## Follow these simple tips for a good golf swing

or a senior lady, the fundamentals of golf seldom vary.

The swing includes grip, stance, ball position, target and, finally, a rhythm that will provide a balanced swing toward that target.

What makes the swing feel unnatural is that it's vertical instead of horizontal. I believe if the student understands

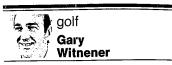
the basic concepts of the swing, he or she will execute it with greater effi-ciency.

THE GRIP is vital, as it is the only connection between the golf club and cause it will affect the height the ball

certain the hands are in the correct po-sition on the club.

The stance, very simply, is approxi-mately the width of the shoulders — possibly a little wider on tee shots and a little narrower on chip shots.

This basic guideline may vary if the student has a physical handicap of some sort, which all good instructors should know by talking to the student.



will or will not obtain and the direction the ball will travel.

Basically, the woods are played with the ball nearer the center of the stance. The ball nearer the forward foot (meaning the left foot for right-handers and the ball with a narrower stance so they

THE RHYTHM and balance of the swing is most essential if a student is to develop any consistency in contact and scoring

Many golfers like to just hit the ball hard, figuring the harder they hit it the lower their score will be. Score will improve by simply making more good golf swings in which the golf club does most of the work.

I've always tried to convey to a stu-dent that you don't hit golf balls, you

This is about as basic as a swing can get. Each part of the swing or address position, however, from driving the ball to a putting lesson, may require a golf professional's help.

Gary Whitener is the golf professional at Whispering Willows Golf Course in Livonia. Whitener also serves as treasurer for the Michigan PGA. His column on golf will appear periodically in the Observer & Eccentric sports pages.

#### sport shorts

# Women's tourney set at Franklin

Southfield's Franklin Racquet Club is offering all omen racquetball players a chance to demon-

women racquetball players a chance to demon-strate their skills.
The club will host the third annual Greater De-troit Women's Open Racquetball Championship Aug. 13-15. The tournament is designed to promote women's competitive racquetball in the Detroit area.

women's competitive racquetoati in uncertainty desired women's competitive racquetoati in uncertainty desired with each grant and the registration real is 200. Trophies will be awarded to the first our places in each division (A. B and C). There will also be a first-place consolation trophy awarded, and a souvenir T-shirt will be given to all players. Earty forms are available at the Franklin Racquetball Club, 29350 Northwestern Highway. For further information, call 352-8000.

A AU SWIMMING

The Michigan AAU-Long Course meet will be staged this weekend at the Southfield Civic Center's Olympic-sized pool.

Some 500 swimmers, representing 40 Michigan teams, will participate in the meet. The top contenders for the team title include the host team, Royal Gak Pengiuns, the Oakkad Live Yers Tom Rochester, the Birmingham-Bloomfield Atlantis team, and the Dearborn Recreation Dolphins.

Preliminaries start at 8 a.m. Friday, and finals will be on Stunday.

will be on Sunday.

For further information, call Russ Wenner at 222-4980.

\*\*STATES\*\* OF TEALL\*\*

Suburban Sotiball is accepting applications for its fail leagues with begin the weekend of Aug. 22.

Oct. 30. consists of 10 weekly games at or near the 500 level. Individual and sponsor trophies will be awarded to all league and playoff champions.

Registration fees vary from \$120.4180, depending upon the day or the evening chosen to play. Men's and women's leagues will be established by classes dased upon number of entries.

To register, call \$82.9633. Suburban Softball is located on Hamilia Road, between Crooks and Adams, in Avon Township.

#### ALL-STAR FOOTBALL

ALL-STAR FOOTBALL

The second annual Michigan High School Eastwest all-star football game will be Saturday at
Spartan Stadium in East Lansing.
The top 80 seniors from this past school season
will participate in the classic, which is sponsored
by the Michigan High School Football Coaches Association. The game is sanctioned by the NCAA.
The East squad members from the Observer &
Eccentric's Oakland County coverage area include
Carl Pellegatta of Orchard Lake St. Mary's, Dave
Varema from Birmingham Brother Rice, Derek
Woodmore of Auburn Heights Avondale. Jim
Cherocci of Birmingham Brother Rice, and Walt
Hulse of Birmingham Groves.
All proceeds go towards the Michigan Ronald
KoDonald House and the college scholarship fund
for Michigan students.
Last year the East stars won, 6-2.
Tickets are \$3 in advance and \$4 at the gate.
For further information, call George B. Ciliford,
all-star promotion director, at (517) 349-0574.

TRIATHLON STARS
 John Reed of West Bloomfield and Mike Kenealu
 of Southfield will be two of the local participants in
 the Burroughs Farm Triathlon scheduled for Aug.

the Burroughs Farm Triathlon scheduled for Aug. 15.

A field of more than 500 is expected to participate in the three-part competition — bicycling, running and swimming. The triathlon starts 9 a.m. with a 25-mile bicycle ride, followed by seven-mile runs across the Burroughs Farms grounds, then runs across the Burroughs Farms grounds, then runs across the Burrough Farms grounds, then runs across the Burrough Farms in Fundaminum age requested to the start of the start o



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