

CLUBFITTING ELEMENTS -

GRIP SIZE- Everyone has different size hands, it's important to have a grip size that fits your hand. There are various size grips you can purchase.

- Small (ladies 56 round)
- Regular (men's 58 round)
- In between small/regular (60 round)
- Mid-size (bigger than regular)
- Over-sized (biggest)
- Custom (they can add wraps of tape under grip to build up size)

Sizing guideline-

small glove size use regular grip size, large glove men may need mid-size /women may need in between or men's regular grip, extra large glove may need oversized grip. (watch grip sizing video to determine)

LIE ANGLE- Use a lie board with lie tape on bottom sole of club to determine lie angle. I suggest checking each of your irons on a lie board.

(Right-handed golfer) (See club fit video in 9 keys video section)

Too Upright a lie angle will make ball go left

Too Flat a lie angle will make ball go right

Club manufactures have club heads casts at different lie angles. Custom fit is best option. You can find a clubfitter that will use a loft and lie machine to "bend" your clubs to lie angle you require. Some club manufacturing companies say that this process does not always "keep". The club head may go back to it's original lie angle.

SHAFT LENGTH- Is determined by height, arm length, and squareness of contact on clubface. Using face tape we can determine if a golf club maybe too short or long for you, though it could also be a swing issue if face tape mark is off center. Toe hits can mean club is too short, while heel hits club too long (right-handed golfer)

SHAFT FLEX- Is determined by club head speed and a swing tempo. The faster each are the more stiff the shaft needs to be. Guidelines below:

50-70 - Ladies Flex (L Flex)

71-79 - Senior Flex (A Flex)

80-90 - Regular Flex (R Flex)

91 - 100 - Stiff Flex (S Flex)

100+ - Extra Stiff (X Flex)

Note- Not all club manufactures shaft's have same specs. Callaway know for softer flexes (S flex is really an R flex) A clubfitter tests shaft with a flex board. Also- High Kickpoint shaft = low trajectory, a Low Kickpoint shaft = high trajectory.

SHAFT WEIGHT- See my Master Thesis on shaft weight

CLUBHEAD DESIGN- Offset helps tame a slice, Low weight head gets ball in air.