



AFTON GOLF CLUB

Member

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Guy Dawson
Head Professional

The Golf Stance

A proper golf stance consists of two primary components. The first is the placement of our feet in relation to our hips and shoulders. The second is the alignment of our feet in relation to our target. Let's take a closer look. First and foremost, we want our stance to have the correct width. Not too wide, not too narrow. A good rule of thumb is to have our feet directly under our shoulders. Next, a good stance has our feet aligned at our target. Here's how we check our alignment. Take your normal stance and address the golf ball, now take a golf club and lay it on the ground touching the toes of our feet. Now get behind the club on the ground and see where it is aimed. I think you'll be very surprised to see just how "off target" your alignment is. Fortunately, it's easy to see the direction your alignment is off and then make the correction.

*Guy Dawson PGA
Director of Golf – Afton Golf Club*

Guy Dawson has owned and operated the Afton Golf Club for the past 21 years. He is a PGA Professional and Member of the Central New York PGA. Guy has been playing golf for 47 years and has given thousands of golf lessons. If you would like to Guy to give you a quick free of CHARGE check-up of your GPS system you can contact him @607 639-2454 or guyedawson@yahoo.com