



Fore Ladies Only - June 27th, 2008
Niagara Golf Report

Equipment Evolution

Golf is constantly evolving for women and with that evolution there are endless choices for us when it comes to golf equipment, apparel and accessories. As with any sport or hobby you are excited about the first thing you think of is "What should I buy?" If you are just taking up the game it is important to look into taking some lessons before you think about choosing new clubs. Working on your grip, stance and posture in order to improve your swing first is the best investment in your game you can make. Once you get working on the fundamentals take time to talk to your pro and get some feedback on what type of clubs would suit you best. I played for years with a starter set of clubs that were way to short for me. I found that out at my first lesson. I had the clubs lengthened and I continued to work on my swing and my game changed for the better! Visit your local golf store or demo days to find out what your options are. It's always best to try before you buy! Check out the new hybrids - many women find them much easier to use in the fairway than their irons.

If you are stocking up that new golf bag, take a look at ladies golf balls, also constructed specifically for a woman's game. Stock up on a couple of sizes of tees; make sure you have a ball marker and divot repair tool. Using a golf glove is a personal choice. If you are thinking of buying one try them on and purchase one that fits snugly but comfortably. Golf shoes are becoming more stylish but make sure you've got comfort here as well. If you are walking the course you want golf shoes that will be reasonably water resistant and feel great too.

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