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golf club's in Wales*

Rob Dunbar's Winter Edition

www.rhylgolfclub.co.uk

Winter 2010-11



Polish Your Game

Welcome to my special Winter edition newsletter. Firstly, I'd like to thank you for your support this year. It's been a great season and some good golf has been played with some exceptional scoring in the Men's, Ladies, Seniors and Juniors competitions so, congratulations to all the winners throughout the year. For all those unlucky golfers, maybe it's time to put some good practice through the winter and now with the new indoor facilities, the weather should now not be an excuse. In this edition, I will be giving advice on how to improve your grip, your aim, stance and posture. I will also look to help you improve your game so that your handicap comes down next season as a result – challenge me to improve your game!

Great Winter Golf Deals (1)

£15 for 30 minutes or 5 lessons for 4: only £60
£25 for 60 minutes or 5 lessons for 4: only £100
Men's & Ladies Groups (4 per group): 5 x 1 hour
sessions only £35 per hour.

Rob's Promise: if you don't reduce your handicap by at least 1 shot within 3 months then you get a 15 minute lesson free!

Win a £400 Cart Bag & Trolley...

This Motorcaddy kit can be yours for only £2 per ticket or buy 3 for £5. To be drawn before Xmas.



Improve your game now by calling Rob on 01745-353171

G.A.S.P: The Key to a Solid, Strong Game!



G – GRIP...

Strong grip (hands too far to the right), shots will normally curve to the left, as will a closed club face. Weak grip (hands too far to the left), shots will normally curve to the right, as will an open club face. Neutral grip (2 or 3 knuckles on left hand, 1 knuckle on the right hand are visible). Gives a better chance of keeping the clubface square and release the hands better.

A – AIM...

The clubface pointing straight down the target line, making sure the body lines all parallel to the target line – feet, knees, hips and shoulders, making it easier to hit shots straight down towards the point you are aiming for.



S – STANCE...

Weight distribution needs to be even. There should be no tilting of the body and the shoulders should be in line with the knees. Distribution needs to be evenly balanced from head to toe.

P – POSTURE...

Head clear, with the spine angle tilted but straight and a slight flex in the knees to stop any tension with arms hanging vertically from shoulders with a gap between hands/legs.

Sunshine Indoors...

I am happy to confirm that the new Indoor Training Facility will be available later this month. This room will become a much more comfortable place to coach, practice and have your lessons. Camera's are also being fitted to allow me to give more focused swing analysis using the V1 System. I aim to offer you both indoor and outdoor coaching – so no more weather worries! If you want to be one of the first to benefit and get a great deal (and money off) then call me now!

Great Winter Golf Deals (2)



Thinking about Christmas? Wondering what to get? Well, I am giving you 15% off all golf shoes, golf bags, waterproofs and clubs. For example:

- Cobra stand bag: was £95, now just £80!**
- FootJoy – DryJoys: was £99, now just £85!**
- Cleveland wedges: was £80, now just £65!**

Check out many more offers in the Pro-shop plus Gift Vouchers available too – a great present!

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