

August, 2012

Volume 1, Issue 2

## INDIAN HILLS NEWSLETTER



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## NEWS

We mentioned in our last newsletter that we had record high temperatures in the spring, and we continued to break records in July as well. The extreme heat is not ideal for golfers or for our golf course. Thank goodness we have finally had some rain. We hope everyone will continue to play even if it is hot, but it is very important to remain hydrated. Drink plenty of water or Gatorade, and don't wait until you are thirsty to drink it. It looks like the temperatures are becoming more tolerable now.

If you're still looking to improve your putting, there are lots of options. The most comprehensive option, for those willing to invest the time, is to purchase Dr. Lanny Johnson's book on putting *There's More To Putting Than Meets The Eye*. ([www.precriptiongolf.com](http://www.precriptiongolf.com)). We currently have three models of Dr. Johnson's Synapse putter grip in stock (as well as two models of the full swing grip) plus a belly putter grip and a two piece long putter grip. The etched line on the Synapse grip has been tested by professional golfers ([www.drlanny.com/golf](http://www.drlanny.com/golf)) and proven to improve performance. The Synapse works on the principle that your fingertips are very sensitive, and can help you to "feel" the line.

Jumbo putter grips are still gaining popularity also, especially the SuperStroke Fatso and Slim ([superstrokeusa.com](http://superstrokeusa.com)). Slim is big enough to be considered jumbo. Many players find that having their hands in a more open, relaxed position creates better touch and more consistency. Often this concept works well for golfers who do not feel that they can trust the fine tuned sensitivity in their hands and fingers. Yet another option is the long putter or belly putter. If you are interested in trying a belly putter, it usually costs only \$25.00 to convert a standard putter. Having a fixed fulcrum to swing from has helped many players. As always, schedule an appointment with Sam to discover what will work best for you.



## Indian Hills Newsletter



***Many golfers with stiffness or limited range of motion in their hands benefit from a bigger grip.***

### HELPFUL TIPS

The grip is the golfer's connection to the golf club. The importance of this connection should not be underestimated; in fact it can affect the entire swing. While there are a number of recommended ways to grip the golf club, each golfer has their own unique sense of feel. Ultimately, the grip must feel comfortable and secure to you, the golfer.

At Indian Hills, we have a very large selection of grips. Many different styles are available ranging from soft to firm, from tacky to rough, we have the feel that you are looking for. It is also critical that each golfer's grip is sized properly. One size in a grip is a very small amount (1/64"), often golfers with large hands may need grips four to six sizes larger than standard. Again, the grip needs to feel comfortable and secure; often a grip that is too small for a golfer's hand size will feel as if it going to slip out of the hands. The usual response to this is that the golfer will squeeze the club in order to hang onto it. SQUEEZING IS ALWAYS BAD! Allowing the hands to release the clubhead is an important part of the swing, and it can be directly related to the grip. Grips that are old and slippery often leads to the same scenario. Rubber grips become slippery very gradually, so from one week to the next the golfer generally will not notice the difference. But when you compare a brand new grip with an older one, the difference is quite noticeable. If you think your grips can "go a little longer", you might want to compare them to all of the other options that are available.

Any sort of pain, soreness, or stiffness requires attention as well; not just in the hands, but in the wrists, forearms, elbows, and shoulders also. Yes, it's true. The proper grip can help minimize the shock and vibrations caused by impact with the ball. A number of grips are made specifically to absorb shock. Additionally, many golfers with stiffness or limited range of motion in their hands (arthritis) benefit from a larger grip. A larger grip can allow the golfer's hands to grip less tightly and therefore relieve strain (that otherwise can build up cumulatively with each shot). While it can be true that a larger grip can limit wrist action and may cause some golfers to push or pull the ball, anything that can minimize pain or discomfort is usually a higher priority.

If you are not thrilled with your current grips, or if you are not sure whether the size is perfect, please stop in and sample something new. We are always happy to answer any questions that you might have.



Indian Hills is a 9 hole golf course that is one of Lansing area's hidden treasures. Wonderfully maintained, the golf course features lush fairways and consistently rolling greens. Mature trees frame the fairways and strategically placed bunkers and water hazards challenge your game. Indian Hills caters to golfers of all levels. The course is short enough for beginners to feel comfortable... while still providing a challenge for the expert player. The golf course is highlighted by abundant wildlife and numerous eye catching gardens.

At Indian Hills Custom Golf, we've been building custom golf clubs since 1979. Our professionally certified club makers Sam Anderson and J.C. Petersen can customize clubs for golfers of all abilities, from beginners to top players. Our full service pro shop offers a full range of club repairs, including re-gripping, extending or shortening clubs, re-shafting, loft and lie adjustments and much more. Most repairs can be done promptly and expertly within 48 hours. Custom club fitting by appointment Monday-Saturday.



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*“Get Your Thrills at Indian Hills”*

## J.C.'s COURSE NOTES

### Pair of Aces

We usually get a handful of hole in ones each year. This year, despite the early start, we went as long as I can remember without one. Congratulations to Delores Twombly and Jim Angell for breaking the drought.

Speaking of the droughts, and I have been often, as we send this email we have had more rain in the last three days than in the previous three months. What a welcome relief, the long, steady rain gave the turf the thorough soaking it desperately needed. The rain also raised the river, our irrigation source, so we should be good for the near future.

### Flower Lady

Nothing generates more compliments than the various gardens and plantings that dot Indian Hills. These areas are the hard work of our gardener, Janet. She does the planning, prepping, purchasing and planting. Then she battles deer, bugs, months without rain and errant golf balls to keep them beautiful. I just point at an unattractive area and she turns it into a course highlight. Thanks, Janet, for an outstanding job.

### Lions, Tigers, and Bears (actually, deer, woodchucks, and raccoons)

It seems every year we see an increase in the amount of wildlife on the golf course. This year we've seen a lot of large birds soaring above the course. Some are hawks, but the majority are turkey vultures. They look majestic in the sky but rather disturbing up close. Often you can see them roosting in the tall dead sycamore along the river on nine fairway. The weather has driven turtles from the drying ponds in search of water. Painted and snappers have been roaming the course in huge numbers. Fortunately we're in Michigan, in Florida those are gators in the fairway.

Speaking of wildlife, Bogie is our bigger, hairier, slower moving all black cat. Niblick (Nibbles) is smaller, black & white, with a stub tail. They're work this year on pest control has been remarkable. They've earned a brief ear scratch if you meet at the counter.



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