

**Tips from the Golf Doctor**  
 of Halton Hills  
 by Terry Mikolaj

The grip is your connection, your feel. The grip provides an important function of unifying both left and right sides in the golf swing.

Placing the hands on the golf club correctly is important to developing that feel.

The top hand on the club is placed approximately half inch to one inch from the butt end of the club. This is done for two reasons. One, to help give more control to the golf club and two to prevent the wearing out of the glove that sits close to the butt end of the golf club.

You place the club so that it runs along a line from the base of the index finger to a "fatty pad" area approximately two inches up from the base of the "baby" finger. This pad sits on the centre drive of the golf club. Now, you wrap your fingers into the club and place the thumb down on or just to the right of that centre line (left for lefties).

The bottom hand may now be swung into position so that the club runs along the base of the fingers and that the "grove" in the middle of your bottom hand sits onto or just to the side of the thumb of the top hand. You will now have formed two V's. Both V's one on the left hand and one on the right hand will point to the middle of the face to as far around as maybe the right side of the face (left for lefties). The V's are formed by observing the line between the thumb and index finger of each hand.

The type of grip you may use is one of three. One is the overlap grip—where the baby finger of the bottom hand rides on top of the index finger of the top hand or two, an interlocking grip, where the baby finger of the bottom hand actually interlocks with the index finger of the top hand. Or, three, the ten finger grip where the thumbs are placed down the middle of the shaft and all fingers are placed on the golf club.

Sounds confusing! Sometimes it is. Read it carefully, because the placement of the hands on the golf club will enable both left and right side to work together, rather than oppose each other.

Remember the grip is our last contact—feel—before striking the golf ball. Place the hands correctly and you will be able to sense and see better ball control.

You have now aimed the club, placed the hands correctly on the golf club next week I will write about the third step in our preparation stage—stance and ball position.

Until next week—Enjoy!



Pat Near and Donna Cripps were on hand to receive the S.B. McLaughlin trophy as top Wednesday afternoon ladies curling team. Absent were Paula Stuckey and Marie Gillis.



The Bud's Hobby Cellar trophy went to the championship team in Ladies Wednesday night curling, second draw, Ruth Bell and Grace Lucas received the award. Nicole Campbell was absent.



Janet Marshall accepted the Ben Rachlin trophy on behalf of her championship team in ladies Wednesday afternoon second draw curling. Absent were Marion Smeaton and Pamela Durrell.



Mary Smith was presented with the Gord Dawe trophy for first draw ladies Wednesday night curling. Absent were mates Bev Appleyard, Sue Bultenham and Donna Varey.

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**'83 SCHEDULE**

Date	Opponents	Times	Date	Opponents	Times
Wed May 11	Tampa	8:00 pm	Sun July 24	Seattle	3:00 pm
Wed May 18	Chicago	8:00 pm	Tues Aug 16	New York	8:00 pm
Sun June 5	Vancouver	3:00 pm	Sun Aug 21	Montreal	3:00 pm
Wed June 8	Montreal	8:00 pm	Sun Aug 28	Team America	3:00 pm
Sun June 12	Chicago	3:00 pm	INTERNATIONAL GAMES		
Thur June 23	Fl. Lauderdale	8:00 pm	Date	Opponents	Times
Sun June 26	Golden Bay	3:00 pm	Tues May 31	Nottingham Forest	8:00 pm
Wed July 6	Tulsa	8:00 pm	Sun Aug 7	Benfica of Lisbon	8:00 pm
Wed July 13	Vancouver	8:00 pm	Wed Aug 10	Juventus of Italy	8:00 pm
Sun July 17	San Diego	3:00 pm			

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