MID-SUMMER GOLFING GUIDE • MID-SUMMER GOLFING GUIDE • MID-SUMMER GOLFING GUIDE

Pace your life, and your golf swing

Your ability to play well depends greatly on how you live your life just prior to teeing off.

For instance, don't drink coffee, drive fast, run late, argue with the boss or fight with a family member prior to teeing it up. These things put your nervous system on edge, especially if the importance of the round itself instills tension. They can lead to a tight grip, a short backswing or a jerky putting stroke.

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Finding the putter that's right should look at a putter that's not

Still wondering which putter is right for you? The array of imponderables can be dizzying. But in the end most experts offer this advice: Trust your gut.

Take, for example, Bobby Jones, who made his share of putts on his way to 13 major titles in eight years. Jones was happily wed to Calamity Jane, his putter for most of his career.

In his book Bobby Jones on Golf, he writes: "Nine times out of 10, a change from one type of putter to another will effect no lasting good. The new one may work better at first or on occasion, but consistency would be better served by sticking to the old one and making friends with it. The design makes little difference so long as the balance is good, the club is easily handled, and the face is true."

Those are still words to live by, but whereas in Jones' day there were only a handful of options, putters today come in more varieties than ever.

Tad Moore, who has designed putters for 30 years, says it's still a good policy to find one putter and stick with it, but the key is finding one that fits your stroke.

"I think if you have a stroke that hinges or swings around, you

face balanced because the additional toe weight will help you finish the stroke," says Moore.

"Whereas if the person is trying to make a stroke straight back and straight forward, they'll feel that toe weight so they would be better with something face balanced."

Loft plays a part in putting, too. In fact, Moore says loft adjustment is the single most common job he does for the putters of tour players. Loft is essentially the key to a good roll. To have a true roll on your putts, you want the ball

rolling on top of the grass, and loft gets it there. Too much loft and your ball will get airborne, land, and probably bounce off line; too little loft and you'll force the ball into the grass and it will rebound off line. Most putters today have three to four degrees of loft.

The type of greens you normally play is also a factor. Most pros agree that if you play on slower greens, you want to use a heavier putter that has more loft on it, and if you play on faster greens, you want a putter with less loft and a lighter weight.

Equipment-speak: a quick lesson to help

Here's a mini-glossary to help you with some equipment terms that may have you a bit confused:

Cambered Sole: Describes the curved sole of an iron. The curving is from leading edge to the back of the sole or from heel to toe.

Composite: Refers to clubheads and shafts composed of more than one nonmetallic material.

Flange: Term describing the protrusion of the back and/or sole of a clubhead, usually an iron or

Gooseneck: A putter in which the shaft is curved near the point where it joins the clubhead, giving the impression, when looking down the shaft, that it is joined elsewhere on the clubhead.

Lie Angle: The angle between clubshaft and the ground when the clubhead is seated properly at address. If your clubs are too flat or upright, you in effect take the optimum hitting area on the clubface out of play.

Perimeter Weighting: Process of distributing the weight around the periphery of a clubhead, rather than concentrating it toward the centre.



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