

**YES! WE'RE
BACK**



sabena
Golf Group
Newsletter

2024 SNGG SEASON STARTED MARCH 29th



Royal Hainaut
Golf Club



Captain's Prize

A Message FROM THE PRESIDENT



Royal Hainaut 29 April 2024

I welcomed the 29 players of our first 2024 season competition. Initially 32 were enlisted but some had to cancel the days before and Yves succeeded to rearrange the starter's list in accordance. 3 ladies-10 men in the 1st category-16 in the second.

Jean-Luc mentioned that since the last 4 years the first competition was always attended by approximately the same high number of players. He also noted that it was in 2018 when we last came to Royal Hainaut.

The sandy "old" course was in good condition when talking about the fairways, but the greens had suffered a bit, fast but not really top, the worst part were the tee boxes which have never been displaced during winter meaning no grass at all and very difficult to find a flat part. Nevertheless all enjoyed the course very much.

The weather ? Unimaginable...rain the days before and next day but not one drop on Friday, thanks to Jean-Jacques and Lieve caressing Buddha's belly. Or was it the choice of date by the committee that played a lucky part? Anyway we were bloody lucky.

Jean-Luc introduced our new members – Marco Rueff playing his first round with us and Noël Van Balberghe (couldn't attend that morning) both former Sabena Captains. He also welcomed Timothy Vispoel (Lorraine's husband) playing also for the first time with us and the tradition is continuing as you will read in the results.

The scores were low but then the course is not easy, not very long but technical and good precision is required. The highest score was 34 from "recent" mother Lorraine.

Our sponsor was Yves Paelinck, also starter with JJ Simons, many thanks to them, surely after the calculation of the puzzling given strokes on the score card.

I mentioned that I'm (slowly) writing the history of our nearly 50 year old group. I also found somewhere in dusty boxes pictures from many years ago. They need to be digitalised and then published in the gallery of our SNGG site.

We forgot to mention that our member's list, apart from 3 new members- has seen 6 players leaving SNGG for different reasons and also that 10 persons in our group haven't paid their annual fee yet.

Next meeting is at Keerbergen on Wednesday 17th of April sponsored by Denise Coquiart and the list is almost full.

A stylized line drawing of a hand holding a pen, representing the signature of Patrick Swaelens.

Patrick Swaelens







Dear members

At every competition, the starters are preparing your scorecards
and are waiting to hand it to you.

May I ask you to pick it up as soon as possible when you arrive at the golf club.

You will give the starter time to warmup at the practice.

Thank you all



JJ Simons





WARM-UP YOUR GOLF GAME!

More golf stretches for the wrists

Stretch your wrists downward too:

- Hold your right arm in front of you with your palm facing down.
- Keep your elbow straight and gently pull your wrist down with your left hand. You'll feel the stretch in your right forearm and wrist.
- Repeat the stretch on the opposite side.



Golf stretches for the wrists

Now stretch your wrists upward:

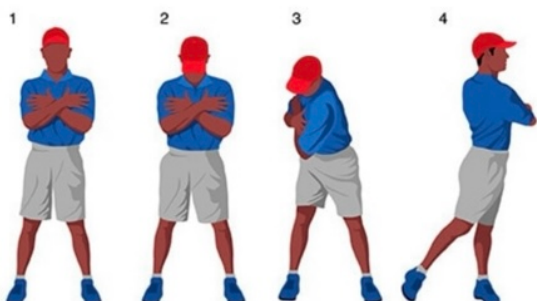
- Hold your right arm in front of you with your palm facing down.
- Keep your elbow straight and gently pull your wrist up by grabbing the top of your fingers with your left hand.
- Repeat the stretch on the opposite side.



Golf stretches for the core muscles

Finally, stretch the core muscles:

- Stand with your feet shoulder-width apart, and fold your arms across your chest, as shown in image 1.
- Bend your knees and lean forward slightly, as shown in image 2.
- Rotate your trunk in your backswing motion, as shown in image 3.
- Continue from the top of your backswing position to your follow-through, as shown in image 4.
- At home, you may want to try this stretch in front of a mirror to check the different positions of your swing.



Golf stretches for the shoulders

Next stretch your shoulders:

- Stand with your feet shoulder-width apart as though you're getting ready to hit the golf ball. Hold your left elbow with your right hand, as shown in image 1.
- Keeping your left thumb pointed up, bend your left wrist toward your left thumb.
- Rotate your trunk to the right.
- Pull on your left elbow until you feel a stretch in your back, as shown in image 2.
- To stretch your trailing shoulder — the right shoulder — grab your right elbow with your left hand. Then rotate your trunk to the left, as shown in image 3.

