

pro golf tips



Andy Gramer,
Head Golf Pro

Golf Tip #1 - Pre Round Warm Up

Arrive early to the course to give yourself the best opportunity to have a great round. Your game actually starts before you pull into the parking lot. Instead of hustling into the golf shop to check in and arriving at your first tee nearly out of breath, give yourself some extra time to warm up.

1. Start with a short stretching routine to help prevent injuries, especially for the lower back and hips, because the back is the area that tends to get hurt the most.
2. Hit a small bucket of balls starting with your higher lofted clubs working up to your driver. Remember you are just trying to get loose and not trying to perfect your swing. That is what practice is for.
3. Visit the putting green and roll 5 minutes' worth of putts to get a feel for the speed of the greens. It will also help to slow you down.
4. If you head into your round understanding that you won't be perfect, you'll have a much more relaxed attitude, which is what you need to play the game.

Check out the tips in action at prairieviewgolf.com under the game improvement tab.

Golf Tip #2 - Get Teed Off...Properly

The most difficult club to hit straight is the driver. Teeing your ball up properly will help to eliminate your inconsistent drive and lead to a straighter tee shot. I would recommend a three-point checklist: ball position, stance and weight.

1. Place the golf ball on the tee with half of the ball above the driver face when it is resting on the ground. The sweet spot on the driver face is the top half.
2. Position the ball forward in your stance, off the inside of your left heel if you're a right-hander.
3. Stand further from the ball to account of the extra length of the driver. Your arms should be straight at address.
4. Your feet should be a little wider than shoulder-width apart, slightly wider than how you would stand with your irons.
5. Setup with about 60 percent of your weight on your right foot, if you're right-handed.
6. Once you're set up, keep in mind that the swing you'll take with your driver is different than your iron swing. A driver swing is more of a sweeping motion, where you connect with the ball on the upswing.

PrairieView Golf Club 2016 Outstanding Business Achievement Award



Byron Forest Preserve's Executive Director Todd Tucker, PrairieView's Food & Beverage Manager Saro Costa, and Head Golf Pro Andy Gramer accepted the award from the Byron Chamber of Commerce.

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Tyler Weik,
Assistant Golf Pro

Golf Tip #3 - Executing a Flop Shot

A “Flop Shot” is a delicate, lofted shot executed around the green. It is a shot that is intended to rise quickly and land softly on the green. Typically used when a player is short-sided with not much room between the edge of the green and the pin.

1. Use the highest lofted club in your bag (ie 60 degree wedge).
2. Position the ball forward in your stance.
3. Open the club face and your stance. (It is important that you rotate the club in your hands to lay the face open and not rotate your hands to open the club face.)
4. Maintain a light grip pressure throughout the swing.
5. Your swing needs to be upright, long and consistent; as opposed to flat, sudden and quick.
6. Pick a spot on the green where you would like to land. Focus on that spot rather than the pin/hole.
7. Keep your club face open throughout the swing. (Your clubface should point towards the sky on your follow-through.)
8. Right-handers – swing left; Left-handers – swing right. It is important to swing across the ball rather than at your target. Swing in relation to the direction your body is aiming.
9. Complete your swing. Stopping your follow-through will decrease the amount of loft you will put on your shot.

Golf Tip #4 - The Bump and Run

A “Bump and Run” shot is a low-lofted, running shot that acts as a “long putt”. This shot can be effective on windy days when lofting the ball into the air can be very inconsistent. Typically used when there is much distance between the edge of the green and the pin.

1. Use a mid-lofted club. (7-9 iron)
2. Take a narrow, open stance.
3. Choke down on the club (more towards the shaft).
4. Press your hands slightly forward towards your target. This will keep the sole (bottom) of the club flat on the ground.
5. Position your weight towards your target. This will prevent you from hitting the shot “thin”.
6. Minimize your wrist movement. Your hands should lead the club head; not follow it.
7. Treat the shot like a “long putt”. Essentially, the shot is exactly like a putting stroke.
8. Pick a spot on the green where you would like the ball to land. Focus on that spot rather than the pin/hole.
9. Complete the stroke. Do not hesitate or stop your swing. Your club head needs to accelerate through the shot at impact .