER CELEBRATES
30 YEAR HARVEST ANNIVERSARY @ THE OLD OAK

Wednesday 17 April 2024

PRICE R2800/PERSON

VERTICAL TASTING FEATURING MULTIPLE VINTAGES OF FMC

17:30-18:00

RSVP: FUNCTIONS@ROYALJHB.CO.ZA

EXCLUSIVE EVENT WITH KEN HIMSELF
PRESENTING THE WINES

Ken Forrester Chef's Table with Shawn Mathyse

On the 24th of April 2024, Shawn Mathyse, wine maker at Ken Forrester will feature an exclusive range of wines to 10 individuals wanting a truly remarkable experience. Be sure to book your seats for this event, you don't want to miss this as well.

Ken Forester Chef's Table

with wine maker
Shawn Mathyse
Wednesday 24 April 2024

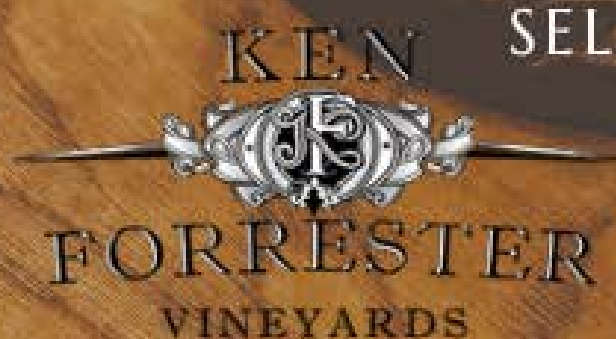


THE OLD OAK
Restaurant & Family Centre

7 COURSE DINNER WITH THE MOST EXCLUSIVE
SELECTION OF KEN FORRESTER WINES
PRICE R1450/PERSON

17:00-18:00

RSVP: FUNCTIONS@ROYALJHB.CO.ZA



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ONE FAIRWAY AVENUE, LINKSFIELD, JOHANNESBURG, SOUTH AFRICA

As the curtain closes on an era that has shaped the last 10 years of this amazing Club, I would like to bid farewell to our CEO, Chris Bentley. Over the years I have had the privilege of being mentored by Chris and his guidance and approach will forever be etched into the ethics and foundations of how we run this amazing Club as a unit.

Mr Bentley, thank you for your dedication and promise to always making others' lives better and leading this team to so many triumphs during your tenure.

‘The delicate balance of mentoring someone is not creating them in your image,
but giving them the opportunity to create themselves.’-

Steven Spielberg



Your business playground

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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

One of the questions I often get asked is what to do to warm the body up for golf. For the vast majority of club golfers, they don't have the luxury of arriving an hour before their tee time to go to the gym, warm up, go to the driving range to hit balls, drain a few putts on the putting green and then head to the first tee, brimming with confidence.

Most of us arrive with moments to spare, we check in at the pro shop and slap a few putts 10 feet past the hole on the putting green before running to the tee, only to double the first hole and wonder why our golf is so inconsistent.

This topic of a golf warm up has been covered before, but if members knew how effective a good golf warm up could be, the Royal Gym would be packed before every member's day!

The study revealed that the best way to warm up for golf involved a dynamic (movement-based) warm up with resistance (exercise bands). The average improvement in driver carry distance across the test group was 7 yards, with some individuals experiencing over 40 yard improvement in driver carry.

The study revealed that the best way to warm up for golf involved a dynamic (movement-based) warm up with resistance (exercise bands). The average improvement in driver carry distance across the test group was 7 yards, with some individuals experiencing over 40 yard improvement in driver carry.

Now a warm up can look different for golfers of different fitness levels, so if your exercise tolerance is lower than most, a vigorous warm up can actually decrease driver club head speed and distance, as fatigue becomes a factor. So there is definitely an element of specificity needed to ensure the warm up is tailored to you, for the main purpose of preparing you for a round of golf.

Having said that, a 10-15 minute warm up routine is all you need to warm the body up, prime the neural pathways and increase blood flow to the muscles, all of which could help you gain those precious meters off the tee.

If you would like to read the article I mentioned above, here is the link:

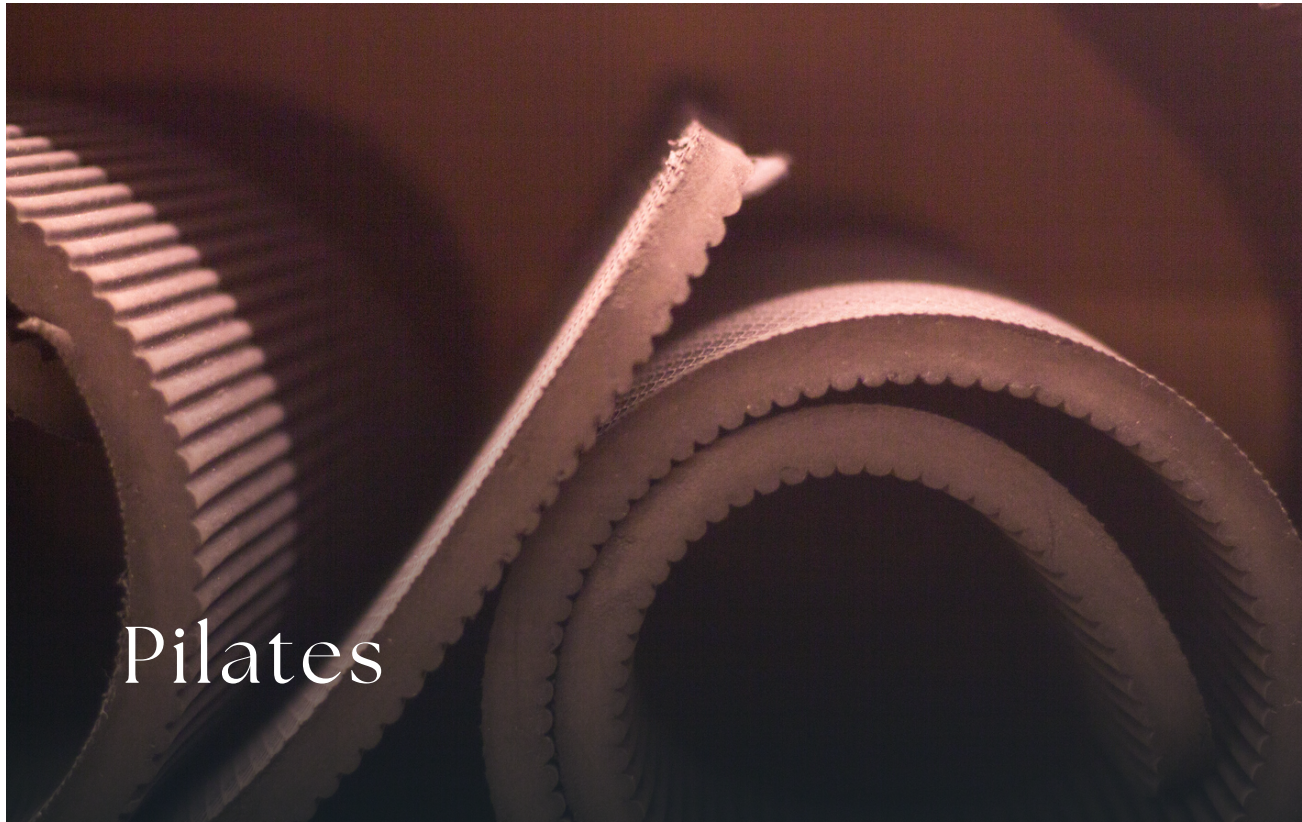
[The Science Behind a Golf Warm Up | Article | TPI \(mytpi.com\)](#)

If you would like to chat to me about a tailored warm up routine, or book your golf fitness assessment, you can do it on my website www.gavingrovestraining.co.za or fitness@royaljh.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.



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AimPoint

Sandra van den Bergh

Certified level 3 AimPoint Instructor

AimPoint helping golfers become more “relaxed”

On 12 March 2024, NBC Sports aired this video, interviewing various pro golfers on their thoughts on the AimPoint green reading method. Truly allowing golfers to become more relaxed when they are on the course.

Click on the link below to view the video.



I'm on my way to Dublin, Ireland to spend some quality upskilling time with the master and founder of Aimpoint, Mark Sweeney, to continue my certification as an AimPoint Coach. I've been teaching AimPoint for over a decade now here at Royal JHB and in South Africa and can truly say it's a game changer for ALL level of golfers. I have seen the confidence in putting of everyone I teach go to another level, and accuracy in putting improve leaps and bounds.

C: 0832911183

Twitter: @svdberghgolf

Facebook: Aimpointgolf South Africa

Instagram: aimpointgolfsouthafrica



Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)

Tips to Prevent Padel Injuries

Padel, a fast-paced and exciting racquet sport, has gained immense popularity in recent years. However, like any sport, it carries the risk of injury. Here are some tips to help you stay injury-free on the padel court:

Warm-up and Stretch: Before stepping onto the court, spend a few minutes warming up your muscles with light cardio and dynamic stretches. Focus on areas commonly used in padel, such as the shoulders, arms, legs, and back.

Use Proper Footwear: Invest in a pair of tennis or padel-specific shoes with good grip and ankle support. Proper footwear can help prevent slips, twists, and ankle sprains during quick lateral movements.

Maintain Proper Technique: Work with a coach to learn and refine your padel technique. Using correct form can reduce the risk of overuse injuries and strain on joints and muscles.

Build Strength and Flexibility: Incorporate strength training and flexibility exercises into your fitness routine. Strengthening muscles around the knees, shoulders, and core can provide stability and support during gameplay.

Pace Yourself: Avoid overexertion by pacing yourself during matches and training sessions. Allow time for rest and recovery between games to prevent fatigue-related injuries.

Stay Hydrated and Fuelled: Drink plenty of water before, during, and after playing padel to stay hydrated. Fuel your body with nutritious foods to maintain energy levels and support muscle recovery.

Cool Down and Stretch: After finishing a game, take time to cool down with gentle cardio and static stretching. This can help prevent stiffness and soreness and promote muscle recovery.

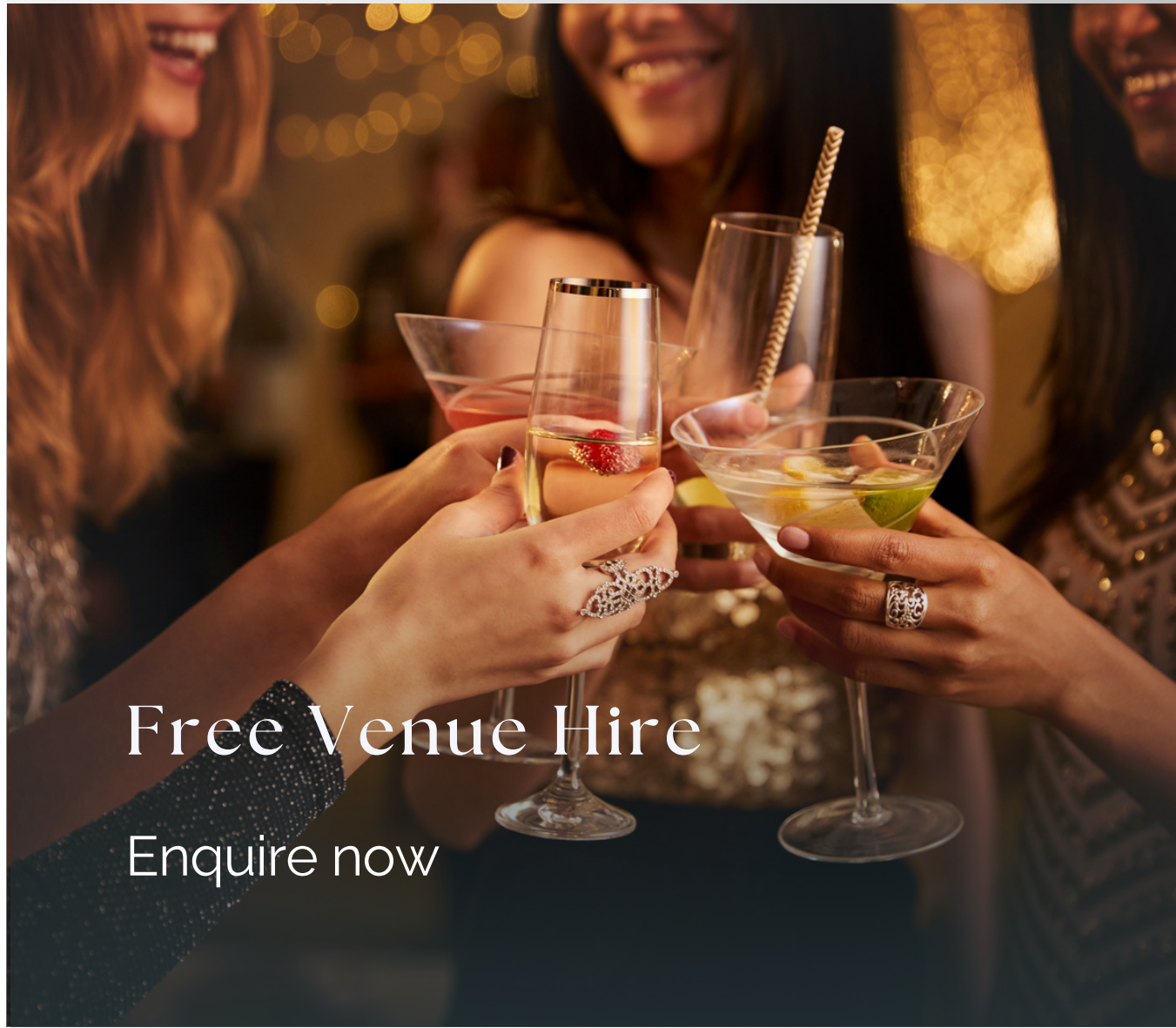
By following these tips and prioritizing safety, you can enjoy the thrill of padel while minimizing the risk of injury. Remember, injury prevention is key to staying active and enjoying the game for years to come.





10% off F&B

Top up your clubcard



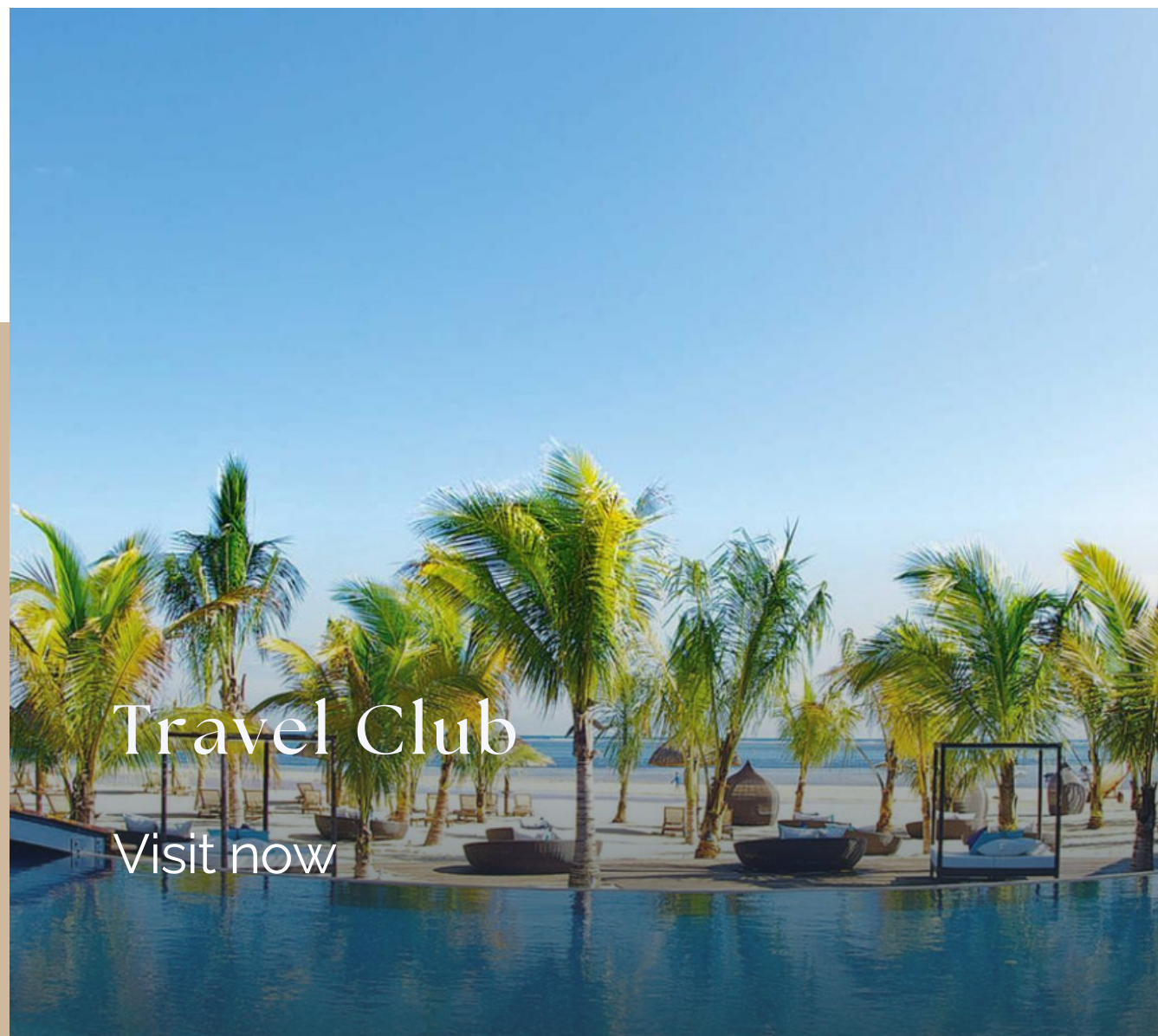
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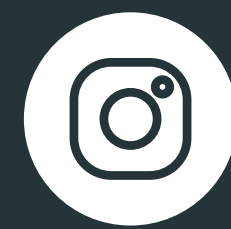
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