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BUNDABERG GOLF CLUB

PROSHOP NEWS



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A WORD FROM YOUR PROSHOP

Welcome from the Pro Shop. This is our first newsletter designed to give everyone an update to whats happening at the Golf Club, Pro Shop and Bundaberg Golf Driving Range. It will also contain some great articles on the latest and greatest in the golf industry.

The course is looking great after some nice rain with the greens responding after their recent renovations. It is a great opportunity for members to bring out a guest or two, to show them how the new layout is coming on.

With Christmas just around the corner, if you are thinking of places to have your Xmas parties why not have a game of golf, a few drinks and dinner. We can organise it for you, just give us a call.

If you are looking for a Xmas present why not come in and test out the new equipment from Callaway, Titleist , Ping and many more top brands. Pro shop and driving range are open everyday.

If your golf is not what it should be why not book in for a lesson. Lessons are done at the driving range on Walker St. Half hour lessons are only \$36, Video lessons \$45. Don't forget that if you are a member you get a discount on range balls.

I look forward to seeing you all over the festive season and hope you have safe and happy holiday.

Craig

WHAT IS YOUR SWING SPEED?

After many years of teaching and fitting I was amazed how many members don't know their actual swing speed. Knowing your swing speed may be able to add valuable meters to your game, simply by using the correct ball for your swing speed.

Through its ball-fitting program, Bridgestone Golf tested thousands of golfers and found that no ball on the market could deliver TOUR-level spin and performance on the greens while also offering a softer compression that allowed moderate swing speed players the ability to compress the core in the same manner a high swing speed player does with other TOUR-level balls. As a result, Bridgestone Golf has developed the new [TOUR B330-RX](#) - a ball made specifically for low handicappers who do not have TOUR-level swing speeds, but want TOUR-level performance in their short game.

As your golf professional it's important I know your swing speed for any time you enquire about what ball you should use. [Click here to book in for a swing speed check.](#)

Did you know...

All Multi-layer Urethane balls are designed with Tour Professional feedback from players with Fast Swing speeds. The average PGA Tour swing speed exceeds 110mph

Swing Speed Range	Percentage of Players
112+ mph	10%
109 - 115 mph	23%
<100 mph	67%

72% of players have a swing speed below 105 mph, 53% of these players use a Tour level golf ball.

BRIDGESTONE GOLF

Has the RX Cure!

ALL NEW B330-RX
NEW B330
NEW B330-S

Logos for Bridgestone Golf, BOOM IT!, and Bridgestone Golf are visible at the bottom.

[If you know your swing speed click here to take the Bridgestone ball challenge](#)

PLAYING IN ADVERSE CONDITIONS

Throughout 2008 we have seen extreme weather conditions at the golf club. The key to playing well in these conditions is preparation.

From an equipment point of view the best advice I can give you is to provide yourself with the best chance of having your equipment in the condition it would be in if you had normal conditions.

At all times your grips need to be in good condition and clean. If you play once a week your grips should be cleaned once a month and replaced with new ones every twelve months.

To keep your grips dry while playing in the rain you will need a good plastic cover to go over your bag completely and at least two towels, one for your clubs and one for your hands and body.

If you do get some water inside the golf bag it is important that it is removed as soon as possible. Check to see that there are sufficient vent holes in the bottom of your bag; if not then a few drill holes around the outside will help.



If you wear a glove it is important that you carry at least two whether you are playing in the rain or in the heat.

You should remove the glove after every shot and place it in the spreaders of your umbrella during the rain and on the handle of your buggy in the heat and alternate between the two gloves regularly. During the rain place the towel for your hands in the spreaders of your umbrella as well. This way they will stay dry even if you place the umbrella on the ground.

From your bodies point of view the heat can take its toll. A study that was completed by the Queensland Academy of Sport has indicated that a female can require up to 850 ml per hour and a male up to 1200 ml per hour of fluid intake to maintain hydration during a round of golf. This is significantly more than most people think and if you have enjoyed a few drinks the evening before you could well be starting the round in an already dehydrated state.

A little and often is the key when drinking large amounts of water.

If you keep records of your rounds and see a pattern of poor play during the last few holes of your round then you should look to your fuel (food) and fluid intakes they could well be the source of your problem and not your golf swing.

[Click here to have your clubs re-gripped by us before your next game](#)

Working 7 days a week in the Proshop I'm lucky to see majority members throughout the day before you hit off and on completion of your round, we like to know how your round went so we ask the question on how did you play, one of the most common statements I and the staff hear is, it was a long way round today! Or I feel tired now!

**Do you get tired or fatigued by the 15th hole?
Do you finish your round with a sore back?**



Data and statistics today tell us that over 50% of golfers fall in to either of the above categories. Well here's your opportunity to see if the cause is your buggy. At Performance Golf we want to look after your health and well being so we would like to offer you the below opportunity at no obligation



[Click here to trial FREE the SL350 MGI electric buggy - Yes FREE trial !](#)

Don't forget our Incredible Greg Norman shirt package - Just 2 shirts for \$79.95

These shirts are selling fast

[CLICK HERE TO ENQUIRE](#)



