

SWING TIPS

Stress Relief

Excess pressure in your hands and/or your arms can lead to nothing but disasters in your shots. You should release that tension just prior to making your swing whether a full swing or short one. Tension causes an immediate decrease in club head speed and interrupts the flow or rhythm, both of which cause a loss in distance and control. The picture on the left is an exercise in swinging the club around your body in the left hand if you are right handed. Do not turn your body; just relax the hand, wrist and arm to allow the club to rotate around your body. The picture on the right is a waggle, get into your set up and before making your swing, give the club head a minor wiggle (waggle).



Please contact me to work on your game as spring approaches!

Sincerely,

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