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BUNDABERG GOLF CLUB

Hello from the Pro Shop.

If you have played with us recently you would know that the course is looking great. Congratulations to the green staff and members for the great job they have done.

Club Championships for men start on the 23rd of May. This year will be very competitive, so if you need a tune up, give me a call. We also have the final round of the Peter & Jan Hitchcock Trophy. Good luck to all involved.

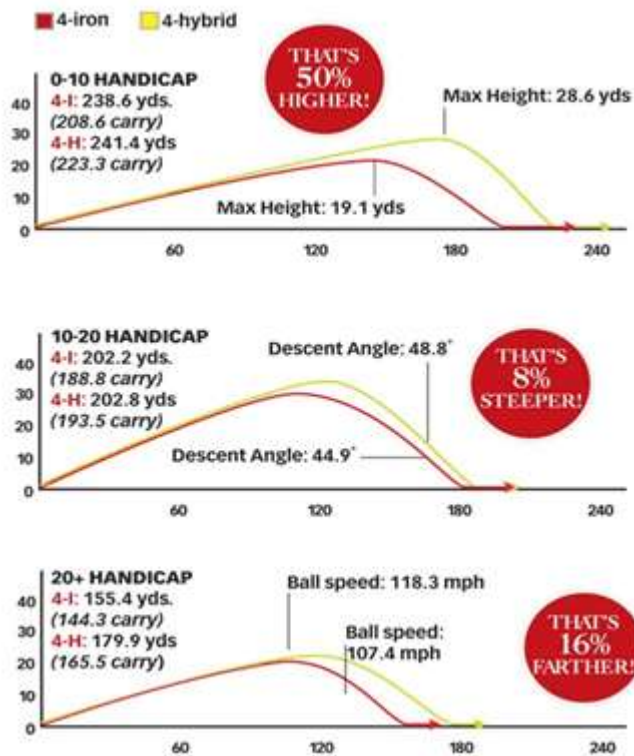
On the 21 of May we are having a demo day at the driving range. If you are looking to update your equipment, it would be a great opportunity to try the very latest from Callaway, Cobra, Titleist, Ping and Bridgestone. If you would like to have a custom fitt from these companies, you need to book asap. Bridgestone golf will also be holding a custom golf ball fitt. Each fitt takes 15 min. A booking sheet is in the pro shop.

You will notice that there is now a forward to a friend link. It would be great if everyone forward this email to all their freinds as we have some interesting articles and in the next few months we will have some excellent specials for everyone. [Forward this message to a friend](#)

Great golfing

Craig

**Last Month I Explained the Hybrid in Practice.
Now here are the scientific facts!!**



Miracle Whips

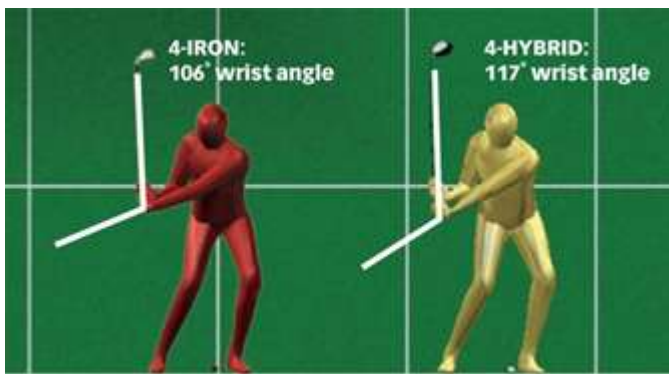
Tests prove that hybrids improve your shots — and your swing

We asked Motion Golf (www.motiongolf.com) to compare the performance of a 4-iron against a 4-hybrid in the hands of low-, mid- and high-handicap golfers. Shots were measured by a Trackman launch monitor, and Motion Golf's motion-capture technology provided a detailed look into each golfer's swing.

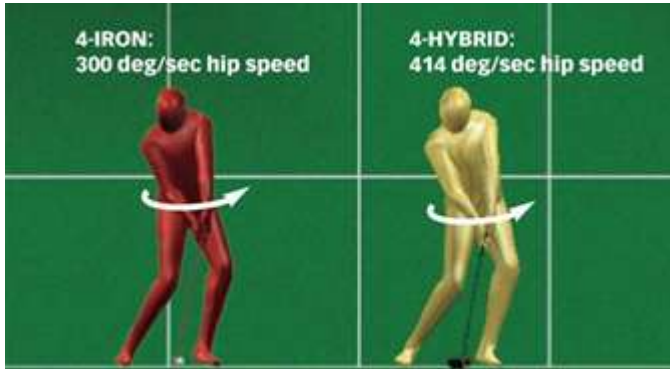
"The results confirmed what we knew," says Motion Golf CEO Joe Luciano. "Each subject hit the ball higher and farther on average with the 4-hybrid than they did with the 4-iron." The test 4-hybrid was only a half-inch longer than a 4-iron, not long enough to justify the significant increase in distance. "Our Motion Golf Imaging System showed that the hybrid allowed the test subjects to maintain a greater cocking angle of attack and generate more hip speed," reports Luciano.

"This translates into extra power," says Darren Andersen of Custom Golf of Connecticut. "The weight distribution of a hybrid allows you to more easily cock and uncock your wrists while swinging, which generates clubhead speed. Your body feels this increase in speed and adjusts by moving faster through the ball. You get more distance without swinging harder."

The unique weight distribution of the hybrid gave the low-handicap test subject 10% more wrist angle on his downswing.



Credit: Courtesy of Motion Golf



Each test subject exhibited greater hip speed through impact with the hybrid club. The low-handicap player turned his hips 38% faster.

Credit: Courtesy of Motion Golf

Are you getting the best out of your Hybrid?

As there are many shapes, sizes and ever evolving technology around the Hybrid I have pictured a few popular models that I stock, but before any Purchase the most important factor:

“Club Fitting”

I need to at least measure your ball speed and spin rate to have you achieve the best result from your next hybrid.



BOOK A CLUB FIT TODAY

One for all Lady Members!!

As suggested in my first emails I invite all members' constructive feedback and a number of members have kindly been providing me with this. Last month I received feedback from one of our Lady Members “ how about a tip for the ladies”.

So here it is!!

Many times after the Ladies competition days we make a point of asking how your golf was, one of the most common statements in return is:

“If they could fill those bunkers in I would have been 5 shots better!”

Well we know we can't fill the bunkers in but what we can do is teach you how to get out in 1 shot. Please read on:

The basic splash out

In greenside bunkers, keep your lower body stable



1. In greenside bunkers, you want to keep your lower body stable as you make a full turn back and through. So take a wide stance, and sit down a little more at address. This will lock your lower body in place.

2. Another must is an open clubface at impact. To make sure you achieve this, open the face before you take your grip. If you grip the club then spin the face open, you're not really opening the face. Instead, rotate it open, and then set your hands on the club (*top, left*). Also, play the ball just forward of center, so you hit an inch or two behind it.

Credits to : Golf Digest



3. Make a three-quarter backswing, and hit down and through the sand. Swing all the way through so your chest faces the hole at the finish (*on left*). This will guarantee that you accelerate the club through the sand -- my biggest bunker key.

VIDEO EXCLUSIVE: Watch Annika demonstrate her bunker technique, as she points out common pitfalls.

Credits to : Golf Digest

Making sure you are using the correct sand iron to aid your shot, you must consider some basic fundamentals:

- Loft
- Length
- Lie angle
- Bounce

Next month I will endeavour to explain the points above. In the mean time if you would like to have the advantage next time you play feel free to:



BOOK A CLUB FIT TODAY

Have you gained your 20 Metres?

Over the past few months I have shared my golf tips with you on how to gain 20 metres from the tee, across the fairways I hear whispers of success, if you have been unable to gain that 20 metres please feel free to:

BOOK A LESSON

Autumn golf: Is there a better time to play?

Autumn is upon us and soon the fresh mornings will be coming, one of the best times to play golf is early morning in Autumn. To help you become even more comfortable on these fresh mornings I have road tested Greg Norman windshirts and vests.





Windshirt that is innovative in design, practical in functionality is a must-have for avid golfers unfazed by weather. Greg Norman Collection answers with a breathable wind-and-water-resistant crewneck pullover, which includes a mesh liner. A stylistic bent is seen through rib trims and ergonomically placed tonal texture fabric on arms and back. Tonal shark teeth are featured on back neck.



Our full-zip wind vest with gator protects without any restriction. This men's coordinate is perfect for the transitional season because of its lightweight, breathable and wind-and-water-resistant performance fabric. The mini mock neck and zipper pockets bring style to the piece; Tonal shark teeth are featured on back neck



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AUTUMN OUTER WEAR**



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