



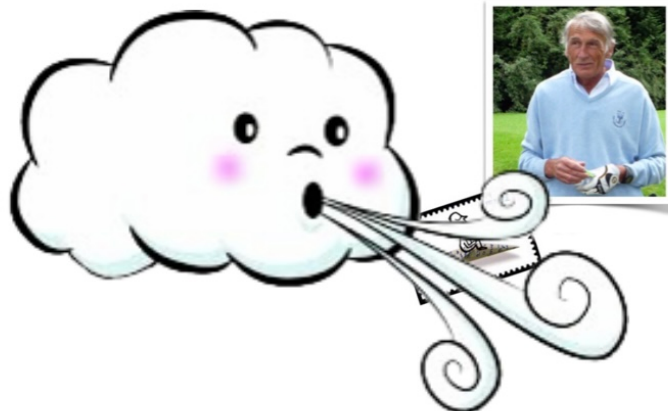
Newsletter



Royal Zoute Golf Club

The Swaelens 's family prize





Royal Le Zoute June 10th, 2024

What a day to remember... we shall never forget this one. The course was closed in the early morning due to heavy rain during the night and the decision would be taken by the manager Jos at 11.00 to open the course or keeping it closed. Luckily we are on sandy soil which can absorb and drain a lot of rain and even the water patches on some greens quickly disappeared too. Even the buggy's were allowed (lucky for me). But it wasn't over yet, the rain stopped, blown away by the very strong wind with gusts up to 90 km/h. I played with two of our biggest hitters, Jo & Yves and into the wind they couldn't get over 170m with a driver. On the other hand, with the wind in the back everyone had difficulties to choose the right club of course. It really was at the limit, golf carts falling over, difficulties to keep balance on the tees without staggering, especially on some elevated tees like the 10th.

Only 1 withdrawal in the morning and the 26 brave players have confronted the stormy conditions. We could or maybe should have stopped the competition but as Churchill said one day "...we shall never surrender". The scores ??? of course accordingly, except for Yves Danckers who had an incredible score of 35..waw.

Now we have to talk about another big issue, the rough !!! Very high and dense, extremely difficult to play in or let's say out and one needed iron wrists to have a bit of decent distance. Of course it means many lost balls (but also many found, for example Lorraine found 22 !!!!). And of course much time spent on searching for balls. For instance searching for one ball per team on each hole for 2 minutes (max 3 allowed) is an extra 36 minutes longer play.

I started my speech with a thought for Jean Croo, former Sabena Cpt B747. When Leopold Lippens flew to JFK he always asked Jean to fly him over & back. He was our starter for so many years and very liked by all. Today Jacques Drappier replaced him and I hope he will continue for the next coming years, many thanks Jacques and also for assisting in the organisation of the gambas dinner etc... He was of course as usual assisted by our eternal starter Cpt Yves.

The prizes were offered by the Swaelens family but unfortunately Alexander couldn't attend due to a very important meeting at his job. Also like previous years my dearest Jacqueline offered special Lady prizes and they were very appreciated.

During prize giving Jacques Drappier offered the "apéro" as his birthday was coming soon.

Then Yves Danckers, celebrating his anniversary today offered 4 bottles of wine at the 2 tables during dinner.

Many thanks my good friends, everybody appreciated your kind gesture.

We all appreciated the service with our traditional gambas or other dishes and honestly the service was excellent, fast and efficient, they deserved our tip. Also no unpaid bills and no problems at all. I just wish to add a personal note for the friends at the table, I was extremely tired that evening and so probably had some negative talks, sorry for that my friends.

I send a mail to Jos the manager to thank him for the day and opening the course for our competition. I also ask him to play next year a week or so later -after the 15th of June when the rough will be mown- this will ease out the game and avoid spending too much time searching for balls.

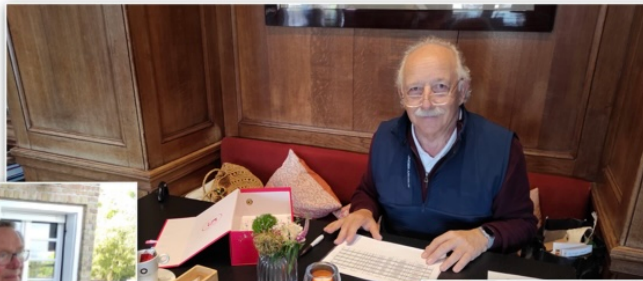
See you all at L'Empereur with a BBQ.



Patrick Swaelens









2. Hip circles with slider



CHRIS MCENIRY

Why: Excessive desk time and lack of consistent exercise can tighten up the hip muscles. This exercise increases hip mobility, which lessens the chance for injury and makes it easier to load into your right side on the backswing and unload into your left side on the downswing and follow-through.



1. Goblet squats



CHRIS MCENIRY

Why: When it comes to power, everything begins from the ground up — and, sorry, but power walking won't add the power you need. A strong base is mandatory for a yardage-gobbling golf swing, and this exercise adds serious leg strength. Thanks to the band, it also activates the gluteus medius to stabilize the knee and sacroiliac joint, which links your pelvis and lower spine.

3. Backswing trail leg loading with band



CHRIS MCENIRY

Why: Sometimes, exercises in the form of a golf swing are just what your swing and body need to wake up those golf muscles if you haven't swung a club in a few weeks. This one teaches your body (or just reminds it) how to load correctly in the backswing. It keeps you in your posture when you activate the upper half with the band, and it increases thoracic and lumbar stability in addition to external rotation.