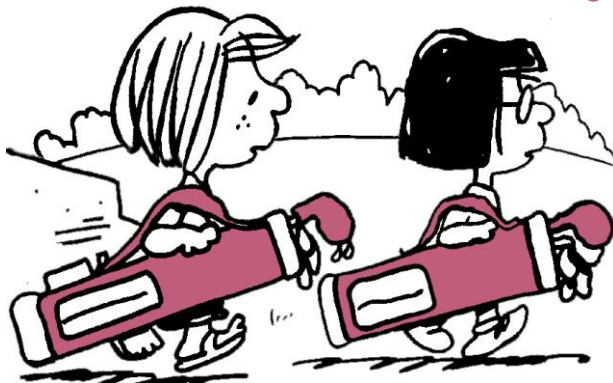


SOUTHERN CAPE WOMEN'S GOLF ASSOCIATION

Beginner's Programme

Ladies over 18 Get into the Swing of Now!



Ladies, would you like to play golf but don't know where to start?

Get into the Swing of it Now!

This is your chance to learn how to play this wonderful sport, the popular game of golf – quickly and easily with professional coaching!

Q: *So what is this all about?*

A: The Southern Cape Women's Golf Association (SCWGA) has developed a "Beginners' Programme" through a Western Cape Government, Department of Cultural Affairs and Sport Capacity Building Initiative. This programme allows ladies in the Southern Cape to benefit from professional golf instruction, at a very affordable cost, while learning to play this remarkable sport.

Q: *Who can take part in this programme?*

A: Ladies over the age of 18 years who live in the districts of all the golf clubs affiliated to the SCWGA. This area stretches from Still Bay to Plettenberg Bay along the Garden Route and includes the Central Karoo District Municipality towns of Beaufort West and Laingsburg.

Q: *What if I don't have any golf clubs or shoes?*

A: The coaches at our affiliated golf clubs have all been stocked with extra women's clubs for you to use while tennis shoes or 'takkies' will do fine while you are learning.

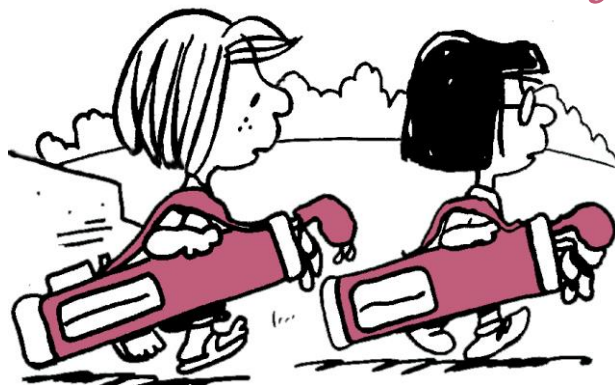
Q: *What happens if the golf club near my home doesn't have a coach?*

A: If there are five or more of you in a group, a special coach will be appointed to teach you.

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Q: *Where can I find more information?*

A: On our website, www.scwga.co.za click on the Beginners' Programme for registration information. **OR** contact us by e-mail with your contact details to president@scwga.co.za or register on-line.

Q: *How do the lessons work?*

A: Once we receive your completed registration form, you will be allocated to the coach nearest to you. The first course is made up of six lessons plus a complimentary seventh lesson.

You begin with an introductory lesson in either a group or a private session. After your first lesson you can decide whether you want to continue with the next five lessons. These lessons are done on a weekly basis, so your first basic programme will last for six weeks plus the complimentary seventh lesson.

Q: *Are these group or private lessons?*

A: The SCWGA recommends you start in a group if possible; it is much more fun to all try together and laugh together!

Q: *How are the lessons structured?*

A: **Lesson 1 – Range**

Teaching the basic set-ups, concentrating on your stance and posture, grip and club positions on the take away, the top of the back swing, the down and through swing up to the finishing position.

Lesson 2 – Short Game

The basic fundamentals of chipping, bump and run shots and introducing the pitching wedge to allow you to recognise the difference in the height of the shot.

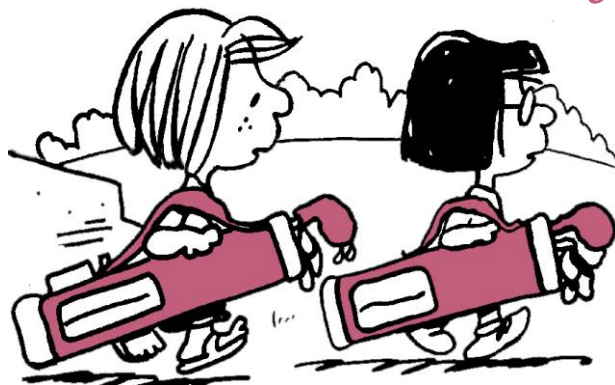
Lesson 3 – Range

Follow up on Lesson 1 – review of basic set- up and introducing aim and alignment.

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Lesson 4 – Bunker and Putting

Introduction to bunker play – set up, club position and the execution of the shot.

Introduction to putting – the four basic rules to be used.

Lesson 5 – Short Game and Pitching

Review of the chipping lesson.

Introduction to pitching – distances between 30m and 70m.

Lesson 6 – Range

Review of the last range lesson and introducing the driver.

Note:

The lessons may vary in sequence from coach to coach.

Q: *How much is this going to cost me?*

A: These first six lessons will cost just R300.00, thanks to the funding from the Western Cape Government, Department of Cultural Affairs and Sport Capacity Building Initiative. You pay R50 for your introductory lesson up front and then if you decide to continue, as we hope you will do, you pay R250 for the remaining five lessons at your second lesson. The SCWGA subsidises the coach's fee.

Q: *What happens at the seventh lesson?*

A: This lesson is a complimentary lesson where you will have a mini workshop on the Rules and Etiquette of golf and then a mini competition such as a putting contest within the group.

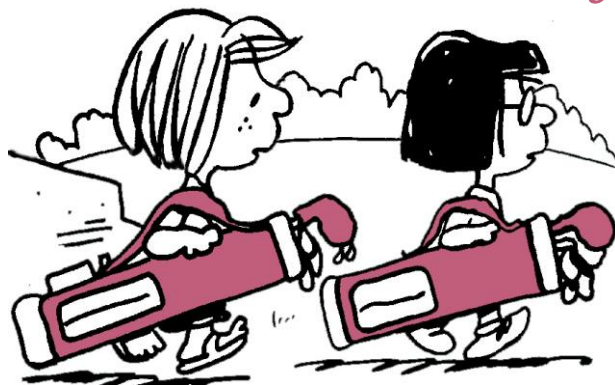
Q: *And after that?*

A: If you would like to carry on, you can then do the six intermediate lessons at the same low cost of the first six lessons.

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Q: *What can I do in return for this wonderful opportunity the SCWGA is giving me?*

A: Simply be committed! Be on time for your lessons, try not to cancel lessons unnecessarily, do your homework, but **most of all** enjoy the experience and tell your friends about it.

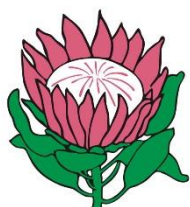
A beginner's tale

"When I started with the programme, I thought it would be easy peasy, as I have always had good ball sense. Then the instructions came! Keep your head down, rotate your hips, hinge your club, use your shoulders, shift your weight to the right foot for the backswing, and so on and so on. My ball sense and my body sense decided to part ways!

"While I concentrated on all the instructions and pointers, hitting the ball became a very hard task. I went to practice on the driving range and I am sure a lot of people winced and pretended not to see me wiggling, waggling, swinging, missing, etc.

"Now it is all coming together! I've started hitting the ball again! What a pleasure!!! Thank you to my coaches for not rolling their eyes where I can see them and the valuable lessons we are getting in this wonderful game! The coaches were absolute stars!

"Thank you too, for the Beginners' Programme. Without your initiative, I never would have had a chance to discover golf, glorious golf!"



SOUTHERN CAPE
WOMEN'S GOLF ASSOCIATION



Western Cape
Government

Cultural Affairs and Sport

BETTER TOGETHER.