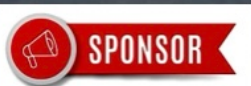
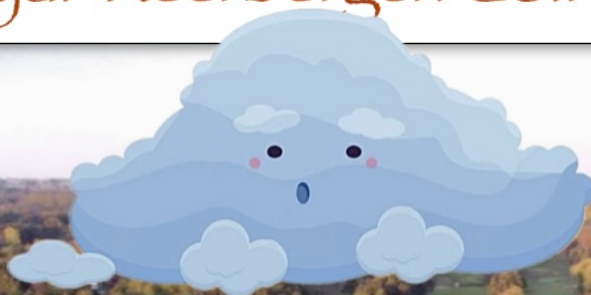
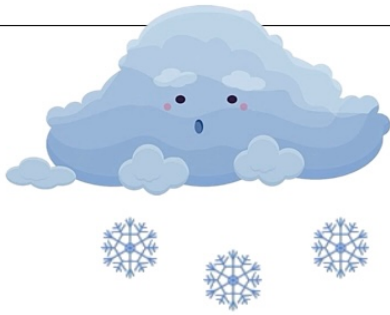




# *Newsletter*

Royal Keerbergen Golf Club





*The President's Pen...*



We can't be lucky all the time isn't it?

After so many years at Keerbergen in good or excellent weather this time we saw three seasons in a few hours' time: hail showers, some rain, a few thunderclaps and sunny periods but quite cold around 9°C. Many pictures were taken of the "white" greens (see our site Gallery). The hail didn't melt immediately, it stayed for several minutes on the greens and putting was as one can imagine a lot different if not impossible. The ice crystals must have been super undercooled as they remained a few minutes sticking at the golf balls before melting.

The greenkeeper wanted to close the course in the morning but the secretary didn't agree, maybe because two groups had reserved ??? In fact the second one (journalists), supposed to play after us, cancelled seeing the condition of the course. We surely understand and agree with them as many water puddles were present everywhere on nearly every fairway and also some greens. Also every player passes along the tee boxes on its way to the fairway and so creating large mud patches!!!!!! It would have been wise to cancel our competition but our Captain Yves pointed out that the results were very good in the Men I category!!! Nevertheless most of us suffered a lot due to the weather and course condition.

Our usual sponsor was Denise offering nice bottles of wine with also the traditional starters cakes to every player. From next year on, she is passing on her sponsorship to the Simons couple. She also thanked the secretary with a box of belgian pralines (what else !)

A week before the meeting 38 players (fantastic) were enlisted, but a few days before cancelations arrived regularly every day so Yves had to adapt the starters list many times. Finally 22 courageous players faced off against the though predicted weather conditions and April whims.

I presented the new polo that we can order for SNGG. It was more to show its quality than the Navy Blue color which seems to be too dark for most of us so we will most probably choose Royal blue (slightly lighter) with dark blue or white embroidery. The price will be 30€ and no minimum quota is required. All details will follow later.

Jean-Luc presented Mr. Dardenne who is applying at SNGG and Noël Van Balberghe (ex Sabena Captain) who played his first competition as invited. Marco Rueff, playing now as a full member, confirmed the tradition by getting a prize.

One last anecdote now: most of us will remember the famous "Pitchers" pub in Zaventem village where we spent hours after our flights or duty. Well its former manager Ewald is now in charge of the bar and restaurant at Keerbergen. He recognized many of us and brought a nice souvenir that he showed on the prize table: a Sabena banner of 1964.

See you all at Rigenée on the 23rd of May with tee-off times from 12.20 till 13.30.



This is what we expected



This is what we got !!!



And finally, at the end of the day !



## Ladies



32

## Men 1



35

34



32



30



## Men 2



29



25





# WARM-UP YOUR GOLF GAME!



## Warmup golf stretches

Before you start your golf stretches, you may want to warm up with 5 to 10 minutes of light activity, such as walking around the practice tee. If you have time, finish the full series of golf stretches found here. Hold each stretch for about 30 seconds.

Doing a single stretch one time is helpful. Do one set of golf stretches every day and another set before and after each round of golf.

Remember: Keep stretching gentle. Don't bounce. If you feel pain, you've stretched too far.



## Golf stretches for the back

Next, stretch the back muscles:

- Stand with your feet apart, facing the back of a chair or bench.
- Grasp the back of the bench with your hands, as shown in image 1.
- Hold on to the bench and keep your spine straight. Move your body down and away from your hands until you feel a stretch near both armpits, as shown in image 2.



## Golf stretches for the quadriceps

Start off your golf stretches by first stretching the quadriceps. Quadriceps are the muscles in the front of the thighs. Start with this stretch:

- Stand with your back to a chair or bench and cross your arms over your chest. Place your left foot on the bench, as shown in image 1. You can use a chair or bench with a lower seat than the one shown here.
- Keep your left knee even with or behind your right knee. Tighten the left buttock muscles. You'll feel a stretch in the front of your left thigh.
- To mimic your backswing, rotate your shoulders and torso to the right and bend your left shoulder and trunk slightly toward the ground, as shown in image 2.
- Repeat the stretch on the opposite side.



## Golf stretches for the hamstrings

Now move on to the hamstrings. Hamstrings are the muscles in the back of the thighs. To do this stretch:

- Hold your golf club behind your shoulders. Stand next to a step, low table or bench. Put your right foot on the bench and bend your right knee slightly, as shown in image 1.
- Bend your upper body forward at your hips. Keep your spine straight until you feel a comfortable stretch in the back of your right thigh.
- Hold this stretch while rotating your back and shoulders to the left and to the right, as shown in image 2.
- Repeat the stretch on the opposite side.

