

First Tee Talk

Posture: do not crank your back for vanity!



How is your back? I am working in reverse here from impact to address, so let's see how some of the world's best players look at impact, in particular their spines:

Jimmy Walker, Vijay Singh, Lorena Ochoa and Michelle Wie with rounded shoulders and an upright spine:

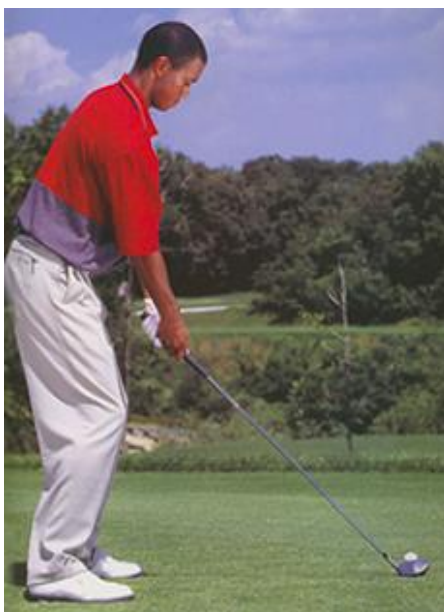


These pictures above surprise many Members when I show them these images on the lesson tee, as we don't see this spinal angle when watching golf on tv as this is simply a very brief moment in the swing. The set-up position is far more obvious to us and of course it all looks very angular and athletic, examples below.

Jimmy Walker, Adam Scott and Michelle Wie:



So, what happens? The body goes through all sorts of contortions during the swing and especially in the athletes above when they are swinging the club at such breakneck speeds and the impact picture shows how much the back changes shape to create all that force. The huge comfort all club golfers should take from this is that the straight back, flat shouldered, vertebrae crunching posture is not much use to you and one you shouldn't adopt. It limits your range and isn't how the top players are when they hit the ball – the most important point. A soft posture with rounded shoulders and a relaxed back will do you no harm whatsoever. It didn't do Jack Nicklaus and Nick Faldo any harm throughout their career, indeed Tiger had quite rounded shoulders when he first turned pro:



Keep your posture soft, your back relaxed and settle yourself to be balanced in your stance. To check your posture isn't giving you back pain, just give me a call 07974403289 or email richard.harrison@roehamptonclub.co.uk

Family Golf and Cadet events



I am absolutely delighted to write that in September and October, we will be starting up some socially distanced events for families of all abilities as well as Cadet events for our aspiring Junior golfers. Family life is such an important element for many Members of the Club and the Family Golf events are designed for relaxed time together on the course. I will be on hand to chaperone and help all participants along with assistance from the PGA team. These Family Golf events will be over 6 holes on Sunday afternoons for your family to enjoy a day out. Dates to be promoted soon.

The Cadet events will be for handicap holders, or Juniors looking to attain their handicap and I will ensure all abilities play with their respective ability range. Please let me know if you would like to be on our email list to join in the fun and the competitions, Richard.harrison@roehamptonclub.co.uk or juniorgolf@roehamptonclub.co.uk

Enjoy your golf.

Richard Harrison | Fellow of the Professional Golfers Association, Head Golf Professional