

## Swinging Fore...

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### Posture - The Link Between Stance and Grip!

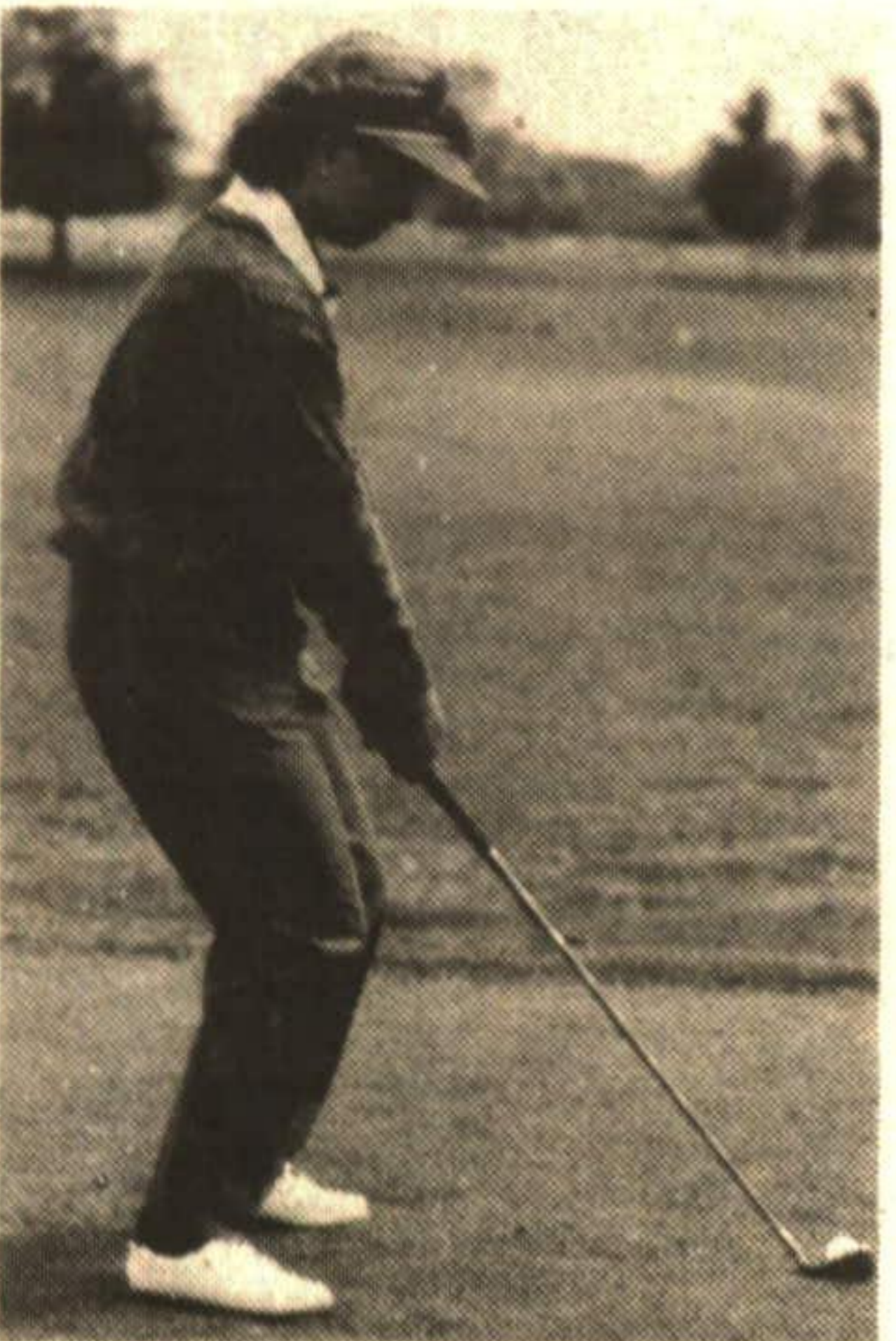
Grip and stance are two very important components of the starting position in golf - components that I've discussed in the past two weeks. Now it's time to discuss posture. A player's posture is the framework of your swing. It will affect extension, arc, the plane of your swing and most important of all...balance.

Demonstrated in the first photo, the proper posture has balance, is angular, has room to swing and is relaxed. The chin is up (thinking tall), the shoulders are down and relaxed, the bend is from the hips and the knees are slightly flexed. Notice that the body's weight should be evenly distributed between your heels and toes. Many times, I will suggest to students that they feel the ground with their feet!

Finally, pay close attention to your arms and hands. Are they suspended directly below your shoulders? You do not want your hands to be either inside or outside your shoulder line. The correct arm extension, "at address", is very important in hitting a "solid" ball.



Correct Stance



Incorrect Stance

The second photograph shows the most common misinterpretation of posture that I see all too often. The shoulders are high and the hands are outside the shoulder line. Beware golfers! You may be setting yourself in this posture to accommodate club that are not fitted to you. This is especially true when referring to length and lie.

Now is a good time to discover whether your clubs are fitted properly because posture as shown in the second photo will be the cause of numerous compensating movements throughout your swing.

As a reminder - your posture is your own link between your stance and grip. All three are important components of the starting position. You, like many other golfers, may fail to realize that faulty posture will greatly affect your ability to contact the ball solidly thus affecting the success of your entire swing.

Tip of the Day! When playing fairways that have been soaked with water... "think tall" and shorten up on the club so that you don't hit the ball fat!

For information on lessons call:



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Sizing up dairy cows is something this team does the best of all 4-H members in the province. Scott Bennett (left) and Ron Bird (right), coached by Bert Stewart (centre), are the Ontario champion dairy

cattle judges following a recent contest. The team brought Halton its second win in two years, beating out Lanark for the title.

## Halton 4-H team judged best

When judges judged the best judges, Ron Bird and Scott Bennet rose like cream to the top of the milk pail and earned the Ontario championship title in the 4-H dairy judging contest.

The event at Kempville, Ontario last week saw 39 teams from across the province eyeing up a variety of cattle breeds in nine judging classes. Halton team coach Bert Stewart said his team's score was 35 points higher than the tough Lanark County entry that took second.

This was the second consecutive year that Ron Bird of Georgetown took home the top team award as a Halton representative. As an individual, he was ranked fourth in overall points scored.

Scott Bennet of Burlington won four prizes including the best team effort and scored the second highest overall point total. He also earned the highest points in the Holstein judging and was second in the section of the event that calls for six sets of reasons for selecting the top cattle entry.

As one of the top four contestants, Scott won a trip to the World Dairy Expo at Madison,

Wisconsin, the first week of October. In this national judging competition, Canadians are not allowed to take home prizes but can compete for points. Stewart will go as his coach.

Ontario 4-H members are only entitled to one international trip in their club careers and as Ron Bird went last year, he'll sit this one out even though he was fourth in the province.



Miss Erin Fall Fair, Marie Adsett was selected as the 1991 CNE Ambassador of the Fairs, last week. Marie is the daughter of Bill and Trudy Adsett of Eramosa. As Ambassador of the Fairs, Marie will encourage interest in agriculture and will travel extensively across the province.

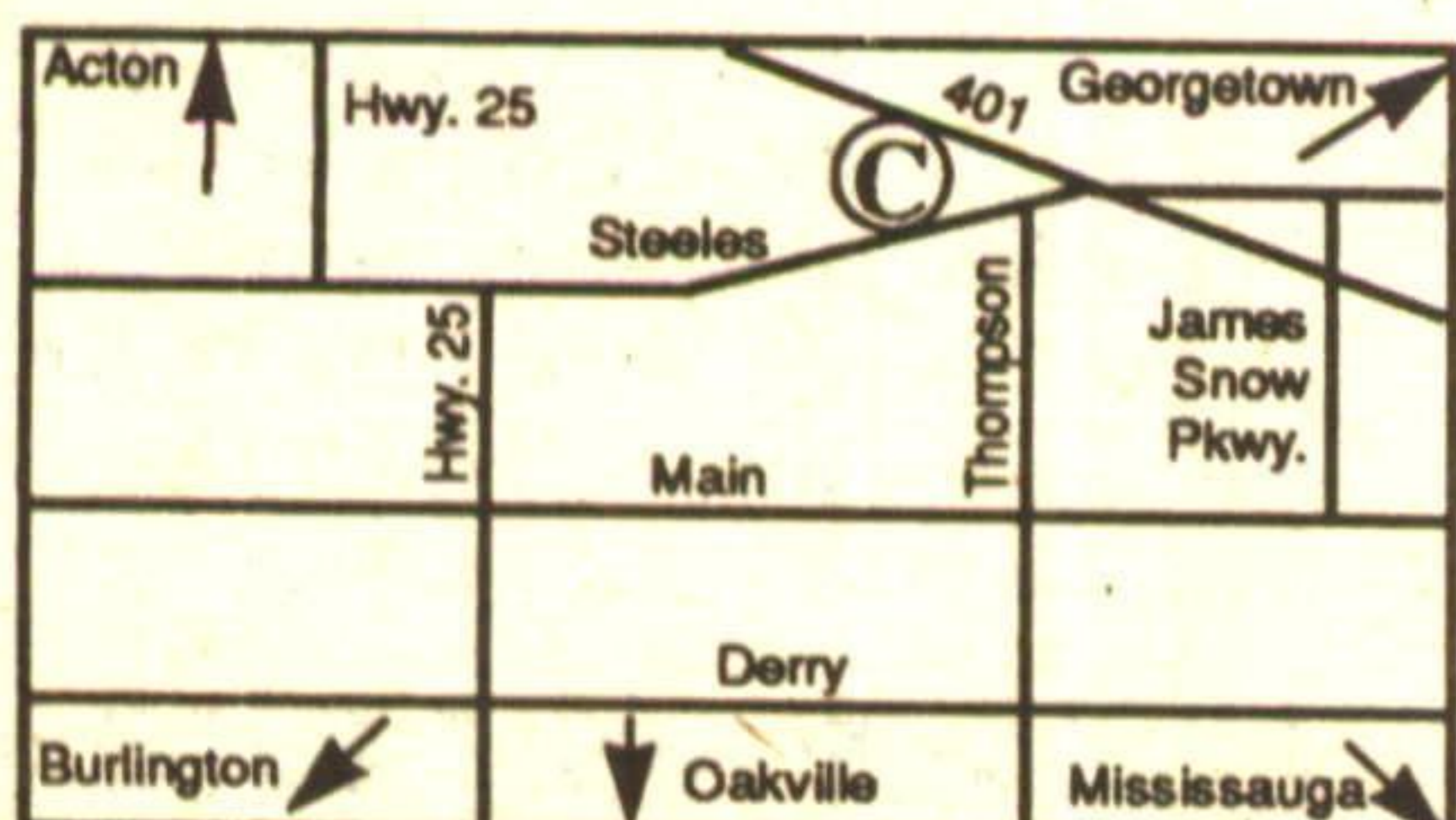
Photo by MIRIAM DAVIDSON

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### ONTARIO GOVERNMENT NOTICE the MINISTRY OF TRANSPORTATION

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**Driver & Vehicle License Issuing Office**  
to serve The Town of Acton  
on **Monday, August 19, 1991**  
at **8 Mill Street East**  
**Acton, Ontario, L7J 1G9**  
Tel: 1-519-853-4412

Hours of Operation as of August 19, 1991 are  
Monday to Friday 9 a.m. - 4:30 p.m.  
and as of September 14, 1991  
Monday to Friday 9 a.m. - 4:30 p.m.  
Saturday 9 a.m. - 12 noon



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