

Get a grip on state of your clubs

Last week I talked about fitting the golf clubs to the golfer and its importance in being able to make a repeatable swing.

Just as important is the state of your current set if you plan to get a few more years out of them. So when you drag them out of the garage or basement before that first round or practice session, there are a couple of things you should look at.

The first component you want to check with your equipment is the grips. Worn or slippery grips can cause you to over grip the club, causing tension in the forearms and shoulders.

This tension can cause an improper release of the golf club through impact, which results in very inconsistent contact and a loss of power. Washing your grips with a mild soap and water solution and then rinsing them thoroughly will bring back some of the tackiness to the grip.

If your grips are too far gone then there are a few questions to ask when you bring them to get re-gripped. First, make sure the salesperson fits the grip to your hand. An improper grip size can cause many different swing flaws. Too large of a grip and you won't be able to release the club properly and an undersized grip will cause over grip-

ping of the club.

Second, there are many styles of grips available to the consumer so ask some questions. There are oversized grips available for golfers with arthritis. There are cord grips for those people whose hands perspire and need some extra grip. There are also many different colours of grips for the style-conscious.



From the
Ground
Up



After checking the grips you should take a look at the golf club shaft for any signs of damage. A dent in a steel shaft or fraying in graphite shafts can mean a weak spot in that shaft and it could break and become a hazard to yourself or those playing with you. Last, you should check the clubhead for any nicks that may cause injury and also that the epoxy still forms a solid bond between clubhead and golf shaft.

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TEAM OF THE WEEK: The Halton Hills bantam Thunder won all six of its games to take home the gold medals from the Pro Oil Change House League Select Tournament in Barrie over the weekend, defeating the Ancaster Avalanche 5-2 in the final. One of the team's forwards, Aidan Southon, suffered a broken leg in the semifinal, but was in attendance to cheer his teammates on to victory just a couple of hours later in the championship game. Team members (front, from left) are: Michael Clark, Zach Guistini, Daniel Farrace, Johnny Nolan, Aidan Southon, Garret Ghesquiere, Luke Woodworth, James Hale. Back row: Coaches Zack Henderson, Dave Henderson, Pearse Doherty, Jake Kelly, Thomas Off, Jack Dool, Matthews Santana, trainer George Osborne, Cole Campbell, Logan Smith, Ryan Docker, James Marshall, coaches Nick Corrado, Jacob Gallant. *Photo by Alex Docker*

Jordan Dance nets nine-point night

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The 8-6 Monarchs finished third in the standings and will host the 3-11 Peterborough Timbermen Friday at 8 p.m. at the TRAC in the ALL quarterfinals.

The winner moves on to the ALL semifinals in Oshawa on Saturday, with the championship game set to follow on Sunday.

Oshawa Outlaws finished first overall at 10-4 and the Six Nations Snipers second at 9-5.



HALTON HILLS MINOR HOCKEY ASSOCIATION

REGISTRATION REMINDER

Registration is **OPEN** and the
Early Bird Deadline is
After registration fees are higher.

For more information and to register go to:
haltonhillsminorhockey.com and click on the Registration link.