

Why use a Hammer when you need a Wrench?



I thought I might get your attention with that one. Please, please, please **invest some time and money into your equipment.** This does not necessarily mean go out and spend hundreds of dollars to update your equipment into the 21st century. This could be as **simple as taking some soap, water and a brush to the face of your golf clubs** and giving them a good cleaning. The **most neglected part of your equipment is by far the grips.** I am honestly amazed at what bad conditions I

will see for my student's grips on their clubs. When I am giving a lesson I am constantly pulling their clubs out of the bag mostly to check the shaft flex and length of clubs. That is when the moment of truth happens. I always love the response, "Oh, I have been meaning to get those looked at to see if I need new grips." This is as I am looking at the metal part of the shaft coming through the grip due to old age, death gripping the right thumb on the bottom of the grip and also the fact that most clubs are either stored in the trunk, the basement the garage or the shed. You know who you are! Let it be known, the golf pro police will be looking out for any abused and neglected golf clubs.

Ok, seriously now, taking some of the following tips to heart may improve your game quicker than the new "quick fix" golf swing you read about in Golf Digest last month. Here are just a few:

- **Bring your clubs to a golf professional** for evaluation. They will check the grips and see if you can use soap and water to revive them or if you do need new grips.
- Have you ever been **properly "fit" or sized for the correct size golf grips?** This can be immensely helpful. Let's say that you are slicing the ball to the right (for the right handed golfer). Let's say that your grips are larger than they should be for your length and width of your hands. This will result in you not being able to properly rotate the right arm through impact and result in an open clubface. You are working so feverishly to stop "casting the club" from the top and yet the answer could be as simple as using a smaller width grip.
- Senior players are actually more attuned to this phenomena as they often have arthritis and know to ask for "Arthritic" grips or larger grips. It feels better in their hands as they now can hold the club without causing too much pain their hands. The opposite can happen though. As I have seen, many older ladies and seniors get grips that are "too big", so their hands feel better but now can't rotate their hands through impact and do tend to block it or hit it to the right.
- **MOST IMPORTANT PART OF THIS WHOLE ARTICLE!!!!- READY!**
 - o The biggest fallacy in golf equipment world is that, "I need a stiffer shaft to straighten my ball out and hit it further."

- The shaft is the most important part of the golf club. It is the engine. To properly fit the shaft to the player, you must know the swing speed of the player. Other very important factors to properly fit the shaft are the carry distance, launch angle and backspin rate with driver and 7-iron. So many players buy clubs off the shelf without knowing what they are buying. My favorite one lately is “Hey pro, I got **a great deal** on EBAY or from Carl’s Golfland online- I got a 2,3,4,5 and 6 iron in X-Stiff shaft with a ladies grip bent at 3 degrees upright even though I am 5 foot 6 inches and 66 years old with arthritis.” (You get the idea)
- This leads to my next point- set make up is very, very important. Ideally, I would like to see this set makeup for most golfers over age 40 and with a 12 or higher handicap. Driver, 3 wood, 5 wood, 4 and 5 hybrid, 6, 7, 8, 9, Pitching, Gap and Sand wedge and putter. I left one open for you. Just because you are allowed 14 clubs doesn’t mean you have to use 14 clubs. In my toolbox at home, I do not own a welding torch- do you know why? BECAUSE I DON’T KNOW HOW TO USE A WELDING TORCH!!!
- I didn’t specify the loft of the driver or 3 wood as I would need to know the swing speed, launch angle, carry distance and backspin rate before I accurately recommended a driver make and model. I also did not specify the correct shaft until I know those particular criteria of the player.
- Last one (for today) - take a look at your wedges and if you don’t understand bounce and degrees come and see us. For today’s purpose you should have a Pitching wedge (48 degrees), Gap wedge (52 degrees) and a Sand wedge (56 degrees). That should be the minimum. Think about this. On a normal set of irons, 3-PW, there is never more than 4 degrees of loft difference from one club to another. The difference between PW and SW is 8 degrees and can be even more depending on the manufacturer. So, we get to Pitching wedge and expect ourselves to be able to somehow hit $\frac{1}{2}$ shots or $\frac{3}{4}$ swings to “control” the distance. Not a good plan, especially when the almost 50% of your shots will occur inside 120 yards. The wedge game or wedge system is certainly one of the most overlooked parts of the game for most amateur players. I promise, PGA TOUR players spend over $\frac{1}{2}$ their practice time with wedges and putters.
- Last, last one- get your putter fit to you. I would estimate that 80% of the people playing golf today are playing with a putter that is too long for them. I will leave it at that.

As with all articles, direct all comments, feedback or questions to sean@teamsilverado.com. To evaluate your equipment so we can improve your mental and physical skills, call me at (813) 388-0970 or email me.

Have Fun and Use the right tool!