

Get Behind The Ball In A Coil

I am convinced that one day in the future the golf swing will begin, not at the "address position," but rather at or near the top of the backswing.

The golfer will start by addressing the ball to insure the proper set-up and alignment and then move the head, shoulders, hips and knees behind the ball while his weight on the rear foot. The ball of the forward foot will remain in position to give balance.

Just think about it. All you would have to worry about is the grip, the stance and ball position. You could forget about the takeaway, the weight transfer, the swing plane, wrist cock and lots of other small annoying details.

The most difficult part of the golf swing to master is the transition point between the backswing and the forward swing. That point where all the dynamics of the swing shifts direction is understandably difficult to achieve with any degree of consistency.

By presetting the "top of the swing" position, one could minimize those inconsistencies and begin each swing at just the right spot with all the parts prepositioned in just the right place. The feeling would be strange at first and swing initiation would seem awkward until practice and muscle memory could take over.

To initiate the swing from this position the golfer would simply make one final "press" of the shoulders to the top of the swing and roll his weight to the inside of the rear foot to begin the lower body lead of the forward swing. The knees, hips and shoulders would follow lead of the rear foot and flow through the ball.

The Future Is Here

Don't look for this top of the swing set up position out on the course just yet. It will probably take someone like Nicklaus or Watson to introduce this swing while capping off a great come back to win the U.S. Open. In the meantime we mortal souls will have to be satisfied with closest simulation to achieve the same results.

We must instead continue to deal with the process of achieving a full coil behind the ball instead of beginning with results of that process. It does help to understand where we want the downswing to begin, and to that extent, we can bring this future swing to bear on a better, more consistent golf swing.

As I stated last week, coiling at the top of the backswing is a matter of getting everything except the forward foot behind the ball. The knees, hips, shoulders and yes, even the head moves behind the ball. If talk of moving the head seem too much to swallow let me hasten to point out that there are several checks to make which insure that the coil leaves you in control of the backswing and poised to deliver a smooth, accelerating forward swing through the ball.

When You Are Too Far Behind The Ball

You are too far behind the ball when your weight rolls to the outside of the rear foot. You are too far behind the ball if your rear knee is outside the rear foot. Either of these positions prevent a true lower body lead into the forward swing. From this unbalanced position the upper body must recover balance with a lean into the forward swing. Starting the forward swing with the upper body can contribute to slicing the ball or worse yet the dreaded reverse pivot.

Initiating the forward swing with the upper body ruins timing and coordination. Initiating the forward swing by driving off the inside of the rear foot allows the body to uncoil from the ground up and produces a smooth, powerful acceleration through the ball. It is a law of physics that an object accelerating on a line tends to remain on that line. It is very desirable that the clubhead remain on line through the ball.

Rehearse The Coil

The best way to achieve the feeling of a coil is to talk through it. Take your normal set up. Keeping the forward toe in place, take your backswing by rolling your weight to the rear foot. Notice the knees shift behind the ball. The hips slide behind the ball and the shoulders turn until the back is facing the target.

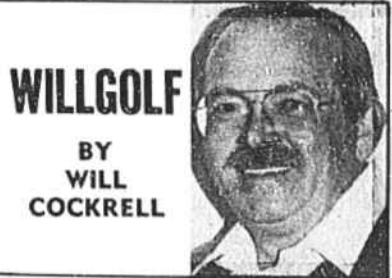
If you are able to achieve this position without allowing the weight to roll to the outside of the rear foot or the rear knee going past the rear foot then you will feel the coil. There will be some remarkable tension in the large muscles of the back and legs. A tension that you may have never felt before. That is the feeling of the coil behind the ball.

If you do not feel that tension, or you cannot achieve the full shoulder turn with the forward shoulder under your chin, then go ahead and let the weight shift to the heel of the rear foot. That should get everything behind the ball. Then roll the weight to the inside of the rear foot and be sure the knee remains braced over the rear foot, not behind it. That move will surely produce the feeling of coil and tension in those large muscles.

Yeah, I know you cannot hold this coil for more than a few seconds. The build up of tension fairly begs to be released into the forward swing. That is the point of the coil. From this braced position you have only to drive off the rear foot shifting the weight to the forward foot and let the knees, hips and shoulders follow in that order into the forward swing.

From that point on you need only insure that the forward shoulder continues directly down the intended line of flight until the clubhead passes through the ball. You will know when that occurs by hearing and feeling that nice clean "NIP" as the ball is launched.

Try it. You just may like it.



WILLGOLF
BY
WILL COCKRELL

South's Wynn Beck Honored

Wynn Beck of Leland has been named Amateur Junior Baseball Player of The Year in North Carolina.

The award is presented jointly by the United States Baseball Federation (USBF) and Oscar Mayer Foods Corporation.

Beck, who earlier this year helped the South Brunswick Cougars win their first-ever state baseball title, batted .505 in leading his team to a perfect 29-0 season and a two-game sweep over Charlotte Catholic in the state 2-A championship series.

The left-handed hitting catcher had eight doubles, seven homeruns and 48 RBIs during his final season at South Brunswick.

In addition to his success with the bat, he also provided excellent defensive coverage behind the plate, allowing only five stolen bases all season.

Shortly after leading the Cougars to the state title, Beck was selected in the second round of the professional draft by the Oakland Athletics and was assigned to the Arizona State League with other drafted high school players.

In June, Beck was named Gatorade-Quaker Oats North Carolina High School Baseball Player of The Year. This award is given annually to the top professional

prospect in the state coming out of high school.

The Amateur Junior Baseball Player of The Year Award honors a youngster 18 years and under who has demonstrated exceptional athletic skills, sportsmanship and exemplary character in the game of amateur baseball.

Known as the Golden Diamond Award, one award in each state is given to an amateur junior baseball player, a volunteer amateur coach and a woman who has demonstrated exceptional involvement in youth baseball.

Winners for each award are named by a state selection committee of USBF and then forwarded to the national awards committee which selects national winners. Each state winner is eligible for the national award in their category.

The national Golden Diamond Award winners will be announced later this year.

The U.S. Baseball Federation, under an act of Congress in 1978, is the national governing body over 19 million amateur athletes in this country for the sport, and represents all of amateur baseball in America on the United States Olympic Committee and on the International Baseball Association.



WYNN BECK, who led the South Brunswick Cougars to the state 2-A baseball title in June, was recently named Amateur Junior Baseball Player of The Year in North Carolina by the United States Baseball Federation.

Women Golfers Hold Team Event

The Carolina Shores Ladies Golf Association traveled to Robber's Roost Golf Club in North Myrtle Beach, S.C., last Thursday to play a two best balls of foursome event.

Winners were Peg Sawyer, Barb Brooks, Elsie Flack and Doreen Spearin with a net 127.

Second place went to the team of Shirley Vazquez, Betty Kibblehouse, Irene Crane and Pat Soule with a net 130. They were one shot better than Ginie Derrickson, Joan McNamara, Pat Reardon and Ruth Rice.

Chip-ins during the round were recorded by Pat Straight at the second hole and Barb Brooks at the 12th. Ginie Derrickson had the only birdie of the tournament at the third hole.

Shirley Vazquez and Irene Crane shared low putt honors with 29 apiece.

RECREATION BRIEFS

Coed Volleyball Begins Today

Coed volleyball begins today (Thursday) at Leland Middle School, sponsored by the Brunswick County Parks & Recreation Department.

Play begins at 7 p.m. and anyone interested in participating should come by the gym. For more information, contact Doug White, athletic director, 1-800-222-4790.

Youth Wrestling Set

Youths in grades one through eight

Local Station To Carry UNC Games

Radio coverage of University of North Carolina Tar Heel basketball games will be broadcast in Shallotte on WDZD Radio Station during the 1988-89 season.

Each game's coverage begins 30 minutes before tip-off with "The ACC Today," featuring reports from every ACC game, interviews with UNC Head Coach Dean Smith, UNC players and opposing coaches.

Woody Durham will provide play-by-play for the 18th year, with Jim Heavner again adding color commentary. The broadcasts also will feature post-game, locker-room interviews with Smith and UNC players.

who are interested in participating in the youth wrestling program sponsored by the Brunswick County Parks & Recreation Department are asked to contact Doug White, athletic director, at 253-4357 or 1-800-222-4790.

Qualified instructors teach the program, which will encompass scholastic and freestyle wrestling.

Each participant is charged a \$10 registration fee.

'Football Jam' Set

The Brunswick County Youth Athletic Association will hold a dance this Saturday, Nov. 19, from 7:30 until 10:30 p.m. at the National Guard Armory in Shallotte.

The "Football Jam" will be open to all children under the age of 15.

According to spokesperson Merlene Smith, entertainment will be provided by the group "2 Hot Rockin'" and refreshments will also be served.

Admission is \$1.50, with all proceeds going toward youth athletics.

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