

Kuilsrivier Golf Club

24 MAY 2024 - YOUR KUILSRIVIER GOLF CLUB TEAM...

BRINGING YOUR CLUB CLOSER...



2024 Regional Champion of Champions Winners 🏆

Congratulations! Claire & Rohan...

LADIES

C Division:

Winner - Sally Perrot (Clovelly) 37 pts

Runner up - Claire Vosloo (Kuilsriver) 35 pts

3rd - Stacey Clemen (Atlantic Beach) 33 pts



MEN

B Division:

Winner - Ebrahiem Daniels (Rondebosch) 79 c/i (absent)

Runner up - Rohan Conradie (Kuilsriver) 79 c/o

3rd - Greg Daly (Clovelly) 83 c/i





GHOLFDAG VIR MC FOURIE



7 JUNIE

@Kuilsrivier

R3500 / 4 Bal

**Karretjies kan addisioneel bespreek word by Takkies*

**Natgate beskikbaar*


BESPREKINGS: 082 579 7419

Kuilsrivier Golf Club 

GOLF DAYS & EVENTS 021-903 0222

Forthcoming Club Events 2024 & Competitions MAY 2024:

- **Saturday 25th May - Standard Bank International Pairs**
- **Wednesday 29th May – 4 BBB Bogey +**
- **Saturday 29th June – 4 BBB BOGEY+**
- **Saturday 20th July – Captain Vs President Golf Day**
- **Monday 26th August to Wednesday 28th August Am Field – Hollow Tining**
- **Saturday 21st September – Joos van Zyl Testimonial Golf Day**
- **Tuesday 5th November – Club 55 Classic**
- **Wednesday 6th November – Silver Classic**
- **Saturday 9th November – Wine Route Classic**



DID YOU KNOW?

SAM SNEAD MADE 42 HOLES-IN-ONE, MAKING AT LEAST ONE WITH EVERY CLUB IN HIS BAG EXCEPT THE PUTTER AND ONE WITH A 3-IRON SWINGING LEFT-HANDED.

A vertical banner featuring a portrait of Sam Snead on the left and a black background with white and red text on the right. Sam Snead is wearing a white polo shirt and a straw hat with a colorful pattern. The text on the right is framed by two horizontal red lines.



Saturday 18 May 2024

4 BBB Mixed Stableford

AM

1. A. Humphreys / K. van der Linde	76 C/I
2. A. van Niekerk / P. Esterhuyse	76 C/O
3. F. de Vos / K. Kandasamy	76 C/O
4. L. Henn / G. Leak	76 C/O

PM

1. G. Albertus / A. Wagner	79
2. J. Grobbelaar / J.P. Matthysen	71
3. S. Cloete / G. Vermeulen	69

Nearest to the Pin

7th Hole – S. Pillay & 17th Hole – N. Arendse

Good Golf... M. Tiller 70 Gross off a 2 Handicap

Wednesday 22 May 2024

4 BBB Medal

1. M. Sinclair / R. Petersen	63 C/I
2. G. du Toit / V. Rambau	63 C/O

Nearest to the Pin

3rd Hole – Q. Brand & 13th Hole – N. September

Good Golf... L. Ogle an Eagle on Hole 14 & R. Vercuiel an Albatross on Hole 14

PLEASE NOTE: DUE TO THE LOSS OF GLASSES ON THE COURSE & SAFETY...

WE HAVE TAKEN THE DECISION TO ISSUE ALL DRINKS GOING OUT ON THE COURSE WITH PLASTIC DISPOSABLE GLASSES.

NOTE: NO MINORS UNDER THE AGE OF 16 ARE ALLOWED TO DRIVE GOLF CARTS.

NO SHOWS ON WEEKENDS WILL BE CHARGED TO MEMBERS ACCOUNTS...

AND THE MEMBERSHIP WILL BE BLOCKED UNTIL PAID.

Entering a score for a Foreign Round

A Foreign Round refers to a round played by a player on a golf course not listed on the Handicap System.

- Go to My Access -> My Players -> HCP Members;
 - In the page entitled HCP Member Listing, use the Player Profile filter to find profile (See: 3.7 How to use Player Profile filter). Once a player is found, click on the relevant player's name under the column entitled Name;
 - On the following page, click on Report Foreign Round in green appearing just above the table column headers;
 - Page opens entitled 'Report foreign result'. On this page:
 - Player: Defaults to the selected player above;
 - Handicap Index: Is the current player's Handicap Index;
 - Country: Type in a country name, the system will prompt you if that country has already been entered into the database. When the country name appears in a text box, then select the text box, then;
 - Club appears: Enter the club name, again the system will prompt you with a list of clubs of the same name already on the database. Select from the options who complete the club name in the text field if it is not on the list;
 - Time: Complete the date and time of the round, the former by clicking on the calendar icon and the latter from the drop-down menu options. If 'Exact Time' is selected then fill in the text field to the right the starting time of the round played;
 - Details: Insert the Par, Course Rating, Slope (Rating) and PCC value for the course and round played needs to be completed.
- Note: PCC (Playing Condition Calculation) is a calculated value, available on the day following the date the round was played. ;
- Adjusted Gross: Type in the adjusted gross of the round played;
- Click on Submit in green on the bottom right of the screen to submit score to the Handicap System.

When playing rounds overseas, you can follow the below steps when entering your overseas rounds. You'll have to enter the scores using the 'Foreign Round' function instead of the 'Standard' function.

Here are the steps to entering a 'foreign round',

- Login to your HNA profile,
- Select the 'Open Round' option,
- On the following page, just below the heading, there's a toggle switch with two options: 'Standard' and 'Foreign Round', select the Foreign round option.
- Please make sure to get all the needed information from the club you are playing at in order to submit the round as the course is not loaded on the HNA system,
 - Country: Type in a country name, and the system will prompt you if that country has already been entered into the database. When the country name appears in a text box, then select the text box,
 - Club: Enter the club name, again the system will prompt you with a list of clubs of the same name already on the database. Select from the options who complete the club name in the text field if it is not on the list;
 - Time: Complete the date and time of the round.
 - Details: These details you'll need to get from the club you played at. Insert the Par, Course Rating (CR), Slope Rating (SLOPE) and Playing Conditions Calculation (PCC) value for the course and round played needs to be completed. Note: PCC (Playing Condition Calculation) is a calculated value, available on the day following the date the round was played. ;
 - Adjusted Gross: Type in the adjusted gross of the round played;
- Click on Submit.

Receive a further **10%** off your order on presentation of your

Kuilsrivier Golf Club 

Membership Card at any of the following stores:

Canal Walk | N1 City Mall | Zevenwacht Mall





Are you tired of your back feeling strained and stiff after a round of golf? Don't worry! We've got you covered with some tips straight from the playbook of our resident physiotherapist.

Pro Rehab's guide: 5 ways to avoid back pain on the course.

Golf is a game of muscle memory, and its repetitive motions can lead to inflammation, strains, and other injuries of the muscles and discs of the spine, throwing you off your game.

Here are some tips to prevent any flare ups while on the course.

1. **Warm-Up and stretch:** Before you even think about teeing off, take some time to warm up your muscles. Warming up prior to playing helps prime the body for physical activity; allowing better blood flow to your muscles and loosening of your joints. –if needed to, book a quick stretching session at the practice to get you warmed up and ready.
2. **Strengthen your core:** Core strength is huge for spine health. The muscles around the abdomen and back help support the spine, and having a strong core reduces the risk of injury as you swing and bend. Get a golf specific core workout from us now.
3. **Listen to Your Body:** If your back starts sending distress signals mid-game, don't ignore them! Take a break, stretch it out, or even consider switching to a lighter club. Your body will thank you later.
4. **Post-Game TLC:** The game might be over, but the care for your back continues. Cool down effectively with a gentle post-game stretch or sports massage. Your back will appreciate the extra love!
5. **See the physio if your back hurts:** This seems like common sense, but people often hesitate to report back pain because they're worried, we'll say, "No more golf." But we want our members to enjoy the sports they love and remain active, not sedentary. As with most health conditions, early intervention can help you to manage back pain faster and reduce the risk of serious injury. Most golf-related back pain can be treated effectively. We take a preventative approach that will help you to recover and potentially avoid future back pain issues.



Remember, golf is all about enjoying the game and the great outdoors. By following these tips, you can keep back pain at bay and focus on sinking that perfect putt. Happy swinging!



SERVICES:

Golf specific fitness and training rehab

Injury rehab

Chronic pain

Sports massage

BOOK NOW:

078 193 9153

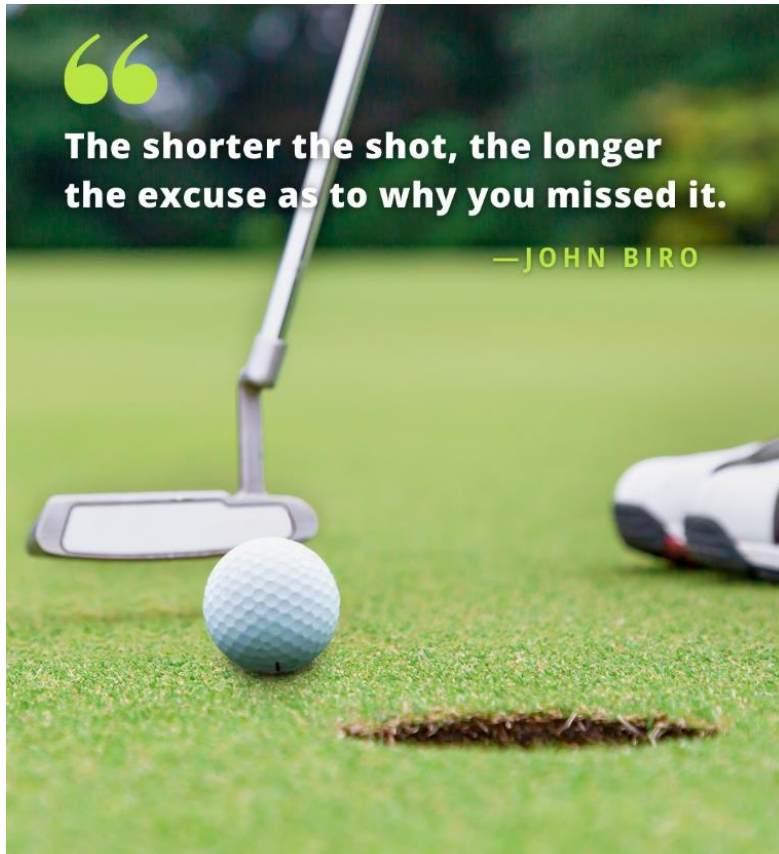
www.prorehabphysio.com

Just joking... The Farmer...

A golfer sliced a ball into a field of chickens, striking one of the hens and killing it instantly. He was understandably upset and sought out the farmer. "I'm sorry," he said, "my terrible tee-shot hit one of your hens and killed it. Can I replace the hen?"

"I don't know about that," replied the farmer, mulling it over. "How many eggs a day do you lay?"

And finally...



**Please Remember to Fill YOUR Divots
& Repair YOUR Pitch Marks!**

ALWAYS CARRY A SANDBAG / BOTTLE & MAKE SURE IT IS REGULARLY FILLED UP.

Yours in Golf!

The KRGC Team



021-903 0222 info@krgc.co.za



CMASA

CLUB MANAGEMENT ASSOCIATION
OF SOUTHERN AFRICA

Kuilsrivier Golf Club 