



RNGC Club Life

End Of Year 2022 Issue



A Royal Nairobi Golf Club Publication



FOR THE BEST

Hospitality Experience

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Operating Hours

Main Reception:
7.00am – 10.00pm

Green fee, Range & competition fee Reception
Mon - Sun
(6.00am - 8.00pm)

Gym Reception:
Mon – Sat
(6.00am – 8.30pm)

Club house Terrace:
Mon – Sun
(6.30am – 10pm)

Club house Main bar:
Mon – Sun (10am-11pm)

Upper deck:
Mon Closed.

Tue, Wed & Fri
(3pm -11pm)

Thur & Sat
(12pm – 12am)

Sun
(12pm – 10pm)

Fine Dinning:
Mon & Sun - Closed.

Tue – Fri
(6.30am – 9pm)

Halfway Banda:
Mon Closed.

Tue – Sun
(7am – 4pm)

Royal Garden:
Mon – Sun
(9am – 10pm)

Pool:
Mon – Sun
(8am – 6pm)

Sauna
Tue & Thur
(7am – 8pm)
Sat (7am - 7pm)

Gym
Mon - Fri
(6.00am – 8.30pm)

Sat (7am - 7pm)
Public Holidays (8am - 4pm)

Sun - Closed.

Pro training (Range)
Tues, Wed & Thur
(6.00am - 6.00pm)

Fri & Sat
(10.00 am to 4.00 pm)

Sun (2.00 pm - 4.00 pm)

Range operating hrs
Mon - sun
(6.00am - 8.00pm)

Chairman's Statement



Dear Members,

Greetings. It is my pleasure to welcome you to the fourth edition of the Royal Nairobi Golf Club Newsletter this year. I'd like to specially acknowledge your unwavering support. This cannot be overlooked for it has immensely played a role in the success of the Club. Therefore, on behalf of the Board, I say thank you.

I'd also like to appreciate the Board of Directors, the Management, and the Committees for their tremendous effort in making sure the RNGC has retained its prestige. We can all agree that it has been a busy year so far, however, your teamwork, hard work as well as your dedication to all our projects, especially the renovation of the upper deck, has immensely paid off. I commend you all.

Allow me to recognize the following for the pivotal role they played in the renovation of the upper deck:

- 1.**Mr. Rupinder Babra-IPC** -The project was mooted during his tenure as the Chairman.
- 2.**Mr. Charles Kariuki** - Who was the Director in charge of the House. He spent hours discussing the design and getting the sponsors on board. His efforts increased the sponsorship budget from 3 Million to 7.5 Million.
- 3.**Mr. Jatinder Thethy** - The Club Vice Chairman, who has always offered architectural professional services pro bono.
4. Our Member **Waithera Kabiru**.
5. **Qs George Masese** - Director in charge of the project, who was literally present all through the construction works.
6. The Project Committee for their input.
7. KBL Technical team

8. The contractors

9. The Management and staff who were directly involved in the project.

10. Members of the Club for their patience and perseverance during the construction period.

I say a big thank you to KBL through their Managing Director, John Musunga, for approving this project. We look forward to partnering in phase two which is the Royal Gardens. I believe the completion of both projects will be a game changer in this prestigious Club.

The great poet, William Shakespeare, said, "One touch of nature makes the whole world kin". I'd like to acknowledge and appreciate everyone who made this statement manifest by taking part in the tree-planting event. Through a partnership between Equity Bank and Lions Clubs, 5000 seedlings were donated to the Royal Nairobi Golf Club as part of their foundation project to plant 35m trees in Kenya. The tree planting event was graced by representatives from the bank, led by Ms. Lillian Rowa, officials from the Lions Club District Office, represented by Ms. Wanjiru Kiri (District Officer in charge of the environment), and the project was facilitated by Royal Club member Mr. Joel Karubiu who is also from Lions Club of Nairobi South. Royal Nairobi Golf Club was represented by Captain Stanley Kirui, Green keeper John Odhiambo, Management and I. The Club committed to planting and taking care of these trees and working together with Lions Club and Equity to continue the tree planting project. Again, thank you all.

I am happy to report that we successfully held all the major annual club competitions during the year. I'd like to specifically congratulate James Kamenchu for winning this year's Men's Stroke Play Championship.

I would want to take this opportunity to thank everyone who participated in The Chairman's Prize 2022. I appreciate all of your steadfast support, and especially that of my fellow Board Members, The Club's Management, and our exceptional Members. I also want to thank all the sponsors who supported me. The event was a success, and I appreciate you all.

It has been an incredible joy to see our objectives accomplished over this period and an absolute honor to serve as your Chairman. I'd want to express my gratitude to everyone who cast a vote for me and to my family for their support during my term. I am delighted to extend a warm welcome to the incoming Board of Directors and assure them of my unwavering support and best wishes once elected. I urge every Member to give the new Board of Directors their fullest and most devoted support all through their tenure, just as you supported us. I also appeal to all Members to continue patronizing the Club by paying your subscriptions on time as this would help us improve our revenue collection. Let us hold fast to the pride of RNGC and be sure to retain and improve its status.

God bless you all. God bless Royal Nairobi Golf Club.

Bernard Mwaura
Chairman Royal Nairobi Golf Club



Message from the Captain

Honorable members,

Receive my warm wishes as I welcome you to this year's fourth publication of our newsletter. I am extremely privileged and honored to have served as the Captain of Royal Nairobi Golf Club this year, where I was the convener of the course and Golf committee; it has been a challenging but equally enriching experience. Allow me to express my heartfelt gratitude to you for the success we've experienced has surely been fueled by your support.

When I presented myself to you for consideration as the Captain, I had three objectives that I set out to achieve:

1. Course facilities upgrade and improved maintenance.
2. Accelerated Junior Academy growth and development.
3. Return RNGC golf competitiveness.

I believe that these objectives have been met to a large extent despite the limitations of the prevailing environment occasioned by the post-COVID-19 pandemic and 2022 being an electioneering year in Kenya. The rains also totally failed in this region, however we look forward to the rainy season that will improve our fairways.

Despite the post-COVID-19 impact, we managed to organize sponsored competitions in over 90% of Club nights and Saturdays in 2022. Some of these competitions were sponsored by corporates but mostly by honorable members of RNGC and their associates.

I wish to recognize the following sponsors for their generosity and support during the year:

RNGC Members Sponsorships: The BOD, Course & Golf Committee, Sokhi Family, RPL Committee, CIOs, Birthday Months (Jan, Feb, Mar, Jun, Jul, Aug, Sept, Oct), Iron Mongers, Doctors, Left-Handers, WANABIMA, Bankers @RNGC, Changes @Royal, RNGC Senior Golfers, Quantity Surveyors@Royal, Human Resource Professionals, OCS@Royal and The Kasuku Cup.

Corporate Sponsors: EABL, Shushu by Romika (all monthly mugs), EU Business School, Quintessence Taylors, Peach Cars, Maxam - Castle Light, Mercedes Centre, AIG, KNH, Kenya Pipeline Co, BF Suma, Polycarp Igathe, ICEA Lion, Fidu Properties Dubai, NCBA Bank, Safaricom, Agile Business Systems, Sunset Golfing Society, Magical Kenya Domestic Series, ECOBANK, Crown Paints, Corporate Masters, Geosurvey & Spatial Info and Head 2 Toe.

I would also like to thank our green keeper, John Odhi-ambo, and the course committee for facilitating and actioning this year's short and medium-term action plans. The below were achieved:

1. Topdressing of the fairways
2. Re-engineering of the greens, fairways, and tee boxes watering regimes.
3. Elimination of the ant hills menace where over 500 colonies were destroyed.
4. Planted 2,100 tree seedlings out of the 5,000 received. Thanks to KDF, Equity Bank and Lions Club of Langata South for the tree planting project.

The Captain's Prize 2022 was a memorable event, and I want to thank everyone who attended and participated. I'd like to express my deepest gratitude to the following sponsors for their generosity towards this event; JTL, Capital Markets Authority, GoldPark Homes, Liberty Life, Tourism Fund, Rubis, CS Betty Maina, Tysons, KUSCCO, Jibu Water, Riley Falcon, Agile Business Solutions, Ziara SEZ, CIC, NCBA Bank, Chrispine Mudhune, Sunil Palmar, Yash Goel and Imarisha Sacco., Crown Paints, Dawa Life Sciences, RentCo, Image Registrars, The Sameer Group, Sasini, EABL and Friends of the Captain. Thank you all.

For the remainder of this golf season, I remain committed together with the Board in improving our services to you and Royal Nairobi Golf Club. Finally, I'd like to take this chance to warmly invite the incoming Board of Directors and assure them of my full support once elected.

Thank you and God bless you. God bless Royal Nairobi Golf Club.

Stanley Kirui

Captain Royal Nairobi Golf Club



*Royal Fitness
Centre*



End Year
**INDOOR FLOOR
Challenge**
16th December 2022

Events

Warm - Up
Aerobics
Tae-bo
Zumba
Steps
Abs
More

Session

From 4.00 pm - 7.00 pm



JOIN NOW

MEMBERS FREE
MEMBER GUEST- 500/=



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**Once we accept our limits,
We go beyond them .**

Contact The Gym Through

Mail: gym@royalnairobicc.com | Call 0718 810 810



Message from the Hon Sec

Esteemed Members.

This is our fourth quarter newsletter publication this year.

I am happy to report on the membership office operations and activities for the year ending on 30th September 2022. We received and vetted seventy-one membership applicants (34 Full individual members, 4 Full family members, 8 Family Up-grade, 1 Fixed term and 24 Juniors). We also balloted a total of sixty-seven new members (44 Full individual members, 6 Full family members, 3 Fixed-term members, 9 Family Up-grade and 5 Junior conversions)

On a sad note, the following members passed on:

- 1.Vanmali Chauhan - 11.12.2021 (A/C 00121)
- 2.Grace Aswani Nginge - 11.12.2021 (A/C 1382)
- 3.Josphat Ngaruiya - 08.03.2022 (A/C 5861)
- 4.Samson V.D'Souza - 29.03.2022 (A/C 4190)
- 5.Richard Oyare - 06.06.2022 (A/C 5710)
- 6.Isaiah Kubai - (A/C 6165)
- 7.John B. Akara -(A/C 5357)
- 8.Evans Khasina - 03.08.2022 (A/C 4427)
- 9.H.E Hon. Charles Kimaiyo - 14.09.2022 (A/C 5911)

We continue to pray for their departed souls to rest in eternal peace.

During the same period, the following members resigned from membership of the Club:

- 1.Farsheed Alibhai - A/C 5645
- 2.Nadeem Alibhai - A/C 5644
- 3.Wangu Nashipai - A/C 351
- 4.George M. Maina - A/C 558
- 5.Rajiv S. Sokhi - A/C 6293
- 6.George Kuria - A/C 5191
- Argwings O. Koyoson - A/C 5904

Accordingly, as at the end of the reporting period, total membership of the Club stood at two thousand two hundred and forty six members.

Allow me to take this opportunity to remind ourselves that the rules and by-laws of the Club are for the benefit of every member. It is therefore in the interest of every member that the same be observed and adhered to with fidelity and as a matter of course. The same bind and apply to all members equally.

I also wish to request you to make use of the newly availed subscription notifications that contain a reminder to send an account query. A link that connects directly to the accounts office is supplied on the message in case you have any questions or feedback on the same.

Lastly, I wish to take this opportunity to thank you for giving me the opportunity to serve you as the Honorary Secretary during the year. It is always a privilege and honour to serve our Club. I am equally grateful for your continued support in discharging the functions of the office.

Please remember to attend the Annual General Meeting scheduled on the 7th December 2022.

My best wishes for the coming holiday season and new year.

God Bless us all. God Bless ROYAL NAIROBI GOLF CLUB

Honorary Secretary RNGC
Wauna Oluoch, L.O



Christine Mathenge - Vice Lady Captain
 Elizabeth Njau - Hon Secretary
 Norah Njeri - Hon Treasurer
 Cherotich Murgor - Committee Member
 Rachel Lofty - Committee Member
 Dr. Michelle Muhanda - Ex-Officio

I say a big thank you to everyone who attended and participated in the Lady Captain's Prize 2022. I'd like to express my heartfelt gratitude to AIG, CIC, AAR, Crown Paints, Melvin's, Peach Cars, KenGen, Multi-choice, Minet, KK Security, Samsung, L'Oreal, Farmer's Choice, Ongole Beef, Excel and Friends of Lady Captain for sponsoring this event.

On behalf of the Ladies Committee, I'd like to thank all the members for their continuous support. We look forward to serving you with the same dedication and enthusiasm for the remainder of the golf season. I take this chance to extend my warm invitation to the incoming Board of Directors. I wish you all the best and assure you of my commitment to supporting you. Let's keep making Royal Nairobi Golf Club the golf club to be in!

May God bless you all. May He bless Royal Nairobi Golf Club.

Message from the Lady Captain

Dear Members,

Greetings. My heart is full when I think about all that we have achieved so far!

We have held a total of 21 ladies' competitions so far and I am very grateful to both the corporates and individuals who have generously sponsored these events. Some of the major events that were on our calendar this quarter include; The Royal Ladies Open sponsored by Stanbic and the 36-hole Matchplay Championship, sponsored by Madison Group.

I congratulate all the ladies who have participated in all the tournaments we've had so far. I find motivation in your dedication to playing golf. I'd like to specially acknowledge Ashley Awuor for winning the Strokeplay Championship as well as the Matchplay Championship. Your excellence in the game of golf is inspiring! I warmly welcome and encourage all the new Lady Members to keep the fire burning and enjoy playing the game of golf.

As my tenure comes to an end, I'd like to acknowledge and express my sincerest gratitude to this year's Ladies Committee Members for their unwavering support:

Nancy Karimi

Lady Captain Royal Nairobi Golf Club



Thursday Club Nite



LEON MUTINDA Club Nite Winner 07.07.2022



WYCLIFFE OSOYO Club Nite Men Winner 07.07.2022



BEATRICE KAMAU Club Nite Lady Winner 07.07.2022



COLLINS TOO Club Nite Winner 22.07.2022



DANIEL KEMEI Club Nite Men Winner 22.07.2022



AGNES MUCHEMI Club Nite Lady Winner 22.07.2022



HABIL WASWANI Club Nite Winner 08.08.2022



BIKO AMUNGA Club Nite Men Winner 08.08.2022



SUSAN MAINA Club Nite Third 08.08.2022



CHEROTICH MURGOR Overall Winner 08.08.2022



SAMUEL NYAGAH Men Winner 08.08.2022



DIANA MBUBA Lady Winner 08.08.2022



SAMUEL NYAOKE Overall Winner 01.09.2022



WALTER MBATA Men Winner 01.09.2022



RODGERS MBITHI Men Runner Up 01.09.2022

Thursday Club Nite



JOHN WACHIRA Club Nite Winner 06.10.2022



PAMI SOKHI Club Nite Men Winner 06.10.2022



MARY KIBUGA Club Nite Lady Winner 06.10.2022



SAMMY KIHORO Club Nite Winner 13.10.2022



BERNARD MWAURA Club Nite Men Winner 13.10.2022



SOPHIE GITHUKU Club Nite Lady Winner 13.10.2022



GICHERU KIMANI Club Nite Winner 20.10.2022



EDWIN KINISU Club Nite Men Winner 20.10.2022



SARAH HDARE Lady Winner 20.10.2022



AUGUSTINE MONYO Overall Winner 03.11.2022



VINCENT KYAKA Men Winner 03.11.2022



CAROLINE OKEYO Lady Winner 03.11.2022



DENNIS KIRUI Overall Winner 23.11.2022



LAWRENCE ATONGA Men Winner 23.11.2022



NJERI ONYANGO Lady Winner 23.11.2022



Royal Junior Academy:

We honor the general membership of this Club who continue to encourage the children and offer to play with them when drawn together.

We set a handicapping target of 25 in 2022 from the previous year's achievement of 12. So far 16 juniors aged between 10 and 21 years have joined the ranks of RNGC golfers after receiving handicaps. We congratulate our new handicapped Juniors, Erica Rugo, for being the overall winner at the Thika Masters in October 2022. The players are keen to grow their skills and learn the rules.

This year, Two (2) 3-day formal clinics were held over the August school holidays. Such sessions are a key driver to identifying talent and growing the skill level of our players. In the month of July, we hosted a Safaricom-sponsored beginner's clinic in which 60 kids from three neighboring schools participated.

RNGC was one of the 4 test clubs to run an inaugural NDC junior league this year. The experiment was largely successful and it shall be refined next year. We also had a deliberate effort to include the juniors in the main club tournaments and KGU events this year.

Our juniors, Calvin Opati, Andrew Gathere, Mwathi Gicheru, Ryan Mutinda, Leon Mutinda, Kimani Gicheru, and Cherono Kipkorir made entry to the main League events. Valuable additions to the league team Bradley Malitt, Kevin Shi and Simaloi Mbeya, Wahora Gioko and the young Shuhan Peng are slated to feature much more in the Junior League. With amazing young players like Moha Mtsumi, Jayden Okeyo, Asiyo Girls Irene and Maria, the Royal game is in safe hands.

Averaging a tournament a month this was all made possible due to an amazing committee of dedicated members and parents, with great help from sponsorships that included Wanabima, Royal Doctors, HR Professionals, Aprils Babies, June Babies, Royal Left Handers and Safaricom. We are well funded for the start of the season due to this generosity.



ENG. Gicheru Kimani

Highlights



JOHN JUMA Captain's Prize Overall Winner 26.11.2022



JOO LEE Chairman's Prize Overall Winner 19.11.2022



HELLEN GATIRAMU Lady Captain's Prize Overall Winner 26.11.2022



Captains Prize Highlights



Chairman's Prize Highlights



Lady Captain's Prize Highlights



Captains Prize Highlights



Chairman's Prize Highlights



Lady Captain's Prize Highlights



AUGUSTINE MONYO Overall Winner 03.11.2022



Chairman's Prize Highlights



Lady Captain's Prize Highlights



DENNIS KIRUI Overall Winner 23.11.2022



Chairman's Prize Highlights



Lady Captain's Prize Highlights

Message from the General Manager

Honorable Members,



Welcome to our fourth publication of the Club Life. Our focus for the past few months has been to improve service delivery thus enhancement of Member's experience in the Club. Though this is work in progress, am glad to report that we have made some positive strides going by the feedback from members.

To enable us achieve this, we have undertaken various trainings over the period as highlighted below:

FEBRUARY 2022

- 1.Customer Care for back-office team - Finance & Administration courtesy of Kenyatta National Hospital.
- 2.Supervisory trainings on staff discipline and decision making
- 3.Staff feedback on customer care and infection prevention control courtesy of Kenyatta National Hospital.

April 2022

- 4.Kitchen staff training on SOP's refresher course
- 5.Turf and Green-keeping training - Environ green Kenya limited
- 6.Wine training for F&B team by Pernod Richard Ltd

MAY 2022

- 7.Supervisory training on staff discipline and decision making by Clientive Consulting Ltd
- 8.Retirement Benefits training - By Britam Insurance Co Ltd

JUNE 2022

- 9.Cocktail training for F&B team
- 10.Fire & Safety training - For RNGC Fire Marshalls
- 11.Strategic Revenue Management Post Covid-19 by Utalii College
- 12.The paradigm shift on Housekeeping and Laundry by Utalii College

AUGUST 2022

- 13.Performance Management Training by Achievers Clientive Consulting Ltd

SEPTEMBER 2022

- 14.Group dynamics and team work by Clientive Consulting Ltd
- 15.EABL New wine list training for F&B team
- 16.Team building

We also introduced staff games for bonding and team-building sessions. These incorporated all members of staff including the caddies. They were also joined by some Club Members which added the flavor in the whole objective of the games. The activities were garnished with motivational sessions by speakers from different field of expertise like health, personal financial management, investments etc

We have finals slated for the month of December 2022, among the games to be played are football, golf, volley ball, hand ball, scrabble and tug of war. Indeed, these trainings have been impactful resulting in a more motivated team and enhanced productivity level. As aforementioned, we shall remain consistent with the trainings both internal and external since this is the only way of ensuring improved service delivery to members.

On communication, I'd like to appreciate all the members who have joined our official Club WhatsApp group. This platform has eased our communication front, therefore, we wish to encourage members who have not joined the official WhatsApp to do so at the earliest.

Additionally, we recently introduced Mail chimp as an all in one marketing platform. This has improved our member interactions as well as enhanced our communication management. If you have any difficulty accessing any of our platforms, please do not hesitate to liaise with the communications office who will be more than willing to assist you.

In an effort to ensure the Club remain eco-friendly, management in consultation with the board has introduced glass bottled water to replace the plastic bottles. This will be done gradually thus we appeal for Member's cooperation on this.

As we all know, the Main directional club signage is our esteemed Club's first impression. We are working hard to ensure that the signage is perfectly placed. Our primary goal in installing it is to raise brand awareness and provide a pleasant experience for our valued members and guests in locating us. I am pleased to inform you that the project is nearly completed.

On additional sporting activities, I'd like to remind you that we recently renovated the squash courts and are ready for use. I encourage you all to make use of it.

Children are not left behind in our planning. As the board works on a permanent solution in as far as the kids place is concerned, we have prepared one of the rooms behind the gym reception to accommodate our kids. The room is thoughtfully decorated with the hope to give the kids a wonderful experience playing and engaging in fun activities. I encourage all our members to bring their children to the beautifully set-up room and trust that our well trained minder, will take good care of them.

Finally, I wish to thank members who have been paying their subscriptions on time and urge all to do so since this ensures smooth operation of the Club's activities and programs. Equally this ensures that no member gets posted and eventually struck off from the member's register.

On behalf of the management and staff, we thank you for the continued support and looking forward to more engagement with the Members.

Jacob Omondi
General Manager RNGC

Projects

Southern Dam

The Southern Dam was excavated and completed by China Roads and Bridge who excavated it for free and used the murram for their roadwork construction.

Special thanks to our new member Dennis Wu who handled the negotiations. Another Special thanks to Engineer James Kigutu (Civil Engineer) and Loise Makena (Geo-Spatial Engineer) of the committee for providing the survey and mapping drawings and designs.

We are currently in the design phase of the storm water channels that will supply storm water from No. 7 tee box to the aforementioned southern dam. Thank you again to the previously mentioned engineers, as well as our member Engineer Joshua Ichangi.

The channel along No. 11 fairway has already been completed in collaboration with the course committee, but additional leveling is being done to ensure the flow of storm water.



Caddy Masters Trolley Racks

These trolley racks were designed and built to make the caddy masters trolley area more organized and easier to locate trolleys



Upper-Deck:

We are pleased to inform you that the EABL-sponsored Upper Deck has been renovated under the supervision of the projects committee, which solicited bids and chose Prabhu Construction Company to complete the works. On August 17, 2022, it was officially launched.

We are also pleased to have fulfilled the members' request and completed the installation of restrooms on the Upper Deck, which are currently awaiting foul drainage connection to a bio digester.



Caddy Rest Area:

Thanks to the RNGC CSR funds drive, the caddy rest area modification is 85% complete; we are currently working on the septic tank and finishing touches.

Thank you to everyone who added to our wish list and helped us meet our goal. We'd also like to thank Mabati Rolling Mills for donating \$1.87 million in roofing materials, as well as Mukesh for donating 150 bags of cement. Past Chair David Gaitho has also promised to pave the area with concrete blocks once the construction is finished.



Pool Area Works:

The swimming pool area, the bandas and children's play area construction project has finally begun and is at the substructure level; the work is being done by Apollo construction. Thank you to committee member Architect Geoffrey Wasonga.



SWING SPEED EXPLAINED

By Pro Alfred Nandwa

Swing Align

HOW TO INCREASE YOUR SWING SPEED IN GOLF

Golf Set Up Driver Shot

Everyone likes to swing out of their shoes from time to time, it's human nature. But swinging as hard as you can isn't the path to increasing clubhead speed. How to increase golf swing speed has more to do with connection, tempo and timing than anything else. The trick is - you aren't trying to speed up your entire swing, just the part that matters - impact.

There are a number of common mistakes that may be preventing you from seeing an increase in your golf swing speed, and not all of them are obvious. Grip has a lot to do with club head speed, as does body position, and swing form. This article will cover all of these to teach you how to increase your swing speed.

GRIP & CLUB HEAD SPEED

A correct grip is essential to properly releasing the club through impact to produce speed. Fail to release, and you've failed to increase club head speed at the most vital point in the process. The natural place to start is with the top hand. You want to grip the club not in the palm of your top hand, but where your fingers and palm meet. This will provide the proper amount of grip pressure and control while allowing you to release the club, producing maximum golf swing speed without your hands inhibiting the proper motion.

Golf Grip

Having the club sit properly in your top hand gives you a lot more control over the head of the club. A good grip will allow you to release the club freely and squarely at impact to really squeeze as much clubhead speed out of your swing as possible.

BODY POSITION AND SWING SPEED

Golf Driver Set Up

A good set-up position and address is vital to learning how to increase club head speed. When setting up to hit your driver there are a few things you can do to ensure the right attack angle, which will prime you for maximizing your club head speed. The first is to get your chest behind the ball. The ball position for a driver will be forward in your stance. This creates space to give you more time to build up golf swing speed throughout your swing. The first step will help the second, which is to tilt your spine to angle your shoulders slightly upward at address. The spine tilt will help you to hit up on the ball at impact, deliver the club with the proper loft at impact and keep the club's attack angle from getting too steep which causes excess spin. This body position also provides a more secure foundation for your backswing, which will allow you to turn your shoulders under your chin to coil deep against the brace of your trail leg without swaying. Remember to turn both your shoulders and hips to create maximum rotation at the top of your swing for the highest possible club head speed at impact. Do your best not to let your head move with your hips during the backswing, this will shift your weight too far back and outside of your trail foot.

SWING FORM AND SPEED

The best way to increase golf swing speed is to maintain good form throughout, starting with a good set-up and progressing through to proper body rotation at the top, and a well connected transition and downswing. But how can you work on all aspects of your swing in one easy way?

SWING ALIGN AND SWING SPEED

The first step to any good golf swing, setting up properly at address, is one of particular importance when working on how to increase golf swing speed. Setting-up square to your intended target line with the proper amount of tilt in your shoulders is the bread and butter of the Swing Align device. Swing Align will help you see if you're in that great body position we talked about above that will maximize your golf swing speed. When using Swing Align you can easily stop at the top of your swing and check the position of the alignment rod. If the rod is perpendicular to your target line you have rotated properly. If the alignment rod is level or angled slightly down towards the ground at the top you have stayed on the proper swing plane.

When making a full swing with Swing Align your arms and body will stay connected teaching you to use your big muscles to create club head speed at impact! For more instruction on alignment, rotation and connection see the Swing Align Instruction Blog.

COMMON SWING SPEED QUESTIONS

The question of how to increase club head speed will inevitably lead you to a number of related questions. The more answers you can find on the topic, the better prepared you will be to face the realities of increasing golf swing speed. We'll attempt to debunk some of the more common questions here, and save you from the google search rabbit hole.





M E R R Y C H R I S T M A S

WE WISH YOU
the happiest
holidays