

Welcome to the 2010 golf season, my name is Dean Claggett, I am the Director of Golf at the Two Eagles Golf Course & Academy in West Kelowna. Along with our CPGA staff of Chris Hinton, Brodie Carle, Lindsay MacDermott and Sheldon Tuck we would like to take you on a season long golfing journey to a place filled with lower scores, higher skills and more fun.

Throughout the golf season we will bring you weekly articles on many different aspects of the game from swing fundamentals, ideas for practice, chipping, putting, sand play and club fitting. Our goal is to provide you with information that gives you the ability to improve your game.

With many of our local courses already in full swing many of us have taken the opportunity to hit balls or play a few holes and from that created a memory of how great it feels to hit a good shot and how the others felt. Somehow we are able to recreate good swings but our habits from the past keep showing up, why does this happen? Golf swings like most of the activities we do are comprised of well learned behaviors or habits, sometimes our confidence is good and we hit quality shots and other times we have difficulty with trust and we don't execute well.

Our golf swings are built upon a series of fundamentals that include balance, alignment, posture, grip and ball position. Since it is early in the season I would like you to focus on an under appreciated fundamental of balance. Activities that we take part in are based on a coordinated movement of our arms, torso and legs, when we walk slowly our arms move slowly and when we increase our speed our arms match our stride, coordinated and in balance. If we take the time to look back on our best shots we would notice each swing was completed on balance with positive weight distribution.

To start our season the practice assignment is to pay attention to your golf balance, find out what good balance feels like and try and repeat that feeling whether it's a practice swing at the driving range or a shot played on the course. Once we establish the positive feedback of balance then we will be able to develop a foundation that we can build upon for the future.

Our staff at Two Eagles looks forward to bringing you weekly articles on golf instruction, we would like to add a special feature with input from our readers, if you have a specific question or idea that you would like covered please let us know. We can be reached at the following address – info@twoeaglesgolf.com

Good Golfing
Dean Claggett