

Follow these simple tips for a good golf swing

Whether the student is a junior boy 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 efficiency.

the body. It's not important whether you use the "baseball" grip or the "fingerlocking" or "overlapping." Just be certain the hands are in the correct position on the club.

The stance, very simply, is approximately 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.



golf
Gary Witnener

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

Basically, the woods are played with the ball nearer the forward foot (meaning the left foot for right-handers and

right foot for southpaws). The irons are played with the ball nearer the center of the stance.

Some players like to pitch or chip the ball with a narrower stance so they

think they are playing the ball more off the right center.

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 student that you don't hit golf balls, you

make golf swings. The swing will hit the ball.

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 Witnener is the golf professional at Whispering Willows Golf Course in Livonia. Witnener 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 women racquetball players a chance to demonstrate their skills.

The club will host the third annual Greater Detroit Women's Open Racquetball Championship Aug. 13-15. The tournament is designed to promote women's competitive racquetball in the Detroit area.

The entry deadline is Aug. 8, and the registration fee is \$20. Trophies will be awarded to the first four 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.

Entry forms are available at the Franklin Racquetball Club, 29350 Northwestern Highway.

For further information, call 832-6000.

● **AAU 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 Oak Penguins, the Oakland Live Piers from Rochester, the Birmingham-Bloomfield Atlantis team, and the Dearborn Recreation Dolphins.

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

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

● **FALL SOFTBALL**

Suburban Softball is accepting applications for its fall leagues which begin the weekend of Aug. 22.

The second season, which runs from Aug. 22 to 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-\$180, depending upon the day or the evening chosen to play. Men's and women's leagues will be established by classes based upon number of entries.

To register, call 852-9633. Suburban Softball is located on Hamlin Road, between Crooks and Adams, in Avon Township.

● **ALL-STAR FOOTBALL**

The second annual Michigan High School East-West all-star football game will be Saturday at Spartan Stadium in East Lansing.

The top 60 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 Pellegratta of Orchard Lake St. Mary's; Dave Yarems 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 McDonald House and the college scholarship fund for Michigan students.

Last year the East stars won, 6-3.

Tickets are \$3 in advance and \$4 at the gate.

For further information, call George H. Clifford, all-star promotion director, at (517) 349-0574.

● **TRIATHLON STARS**

John Reed of West Bloomfield and Mike Kaneau of Southfield will be two of the local participants in 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 concluded with a one-mile swim on Crooked Lake. The minimum age requirement for participation is 15, and there will be seven different classes according to age.

There is a \$15 entry fee, and forms are available through Burroughs Farms in Brighton or at the Total Runner store in Southfield.

For further information, call Sande Drew or Elliott Trumbull at 855-5110.

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