

## TuksGolf

# NewsLetter

Issue 1

## TuksGolf Club

Whether you're new to the game or a seasoned campaigner, the TuksGolf Club is the ideal club for you. Focused on the fun aspects of the game of golf the TuksGolf Club promotes fun, social and interactive events that will see you develop new skills, meet people and have one hell of a good time doing so.

At R60 per month being a member of the TuksGolf Club will see you benefit from the following:

- Unlimited access to the TuksGolf Driving range at any time for only R140 per month
- Access to weekly TuksGolf Events
- 1 x free 30 individual golf lesson OR 1 x free 1 hour group lesson per month, on a booking basis Tuesdays and Thursdays between 15:00 -17:00
- Full Membership at Waterkloof Golf Club including unlimited golf for only R3500
- Country Membership at Waterkloof Golf Club for only R1639, includes handicap and affiliation (Green fees R85)
- Special rates on all Titleist and Footjoy equipment, 30% off retail price
- 38% off haircuts at the Village Barbershop in Hazelwood Village, club members pay R80 instead of R130
- 5% off your bill at Livingstones
- 5% off your service at Bosch Service Hatfield
- Between 3% and 7% discount at Johnny's Discount Liquor

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## Leaders in Golf Education and Performance Coaching





# Gym chats with Gavin Groves

Golf Fitness is a hot topic across the professional golf tours of the world, with many of the world's best golfers engaging and sharing their fitness journeys on social media and on TV. Warm up routines, stretching, injury rehab and prevention and performance outcomes are all the rage and it is no longer a question of IF you are training, but rather WHAT you are training, or WHO you are training with.

The margins within golf are very small, and the demand on the player to be able to perform week in and week out places a greater load on the body than most golfers are aware of. The necessity to look after the body, prevent injury and sustain a sufficient level of fitness for golf seems to trump the out and out performance outcomes like driving distance, clubhead speed and the like.

At TuksGolf, the function of strength and conditioning has numerous goals:

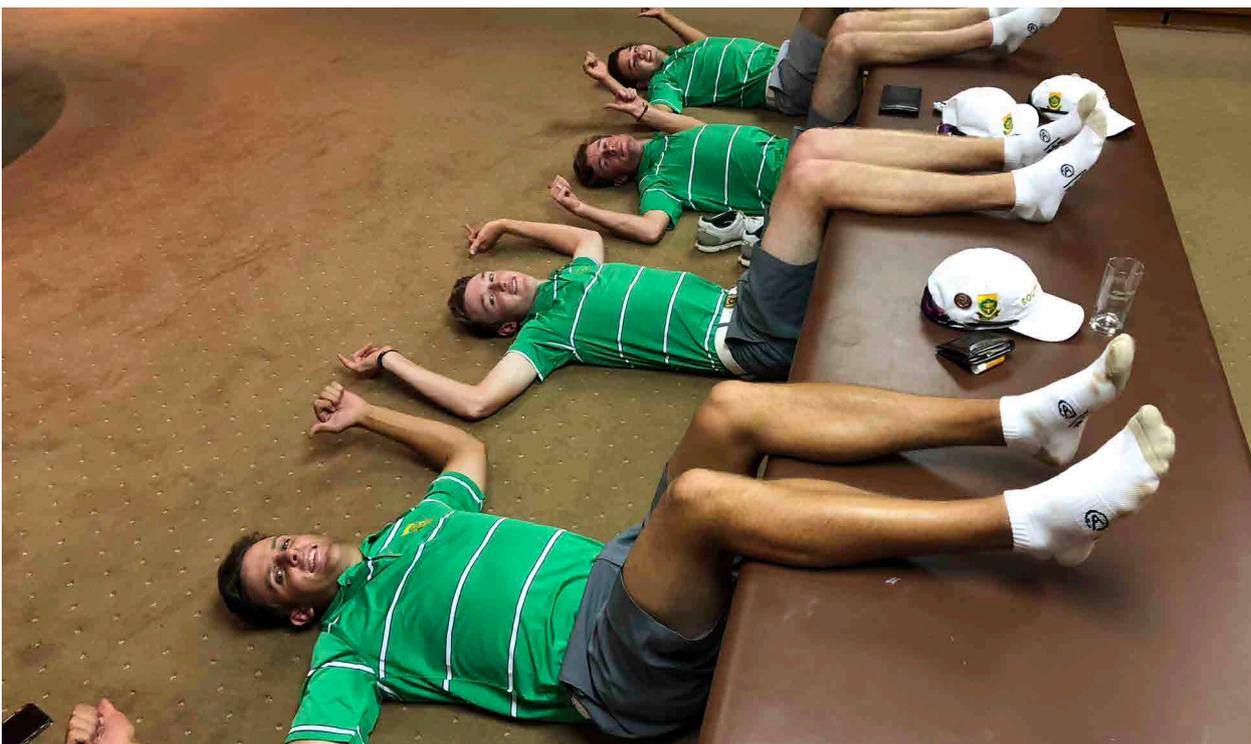
- Improve the golfers' movement quality and functionality for golf
- Injury prevention training, also known as "prehab" training
- Golf fitness performance outcomes, like club-head speed, driving distance, accuracy and the like.
- Provision of information about a golfer's physical state to the golf coaches, which aids in establishing a list of priorities in terms of their golf improvement
- Screening of groups of golfers with regards to injury risk and prevention

The question is, can golf fitness apply to recreational golfers as well? The answer is an emphatic YES! In fact, the impact of golf fitness can be more profound in recreational golf.

A simple element like posture improvement can have a dramatic positive effect on distance, improvement in consistency, straighter ball flight, reduction in back and shoulder pain, as well as increased energy in a round.

Posture is one of the easiest elements to correct, but requires a consistent commitment to do so. A very simple exercise that you can do at home is the supine (lying on your back) chest stretch. I like to do this exercise after a good training session, round of golf, or simply a long day behind a desk. Start by lying down on a firm surface, with your feet up on a bench, bed or chair, with your arms out to the side of your body. You could bend your elbows as shown in the pic below should you feel like the stretch isn't as effective, but it is not necessary. You can lie in this position for anywhere between 2-5 minutes a day, and this will greatly improve the upper body posture that we tend to slump into, traditionally known as kyphosis or rounded shoulders. This rounded upper back is very common with desk-bound corporates, or kids with very sedentary habits, or the older population.

Here at TuksGolf we offer golf-specific assessments, reports, training programs as well as group training.



For more information, or to book your very own golf-specific golf fitness evaluation, feel free to email [gavin.groves@hpc.co.za](mailto:gavin.groves@hpc.co.za)

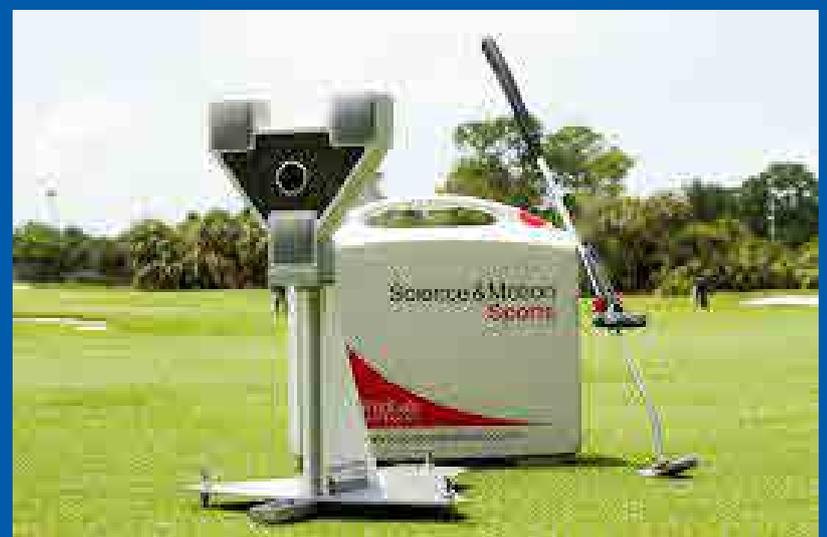
# TuksGolf Offers SAM PuttLab

SAM PuttLab is the world's most accurate and comprehensive putt analysis and training system. SAM PuttLab utilizes ultrasound sensory analysis and therefore is far more precise than any other similar system on the market.

SAM PuttLab analyses more than 40 important parameters of your putting stroke and displays the results in easy to understand graphic reports. Discover your individual strengths and weaknesses for a better and more efficient training.

Within seconds the system gives you an individual feedback on your putting strokes. The analysis reveals even the smallest details of your movements and allows you to develop improvements and training strategies.

- Complete analysis of ALL relevant putting aspects
- Instant feedback
- Specific training modules
- Suitable for amateurs up to PGA Tour players
- Professional putter fitting
- Putter selection
- Portable for indoor and outdoor use
- 3D-Putt replay module



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Performance Profile				
Player	Session	File	Description	Date
Amateur HC 15	001	001	Amateur HC 15	10.03.2010
Face Aim	closed		1.2° closed	low  26 %
Face Impact	open		0.4° open	mid  76 %
Putter Path	left		2.0° left	mid  75 %
Face to Path	open		2.5° open	perfect  92 %
Relative Impact Zone	neutral		3.3° neutral	mid  62 %
Impact Spot	low		8 Spot low	high  79 %
Backswing Tempo	slow		756 ms	mid  56 %
Impact Tempo	slow		363 ms	mid  66 %
<b>Summary</b>				
Tendency	Timing	Consistency	Overall Rating	
72.5%	79.6%	63.3%	66.2%	



# Golf should be fun!!!!

The Titleist Performance Institute did a study a couple of years ago with the intention of finding out if children find golf fun. Granted, this study was done in the USA but I feel that the results would not differ too much should the same study have been performed here in South Africa.

The study focused on 200 primary school going children. The staff from TPI went and asked these children if they could choose to do one activity on every afternoon in the week, what would they choose? The only two activities, if you can even call them activities, that the children were not allowed to choose were, watching TV and playing video games.

The 200 children all made their choices and out of the possible 1000 chosen activities, golf was not selected once!

This is a very scary realisation for golf as a whole. If our children, who are the next crop of Golf Professionals, golf club members and recreational golfers are not finding golf fun, then we have a lot of

work to do in order to change their young minds. At TuksGolf, we aim to make our junior programs fun. At the end of the day, if a child is not having fun, he/she is very unlikely to take up or carry on the beautiful game of golf.

We aim to make our juniors active for life. If we can succeed at this, then we will develop golfing stars of the future. Development needs to happen but not at the cost of not having fun.



## TuksSport

### TuksGolf Holiday Clinic

**Dates:**  
29 & 30 August 2018  
**Time:**  
09h00 - 15h00 both days  
**Venue:**  
TuksGolf Training Center  
**Cost:**  
R900

**Lunch will be provided**  
**Booking essential**

*Fun, Friends & Skill development*



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