

**TONY EVERSLED**  
*C.P.G.A. Club Professional*

## TABLE OF CONTENTS

	PAGE
THE AUTHOR (PICTURE - A.W. EVERSLED) .....	1
PERSONAL DATA .....	2
FAMILY * COMMUNITY * PERSONAL INVOLVEMENTS .....	3
PROFESSIONAL - EDUCATIONAL INVOLVEMENT .....	4
PROFESSIONAL GOLF ACHIEVEMENTS .....	5
DEDICATION .....	7
THE PREFACE - MY OBJECTIVES AS A TEACHER .....	8
INTRODUCTION .....	9
TONY EVERSLED'S TEACHING PHILOSOPHY AND ESTABLISHMENT OF A COMPLETE INDOOR TEACHING FACILITY .....	10i
THE MANUAL .....	11
IN CONCLUSION .....	48
BIBLIOGRAPHY .....	49



A.W. (Tony) Evershed  
C.P.G.A. GOLF PROFESSIONAL

**PERSONAL DATA**

**NAME:** A.W. (Tony) Evershed  
**ADDRESS:** 7 Lady Ashley Court  
 Sudbury, Ontario  
**TELEPHONE:** Home: (705) 523-0564  
**BIRTHDATE:** October 8, 1949  
**WEIGHT:** 175 lbs  
**HEIGHT:** 5 ft. 9 in.  
**MARRIED:** Wife: Rebecca Marie (Becky)  
 Children: Jillian Marie - age 16  
 Adam Matthew - age 13  
**EDUCATION:** Graduated 1968  
 Thomas A. Blakelock High School  
 Oakville, Ontario

**1993** **Head Professional**  
 Idylwyld Golf and Country Club  
 Sudbury, Ontario

**1992** **Head Professional**  
 Rolling Meadows Golf and Country Club  
 Niagara Falls, Ontario

**1990 - 1991** **Head Professional and Marketing Director**  
 Golf and Country Club The Links of Rockway Glen  
 St. Catharines, Ontario

**1975 - 1989** **Head Professional**  
 Cherry Hill Club  
 Ridgeway, Ontario

**1971 - 1974** **Assistant Professional**  
 Cherry Hill Club  
 Ridgeway, Ontario

**1969 - 1970** **Assistant Professional**  
 Glen Abbey Golf & Country Club  
 Oakville, Ontario

Head Professional: Mr. Fred Kern



### PROFESSIONAL - EDUCATIONAL INVOLVEMENT

- 1971 Assisted Robbie Robinson in course design for 1972 Canadian Open
- 1972 Attended Teaching Seminar by: Bill Strausbaugh, American P.G.A.
- 1973 Vice President - C.P.G.A. of Ontario Assistants
- 1974 President - C.P.G.A. of Ontario Assistants
- 1975 Member of C.P.G.A. Education Committee
- 1976 Attended Teaching Seminar by: Bob Toski, American P.G.A.
- 1977 Conducted Golf Clinic with L.P.G.A. Tour Player Sandra Post  
1977 Attended R.C.G.A. Rules Seminar
- 1978 Niagara District Representative Ontario P.G.A.  
1978 Niagara District Games Captain
- 1979 Attended Club Repair Seminar by: John Hendrich, American P.G.A.
- 1980 Conducted Junior Clinic for Niagara District P.G.A.  
Games Captain and Treasurer, Niagara District P.G.A.
- 1981 Attended Teaching Seminar by: Gordon McInnis, Ontario P.G.A.
- 1982 Attended E-Z-GO Golf Car School by: Tom Rogers, E-Z-GO Company  
1982 Host Professional and Committee Member C.P.G.A. Championship
- 1983 Conducted Golf Club Repair Seminar, Niagara P.G.A.
- 1984 Committee Member International 4-Ball Tournament - Scotland
- 1985 Attended E-Z-GO Golf Car School by: Tom Rogers  
1985 Attained Club Assembler & Club Fitting Award from Louisville Golf Company
- 1986 Attended Teaching Seminar by: Woody Woodall, American P.G.A.
- 1987 Attended R.C.G.A. Rules Seminar by: Stephen Ross
- 1988 Committee Member Mohawk College, Golf Professional Course Development
- 1988 Head Instructor at Swing Tim Golf School, Pebble Beach, California
- 1989 Committee C.P.G.A. for Future Development of Teaching Categories
- 1991 Rules Chairman, Ontario Optimist Junior Championship - Hamilton, Ont.  
- Elmira, Ont.
- 1991 Developed my own Teaching Manual - To be used as my thesis for my Master Professional Category
- 1992 Education Committee - Ontario P.G.A.
- 1993 Board of Director - Northern Ontario P.G.A.  
1993 Education Committee Member  
1993 Junior Golf Development Chairman

**PROFESSIONAL GOLF ACHIEVEMENTS**

- 1968 Course Record (66) former Glen Abbey Golf & C.C.
- 1972 2nd Canadian Assistants Championship  
Rosedale Golf & C.C., Toronto, Ontario
- 1973 2nd Ontario Assistants Championship  
Trafalgar Golf & C.C., Milton, Ontario
- 1974 Low Qualifier for Ontario Open (67)  
Sleepy Hollow Golf & C.C., Toronto, Ontario
- 1975 Tied for 1st Pro-Junior Championship  
Islington Golf & C.C., Toronto, Ontario
- 1975 Team Champion - International 4-Ball  
St. Andrews and Gleneagles, Scotland
- 1977 2nd C.P.G.A. Ontario Spring Open Championship  
Wyldeewood Golf & C.C., Milton, Ontario
- 1977 Qualified and played in Canadian Open  
Glen Abbey Golf & C.C., Oakville, Ontario
- 1978 Team Championship - International 4-Ball  
St. Andrews and Gleneagles, Scotland
- 1978 Qualified and played in Canadian Open  
Glen Abbey Golf & C.C., Oakville, Ontario
- 1979 C.P.G.A. of Ontario Rolex Best Ball Champion  
North Halton Golf & C.C., Georgetown, Ontario
- 1979 Head Pro-Assistant Pro Champions  
Uplands Golf Club, Thornhill, Ontario
- 1979 Medalist - U.S. Open Sectionals  
Orchard Park Golf & C.C., Orchard Park, N.Y.
- 1980 Ontario Crown Life Team Champions  
Board of Trade Country Club  
Woodbridge, Ontario

- 1980 Canadian Crown Life Team Champions  
Edmonton Golf & C.C., Edmonton, Alberta
- 1981 Course Record (64)  
Cherry Hill Club
- 1981 Niagara District Professional Champion
- 1981 Played in the Par 27 Television Series  
Edmonton Golf & C.C., Edmonton, Alberta
- 1982 Host Professional C.P.G.A. Championship  
Cherry Hill Club, Ridgeway, Ontario
- 1982 Third - Canadian Club Professional's Championship  
LaChute Golf & C.C., LaChute, Quebec
- 1983 Niagara District Professional Champion
- 1984 2nd Hamilton Home Coming Pro-Am  
Chedoke & King's Forest Golf Clubs, Hamilton, Ontario
- 1986 2nd Oktoberfest Pro-Am  
Westmount Golf & C.C., Kitchener, Ontario
- 1988 Played in Par 27 Television Show  
Banff, Alberta
- 1988 C.P.G.A. of Ontario  
Rolex Pro-Pro Champion  
North Halton Golf & C.C., Georgetown, Ontario
- 1988 1st C.P.G.A. of Ontario  
Pro-Club Championship  
Emerald Hills, Toronto
- 1988 Low Gross Team Champions  
International 4-Ball  
Gleneagles, Scotland
- 1990 Low Professional  
International 4-Ball  
Gleneagles, Scotland
- 1991 Team Champion  
Port Colborne Charity Pro-Am



## **DEDICATION**

This Teaching Manual is dedicated to my two children. Jillian, my all round athlete who wants to both teach and coach Physical Education and Adam, my golfer who wants to become a World Class Touring Professional

"Your goals can be achieved with dedication and patience."

A special dedication and thanks to my wife Becky a true "Golf Widow" who understands and allows me the freedom to practice, play and teach the game I love.

Special thanks to my three friends - Archie Hood, Ken Angle and Dave MacCready for their time and support in helping me put the Teaching Manual together.

## THE PREFACE

### MY OBJECTIVES AS A TEACHER:

1. The teacher must educate the student that success can be achieved only through a LONG TERM COMMITMENT.
2. The teacher must motivate the student by convincing him/her that the long range plan for proper development will work.  
"Motivation is the key to success!"
3. The teacher must provide the student with an extremely organized approach and method; preferably in a form of a Teaching Manual. The student can use the Manual as a reference guide to help in a systematic development of a sound golf swing.
4. The teacher must make the student aware of exactly what he/she can expect from you and exactly what you can expect from the student.
5. The teacher must provide a desirable learning facility for the student. A maximum degree of privacy both in the classroom and on the practice tee are essential for the **ULTIMATE TEACHING - LEARNING EXPERIENCE.**

## INTRODUCTION

The experience's which I have gained over the past twenty-three (23) years as a Canadian Professional Golf Association Club Professional has allowed me the opportunity to develop my own Teaching Manual.

I have studied teaching methods from as early as 1925 (M.J. Astle) "The Principles of Golf", to the current methods of David Leadbetter and my favourite video "The T.G.S. Method to Better Golf", by C.P.G.A. Teaching Professional Mark Evershed.

My belief is that golf has never been taught properly. As Club Professionals' we have very limited time to spend with our students and our half (1/2) hour lessons are informative, but results are rarely gained. It is important to let the student know the length of time it takes develop a good sound golf swing.

As Canadian's we have long winter months to develop our golf swing. My Teaching Manual is divided into Six Levels.

Levels One to Four (1 - 4) can be developed indoors during the long winter months. You will notice in my Manual that there is space to write in comments with regard to correct positions. Also, the number of drills required and minimum length of time required to develop the correct positions.

Level Four - "Club Fitting" - I use the Accuform Club Fitting System ("Accuform Precision Fit System") which includes:

- Step One - Length of Club
- Step Two - Shaft Flex of Club
- Step Three - Lie of Club
- Step Four - Grip Size

My theory is: Once the student has achieved Level Three, which means the swing is now in correct positions and in balance, we are ready for the Instructor to custom fit the student. This area becomes another profit centre for the teacher. The student at this point has great confidence with the Instructor and their beliefs that personal club fitting is important.

Level's Five and Six should be done outdoors preferably in the springtime. Correct practice habits and playing strategies are very important in realizing the student's potential to score.

To successfully achieve the ultimate teacher-student relationship the time frame would be a minimum six months of supervised training.

I have created an award stamp for each level. As each level is accomplished, the last page of each level in the Manual is stamped.

## **TONY EVERSLED'S TEACHING PHILOSOPHY AND ESTABLISHMENT OF A COMPLETE INDOOR TEACHING FACILITY**

The following includes the complete Operations of Tony Evershed's Indoor Winter Teaching Facility along with a detailed description of my Teaching Philosophy, Individual Lesson Program, my advanced Junior program and my Laurentian University Golf Program (which is a group setting). This detailed written material will relate to the Student Manual which is reference guide for the pupil to help retain the lesson.

My Teaching establishment is approximately 5,000 square feet, located in a warehouse with 17 foot high ceilings. The indoor facility is well heated, and the lighting is excellent. I have provided six hitting stations for practice and training; enclosed with ceiling, back and side netting. A large sand trap (sand area 20' X 20'), Ohio white sand well watered to avoid a dust problem and a green area with two cups (30' X 20') enclosed completely with ceiling, back and side netting. Also included is a private lesson area and a large 24' X 30' putting green with four cups. The putting green is also used for chipping. Other equipment includes nine range mats and teaching aids such as Medicus, The Right Angle, Stance Pro and Video Camera with television and V.C.R.

My personal teaching philosophy will be expanded as I go through the Individual lesson program that I recently worked on with my Assistant Professional, Diane Tuck.

Please note that we begin with Diane on Page 10ii and go into a description of why a golf ball flies the way it does.

Direction of clubface path and angle of face at contact determines direction. Here's the different flight variations:

1. Inside clubface path relative to target line with open clubface angle produces a *push*.
2. Inside clubface path relative to target line with closed clubface angle at impact produces a *draw pattern*. To be exact my studies with an electronic teaching device have indicated that a 4° inside path with 2° clubface closing produces a draw pattern that returns to target - based on a 200 yard shot with a 3 iron with a swing speed of 100 mph using S-300 II Dynamic Gold Shaft.

Also note that I explained to Diane that the bowing down pattern of the shaft makes the toe of the club flatten and the clubface close. The more flexible the shaft the more closing effect of the clubface.

Now, onto the other ball patterns.

3. A clubhead path returned from an outside path relative to the target line with an open face at impact will produce a pull pattern to start the ball path and a *fade or slice pattern* in the ball flight.
4. A clubhead path returned from an outside path relative to the target line with a closed face at impact will produce a *pull*.

An explanation that a golf ball is divided into four sections, is also important. The four sections include; Inside, Outside, Top and Bottom.

Strike the ball on the top quadrant and the ball will go along the ground with top-spin. Strike the ball on the bottom quadrant and the ball will rise with backspin. Strike the ball on the inside quadrant and the ball path will start on an outside flight pattern. Strike the ball on the outside quadrant and the ball path will start on an inside path. Curvature of ball will be determined by club face angle (open or closed) at impact.

My few times playing with Dave Barr, P.G.A. Tour player, indicates exactly my personal beliefs and what finer example for the public than the great Moe Norman, also a ten finger gripper. Personally, my best example is my 14 year old son, Adam who just won the Bermuda Junior Championship and has perhaps the best wrist and hand action with a wedge that I've ever witnessed - due mainly to his ten finger grip. Start the student that way and they'll never know any different.

I believe the interlock is very disruptive and creates poor wrist or hinge action and also creates bottom hand tension.

Now that Diane has the grip problem solved, we've noticed a nice upper body tilt behind the ball at address. See page 19 upper photo - shows that head is slightly tilted and well behind ball.

We then moved to the take away position, as Diane's posture and alignment (see page 20) are excellent.

We begin by restricting Diane's lower half by placing a soccer ball between her thigh's, as per my example on page 21. Diane's back foot position is reduced to an open 5° therefore also helping reduce hip turn. We also placed a hockey puck under her back foot which creates a steady back foot and the back knee will remain bent or flexed - the front knee therefore turns only to the ball position (notice that as a good instructor I increase my clarity and reduce confusion for both left and right handed players by the language I use; ex. back foot / front foot and top / bottom hand) .

Now that the lower half problem is solved, we can now complete the take away. Diane's new grip will allow her to let the wrists properly hinge as in bottom photo on page 22. By repeating this drill 5 times we can now take the club up on proper plane (plane meaning the direction the shaft travels) to an upright position as in top photo on page 24. I also make sure the clubface is square to the target and parallel to the target line.

Diane has completed a proper backswing position as in top photo on page 22, please reference this important position; if power through coil is to be understood and felt through repeated drills.

Diane's entire upper body is now completely behind the ball - her back leg still bent - hips restricted - full shoulder turn - club on plane (not flat) and no more overswinging. I firmly believe this is the key position to achieve. Now we put the new positions into swing motion. Both distance and direction are instantly achieved because I'm working with an advanced player and a good athlete. Beginners would take much longer to develop.

Diane can now go ahead and let the clubhead swing through to a finish position. Because of proper coil, the legs automatically make the weight transition from the back foot to the front, first of all the slight lateral hip slide and the bowing of the legs (see page 23). My example of hips clearing and delayed hands show up very well in my example on page 26 of a wrist shot in hockey. A balanced swing finish indicates a controlled golf swing.

Diane is encouraged to use the Swing Vision teaching mirror to train her correct positions. While working with the Swing Vision for correct body positions we make her use the Medicus club to train proper hinging of the wrists and most important to put the club on an upright swing path. Medicus is perhaps the best training tool I've ever used in my teaching.

At this point, Diane is encouraged to come back for 10 minute coaching sessions to make sure the positions are correct.

This student has become an excellent player, teacher and an excellent C.P.G.A. Apprentice (recent Lab Report 98%).

Diane is now ready for personalized golf clubs (level four, page 35), because of Diane's height we need to custom fit her golf clubs. Using the Accuform club fitting system we find that she should have clubs ½" shorter than Ladies Standard, known as Petite #1 Wood 41.5" long and #3 iron 37.5".

We decided to call my good friend Bruce Crane at Lynx Canada (Club maker and former C.P.G.A. Professional) to put together Diane's personalized set. I've indicated to Bruce that Diane through motion swing testing off a coloured board needs irons 4° flat in club lie. Because Diane is a strong player we want an "A" Shaft flex (between Ladies & Men's), with a Swing weight of C-8 for better feel.



Diane is having a problem with pulling the chip shot. I use my method to help her with this problem. By placing ball on the ruler or yard stick with tee located 4" on front (drilled hole in ruler to set tee) we proceed to make the clubhead travel along the track toward the intended target. The extended shaft will never touch the body if the bottom wrist stays bent. After 15 minutes training we are ready for the putting green.

Diane is doing what most Student's do that are having putting problems. She is taking a long backstroke and a short follow through - causing de-acceleration past impact. Again using my track and target method we simply put the ball in front of the tee (see page 44) which helps reduce the backstroke and therefore increases the follow through. Please note that all my University Students were started with the crosshanded method and have great acceleration with no wrist-break. There is no question in my mind that beginners should be taught the Crosshanded Grip for putting. It is becoming very common with today's top Tour Professionals' such as Langer, Couples, Faldo and top Club Pro player, Al Paterson from Cedar Brae.

Now to the Sand Trap. Diane is too square with her lower body set-up and too shallow with her attack angle. She has hit the ball in the belly (skull) many times and the ball of course has gone right. A simple correction of the body alignment to an Open Position and an earlier wrist break with a steeper angle has allowed her to take a little more sand resulting in a softer shot with direction. I found that beginners need to create body motion (leg action) toward the target to prevent the hands from hitting at the ball. It's always the same even with a full swing; if the lower half stops clearing the hands hit and the body stops creating a poor result. In the presentation on sand the instructor needs to talk about face angles (open or closed), angle of attack and the relativity to the various situations including soft and wet sand.

Now that Level Five is completed and we've spent one month training properly upon each visit to the Indoor School; we can proceed to the Outdoors for Level Six - Playing Strategies.

My method includes playing with the Student after a long winter session. My manual references the following details. Stay with the Game Plan, Swing Corrections, Keep the Ball in Play, Concentration, Where to Aim, Play within Yourself, Be Positive, Deal with Poor Shots, Execution under Pressure and the ability to properly Analyze your Round.

Diane and I have just completed 9 holes and evaluated her progress. Distance and Direction have improved and the Short Game has never been better. Obviously the good results have lead to confidence and now Diane can go to Automatic from the sound Mechanics.

**University Course:**

I've made excellent inroads with the Physical Education Department at Laurentian University in Sudbury.

During the Second Semester the PHED Students (2 classes) attended my lectures on Rules (1 day a week). and attended the Indoor Golf School (1 day a week). I've enclosed a Course Outline starting on page 10x, which outlines my program. Fellow Professionals', please note that the 2½ hours per week for 13 weeks nets me over \$6,000.00. Yes, this is part of a Commercial development and why not make use of your experiences.

I want the Committee evaluating my Thesis to understand my personal belief in teaching. A good C.P.G.A. Professional gains credibility from his or her playing ability; however the main dedication of a Professional is to help improve the golf games of Members and Students. Currently in my Teaching room at the Idylwyld I have a Video Library of over 350 Students. I believe I can hire personnel to retail, run the Backshop, service the golf carts, Starters to control play, and an office manager to administrate my financial controls; however I'm the Golf Instructor with over 25 years of experience.

PHED 4029 EA GOLFCOURSE OUTLINE

By Tony Evershed

(705 523-0564)

DATES AND ASSIGNMENTFriday, January 6

Golf School, 2141 Armstrong Street

8:00 a.m. - 10:00 a.m.

LEVEL ONE - TEACHING MANUAL

Equipment Provided - Students should wear a type of athletic running shoe and bring Teaching Manual.

Two (2) Instructors

Monday, January 9

Laurentian Classroom B-267

8:30 a.m. - 9:30 a.m.

R.C.G.A. Rule Book Required

Section I - Etiquette

Friday, January 13

Golf School, 2141 Armstrong Street

8:00 a.m. - 10:00 a.m.

LEVEL TWO - TEACHING MANUAL

Full Swing, plus Short Game Chipping - 45 minutes at each station

Two (2) Instructors

Monday, January 16

Laurentian Classroom B-267

8:30 a.m. - 9:30 a.m.

R.C.G.A. Rule Book Required

Section II - Definitions

Friday, January 20

Golf School, 2141 Armstrong Street

8:00 a.m. - 10:00 a.m.

LEVEL TWO - TEACHING MANUAL

Full Swing, plus Pitching - 2 Groups - 45 minutes each

Teaching Manual Required

Two (2) Instructors

Equipment Provided

.../2

PHED 4029 EA GOLF  
Course Outline  
- 2 -

Monday, January 23

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book Required  
Rules 1-2-3

Friday, January 27

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
LEVEL TWO - TEACHING MANUAL  
Full Swing, plus Putting - 2 Groups each session - 45 minutes  
Two (2) Instructors  
Equipment Provided

Monday, January 30

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book Required  
Rules 4-5-6

Friday, February 3

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
LEVEL TWO - TEACHING MANUAL  
Full Swing, plus Sand Play - 2 Groups each session - 45 minutes  
Equipment Provided

Monday, February 6

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
Quiz on Rule Book  
Etiquette, Definitions, Rules 1-6  
10 Marks

Friday, February 10

Golf School, 2141 Armstrong Street  
LEVEL TWO - Plus Short Game  
Quiz on Skill Analysis for both Full Swing and Short Game  
Teaching Manual must be provided for Instructor to evaluate  
15 Marks

.../3

PHED 4029 EA GOLF  
Course Outline  
- 3 -

Monday, February 13

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book Required  
Rules 7-8-9-10

Friday, February 17

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
LEVEL THREE - TEACHING MANUAL  
Plus Short Game (Correct Practice Habits)  
Equipment Provided  
Warm-up Exercises and Physical Training (Please dress  
appropriately)

Monday, February 20

NO CLASSES - STUDY WEEK

Friday, February 24

NO CLASSES - STUDY WEEK

Monday, February 27

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book Required  
Rules 11-12-13

Friday, March 3

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
LEVEL THREE - TEACHING MANUAL  
Training, plus Short Game  
Personal Training Plan to be completed by each student  
20 Marks

Monday, March 6

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book  
Quiz on Rules 7-13  
10 Marks

.../3

PHED 4029 EA GOLF  
Course Outline  
- 4 -

Friday, March 10

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
Quiz on Skill Development and Proper Warm-up Exercises  
LEVEL 3 - TRAINING AND SHORT GAME TRAINING  
10 Marks

Monday, March 13

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book Required  
Rules 14-20

Friday, March 17

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
LEVELS 1-2-3 - SKILL DEVELOPMENT  
LEVEL 4 - INTRODUCTION TO CLUB FITTING

Monday, March 20

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book Required  
Rules 21-25

Friday, March 24

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
LEVELS 1-4 - PERSONAL SKILL DEVELOPMENT

Monday, March 27

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
R.C.G.A. Rule Book Required  
Rule 26

Friday, March 31

Golf School, 2141 Armstrong Street  
8:00 a.m. - 10:00 a.m.  
Final Skill Assessment  
30 Marks

.../5

PHED 4029 EA GOLF  
Course Outline  
- 5 -

Monday, April 3

Laurentian Classroom B-267  
8:30 a.m. - 9:30 a.m.  
Final Rule Quiz  
Rules 14-26  
5 Marks

Friday, April 7

Laurentian Classroom B-267  
8:00 a.m. - 10:00 a.m.  
Total Review of Personal Skills and Rules of Golf  
(\*PLEASE NOTE, THIS FRIDAY IS AT LAURENTIAN, AS GOLF SCHOOL  
CLOSED)



## LAURENTIAN CLASSROOM B-267

Monday, February 6, 1995

QUIZ

## (RULES AND ETIQUETTE)

(1 - 6)

---

**ETIQUETTE:**

1. What is the procedure in finding a lost ball? (2 marks)
2. What safety precaution must a player take prior to making a stroke or practice swing? (2 marks)

**RULES:**

3. When players agree to waive rules in match play and stroke play, what are the rulings? (2 marks)
4. If a player fails to hole out in stroke play, what is the ruling? (2 marks)
5. If a player's club is damaged in the normal course of play; the player may: (2 marks)

LAURENTIAN – GOLF – PHED  
RULES 14 – 26

April 3

STUDENT NAME: \_\_\_\_\_  

---

1. What is the definition of a "wrong ball". (1 mark)

Answer:

2. Player "A" makes a stroke on the putting green. His caddie positioned himself on an extension of the line of putt behind the ball. What is the ruling in Match Play and Stroke Play? (1 mark)

Answer:

3. Player "B" is on the putting green. While waiting for Player "A" to putt, Player "B" putts his ball off to the side to keep this putting rhythm going. What penalty does Player "B" take in Match Play and Stroke Play? (1 mark)

Answer:

4. What is the definition of an "obstruction"? (1 mark)

Answer:

5. What is the definition of "casual water"?

Answer:

LAURENTIAN - GOLF - PHED  
RULES 7 - 13

March 6

STUDENT NAME: \_\_\_\_\_

- 
1. Advice - When may a player give or seek advice? (2 marks)

Answer:

2. Please define Teeing Ground. (2 marks)

Answer:

3. A player breaks a tree branch in searching for his ball. Give rule for Match and Stroke Play. (2 marks)

Answer:

4. May a player build a stance within a bunker? (2 marks)

Answer: Yes \_\_\_\_\_ or No \_\_\_\_\_

5. Ball lies in or touches a hazard. Whether in a bunker or water hazard, the player shall not be allowed to do the following three (3) things:

Answer:

1)

2)

3)

## **Junior Golf Program**

My Junior Program at the Idylwyld has grown from 20 Students to almost 100 Students over the past two years. I'm enclosing a copy of my Junior Program which runs Saturdays in May and June while the Juniors are still in school and Thursdays in July and August during Summer Vacation.

The teaching program runs 1½ hours per session. We rotate the Juniors every ½ hour from Full Swing on the Range to Pitching and Bunker Shots at our Practice Green and then onto Chipping and Putting on the Putting green. My Assistants assist in the lesson program at their designated station. Attached on page 10xix, is the Junior Program outline sent to the Juniors in March.

The Northern Ontario Professional under my Portfolio have put together a Junior Instructional Camp in five locations throughout Northern Ontario. We have over 100 Juniors participate. Also we conduct a Junior Tour for the Competitive Juniors - sponsored by Inco. This Program was also developed by myself. We host the Annual Pro-Junior Championship at the Idylwyld. The success of my teaching method has helped produce the Northern Juvenile Champ who travels from North Bay to Sudbury (1½ hours) for instruction. My program has also developed the Northern Boys Bantam Champion and Bermuda Junior Boys' Champion.

My method has taken almost eight years to develop and I'm proud of the accomplishments of my Indoor Facility; my University Program; my Junior Golf Program at the Idylwyld and the Northern Junior Program.

I feel this written description (compliments and explains in detail ) will now blend into my Teaching Manual.

Dr. Chip Shots

## WELCOME JUNIOR GOLFERS

10xix

THE LONG AWAITED SEASON FOR GOLF IS NOW QUICKLY APPROACHING. I WOULD LIKE TO WELCOME ALL THE JUNIORS WHO HAVE JOINED THE JUNIOR PROGRAM FOR 1995. THE CPGA PROFESSIONALS AT THE IDYLWYLDE ARE PLANNING A GREAT PROGRAM, SO GET YOURSELF PUMPED UP AND COMMITTED TO PARTICIPATE. WE WILL IMPROVE YOUR GAME AND INCREASE YOUR UNDERSTANDING OF THE GOLF SWING AND THE RULES THEMSELVES THROUGH PRACTICAL TRAINING AND COMPETITION.

### AGE CATEGORIES AND LESSON PROGRAM WITH GOLFING TO FOLLOW

These ages are determined by the Northern and Ontario Golf Association (ages as of September 1st.) All fees include Junior Golf Program.

Beginners	Ages 7 - 11	<ul style="list-style-type: none"> <li>● Lesson Program Only</li> <li>● \$26.25 (includes GST)</li> </ul>
Bantams	Ages 12 & 13	<ul style="list-style-type: none"> <li>● Must join as a Bantam member</li> <li>● \$139.10 (includes GST)</li> </ul>
Juveniles	Ages 14 - 16	<ul style="list-style-type: none"> <li>● Must join as a Junior member</li> <li>● \$139.10 (includes GST)</li> </ul>
Juniors	Ages 17 & 18	<ul style="list-style-type: none"> <li>● Must join as a Junior member</li> <li>● \$197.86 (includes GST)</li> </ul>

**ALL JUNIORS MUST REGISTER WITH CLUB OFFICE**

### HERE IS HOW THE PROGRAM WORKS:

For the months of May and June lessons will be held Saturday afternoons and for the months of July and August lessons will be held Thursday mornings.

#### Junior & Juvenile

**Lessons:** Saturdays between 11:30 am - 12:30 pm  
Thursdays between 8:00 am - 9:00 am

Tees are blocked for the next half hour following lessons for the Juniors & Juveniles. This group plays 18 holes (depending on skill level) and are accompanied by an adult to help with etiquette and speed of play, whenever possible.

#### Bantams & Beginners

**Lessons:** Saturdays between 1:30 pm - 3:00 pm  
Thursdays between 9:30 am - 11:00 am

Tees are blocked for the Bantams only for the next half hour following lessons. This group plays 9 holes on Saturday following the lesson, after 4:00 p.m. and Thursdays following the lesson, after 11:00 am, and is accompanied by an adult.



**IT IS OUR MISSION TO MAKE THE JUNIOR PROGRAM HERE AT THE IDYLWYLDE, THE BEST IN ONTARIO**

## 1995 JUNIOR PROGRAM

**Register with the Club office only.**

<b>CATEGORIES:</b>	Beginners	Ages 7 - 11 (Lessons Only)
	Bantams	Ages 12 & 13
	Juveniles	Ages 14 - 16
	Juniors	Ages 17 & 18

Bantams, Juveniles and Juniors will be allowed to play after each lesson (depending of the availability of Golf Course). Bantams will play 9 holes, supervised. Juveniles (depending on skill level) will play 18 holes and Juniors will play 18 holes.

Scores must recorded in the computer after each round, weekly prizes will be awarded.

<b>PROGRAM DATES:</b>	May	13th and 20th
	June	3rd, 10th, 17th and 24th
	July	20th and 27th
	August	3rd, 10th and 17th

Any member (Clubhouse, Curling or Golfing) of the Idylwyld may register their children in this program.

During inclement weather on the above dates there will be "in-class" programs in the teaching room or Curling rink.

Teaching aids and drills will be available.

Competition dates will be posted on the Junior board and listed in the next mailing.

Video taping will be available for serious golfers participating in either the Bantam, Juvenile or Junior levels. Taping will be done at a time separate from the Junior program, therefore please let one of the CPGA professionals know of your request to be taped, so that times may be arranged.

Your Junior Golf Committee:

Tony Evershed	Bob Jones	Remi Quesnel
Diane Tuck	Jan Pula	Brian Cochrane
Paul Schweyer	Kit LeFroy	Mary Jane Cochrane

### SPECIAL JUNIOR TOURNAMENT DATES

Entry fee includes lunch and prizes.

Date	Tournament	Place	Entry Fee
August 16th August 20th	Junior Championship 1st Round 2nd Round	Idylwylde 9:00 am start	\$ 10.00
August 24th	Junior Invitational	Idylwylde 8:00 am - 10:00 am tee-times	\$ 25.00
September 23th	Member/Child Tournament	Idylwylde	\$ 20.00/team

There are more events in the works but dates or locations have not been made available at this time. Entry forms will be posted on the Tournament board in the Junior section and it is the responsibility of the Junior to complete the form and submit it to the Club hosting the event.

### JUNIOR PROGRAM APPLICATION

Please complete and submit to the Office. Those not registered will not be permitted to participate in the Junior program.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_

FEE PAID: \_\_\_\_\_  Cash  Cheque  Chit Account

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## UNDERSTANDING THE BASICS

### *INFORMATION COVERED IN YOUR FIRST LESSON*

- The Basic Laws of Golf Ball Flight
  - Swing Path (club head control)
  - Correct Body Positions (static drills)
- Power Sources (how it is developed/strength & motion drills)
  - Timing
  - Balance
- Importance of Equipment
- Pre-shot Routine (Training Away From the Ball)
  - The Importance of Motion

Armed with the proper basic knowledge of golf, you are now ready to begin to develop a consistent, repeatable golf swing. Remember, training your body to swing a golf club takes time and patience. A Golf Shed Teaching School Instructor will always be available to answer your questions, or to simply "tune up" your practice sessions.

After having successfully completed each of the levels of our program you will receive a certificate of merit denoting your achievement. As you progress through the program you will see your swing, and consequently, your game, improve. The reward is yours to be had. Now... On to level two!



## LEVEL 2

"The Grip"

*Position #1*

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TOP HAND

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Grip rests against the palm.

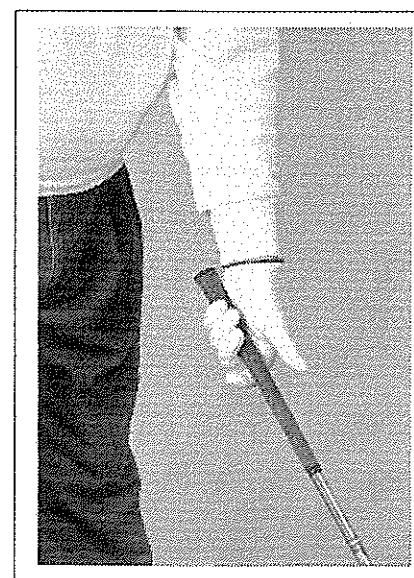
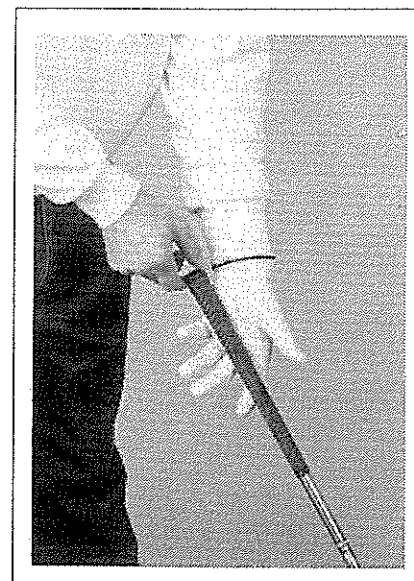
.....

The butt should extend 1/4" from  
the top of the hand.

**PRESSURE POINT-**

Squeeze with last three fingers.

.....



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**STRONG GRIP**

"V" created by thumb and index finger points at right shoulder.

2 knuckles showing when the golfer is looking down.

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**NEUTRAL GRIP**

"V" points between right shoulder and golfer's head.

1 knuckle showing when the golfer is looking down.

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**WEAK GRIP**

"V" points at golfer's head.

Thumb straight down the shaft.

No knuckles showing when the golfer is looking down.

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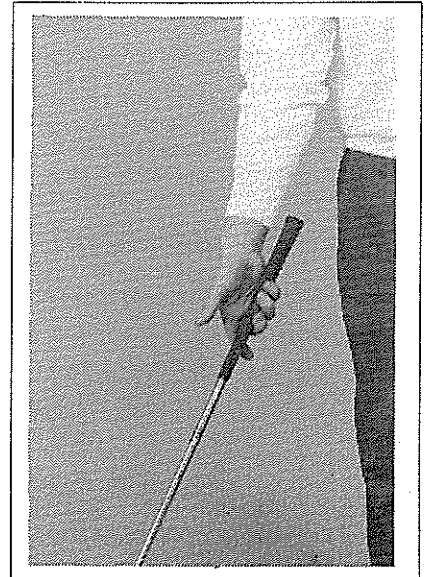
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## BOTTOM HAND

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Club is placed in finger tips.

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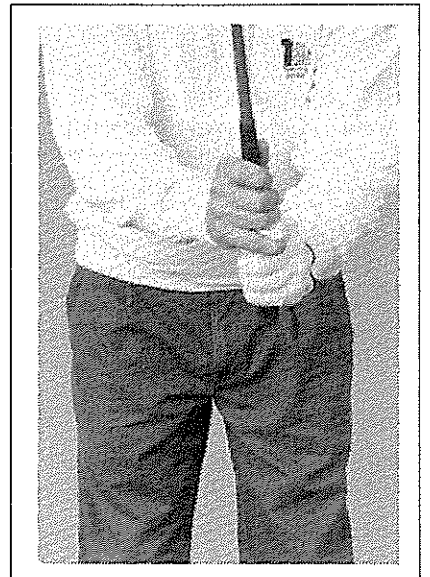


### ***VARDON GRIP***

Recommended grip.

Baby finger overlaps index finger of  
top hand.

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**TEN FINGER GRIP**

Recommended for juniors and for those without flexible wrists.

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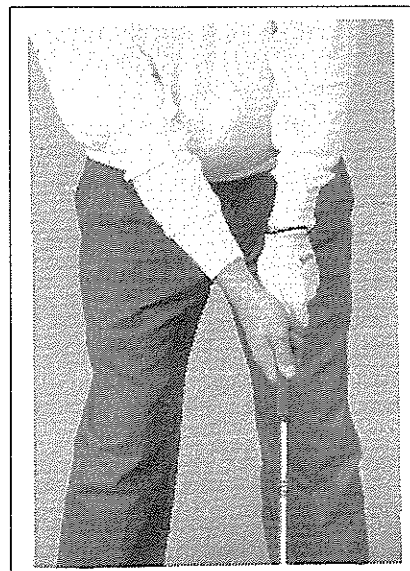
**COMPLETED GRIP**

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**STRONG GRIP**

Both V's point at right shoulder.

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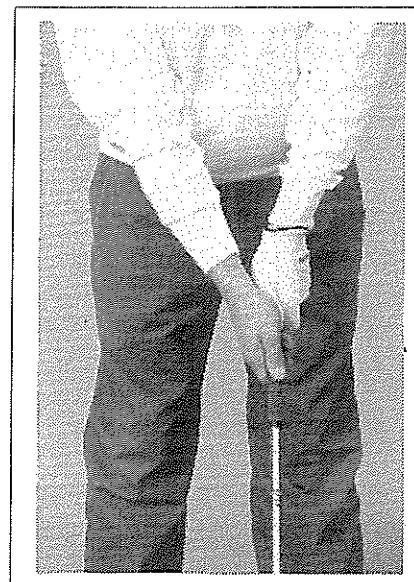


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**NEUTRAL GRIP**

Both V's point between player's head and shoulder.

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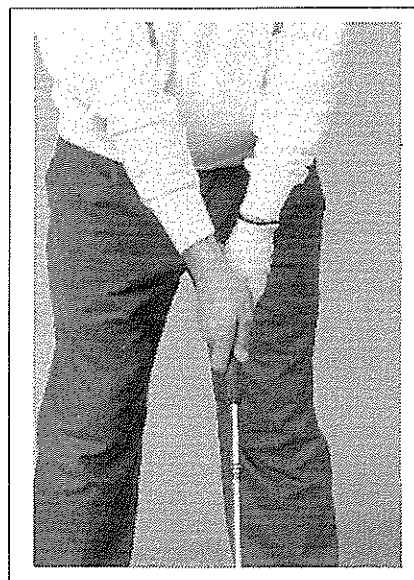


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**WEAK GRIP**

Both V's point at golfer's head.

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*Position #1b***LEVEL 2**  
*"Putting Grips"*

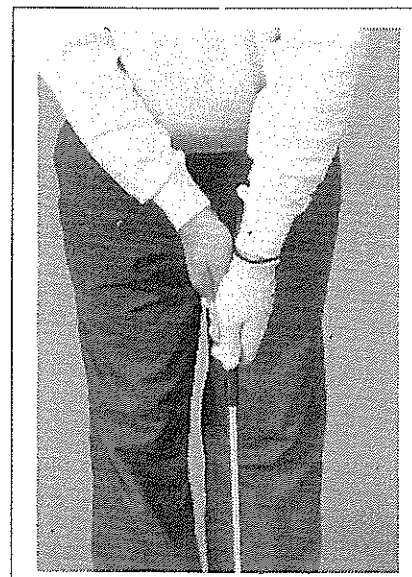
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**REVERSE OVERLAP**

An excellent method to avoid wrist break and de-acceleration.

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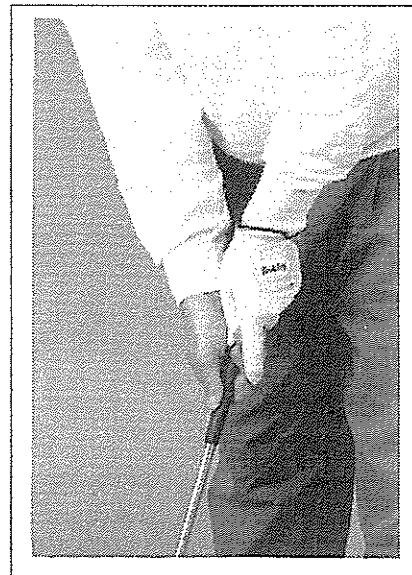
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**INDEX OVERLAP**

This method locks the hands nicely together.

The triangle should be moved in unison using a shoulder stroke.

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*Position #2*

**LEVEL 2**  
*"The Set-Up"*

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**CORRECT POSTURE AND ALIGNMENT OF THE BODY**

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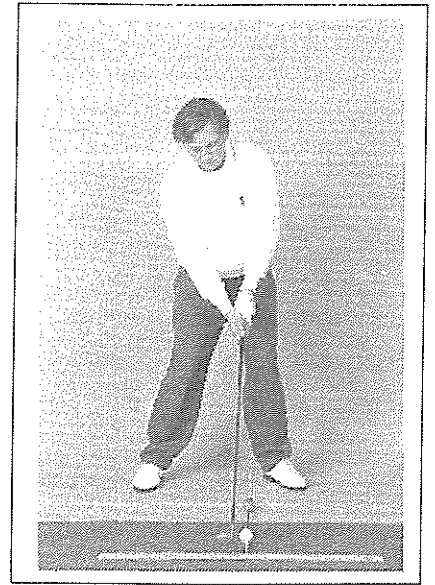
**KEY POINTS**

- Ball position remains constant for all clubs.
  - Back foot in stance becomes wider with the longer club.
  - Body weight is evenly distributed.
  - Head position is well behind ball.
  - Shoulders are not even simply because one hand is placed lower on the grip.
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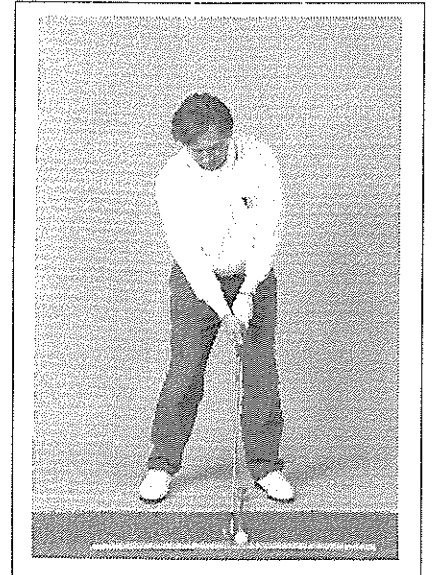
***CORRECT ALIGNMENT AND BODY  
POSTURE ARE IMPORTANT  
BASICS. WITHOUT THESE BASICS  
YOU CAN'T BUILD A REPETITIVE  
GOLF SWING.***

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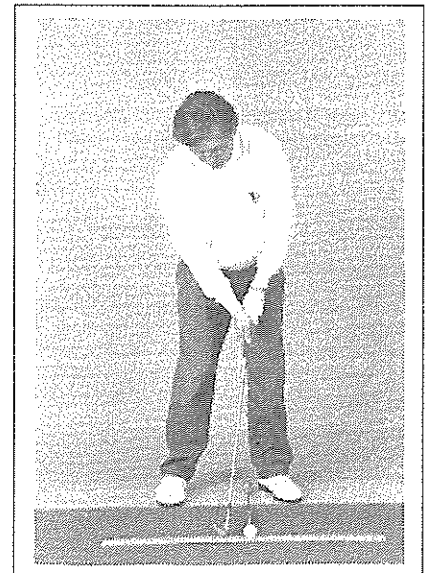
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**DRIVER**  
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**5 IRON**  
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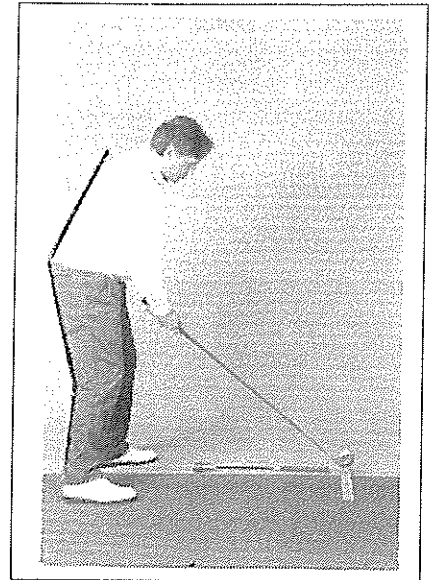


.....  
**PITCHING WEDGE**  
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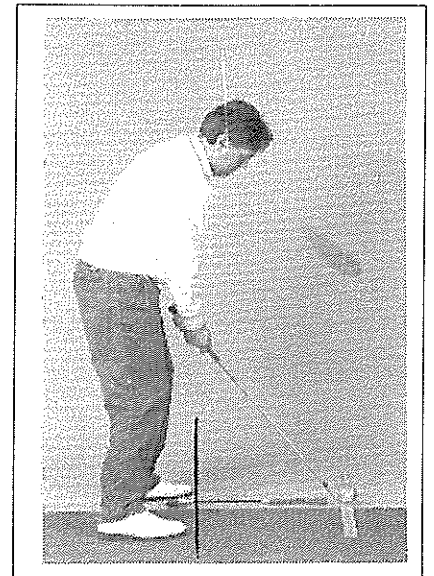




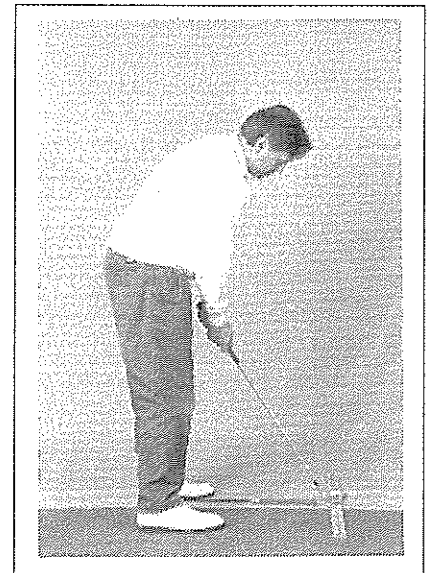
- 
- Back is relatively straight.
  - Hips to knees form another straight line.
  - Knees to the heels another line.
- 



- 
- Notice the shoulders hips and feet are parallel to the imaginary target line.
- 



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- Arms are relaxed and hang approximately one closed fist from the body.
- 



Position #3

## LEVEL 2

"The Take-away"

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### MY FOUR T METHOD

#### TURN-TRUNK-TRIANGLE-TOGETHER

**STATIC PRACTICE IS NECESSARY TO DEVELOP CORRECT POSITION OF THE BODY AND CLUB**

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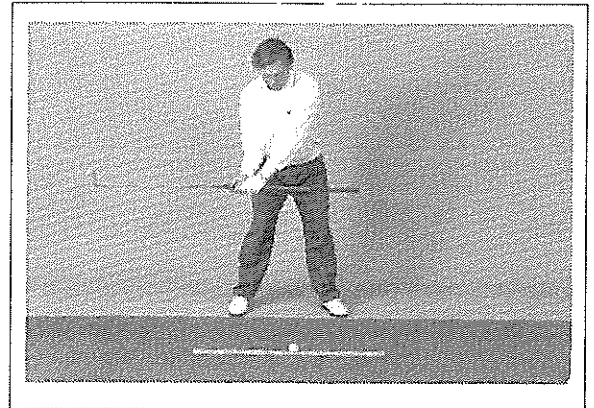
"While the shoulders are turning the arms must swing the club back to waist high"

Training tool is parallel to target line.

Left wrist remains flat.  
Right wrist is bent.

Head position remains steady.

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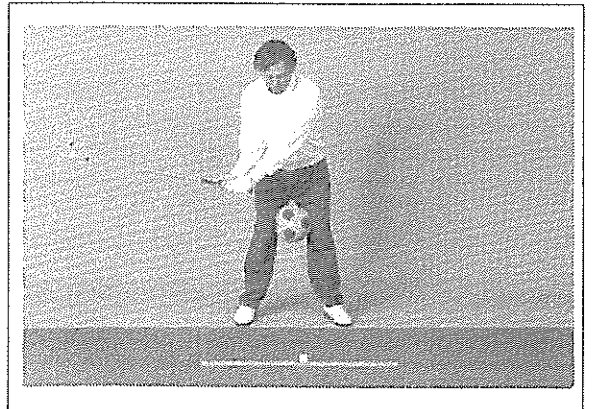


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Toe of golf club is pointing upward.

The soccer ball will not drop because your weight should be on the inside of both legs. Notice very little weight transfer of lower half.

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## LEVEL 2

"At the Top"

Position #4

### STATIC TRAINING IS THE IMPORTANT FIRST STEP.

**"A BABY MUST FIRST LEARN TO STAND BEFORE  
THE MOTION OF WALKING CAN OCCUR."**

The ideal is to turn the shoulders 90° and the hips will automatically turn 45°. Remember, an individual's flexibility and muscle mass will influence the degree of turn possible.

Power is created with the lower half resisting the upper half.

We must produce a spring-like wind up of your upper body against your lower body.

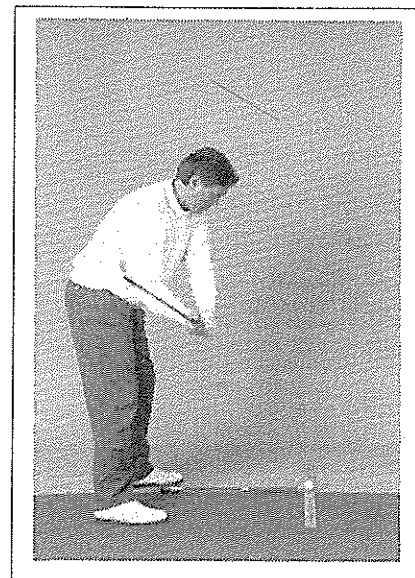
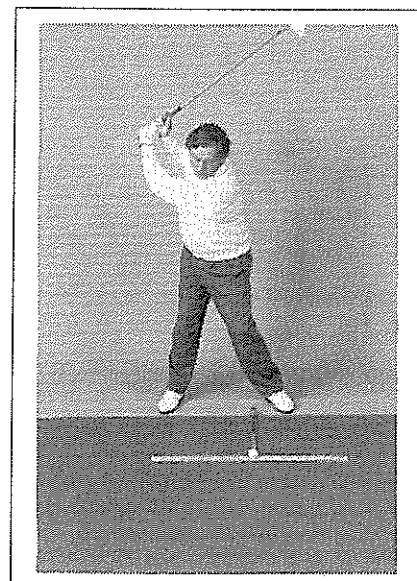
75° of your weight is shifted to the inside of the back foot. Left knee is behind the ball.

From static position #3 (waist high) the golf club is lifted upward to the top. This creates a vertical swing plane and helps produce power. A flat swing plane must be avoided.

Notice the golf club is pointed at the target.

Hold this position for 5 seconds.

Repeat 5 times.



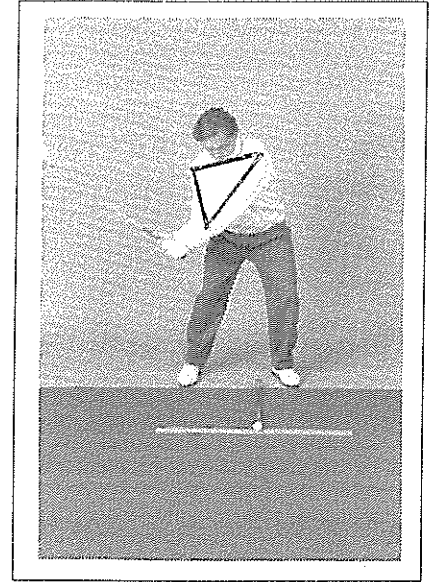
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The turning of the shoulders only- help maintain the triangle formed between the arms and shoulders and the (body) trunk turns in conjunction with the triangle.

Stop and hold position for 5 seconds when hands reach waist high.

Repeat 5 times.

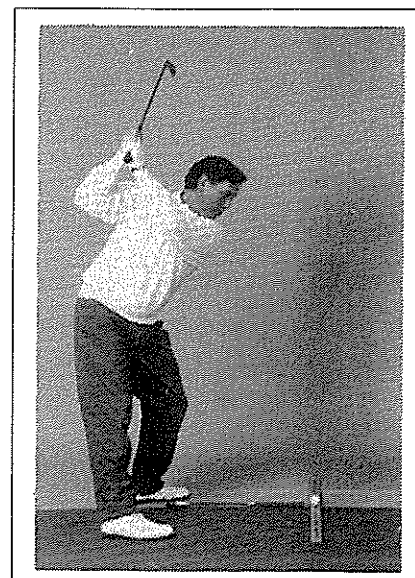
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**LEVEL 2***"The Down-swing"**Position #5*

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From the top, simply drop the butt of the club toward the ground.

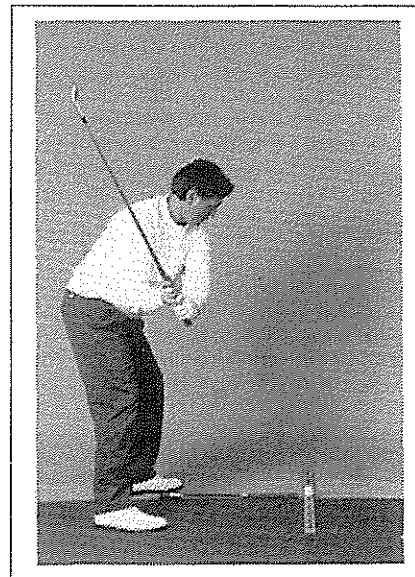


Toe of club points skyward.

Top half of body resists the lateral pull of lower half and remains very steady becoming the pivotal point for the body rotation after impact.

Lower half weight is transferred very slightly from the back foot to the front foot.

Legs will bow if this position is developed correctly.



## LEVEL 2

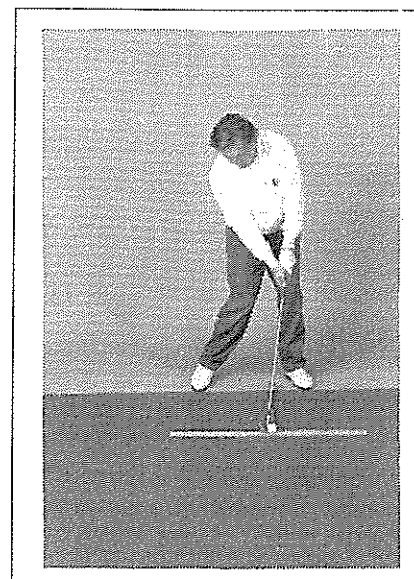
*"Impact"*

### *Position #6*

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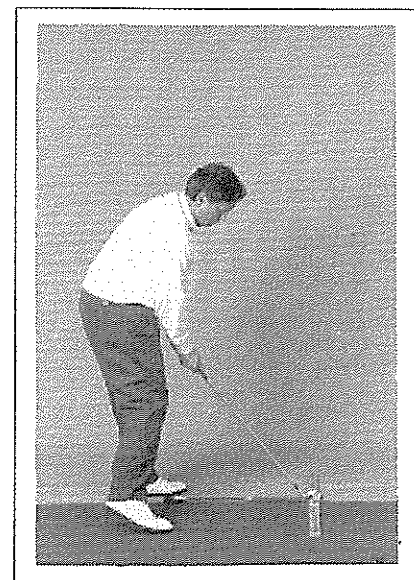
Back heel leads the toe.

Note: the back heel is just slightly off the ground at impact, helping keep the hips and shoulders parallel to the target line to impact.



Notice the arms remain very close to the body which helps keep the club head on the correct swing path.

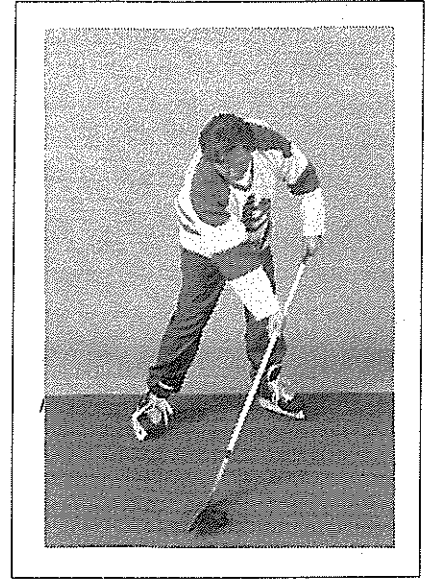
Reference back to position #2, "the set-up" and you'll find the two positions very similar.



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Notice the similarities of positions in shooting the puck. Bottom wrist still bent holding the lag well past impact, top wrist still flat. Weight has shifted to front foot, hips have cleared to allow the lagging power of the upper torso to unleash its force.

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# LEVEL 2

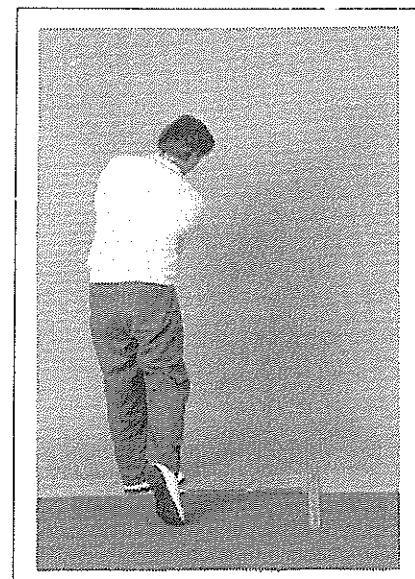
## "Waist High Past Impact"

### Position #7

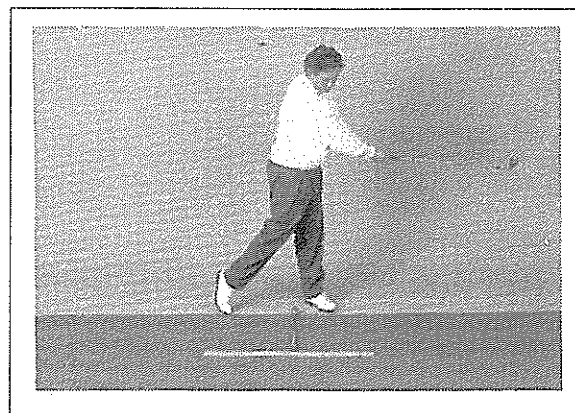
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Hips are now parallel to the ground and face toward the target.

95% of weight is now on the front foot.



Toe of club is pointed upward and is parallel to target line.





## LEVEL 2

"The Finish"

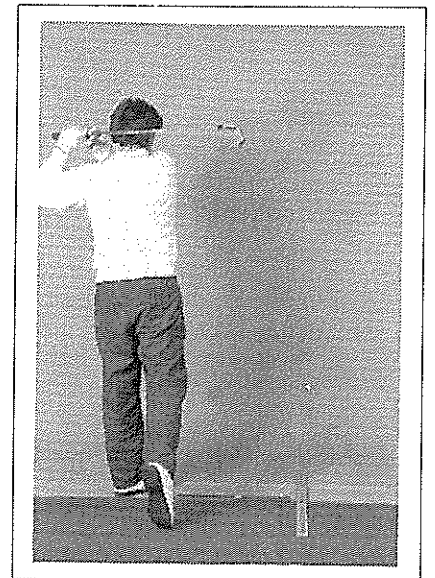
Position #8

**A GOOD SWING IS ALWAYS IN BALANCE.**

**BALANCE INDICATES CONTROL.**

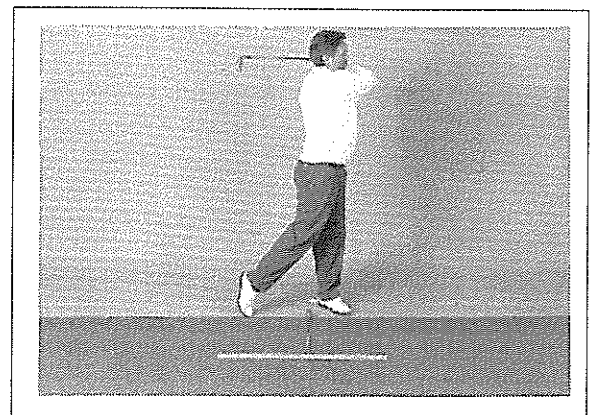
The arms simply bend from position #7 (waist high past impact) to position #8.

Flexibility will determine the amount of shoulder turn in each student.



Hips and shoulders are parallel to the ground.

Body is in total balance.



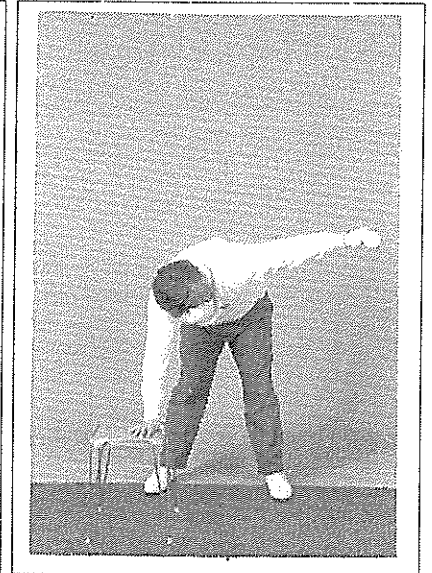
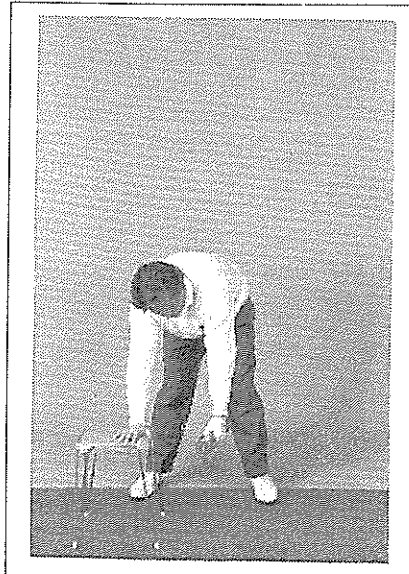
**LEVEL 3***"Strengthen the Correct Muscle Groups"***PLEASE BE CAREFUL AND START SLOWLY.****IF IN DOUBT CONSULT YOUR MEDICAL DOCTOR, NOT YOUR SWING DOCTOR.**

These are some of the drills taught to me by my personal instructor (Fred Atkins) Former World Wrestling Champion and fitness trainer for the Buffalo Sabres and Toronto Maple Leafs. "Stretch for Strength" was his favourite expression.

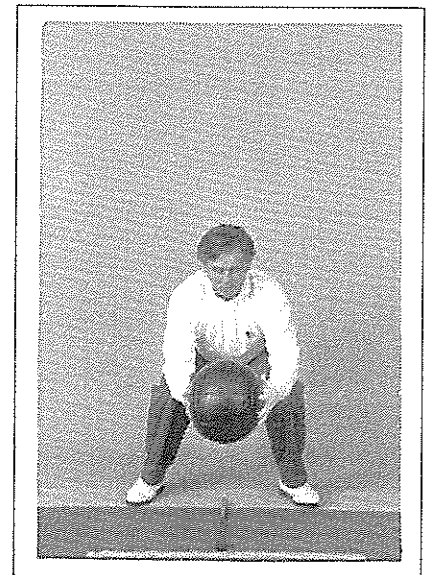
**DELTOID LIFTS**

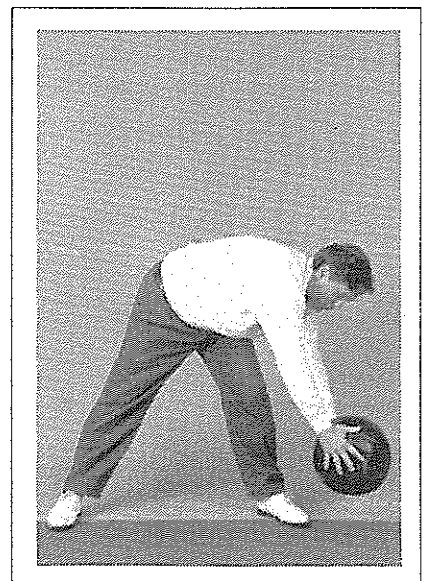
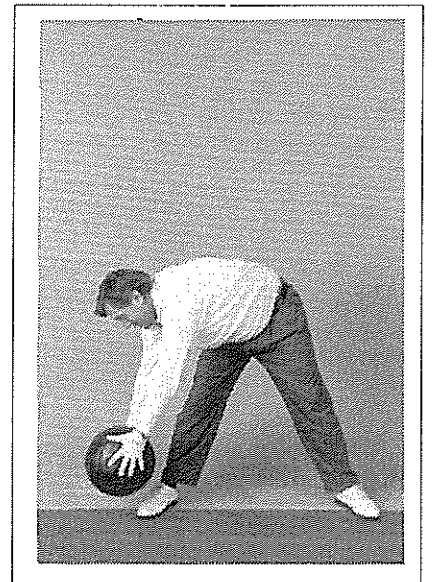
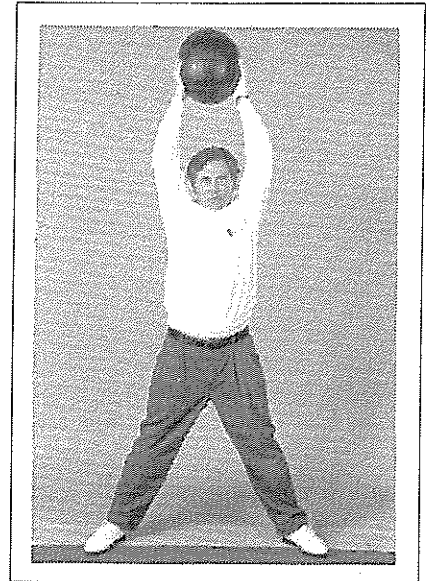
5lb Dumbbell.

10 Repetitions.

**LEG SQUATS**

Helps strengthen upper thighs and the important hip muscles.





**TRUNK ROTATION DRILLS GIVE YOU  
A GOOD STRETCH.**

**LEVEL 3***"Motion and Balance Drills"*

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***THE STEEL ROD WILL ACHIEVE GOLF'S MASTER MOVE.***

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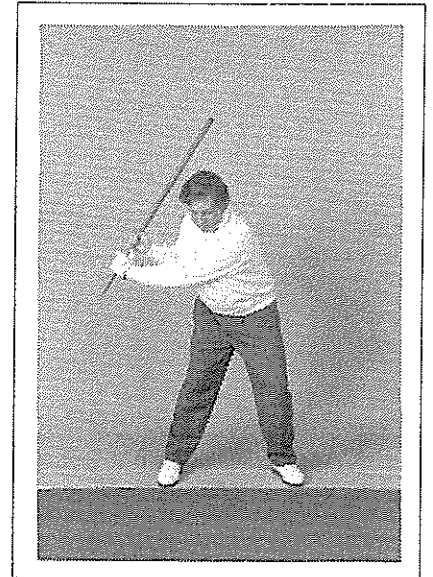
The butt of the rod should be pointed at the ground.

Separate the hands for this drill.

As the front arm (left) pulls the back arm (right) resists.

This is the most important position in the golf swing.

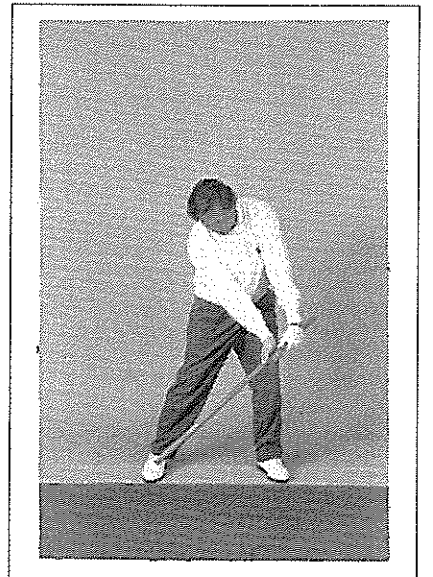
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Exaggerate the impact position by keeping the front hand (left) very flat and the right bent as much as possible.

***MORE LAG MEANS MORE POWER.***

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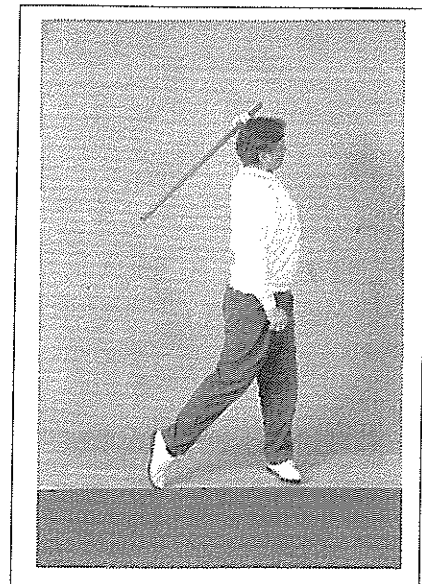
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Finish with front (left) arm only.

Exaggerate the finish by rotating the shoulders just a little extra.

Grip should still be firm in the palm.

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**BE CAREFUL:** THESE TRAINING RODS ARE HEAVY. CONSULT WITH YOUR INSTRUCTOR AS TO THE CORRECT WEIGHT AND LENGTH FOR YOU.

**THERE IS NO SECRET TO THE MASTER MOVE-  
JUST TRAIN THIS POSITION.**

**5 DRILLS PER SESSION FOR 4 WEEKS IS A MUST.**

**DO BOTH STATIC AND MOTION DRILLS.**

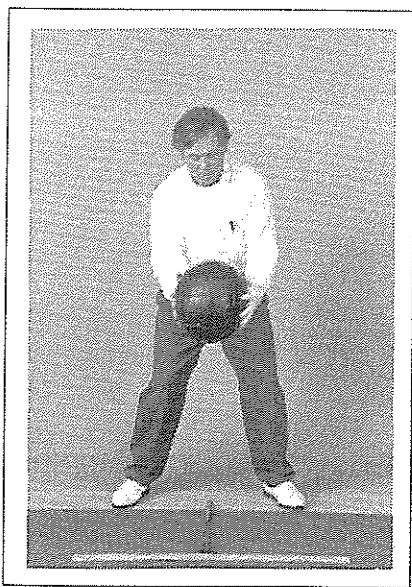
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**SLOW MOTION AND BALANCE DRILLS HELP  
STRENGTHEN THE GOLFING MUSCLES.**

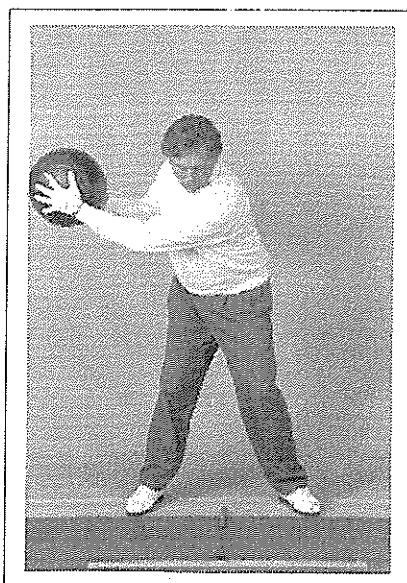
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Begin with a 5lb medicine ball then advance to a 10lb ball when  
your balance and strength improve.

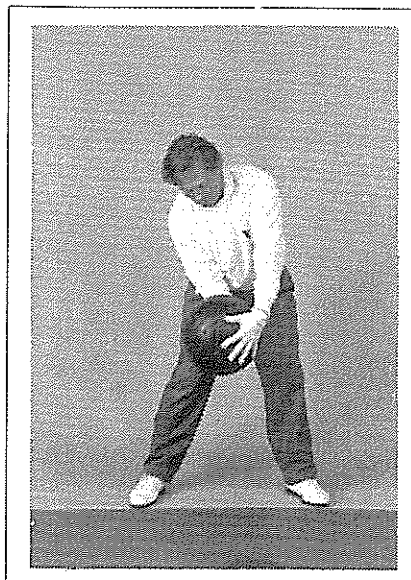
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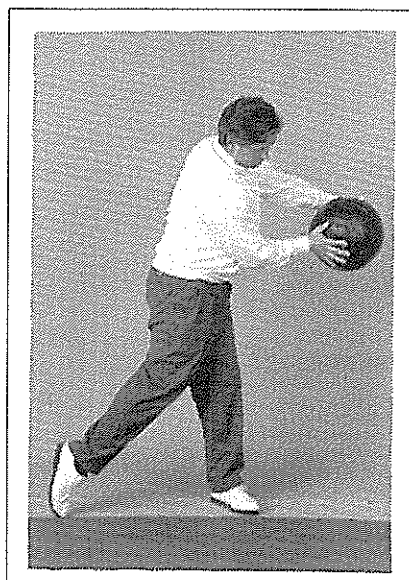
THE SET-UP



THE TAKE-AWAY



IMPACT



ROTATION PAST IMPACT

**5 STATIC AND 5 FULL MOTION DRILLS.**

**4 WEEKS OF TRAINING IS RECOMMENDED.**

**TWO 2 HOUR PRACTICE SESSIONS SHOULD INCLUDE THIS DRILL**

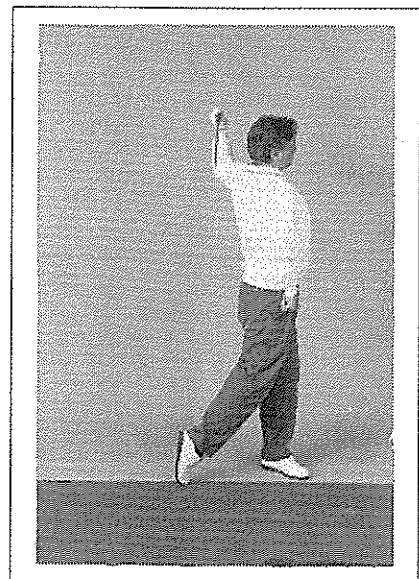
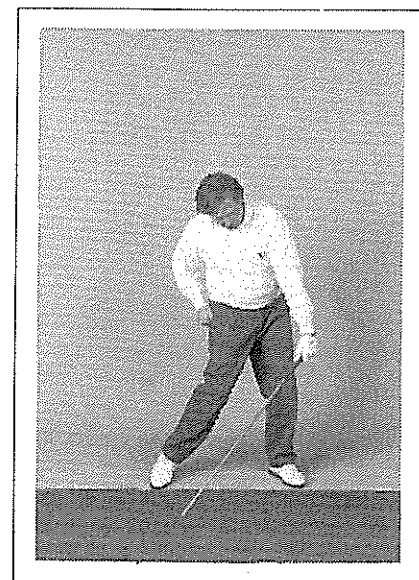
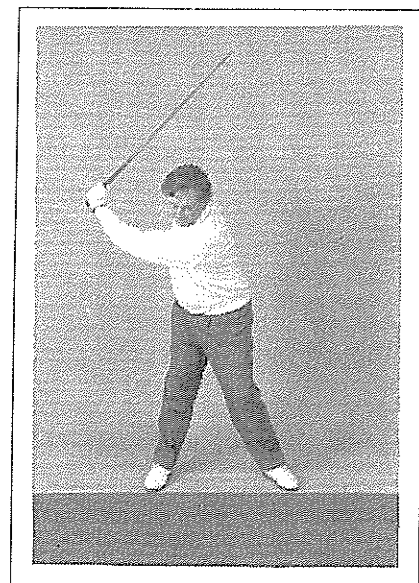
### ***THE SWISH DRILL***

Take a wood shaft that is gripped without a club head. Hold with your top hand only then proceed to accelerate the shaft as quickly as possible making a swishing sound as the shaft increases speed.

***KEEP YOUR BALANCE.***

***SPEED DRILLS SHOULD HELP INCREASE  
DISTANCE.***

***5 FULL MOTION DRILLS ARE NEEDED IN EACH  
PRACTICE SESSION OVER THE FOUR WEEKS.***



## LEVEL 4

"Club Fitting"

AFTER HAVING COMPLETED LEVEL THREE, IT IS IMPORTANT TO FIT YOU WITH A SET OF CLUBS DESIGNED TO ACHIEVE MAXIMUM BENEFIT BASED UPON YOUR SPECIFIC PHYSICAL NEEDS.

REFER TO THE FOLLOWING CUSTOM CLUB CHARTS

<i>Men's</i>						<i>Ladies'</i>				
Woods	Lofts		Lies	Lengths		Lofts		Lies	Lengths	
	Std	Trad	Std	Std	Trad	Std	Trad	Std	Std	Petit
1	11°	-	55°	43"	-	12°	-	53°	42"	41.5"
2	13°	-	55.5°	42.5"	-	14°	-	53.5°	41.5"	41"
3	16°	-	56°	42"	-	17°	-	54°	41"	40.5"
4	19°	-	56.5°	41.5"	-	20°	-	54.5°	40.5"	40"
5	22°	-	57°	41"	-	23°	-	55°	40"	39.5"
6	25°	-	57.5°	40.5"	-	26°	-	55.5°	39.5"	39"
7	28°	-	58°	40"	-	29°	-	56°	39"	38.5"
Irons	Std	Trad	Std	Std	Trad	Std	Trad	Std	Std	Petit
1	17°	17°	55°	39.5"	39"	-	-	-	-	-
2	20°	20°	56°	39"	38.5"	21°	21°	54°	38"	37.5"
3	24°	23°	57°	38.5"	38"	25°	24°	55°	37.5"	37"
4	28°	26°	58°	38"	37.5"	29°	27°	56°	37"	36.5"
5	32°	30°	59°	37.5"	37"	33°	31°	57°	36.5"	36"
6	36°	34°	60°	37"	36.5"	37°	35°	58°	36"	35.5"
7	40°	38°	61°	36.5"	36"	41°	39°	59°	35.5"	35"
8	44°	42°	62°	36"	35.5"	45°	43°	60°	35"	34.5"
9	48°	46°	63°	35.5"	35"	49°	47°	61°	34.5"	34"
PW	52°	50°	63°	35.5"	35"	53°	51°	61°	34.5"	34"
SW	56°	56°	63°	35.5"	35"	57°	56°	61°	34.5"	34"



## *Face Angle of Wooden Clubs*

Face Angle	Relative Directional Tendency	Ball Trajectory
Open	Pronounced Slice or Push	Higher
Slightly Open	Slight Slice or Push	Slightly Higher
Square	Square Hit	Normal
Slightly Closed	Slight Hook or Pull	Slightly Lower
Closed	Pronounced Hook or Pull	Lower

## *Shaft Flex Selection*

Shaft Flex	Type of Golfer	Carry Distance -Drives
L-Ladies'	Average Women Golfers- Young Juniors	160 yds. or less
A-Flexible	Senior Golfers And Stronger Women. Swing Speed 60 m.p.h. +	160 yds. to 185 yds.
R-Medium	Men Who Possess Average Swing Speed and Strength. Also Many Women Golf Professionals. Swing Speed 75 m.p.h. +	175 yds. to 220 yds.
S-Stiff	Scratch and Low Handicap Amateurs, Golf Professionals and Strong Players Who Lack Control. Swing Speed 95 m.p.h. +	210 yds. to 250 yds.
X-Extra Stiff	Used by a Few Touring Professionals Who Need Extra Control From Very Fast Swing Speeds 115 m.p.h. +	240 yds. and over

## *Swing Weight Range by Shaft Flex*

Shaft Flex	Swingweight Range	Average
L-Ladies'	C-3 to D-0	C-7
A-Flexible	C-6 to D-3	D-0
R-Medium	C-8 to D-5	D-2
S-Stiff	C-9 to D-6	D-3
X-Extra Stiff	D-1 to D-8	D-4

## *Grip Size*

Relative Size	Designation
Extra Large	1/16" oversize
Very Large	3/64" oversize
Large	1/32" oversize
Slightly Larger	1/64" oversize
Average	Standard size
Slightly Smaller	1/64" undersize
Very Small	1/32" undersize

<b>Set Make-up Guide</b>				
<b>Shaft Flex</b>	<b>General Handicap</b>	<b>Woods</b>	<b>Irons</b>	<b>No. Clubs</b>
L-Ladies'	18 or Less	1,3,5,7	3-9, PW, SW, P	14
	Over 18	1,3,4,5,7	4-9, PW, SW, P	
	Over 18 (Alternative)	1,3,5,6,7,8	5-9, PW, SW, P	
A-Flexible	18 or Less	1,3,5,6 (or 7)	3-9, PW, SW, P	14
	Over 18	1,3,4,5,7	4-9, PW, SW, P	
	Over 18 (Alternative)	1,3,5,6,7,8	5-9, PW, SW, P	
R-Medium	14 or Less	1,3,4,5	3-9, PW, SW, P	14
	15-24	1,3,5,7	3-9, PW, SW, P	
	Over 24	1,3,4,5,7	4-9, PW, SW, P	
S-Stiff	10 or Less	1,3,4 (or 5)	2-9, PW, SW, P	14
	11-18	1,3,4,5 (or 7)	3-9, PW, SW, P	
	Over 18	1,3,5,7	3-9, PW, SW, P	
X-Extra Stiff	10 or Less	1,3,4 (or 5)	2-9, PW, SW, P	14
<b>Note:</b> A Third Wedge, Utility or Trouble Woods and a #1 Iron Should Be Considered				

### **Wood vs. Iron Distance Equivalency**

#4 Wood	=	#1 Iron
#5 Wood	=	#1 or #2 Iron
#6 Wood	=	#2 or #3 Iron
#7 Wood	=	#3 or #4 Iron
#8 Wood	=	#4 or #5 Iron
#9 Wood	=	#5 or #6 Iron
#10 Wood	=	#6 or #7 Iron

Wood Trajectory is Higher With Less Roll vs Iron Trajectory

### **Golf Club Troubleshooting Guide**

<b>If You Do This</b>	<b>A Possible Solution Could Be</b>
Hook or Pull the Ball	<ul style="list-style-type: none"> <li>• Open face angle to more slice (Woods)</li> <li>• Use a stiffer flex shaft</li> <li>• Use a more tip stiff shaft</li> <li>• Check for too upright a lie</li> <li>• Check for proper club length</li> <li>• Check for too small a grip</li> <li>• Increase swingweight</li> </ul>

*cont.*

## **Golf Club Troubleshooting Guide** *cont.*

<b>If You Do This</b>	<b>A Possible Solution Could Be</b>
Slice or Push the Ball	<ul style="list-style-type: none"> <li>• Use a more flexible shaft</li> <li>• Use a more tip weak shaft</li> <li>• Check for too flat a lie</li> <li>• Check for proper club length</li> <li>• Decrease swingweight</li> <li>• Check for too large a grip</li> <li>• Close face angle to more hook (Woods)</li> <li>• Check for weight in grip end of club</li> </ul>
Hit Ball Too High	<ul style="list-style-type: none"> <li>• Decrease loft</li> <li>• Use a stiffer shaft</li> <li>• Use a more tip stiff shaft</li> <li>• Check for proper club length</li> <li>• Check for excessive face roll (Woods)</li> <li>• Use a deeper faced club</li> <li>• Check for excessive hook in face angle (Woods)</li> <li>• Check for Back-weighted club</li> </ul>
Hit Ball Too Low	<ul style="list-style-type: none"> <li>• Increase loft</li> <li>• Use a more flexible shaft</li> <li>• Use a more tip weak shaft</li> <li>• Check for proper club length</li> <li>• Use a shallow faced club</li> <li>• Check for excessive slice in face angle (Woods)</li> <li>• Use back-weighted woods</li> </ul>
Accuracy Generally Inconsistent in Both Directions	<ul style="list-style-type: none"> <li>• Shaft too flexible</li> <li>• Use a more tip stiff shaft</li> <li>• Swingweight too heavy or too light</li> <li>• Check all lie angles</li> <li>• Check for proper club length</li> <li>• Check for proper grip size</li> <li>• Check for weight in grip end of club</li> </ul>
Unsold Feeling During the Shot	<ul style="list-style-type: none"> <li>• Swingweight too light</li> <li>• Total weight too light</li> <li>• Shaft too stiff</li> <li>• Use a more tip weak shaft</li> <li>• Check for proper club length</li> <li>• Check for excessive weight down shaft</li> <li>• Check for weight in grip end of club</li> <li>• Check all lie angles</li> <li>• Possibly improper designed clubhead <i>cont.</i></li> </ul>

**Golf Club Trouble Shooting Guide** *cont.*

<b>If You Do This</b>	<b>A Possible Solution Could Be</b>
Loss of Distance	<ul style="list-style-type: none"><li>• Swingweight too heavy</li><li>• Total weight too heavy</li><li>• Trajectory too high (Irons)</li><li>• Trajectory too high or too low (Woods)</li><li>• Shaft too stiff</li><li>• Use a more tip weak shaft</li><li>• Use a light overall weight shaft</li><li>• Check for too large a grip</li><li>• Check for proper club length</li><li>• Check for excessive face roll (Woods)</li><li>• Check all loft angles</li></ul>

## Club Head Design

Model or Brand - Irons \_\_\_\_\_  Stain Color \_\_\_\_\_  Insert Color & Type \_\_\_\_\_  
 Model or Brand - Woods \_\_\_\_\_ Club Head Notes \_\_\_\_\_

### Loft

<b>Woods</b>	<b>Irons</b>
<input type="radio"/> Strong 1°	<input type="radio"/> Strong 2°
<input type="radio"/> Standard	<input type="radio"/> Strong 1°
<input type="radio"/> Weak 1°	<input type="radio"/> Standard
<input type="radio"/> Other _____	<input type="radio"/> Weak 1°
_____	<input type="radio"/> Weak 2°
_____	<input type="radio"/> Other _____

### Lie

<b>Woods</b>	<b>Irons</b>
<input type="radio"/> Flat 2°	<input type="radio"/> Flat 2°
<input type="radio"/> Flat 1°	<input type="radio"/> Flat 1°
<input type="radio"/> Standard	<input type="radio"/> Standard
<input type="radio"/> Upright 1°	<input type="radio"/> Upright 1°
<input type="radio"/> Upright 2°	<input type="radio"/> Upright 2°
<input type="radio"/> Other _____	<input type="radio"/> Other _____

### Club Length

<b>Woods</b>	<b>Irons</b>
<input type="radio"/> Standard	<input type="radio"/> Standard
(43" men's #1)	(39" men's #2)
(42" ladies' #1)	(37.5" ladies' #3)
<input type="radio"/> 1/2" longer	<input type="radio"/> 1/2" longer
<input type="radio"/> 1" longer	<input type="radio"/> 1" longer
<input type="radio"/> 1/2" shorter	<input type="radio"/> 1/2" shorter
<input type="radio"/> Other _____	<input type="radio"/> Other _____

### Face Angle- Woods

<input type="radio"/> Open (2° slice)	<b>Bulge and</b>
<input type="radio"/> Slightly Open	<b>Roll Notes:</b>
(1° slice)	_____
<input type="radio"/> Square (0°)	_____
<input type="radio"/> Slightly Closed	<b>Facing Notes:</b>
(1° hook)	_____
<input type="radio"/> Closed	_____
(2° hook)	_____

### Swingweight & Total Weight

SW Woods \_\_\_\_\_  
 SW Irons \_\_\_\_\_  
 Notes on Total Weight \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Grip Size

<input type="radio"/> 1/16" oversize	<b>Grip Core Size</b>
<input type="radio"/> 3/64" oversize	<b>Notes:</b> _____
<input type="radio"/> 1/32" oversize	_____
<input type="radio"/> 1/64" oversize	_____
<input type="radio"/> Standard	_____
<input type="radio"/> 1/64" undersize	_____
<input type="radio"/> Special Arthritic	_____
<input type="radio"/> Other _____	_____

### Grip Material & Model

Rubber  
 Rubber and Cord  
 Leather  
 Model \_\_\_\_\_  
 Color \_\_\_\_\_  
 Grip Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Shaft Flex

L-Ladies'  
 A-Flexible  
 R-Medium  
 S-Stiff  
 X-Extra Stiff  
 Other \_\_\_\_\_  
 Tipping Amt \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Shaft Material & Pattern

<input type="radio"/> Steel	<input type="radio"/> Pro-fit
<input type="radio"/> Lt. Wt. Steel	<input type="radio"/> TT Lite
<input type="radio"/> Very Lt. Wt. Steel	<input type="radio"/> Extralite
<input type="radio"/> Graphite	<input type="radio"/> Flex-Flow
<input type="radio"/> Other _____	<input type="radio"/> UCV-304
<b>Pattern</b>	<b>Microtaper</b>
<input type="radio"/> Dynamic	<input type="radio"/> ND
<input type="radio"/> Dynamic Gold	<input type="radio"/> Other _____
<input type="radio"/> FM Precision	_____
<input type="radio"/> Jetstep	_____

### Set Make-up

Woods 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15  
 Irons 1 2 3 4 5 6 7 8 9 PWO SWO 3WO  
 Men's Right Hand  Ladies' Right Hand  
 Men's Left Hand  Ladies' Left Hand

### PUTTER RECOMMENDATION

Club Head Design Model Brand or Type	Loft <input type="radio"/> Strong 1° <input type="radio"/> Standard <input type="radio"/> Weak 1° <input type="radio"/> Other _____	Lie <input type="radio"/> Flat 2° <input type="radio"/> Flat 1° <input type="radio"/> Standard <input type="radio"/> Upright 1° <input type="radio"/> Upright 2° <input type="radio"/> Other _____	Length <input type="radio"/> 32" <input type="radio"/> 33" <input type="radio"/> 34" <input type="radio"/> 35" <input type="radio"/> 36" <input type="radio"/> Other _____	Grip Type & Model <input type="radio"/> Rubber <input type="radio"/> Leather <input type="radio"/> Model _____	Swingweight or Total Wt. _____ (Specify) Comments _____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Additional Putter Information: \_\_\_\_\_

### ADDITIONAL COMMENTS AND RECOMMENDATIONS - FITTING OR SWING


## LEVEL 5

*"Correct Practice Routines"*

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### THE EXTENDED CHIPPING TRAINER

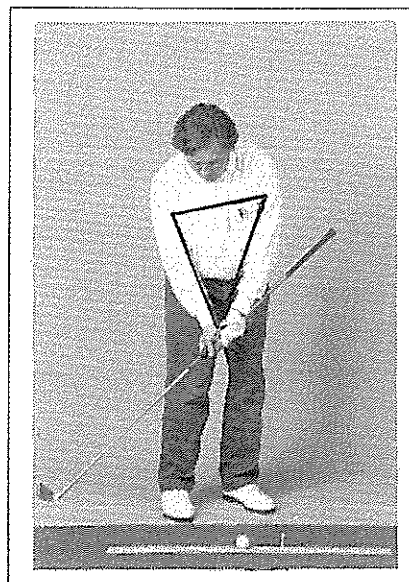
*MINIMUM 15 MINUTE TRAINING SESSION TWICE WEEKLY FOR 4 WEEKS*

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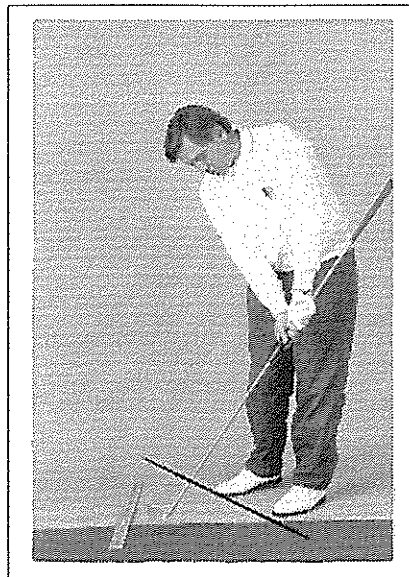
#### **TRIANGLE**

Form the triangle position as shown.

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- 
- Notice the open stance at address.
  - 70% of weight is on the front foot.
  - Hands and arms relaxed and very close to body.
- 

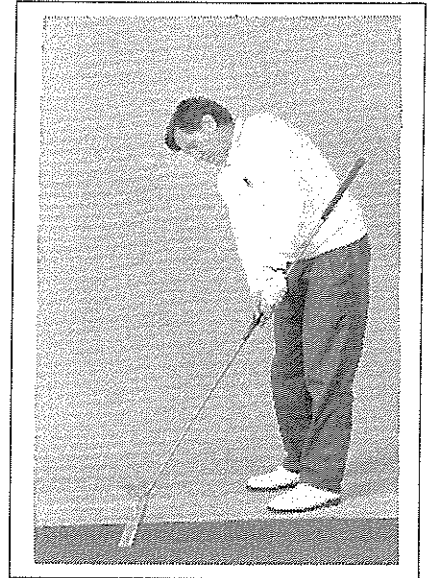


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**TRACK**

Concentrate on striking down and through the ball for 4", knocking the tee over.

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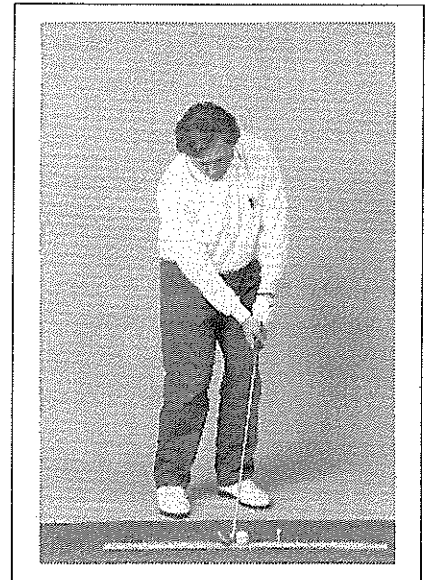
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**TARGET**

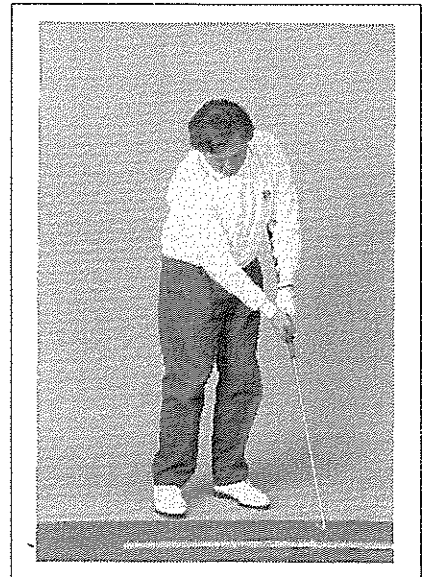
The club path travels down the track toward the target.

The triangle is maintained with no visible wrist break in either hand.

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- 
- The slight shift of motion to the forward foot causes the shoulders to turn the triangle and the club head path moves inside the track and upward.
  - Notice the extended shaft remains motionless and does *not* contact the body.
- 



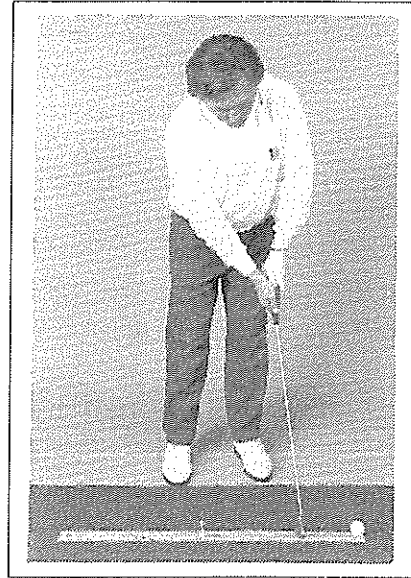
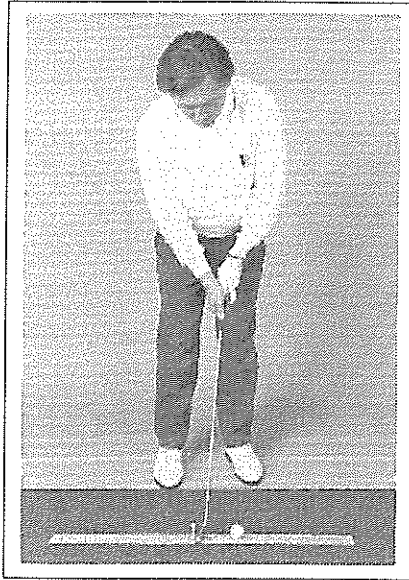


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## PUTTING ACCELERATION DRILL

Place a ball on the target track approximately 3" in front of an inserted tee. Move the club head back slowly until it contacts the tee. Accelerate the putter through the ball using *no* wrist action.

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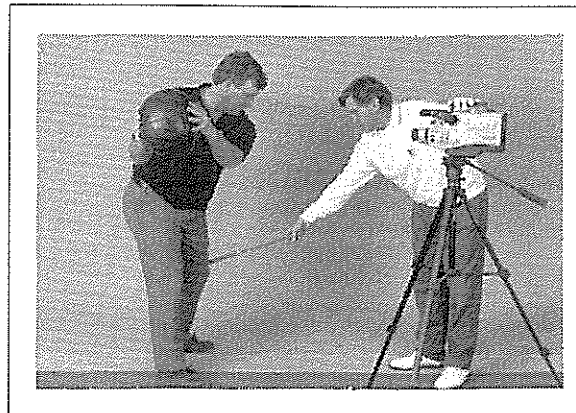


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## VIDEOTAPE YOUR SWING

It is highly recommended that the student's swing be video taped. Visual learning is a key factor in the development of knowledge and a check point for correct positions.

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## LEVEL 6

### *"Playing Strategies"*

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### ON THE COURSE

The completion of Level 5 now takes the professional and the student onto the golf course for 9 holes of instructional golf.

Many professionals never get into golf course strategy with their students. This often neglected area should be given emphasis, and, therefore is included in this program.

## PLAYING THE ROUND

### *SOME OF MY THOUGHTS*

#### **Stay with the Game Plan**

Plan your strategy for a round and stick with that plan. If the first few holes give you trouble, don't try to muscle your way through the next holes to compensate for it. This will only dig you in deeper. Remember, the pin is always in front of you-play for the pin, not for your previous mistakes.

#### **Swing Corrections**

Stay away from swing corrections during the round! Face it, you're not going to correct your swing problems over 18 holes of golf, so save yourself and your playing mates some stress- The course is designed for playing, so enjoy it. The time for preparing the swing is on the lesson tee and on the practice tee. It is extremely difficult to think about swing mechanics and swing well. One whole swing thought to help you execute well on the course, is to concentrate on achieving a smooth tempo. A proper swing becomes difficult if this tempo is outside certain limits.

#### **Keep the Ball in Play**

There are not many things that can be as disturbing in a round of golf as losing a ball or sending it out of bounds. A great round can be ruined by having to take a stroke and a distance penalty. All of a sudden you're fighting to avoid a triple bogey on a hole. And this is hard to do when you are disgusted with yourself for the penalty situation.

It would seem that the majority of our students are power-conscious. They love to brag about long drives, and hitting lofted clubs for their second shots to long par fours and par fives. If your ability will allow you to accurately and consistently do this, great! Stop reading this manual and start playing. There is such a thing as getting too much distance, especially from an iron. It is usually achieved at the sacrifice of direction.

Instead of hammering a five iron to the green, take an easier swing with a four iron and nail the green. After all, we are allowed to carry 14 clubs in the bag-let's start using them.

## Concentrate

Many missed shots are caused by not concentrating during the swing. You may be thinking of problems at the office, or at home. Remember, you're on the course to play the game, do it properly. Be careful to step back away from the ball whenever your concentration has been broken by something in your line of sight or by some noise. The importance of concentration cannot be over-emphasized.

## Where to Aim

Your target need not always be the centre of the fairway or the pin on the green. If you tend to fade your tee shots, line up to the left side of the fairway. If you tend to draw your tee shots, line up to the right side of the fairway. This way you will be in the fairway a greater percentage of the time. Also stay away from trouble- if there is trouble on the right, tee the ball to the right side of the box and aim to the left side of the fairway.

When approaching the greens, line up in a similar manner. Keep your shot-making ability in mind and your score will reflect it.

## Play Your Own Game

You would be well advised to always consider the course your opponent. In this way, you shouldn't feel the need to match the swing and distance of your playing partner, who "crushes" the ball. Swing *within* yourself *through* the ball.

## Positive Thinking

Cultivate positive thoughts during the round. Visualize exactly the desired result before you begin your stroke.

If you *talk* to yourself before you make your shots, then say positive things like, "Now swing a smooth stroke down the right side of the fairway," rather than, "Now don't duck hook this tee shot, stupid." When the mind concentrates on negative thoughts, it often causes the body to perform exactly what the player wants to avoid. It is better to have the mind concentrating exactly on what it wants the body to perform. Then the mind and body can work together rather than in opposite directions.

## Dealing with Adversity

You are not going to hit every shot perfectly during a round. realising this helps you control your emotions when the bad shot or the bad break occurs. Losing your temper on the course not only can be annoying to the other players in the group, but can be very damaging to your ability to execute the remaining shots.

If a round is going bad, take small steps to right it. For example, try to get two pars in a row to stop a string of bogies. 2 bogies in a row to stop a string of double bogies. Remember, don't kill the ball and try and save your score. Chances are, if you're having one of those days, your round won't shine anyways, so just do the best you can with the rest of the holes.

When all else fails, and everything seems to go wrong, make it your goal to control your emotions so as to improve your own mental health and dignity and to not ruin the game for your playing companions. It is, after all, only a game.

## **Execute Under Pressure**

Why can so many students of the game of golf make the good move on the practice swing and yet, when they swing with the ball there, we see a completely different motion? The student is under much more pressure when he is playing a shot on the course: He has to live with the consequences. This causes fear and anxiety, even in friendly competition.

Maintain your composure through self-discipline, keeping past success patterns in mind, understanding the cause of this pressure, and controlling these emotions as much as possible.

## **Analyse the Round**

The only reasons for analysing the round after it has been played are to identify the weakest parts of your game and so that adjustments in strategy can be made in planning for future rounds.

Count the number of good and bad wood shots, the good and bad long iron shots, the good and bad short iron shots, and the number of chips and putts. Also, the number of greens hit in regulation or less may be counted.

Keep track of the problems you are having hitting the ball (ie hooking all fairway woods, slicing the three iron, hitting the PW fat, etc.). This and any other round information you gather should be brought with you to your lessons. You can then concentrate your valuable practice time on more than "whacking" drives. Your practice time can be custom tailored to work on your weakest shots. With such a routine, your game can only improve.

Remember, building a sound swing is important. But also of great importance is knowing what to do with it when you take it to the golf course.

**IN CONCLUSION:**

I totally agree with my good friend and teaching expert George Clifton (1992 Ontario P.G.A. Professional of the Year). Recently George summed up the lack of Canadian World Class Players in his article with Rick Fraser of the Toronto Star.

Mr. Clifton indicated that more success would be gained if young Canadians would stick to a method with one instructor and not try to copy everyone else.

My method comes from years of experience and being very open minded to all various methods and may top instructors.

If a student will be patient and work hard to attain all six levels in my Manual then I guarantee success.

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