

# *Kuilsrivier Golf Club*

**6 DECEMBER 2024 - YOUR KUILSRIVIER GOLF CLUB TEAM...**

**BRINGING YOUR CLUB CLOSER...**

Congratulations! Kyle Abbott who holed out in one on the 13th Hole, in yesterday's Wednesday Pm Competition Field... 4th Dec'24.

[#golf](#) [#holeinone](#) [#ace](#)



# Kuilsrivier Golf Club



R 600 Payable 1 January 2025 and there-after 11 monthly instalments based on the category you qualify for

Type	Monthly Payment Option	Once-off Payment Option
Full Member	R 390.00	R 4 600.00
Limited Member	R 330.00	R 3 400.00
Intermediate Member <i>(under 36 years)</i>	R 275.00	R 2 850.00
Initial Member <i>(under 27 years)</i>	R 165.00	R 1 650.00
Scholar Member <i>(under 19 years)</i>		R 600.00



Contact Number  
021 903 0222

Contact Email  
info@krgc.co.za

Website  
www.kuilsrivergolfclub.com

**Note: All Members received a complimentary four ball in their birthday month to use Monday to Friday...**

**Members who are over 65 with 10 years membership will pay R4300 for Full Membership.**

## Strong Grip vs Weak Grip in Golf (What are They & Which is Better?)

In golf, the positioning of the hands is known as a strong grip, a weak grip, or a neutral grip. Understanding how the strong and weak grips impact your ability to square the clubface is crucial.

### **Strong Grip vs Weak Grip (What's The Difference)**

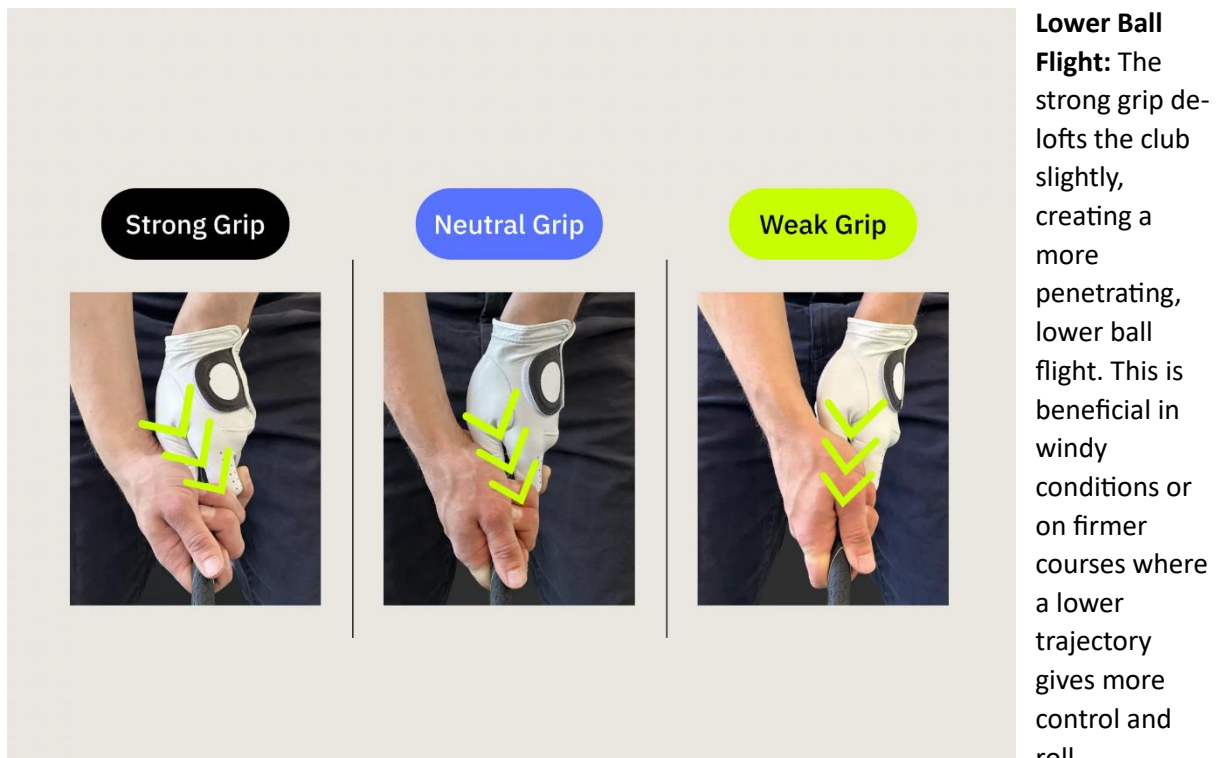
**Strong Grip = More Closed Clubface:** A strong grip typically encourages a closed clubface at impact due to the lead hand pronating (rotating inward), which can promote a draw or hook.

**Weak Grip = More Opened Clubface:** A weak grip encourages an open clubface at impact due to the lead hand supinating (rotating outward), which promotes a fade or slice tendency.

### Benefits of a Strong Golf Grip

The strong golf grip has some benefits, making it the most popular choice among amateur players:

**Promotes a Draw or Reduce a Slice:** The closed clubface at impact helps promote a draw, making it a good choice for players who struggle with slicing. Most golfers slice because the clubface is left open at impact, but the strong grip makes it difficult to leave the clubface open.



**Enhances Power:** with the strong grip activating the hands and arms just a bit more, many players feel as though they can go after the ball with full power and a little extra speed.

### Negatives of a Strong Grip

If the strong grip was perfect, everyone would have it.

Here are a few negatives to look out for:

**Too much draw:** sick of hitting a draw on every golf swing; check to make sure it's not the grip. Players with a strong grip may face challenges with over-hooking or struggles on shots requiring added loft, like delicate pitch shots.

**Too much right hand:** at some point, your right hand can get too active in the swing; I would watch out for this, especially in the short game

Increased tension: the way the strong grip wraps that right hand around the club can promote increased tension for some players.

#### Benefits of a Weak Golf Grip

The main benefit of a weak grip is the ability to hit a fade; when approaching a green with the pin on the right side, weaken the grip and hit it toward the middle.

**Higher, softer fades:** the high and soft fade is such a helpful shot; the ball lands on the green and stays where you need it. The weak grip often helps golfers have a slightly more open face at impact, creating these softer fade-type shots.

Great feel around the greens: for a variety of short game shots, you want to improve overall feel; the weaker grip allows for a better feel for a variety of reasons; if you often skull shots or have too much strength in the grip, weakening it could help.

Less grip pressure: the tendency to grip the club to death is greatly reduced with a weaker golf grip.

**Better timing and tempo:** although the weak grip can feel a little less powerful at times, it can help you feel a smoother transition from backswing to downswing and improve the overall tempo of the swing.

#### Negatives of a Weak Grip

The weak grip can put you at a disadvantage if you need help with power in your golf swing.

**Could make a slice worse:** If you weaken the grip too much, it could result in a slice; as I've mentioned, make sure the changes to your grip are subtle.

**Lower clubhead speed:** a golfer with a weaker grip will sometimes have a slower swing speed than



those with a higher swing speed since they try to give themselves time to close the club face.

Play around with the different grips this next few, week's and see how it influences your ball flight. You'll be surprised with how much the golf grip influences your golf shots!

See you next week

Dwayne Basson



# Launching soon



Counting down to 10:00 on 06/12/2024

# SCHOOL JUNKIE



**SA's top online destination connecting buyers and sellers for all new and pre-loved school essentials.**

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- ⇒ Explore a variety of new and used school and other supplies as per categories above.
- ⇒ Create an account and upload all your unwanted and unused items, including golf clothing and equipment.
- ⇒ Your items to sell will be available for purchase once we go live!
- ⇒ Turn your items into cash, reduce waste and support a greener planet.
- ⇒ School Junkie is your go-to marketplace for affordable and sustainable cost-effective solutions!

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**A true South African initiative!**



## Forthcoming Club Events 2024 & Competitions



### DECEMBER 2024:

- Saturday 7<sup>th</sup> December – 4 BBB Medal
- Wednesday 11<sup>th</sup> December – 4 BBB Stableford
- Saturday 14<sup>th</sup> December – Single Stableford
- Wednesday 18<sup>th</sup> December – 2 Ball Combined Stableford
- Saturday 21<sup>st</sup> December – 4 BBB Bonus
- Saturday 28<sup>th</sup> December – Singles – MONTHLY MEDAL





**Saturday 26 October 2024**

**MONTHLY MEDAL**

**0-9**

<b>A Division</b>	<b>H/ Cap</b>	<b>Gross</b>	<b>Net</b>
<b>1. C. Ruiters</b>	<b>0</b>	<b>75</b>	<b>75 – 1<sup>ST</sup> Place</b>
2. S. Nortier	9	77	68 – 2 <sup>nd</sup> Place
3. A. Arendse	6	78	72 – 3 <sup>rd</sup> Place

**10-17**

<b>B Division</b>	<b>H/ Cap</b>	<b>Gross</b>	<b>Net</b>
<b>1. D. Solomons</b>	<b>10</b>	<b>80</b>	<b>70 – 1<sup>ST</sup> Place</b>
2. E. Appollis	15	85	70 – 2 <sup>nd</sup> Place
3. J. Ricketts	15	86	71 – 3 <sup>rd</sup> Place

**18 +**

<b>C Division</b>	<b>H/ Cap</b>	<b>Gross</b>	<b>Points</b>
<b>1. C. Isaaks</b>	<b>14</b>	<b>84</b>	<b>37 – 1<sup>ST</sup> Place</b>
2. H. Strydom	21	96	33 C/I – 2 <sup>nd</sup> Place
3. M. Counsell	20	95	33 C/O – 3 <sup>rd</sup> Place

**Nearest to the Pin**

3<sup>rd</sup> Hole – D. Solomons & 13<sup>th</sup> Hole – T. Blake

**Wednesday 27 November 2024**

**4 BBB Bonus Stableford**

**1. S. Meyer / D. Meyer 46**

**Nearest to the Pin**

7<sup>th</sup> Hole – S. Meyer

**Good Golf... K. Abbott – Hole in One 13<sup>th</sup> Hole.**

**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 NOT ALLOWED**

**TO DRIVE GOLF CARTS.**

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

**AND THE MEMBERSHIP WILL BE BLOCKED UNTIL PAID.**



**CLICK  
HERE TO  
REGISTER**

# SCHOLA SA CHARITY GOLF DAY

## MASTERS OF THE GREEN

**TEE OFF FOR A CAUSE:** Schola SA, a **PUBLIC BENEFIT ORGANIZATION** committed to empowering young people through sport, is hosting an exciting Charity Golf Day. This event aims to raise funds to support our programs that use sport to address the challenges faced by youth in underserved communities. Whether you're an avid golfer or just looking for a fun day out, this is your chance to make a difference. Your participation helps us provide mentorship, education, and opportunities for young individuals in various communities all over the Western Cape.



**Sunday**  
6 April, 2025



**First Tee Off**  
11:30am



**Post Match Dinner**  
Prize Giving & Dinner from  
5pm

### Kuilsriver Golf Club

44 Middelstraat, Kuilsriver, Cape Town, 7530

**Format**  
4BBB Alliance

**Price \$**  
R3200 Per 4 Ball

**Mystery Holes**  
**Great Prizes**  
R3200 Per 4 Ball

**How To Get Involved:** Register to Play | sponsor a hole, team or both | sponsor towards the event | make a donation



Schola SA



+27 73 157-1755



@ScholaSA2021



scholasportafrica



admin@scholasa.org

**TO REGISTER:** Request a registration form by emailing [admin@scholasa.org](mailto:admin@scholasa.org)



**On Site at KRGC... Our Resident Physio... Cindy de Villiers...**



**PRO REHAB  
PHYSIOTHERAPY**

## Let us improve your game!

Pro Rehab physiotherapy is a practice that effectively aims to manage pain while improving quality of health through rehab and exercise..

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### TYPES OF TREATMENT

- Golf specific fitness & rehab
  - Injury rehab
  - Chronic pain
  - Sports massage

**Contact us now**

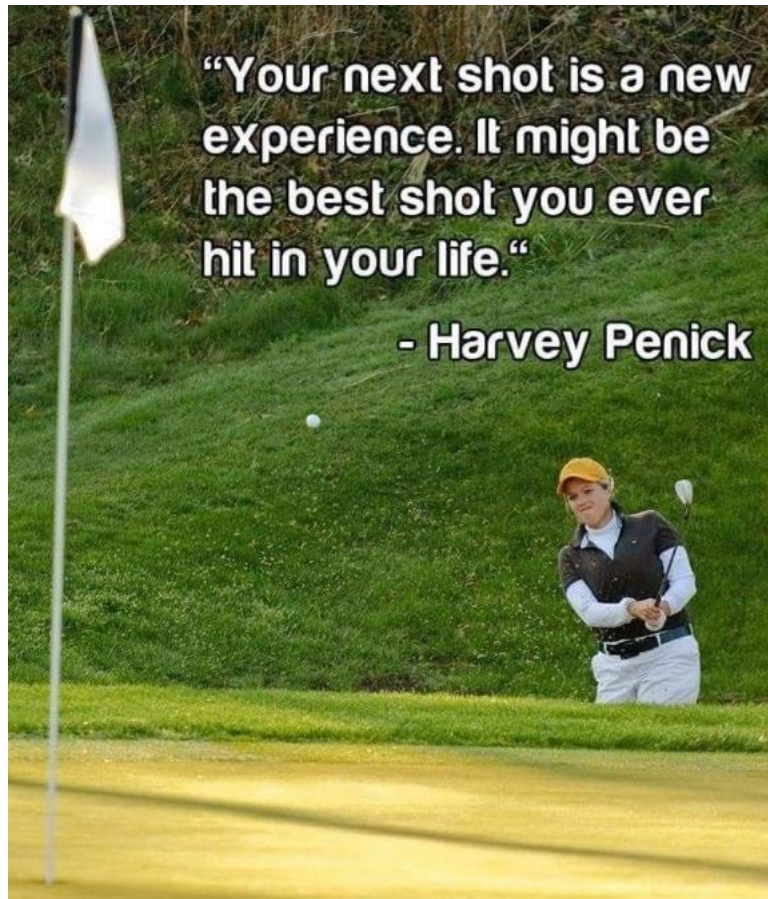
**078 193 9153** (whatsapp or call)

**[www.prorehabphysio.com](http://www.prorehabphysio.com)**  
(book online)

**Just joking...**

I'm not saying I'm bad at golf, but even my golf cart has a better drive than me! 🏌️ 🚗 😂

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](mailto:info@krgc.co.za)



*Kuilsrivier Golf Club* 