

THE TRIBUNE

Sports & Leisure

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Why do we do the things we do?

Most golf instruction articles talk about WHAT to do, this is going to be a little different.

This is about the WHY!

I believe that real learning and improvement needs more than the simple nuts and bolts of the golf swing, most of us could talk for hours of what to do and yet so often we find ourselves creeping back into those old bad habits.

Let's start with the grip, back in the old days everybody used what is now referred to as the "baseball" or "ten finger" grip.

Harry Vardon came on the scene and quickly realized that the natural curve to the shot was always to the left.

Harry studied many golfers and determined that one of the things that happened as the club came into the impact zone was the right hand rotated causing the blade of the club to square up.



On Par

Gary Betts

golf were right handed, and the fact was the right hand was too strong and actually caused the face of the club prior to impact to close, imparting spin on the ball which made it curve.

His solution was to take the baby finger of the right and overlap it with the index finger of the left hand.

He achieved the desired effect and reduced the power of the right hand. Simple solution, still working today.

Over time the golfers began to realize that they were too strong for the "ten finger" grip but seemed too weak for this new grip...the solution was to interlock the index of the left and the baby

The problem was that most people playing "right handed"

finger of the right hand.

This perfect compromise is still working today.

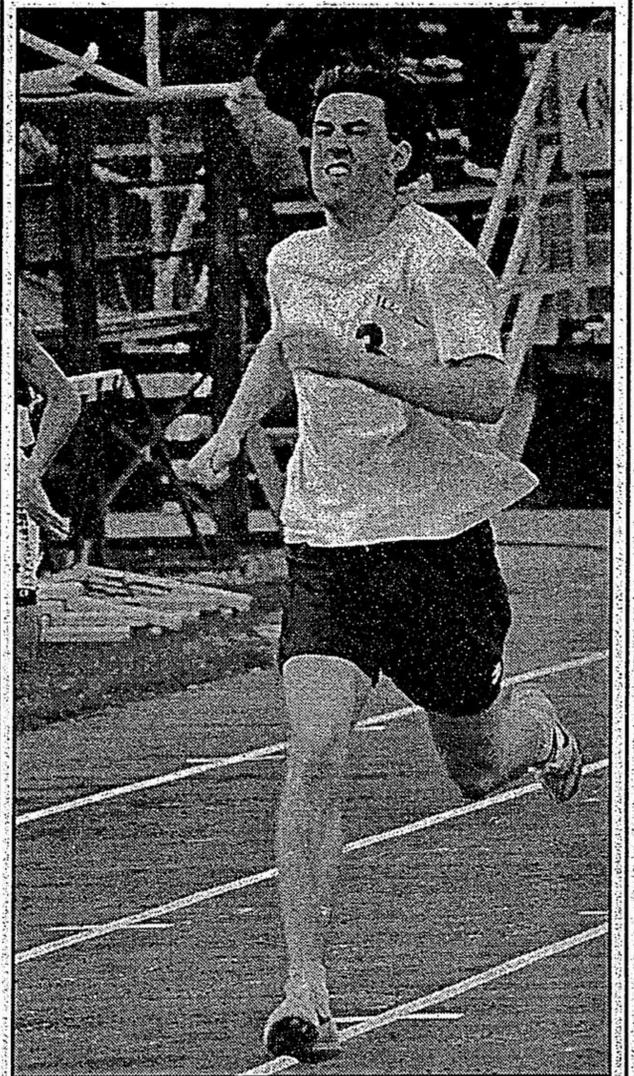
The application I want you to understand is that NO grip is perfect for everybody. Experiment with all three.

Magazines and golf books which show you the "perfect" grip are based on tried and true methods, developed and tested over the years, but still cannot account for the fact that your right hand could be much stronger or weaker than the left, and that difference could be so great that your grip might need some changes.

If your alignment is good and your swing path is good and the ball still flies right or left with some consistency it may not be your swing.

It could be your grip...have a CPGA Golf Professional check it out!

-Gary Betts is the club pro at Sleepy Hollow Golf and Country Club.



A RACE TO THE FINISH: Stouffville District Secondary School's Ian Hazelwood was first to cross the finish line in this junior boys' 400-metre heat race at the annual York Region Athletic Association track and field meet at Birchmount Stadium on Tuesday.

Photo by SJOERD WITTEVEEN

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Rebels steal win from Bandits, still undefeated

It was the battle of the outlaws Monday night at the Uxpool diamond.

When the dust had settled, the Claremont Rebels had defeated the Uxbridge Bandits 6-2 in their Oshawa City and District Fastball Association contest, with Rebels pitcher Tim Evans scattering six hits while striking out 12 batters to earn the win.

The Rebels, who have two wins in two starts this season, spotted the Bandits a first inning two-run lead as Brent Bonner singled in Steve Townsend and Larry Pilkey, who had both walked.

But that was all for the Bandits as Evans fanned two in a three up three down second inning, before whiffing the side in the third.

Meanwhile, the Rebels got on the board in the third when Rob Watson drove in Cliff Herbert, who had singled.

The Rebels took the lead in the fifth as Kevin Gibson cracked a two run home run.

Dave Jones doubled home Jim Chilvers to make it 4-2 in the sixth.

Evans and Chilvers rapped consecutive singles to up the lead to 6-2 in the seventh.

Bandits pitcher Mike Underwood struck out 10 batters.

The Rebels were to host Bradford on Wednesday. The Bandits were slated to host Port Perry on Monday at 8:30 p.m.