

Tips from the Pros: The importance of club fitting

By Stan Roach - Dana Rader Senior Club Fitting and Repair Specialist
2014 PING National Club Fitter of the Year (photos by Bissell Companies)

I know from over 25 years of club fitting, that when a golfer takes the time to get custom fit, he or she will see improved performance on the golf course. Gift givers should take note—buying clubs off the wall at a big box or sporting goods store is akin to buying someone the wrong size shoes and expecting that they'll be just fine.

I am constantly getting the question “should I wait until my game gets better before I am fit for clubs?” My answer is a resounding “absolutely not.” For new golfers using clubs that are ill fit, they are making compensating adjustments that lead to bad habits.



The good news is that this does not always mean you have to buy new clubs. In some cases, your present clubs can be adjusted to you. With your clubs properly adjusted, followed by a lesson or two, your scores will go down, and your enjoyment will go up!

“Grip size” is another important, over-looked part of club fitting. If your grip size is too small or too big, it causes tension in your hands, upper arm, and lower arm, and that will prevent you from setting and releasing the club throughout the swing. Properly fitted grips actually promote a lighter grip pressure which can increase your swing speed, which could also increase your distance.

The easy way to check your present grips for size is to hold the club in playing position, take off your lower hand and observe your upper hand. Do your fingers dig into your palm? (too small) Is there a large gap between your fingers and your palm? (too large.) To be just right we would like your fingers to be slightly touching your palm. I also like to see a 1/2 gap between your pinky and your heel pad. Ideally, you should have your clubs re-gripped at least once a year.



With these tips in mind, you'll start the season out right, and have only yourself to blame for an errant golf shot! Kidding aside, for club fitting, repair and golf lessons...Dana Rader Golf School is your one-stop shop.



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