



David Trower

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SHEPPARTON GOLF CLUB

## PRO SHOP NEWS -WEEKLY WRAP



Monday 14/5/12

### Member Achievements :

- Kyle Michel had a Hole in One on the 12th on Tuesday 8th May winning the 2 balls in the eagles nest
- Gavan Mears on winning the RSL Honour Board event on Saturday 12th May
- Club Championship Results can be found on the club website [Click Here](#)

### Upcoming at the Club:

- The Club Championships final round is on this Saturday with the matchplay to start this Sunday. A draw will be done ASAP to be available at the conclusion of presentations.
- Shepparton Trainee Pro Am Monday 28th May. Come along and have a game with one of Victoria's up and coming golf professionals. Entry fee includes BBQ before game and finger food at presentations and a game of golf with at least one trainee with prizes from Taylormade golf for only \$30. Please refer to the [Entry Form](#) further details. We look forward to seeing you all out having a great day on course.

The members draw is on every Saturday after presentations is currently at **\$575** well worth coming out to presentations on a Saturday afternoon for your chance to win.

Looking to improve your golf just like some of our recent winners have?

Why not book a lesson with David Trower your AAA rated Golf Professional?

With a lesson to perfect your technique and a little practice you will be playing better and enjoying your round more than ever before. [Lesson Price List](#)

Regards

The Pro Shop Team

David, Stuart and Tim

**Tuesday 8th May 2012**

**Stableford 68 players**

**GV Property Services**

A Grade Winner

Ron Tomkins (7)

40pts

A Grade Runner up

Mario Tenace (12)

40pts

B Grade Winner	Keith Raverty (27)	42pts
B Grade Runner up	Callum Ridd (27)	42pts
NTP 12th	Kyle Michel	
Pro Balls to		36c/b

## FEATURE: FOUR WAYS TO BEAT YOUR AGE

Whether we like it or not age changes the way we play golf. A Par 4 suddenly becomes out of reach in two, the bag feels like it has bricks in it, and picking the ball out of the hole starts to become a bit of an ordeal... Annoying isn't it?

We hope so, because that means your 'experience' hasn't left you any less competitive; you still WANT to go out on the course and shoot the very best score possible. Well we're telling you that you still can and that score might be lower than you think.

This month we're focussing all our attention not only on improving on your 'everyday best' but doing so in the long term by understanding how we can get the best results from our bodies - and the tools we use – so that age doesn't become a handicap. Below in the weekly wrap are our four best suggestions:



**Wednesday 9th May 2012**  
**Ambrose 64 players**  
**David Trower Performance Golf**

Winner	Angela McLeod (45) Annette Barkley (45) Marg Carroll (18) Viven Harding (23)	59 5/8
Runner up	Gayle Steers (16) Charmaine Snow (16) Rose Tyquin (27) Glenda Stephens (30)	60 7/8
NTP 2nd (A)	Marg Carroll	
NTP 2nd (B)	Heather Groves	
NTP 2nd (C)	Judy Holland	
NTP 5th	Adele Ellis	
NTP 12th (A)	Jackie Pearce	
NTP 12th (B)	Sue McPherson	
NTP 12th (C)	Cathy Dudley	
NTP 17th	Joy Reeves Liz Gyles	



**THIS MONTHS VIDEOS FROM PERFORMANCE GOLF**

**Friday 4th May 2012**  
**Stableford 18 players**  
**Central Tyre Services**

Winner	Del Lincoln (26)	16pts
Runner up	Carolyn Scott (18)	16pts



**1. STRETCH**

Studies have shown that 10 minutes of stretching can add over **20% more clubhead speed**; all by enhancing flexibility.

This allows our muscles to do what they're supposed to; coil on the backswing to store power, and then uncoil on the downswing to unleash it! [Click here](#) to watch a 10 minute pre-golf warm up video and make sure that every single shot counts.

**Saturday 5th May 2012**  
**Stroke 136 players**  
**Alan Hosie Memorial**

A Grade Winner	David D'elia (11)	71
A Grade Runner up	Tennyson Blake (12)	71
B Grade Winner	Gavan Mears (13)	71
B Grade Runner up	Phil Friedlieb (18)	71
C Grade Winner	Devis Cerasi (21)	75
C Grade Runner up	Bill Wooster (30)	76
Ladies Winner	Adele Baensch (31)	80

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## UPCOMING COMPETITIONS

Tuesday 15th	Men's	Stableford
Wednesday 16th	Ladies	4BBB
Thursday 17th	Men's	Par
Friday 18th	Ladies	9 Hole Stableford
Friday 18th	Royal Womens Charity Day	Ambrose
Saturday 19th	Men's & Ladies	Stroke
Sunday 20th	Quarter Finals Club Championships	Matchplay

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### 2. LESS FATIGUE, MORE FOCUS

What is "The eye of the Tiger"? We say it's good fitness and nutrition combining to help the body and mind work efficiently. This means less fatigue, more focus, and **better performance** through all 18.

Unfortunately, as we age fitness becomes a problem, and training may not be an option, so fatigue takes its toll. Here are a few ideas that will help you make it through those last few holes. [Click here](#).



### 3. CLUBS THAT CHANGE, WHEN YOU CAN'T

Age, inflexibility, injuries, posture and well ingrained bad habits all change the way we address the ball, and of course the manner in which we swing through it, for the worse.

When we can't cure your technique we look to **adjustable equipment** technology to provide a customised fit. [Click here](#) to see what's available and how it can benefit your game.



### 4. ADD LOFT!

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