

LINKS

Andrew J. Spano, Westchester County Executive

The Newsletter for Westchester County Golfers, Summer 2009

CREATING A PROPER SWING PLANE

By Ralph Garofano,
Head Pro at Saxon Woods Golf Course



Throughout the years, the swing plane has always been one of the most difficult things to understand. I like to use the image of a weight swinging on a piece of string to illustrate the swing plane. What would happen if you picked up a weight on a piece of string and started to twirl it?

Assuming your hand was on a 45-degree angle in front of you and not tilted left or right, the weight would make a circular arc around your hand causing the weight to swing down the line. If the weight was allowed to swing freely, it would do the same thing on one side as it does on the other. That means it would be swinging on a perfect plane around your hand.

There are the three different planes you can have:

Swinging straight down the target line.

Swinging down to the left (over the top).

Swinging out to the right (inside out).

Like the weight swinging on a piece of string, we also have a weight (your golf club) swinging around our body (axis). Your swing plane may also swing left or right depending on the tilt of your body as you hit the shot. So what would cause the club to swing to the left or right of the target line (assuming you were in a stance that was square)? There are a couple of things that will stop the clubhead from swinging down the line:

Hitting with your upper body causing it to tilt to left on the way down.

The lower body sliding too much laterally on the way down.

Starting Down with Your Arms

If you start your downswing by trying to hit the golf ball you will get ahead of the ball which means that your body will be tilted to the left. This means that the ball will start to the left

[Click here for more information.](#)

NEW AT SPRAIN LAKE: "THE GRILL"



Sprain Lake's new restaurant, "The Grill," features warm decor, stunning views, outstanding food and great affordability. Under restaurateur Michael Santise, this project was completed in June 2009.

The daunting undertaking started with the demolition of the old restaurant, including the existing kitchen, walls and ceilings.

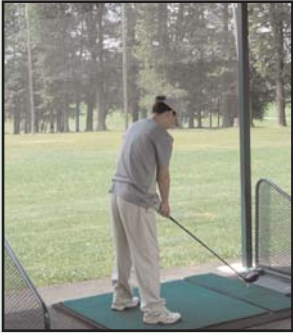
A new bar consisting of new plumbing and electric was built. New sheetrock was installed and painted. Also both the kitchen and men's room were fully refurbished.

"The Grill" offers golfers and the public comfort and convenience. It is the newest addition to the quality customer amenities at the golf course, including a new driving range and an excellent pro shop.



Nationally Accredited
PARKS
WESTCHESTER COUNTY
Joseph A. Stout, Commissioner

Out for a Drive?



With fewer and fewer private driving ranges in Westchester, Golf Westchester offers three unique and affordable facilities to enjoy whether you live in the southern or northern part of the county. If you are looking to improve your swing, visiting our driving ranges should be your first stop.

Dunwoodie Golf Course in Yonkers offers a newly renovated, full-size driving range located at the foot of the course and is open daily from 7 a.m. to 9 p.m. A small bucket of balls is \$5 and a large bucket is \$10. Dunwoodie is located on Wasylenko Lane and can be reached by taking the Cross County Parkway east to the Yonkers Avenue exit; from the east the Cross County Parkway west to the Saw Mill Parkway and exit at Yonkers Avenue. For more information, call (914) 231-3490.

Mohansic Golf Course in Yorktown Heights also has a full-size driving range with a new awning so that the facility can be used in all types of weather. The facility is open daily from 6.40 a.m. to 8 p.m. A small bucket of balls is \$5 and a large bucket is \$10. Mohansic is located on Baldwin Road and can be reached via the Taconic State Parkway. For more information, call (914) 862-5283.

Sprain Lake Golf Course in Yonkers has three target greens. The range opened last season and, because of its smaller size uses Cayman balls that travel shorter distances than regular golf balls. This range is open daily from 6 a.m. to 8 p.m. A small bucket of balls is \$5 and a large bucket is \$9. Sprain Lake is located on Grassy Sprain Road and can be reached by taking the Sprain Brook Parkway to the Jackson Avenue exit. For more information, call (914) 779-9827.

For more information on the county's six golf courses, visit www.westchestergov.com/golf.

GET THE LATEST WESTCHESTER GOLF INFO AT:
www.westchestergov.com/golf

Make your Next Outing a Golf Westchester Outing



Your next corporate or group event should be an outing on one of Golf Westchester's six premier courses. Golf is a great way for people to get acquainted and bond at a leisurely pace in a pleasant outdoor setting. Golf Westchester can help you plan the entire happening, including meals, all tailor-made to meet your needs and all at a great price.

Give us a try. Our conveniently located courses are Dunwoodie in Yonkers, Hudson Hills in Ossining, Maple Moor in White Plains, Mohansic in Yorktown Heights, Saxon Woods in Scarsdale and Sprain Lake, in Yonkers.

REGULAR OUTING

Monday through Friday, beginning at 10 a.m.
Minimum of six foursomes required (24 people)

SHOTGUN START

Monday through Friday – 8:30 a.m. start
Minimum of 18 foursomes (72 golfers)

Please contact our golf sales manager Peter Jones. (914) 864-7024 or plj1@westchestergov.com.

MGA MEMBERSHIP HAS MANY BENEFITS

The Metropolitan Golf Association was officially chartered in 1897 and since then has fostered sportsmanship, conducted tournaments, provided handicaps and promoted the best interests of the game. Joining the MGA gives you the following benefits:

- 1) The best available handicap service, which includes 15 annual revisions provided every two weeks by e-mail along with the Association E-Newsletter; on-line score posting and total backup system.
- 2) Home delivery of the MGA's award winning magazine *The Met Golfer*.
- 3) Eligibility for MGA "Play Days." Fun golf at some of the Met area's best courses.
- 4) www.mgagolf.org the association's website. Updated daily to keep you up to date on all golf activity. The website always includes information on the rules of golf, travel and discounts on golf equipment.
- 5) For those who otherwise qualify membership includes eligibility for the legendary championships as the Ike; Met Amateur; Met Open; Net Team Championships.
- 6) Educational forums.
- 7) For more information call 914-347-4653.