

Chairperson:

Joan Acutt
0721726527
joanacutt@gmail.com



Secretary
Mandy Coetzee
0733138055
mandy.coetzee@ymail.com

SWINGING INTO ACTION:

Dear Sages Members,

Welcome to the Second Edition of the SAGES FN Newsletter – 2026!

As the temperatures drop and the fairways take on a crisper feel, there's no better time to celebrate the game we love and the community that makes it so special. Whether you're bundling up for a brisk round or using the off-season to sharpen your short game, winter has a way of reminding us why golf is a year-round passion.

In this edition, we've packed in everything you need to stay connected, informed, and inspired through the cooler months — from tips to keep your swing in shape to news from around the club. So grab a warm cup of coffee, settle in, and enjoy!

Far North Management:

Far North Chairperson:	Joan Acutt 0721726527 joanacutt@gmail.com
Far North Secretary:	Mandy Coetzee 0733138055 mandy.coetzee@ymail.com
Drakensig Sages Chairperson and Treasurer :	Frik Coetzee 0828744080 frik.coetzee@webmail.co.za

Sages Membership:

Drakensig Club:	42 members. Club doing well and more applications expected as people come of age to join.
Phalaborwa Club:	3 members (all over 80 and inactive)
Tzaneen Club:	4 members. (1 member over 80 and inactive) The members are slotted in with the Drakensig members for now.



Love and Loss:

What a blessing to see Nigel Dott back on the Golf course after a year of struggling with cancer. Work on that body Nigel and get strong again to be competitive as you were a year ago.

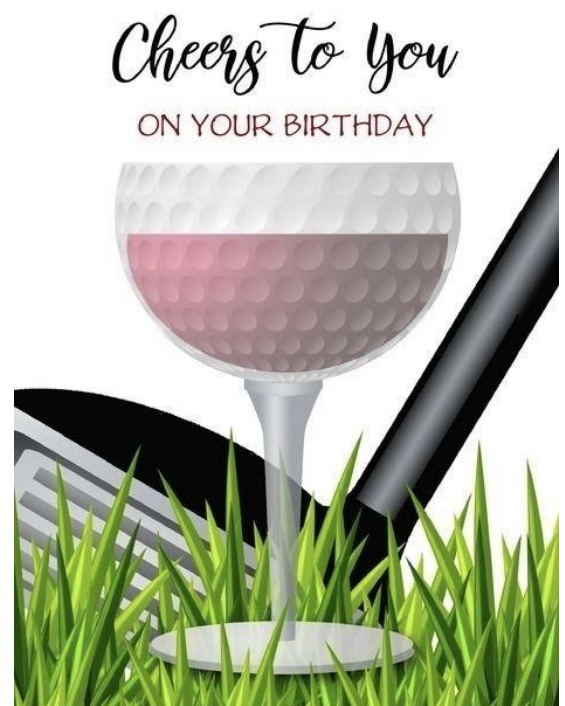
Wishing all who are ill or undergoing treatment a speedy and full recovery.



Birthdays April to Sept

We wish all who have had and will be having a birthday all the best and we hope that the coming year will be blessed with health and happiness.

Ray Dumbleton	20-05-1954	Drakensig
Louis Van Rooyen	21-05-1940	Tzaneen
Charles Summers	03-06-1954	Drakensig
Frik Coetzee	06-06-1959	Drakensig
Koos Kieck	09-06-1949	Drakensig
Deon Swart	10-06-1969	Drakensig
Spencer Morrison	19-06-1953	Drakensig
Mandy Rossouw	27-06-1962	Drakensig
Nigel Dott	02-07-1962	Drakensig
Gerrit Breytenbach	22-07-1964	Drakensig
Bill Pitman	26-08-1941	Phalaborwa
Karl Jaacks	05-09-1974	Drakensig
Pieter Strauss	20-09-1962	Drakensig

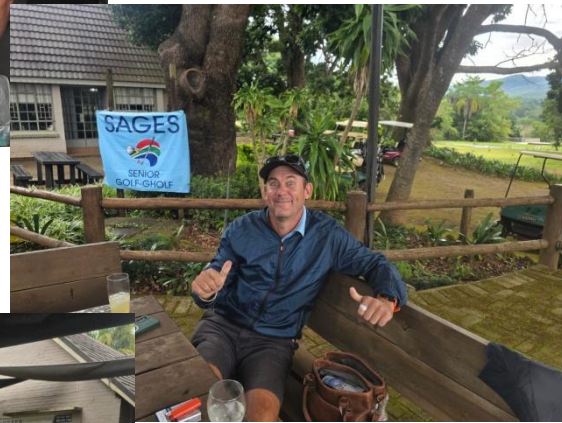


SAGES Club Competition Drakensig Golf Club 4 April 2026

SAGES DRAKENSIG COMPETITION RESULTS			
COMPETITION		DATE	
MEDAL / STABLEFORD		4/4/26	
TOP 10 OVERALL POSITIONS			
POSITION	NAME	SCORE	PRIZE
1 st	Joan	40	R250
2 nd	Jean Marc	40	R200
3 rd	Sarel	38	R150
4 th	Frik	37	R100
5 th	Simon	34	
6 th	Bertus	34	
7 th	Chris	33	
8 th	Wiebe	32	
9 th	Mark	32	
10 th	Anton	32	
NEAREST TO THE PIN			
HOLES	NAME		PRIZE
4 & 13	Bertus		R50
7 & 16	Simon		R50
TWO CLUBS			
HOLE	NAME		PRIZE
4	Deon		R20
7	Simon		R20
13	Bertus		R20
16	Joan		R20
16	Karl		R20
TOTAL			R100
MOST GOLF			
NAME			PRIZE
Gary (17)			R50
LUCKY DRAW			
NAME			PRIZE
Lourens			R50
TOTAL (Cash payout)		SIGNATURE	
R1000			

SAGES Regional Competition Tzaneen Golf Club 18/04/2026

REGIONAL COMPETITION		DATE	
IPS / MYSTERY PARTNERS		18/4/26	
TOP 10 OVERALL POSITIONS			
POSITION	NAME	SCORE	PRIZE
1 st	BERTUS	40	R200
2 nd	DAWIE	40	R150
3 rd	PAUL	36	R100
4 th	FRIK	35	
5 th	ANDREW	34	
6 th	LYNETTE	33	
7 th	CHRISTA	33	
8 th	MARK	32	
9 th	DEON	32	
10 th	TREVOR	31	
	BEST NETT		
	BERTUS	68	Trophy
NEAREST TO THE PIN			
HOLES	NAME		PRIZE
6	FRIK		R50
18	FRIK		R50
TWO CLUBS			
HOLE	NAME		PRIZE
18	FRIK		
TOTAL			R100
MYSTERY PARTNERS COMBINED IPS			
NAME			
	JOAN	70 POINTS	
	DAWIE		
			R200
NAME			PRIZE
WISKEY DRAW			
NAME			PRIZE
DEON STEYTLER			Wiskey
TOTAL	(Cash payout)		SIGNATURE
R850			



SAGES Club Competition Drakensig Golf Club 2/5/26

SAGES DRAKENSIG COMPETITION RESULTS			
COMPETITION		DATE	
STABLEFORD		2/5/26	
TOP 10 OVERALL POSITIONS			
POSITION	NAME	SCORE	PRIZE
1 st	Sarel	37	R200
2 nd	Rod	34	R150
3 rd	Mark	34	R100
4 th	Lynette	34	
5 th	Anton	34	
6 th	Chris	33	
7 th	Andrew	33	
8 th	Wiebe	32	
9 th	Dawie	32	
10 th	Gary	28	
NEAREST TO THE PIN			
HOLES	NAME		PRIZE
4 & 13	Piet		R50
7 & 16	Terry		R50
TWO CLUBS			
HOLE	NAME		PRIZE
13	Wiebe		
TOTAL			R100
MOST GOLF			
NAME			PRIZE
Joan (19)			R50
LUCKY DRAW			
NAME			PRIZE
Joan			R50
TOTAL (Cash payout)		SIGNATURE	
R750			

SAGES Regional Competition Tzaneen Golf Club 27/06/2026

SAGES TZANEEN COMPETITION RESULTS			
REGIONAL COMPETITION		DATE	
IPS		27/6/26	
TOP 10 OVERALL POSITIONS			
POSITION	NAME	SCORE	PRIZE
1 st	Gary	33	R150
2 nd	Mandy	32	R100
3 rd	Egbert	31	R50
4 th	Dawie	30	
5 th	Tika	29	
6 th	Lou	28	
7 th	Deon	28	
8 th	Frik	27	
9 th	Mark	27	
10 th	Paul	22	
	BEST NETT		
	Gary	75	Trophy
NEAREST TO THE PIN			
HOLES	NAME		PRIZE
6	Egbert		R50
18	Egbert		R50
HOLE	NAME		PRIZE
TOTAL			
NAME			
NAME			PRIZE
NAME			PRIZE
TOTAL (Cash payout)		SIGNATURE	
R400			

Triangular Competition:

The yearly Triangular (Far North/Waterberg/Jakaranda) competition was held at Euphoria Golf Estate on the 11th June 2026.

FN was represented by: Mark & Joan Accut, Gary Hampton, Tika Ralepele , Piet Scheepers and Rod Bloye.

Congratulations to Waterberg for winning the competition.

Upcoming Events.

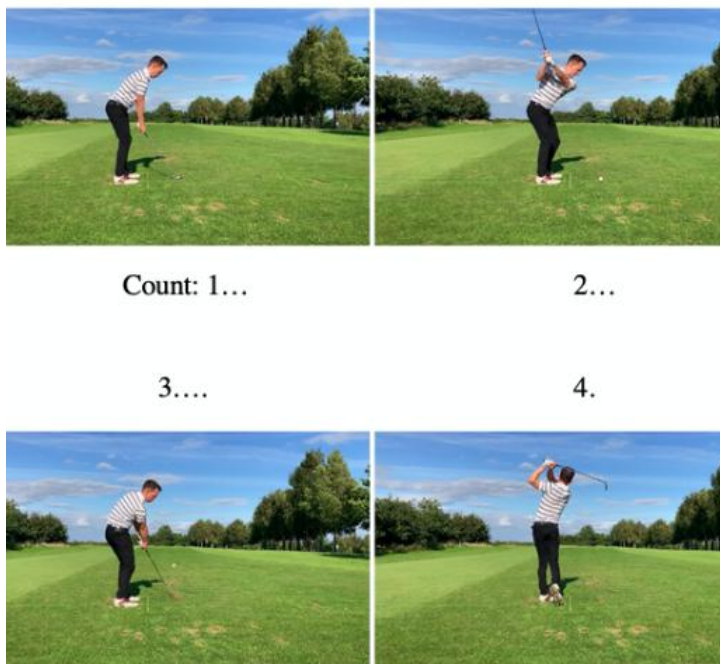
July	18	08H30	BB	Drakensig	Regional Competition
TBA	TBA	TBA	BB Team	South Rand Reading	Mini Nationals
August	8	08H00	IPS MEDAL	Drakensig	Sages Competition
August	15	08H30	IPS	Tzaneen	Regional Competition
September	TBA	TBA	TEAM	LYDENBURG	Inter Province Friendly
September	12	08H30	IPS MEDAL	Drakensig	Far North Regional Championships
October	24	09H00	4 Ball Alliance	Drakensig	Cansa Fund Raizer Open Day
October	31	08H00	IPS	Drakensig	Sages Competition
November	21	08H00	IPS	Drakensig	Sages Competition
December	12	08:00	IPS MEDAL	Drakensig	Sages Club Championships

Golfing tip of the Month:

Keeping your golf swing in shape requires a combination of consistent, deliberate practice, physical conditioning, and regular feedback to maintain muscle memory and tempo. Focus on the fundamentals—grip, stance, and posture—while incorporating drills that promote a stable axis and proper rotation to keep your swing efficient, balanced, and reliable.

Core Techniques for Maintaining Your Swing

- **Refine Your Fundamentals:** Regularly check your grip to ensure it's not too strong or weak, as this controls clubface angle. Maintain a balanced stance with shoulders, hips, and feet parallel to the target line.
- **Maintain a Stable Axis:** Focus on keeping your head relatively centred to create a repeatable motion. Good ball strikers maintain their spine tilt and keep their head stable throughout the backswing and into the downswing.
- **Prioritize Rotation over Lifting:** Ensure your backswing is a pivot, not just lifting the arms, which leads to better sequence and power
- **Tempo Count:** Use a rhythm count, such as "one" on the backswing and "two" on the downswing, to ensure smooth, consistent tempo.



Practice Habits for Consistency

- **Use Targeted Drills:** Rather than just hitting balls, use alignment sticks to guide your swing path and stance.
- **Get Immediate Feedback:** Use technology or video analysis to know instantly if your swing was good or bad, rather than guessing.

- **Focus on "Feels" vs. Positions:** Practice exaggerating a move, such as feeling the club head lag behind, to engrain a new movement pattern.
- **Rehearse Slow-Motion Swings:** Slow, controlled practice swings can be more effective for building muscle memory than full-speed swings.

Physical and Off-Course Maintenance

- **Maintain Flexibility and Strength:** Focus on exercises that strengthen your core, hips, and shoulders to support a stable posture and full rotation.
- **Practice Anywhere:** Keep a club at home to practice your grip and posture, or work on your hip turn in front of a mirror to keep your muscles tuned in.
- **Seek Professional Coaching:** Regular check-ins with a golf coach can stop bad habits from forming and keep your mechanics on track.

Joke of the Month:

