

Many golfers end up shifting most of their body weight onto the left foot as the club is swung back, and reverse their weight onto the right foot as an attempt is made to make a forward swing.

This action is called a "reverse pivot" and is very detrimental to a good golf swing.

Among many problems that are caused by this action are no followthrough, an outside-to-in swing path, falling backwards, hitting behind the ball and no lower body turn. The following two drills are recommended to cure a reverse pivot.

1. Hit balls on an upslope. (This drill helps you transfer your weight onto your right foot on the backswing.)

Find an upslope. Hit balls, maintaining a smooth rhythm at all times. Note that, on the backswing, gravity tends to make you shift the majority of your weight onto your right foot. This is what the weight shift should feel like when you are playing off level lies.

2. Walk through the shot to cure a sible to finish with your weight on Long Beach Road. your right side.)

Tee a ball to increase your chances of making solid contact. Using an iron, assume your normal address position and make a conventional backswing. Just after impact on the downswing, step down the fairway with your right foot. A number of fine professionals, including Chi Chi Rodriguez and Gary Player, make the move as part of their normal swing. It not only prevents a reverse pivot but helps you obtain a full release with your body as well as with your arms and hands.

If you've felt yourself falling back as you swing forward, try these drills to get yourself shifting and turning toward the target.

At Oak Island Sports Center: On Mondays at 7 p.m. and Saturdays at 9 a.m. a general clinic is given by Phil Buzzelli to help all categories of golfers. Women can get help at 10 a.m. on Tuesdays and seniors can get help at 9 a.m. on Thursdays. Persons may call 457-5105 to sign-

Phil Buzzelli is golf professional reverse pivot. (This makes it impos- at Oak Island Sports Center on

Winners at The Gauntlet

Results of women's golf activity at The Gauntlet at St. James Plantation have been

October 10 -- Blind Holes/Low Net -- (tie) Pat Wendler and Ethelann Stumpp, 35. October 17 -- Blind Partners/Low Net -- first, Inge Jaccino and Tedi Reiker, 144; second,

Elks plan captain's choice

Oak Island Lodge #2769 B.P.O. Elks will hold a four-member captain's choice golf tournament Saturday, November 18, at Oak Island Golf and Country Club.

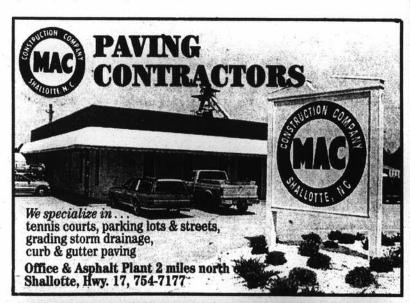
There will be a 7:30 a.m. shotgun start. The entry fee is \$40 and includes cart, greens fee, hospitality cart and a barbecue lunch. There will be cash and other prizes for the top teams and for the longest drive and closest to the pin.

Entry forms are available at the golf course, the Elks Lodge at 106 East Dolphin Drive in Long Beach, and from Greg Potter by calling 278-3125 or Tom Vernon, 278-7704

285-pound press wins competition

Southport police officer Jerry Gray was the recent winner of Brunswick Family Fitness Center's open bench press competition.

Competing in the 220-pound weight division, Gray benchpressed 285 pounds.



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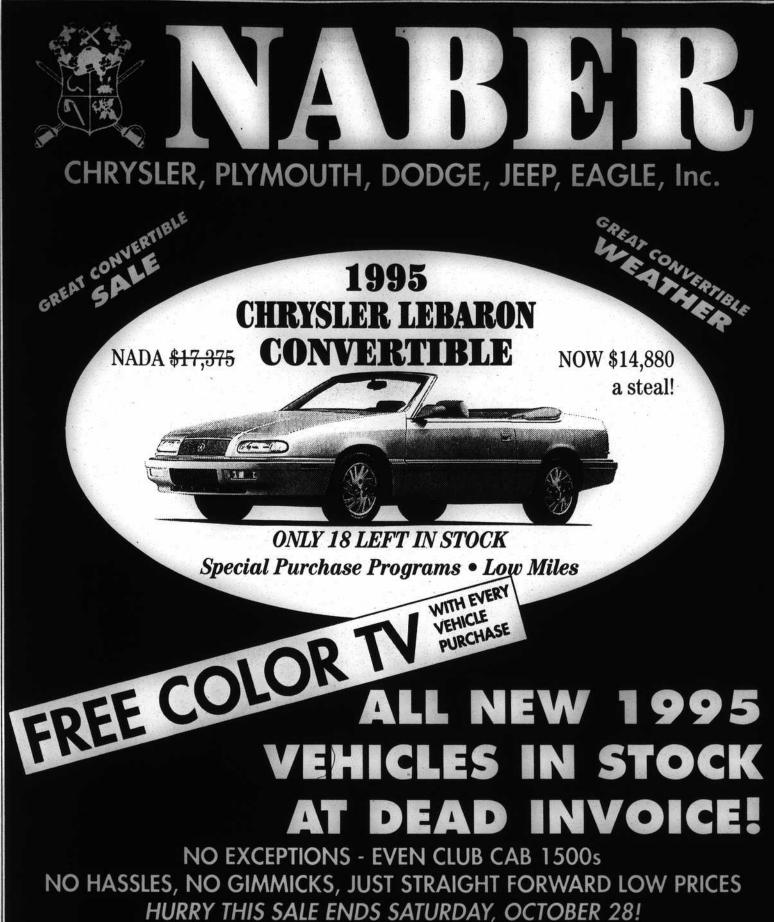
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