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Monday, June 30, 2025

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## Over the top

Going over the top when you swing is perhaps the most common swing fault amongst golfers. It occurs due to an overuse of the upper body on the downswing. As a result, the club kicks outside the target line and pulls across the ball to the left.

Kevin Weishan has a drill to help you fix your over the top swing.



If we can help you with this drill or other tips, please

[Contact us >](#)

# C.L.A.Y.

Do you want to help your child maximize their athletic potential?

[Register](#) for our youth program today.

**C.L.A.Y. COALITION for LAUNCHING ACTIVE YOUTH C.L.A.Y.**

**WANT TO HELP YOUR CHILD MAXIMIZE ATHLETIC POTENTIAL?**

**IF SO, REGISTER FOR OUR YOUTH PROGRAM!**

**LONG-TERM SPORTS PERFORMANCE AND ATHLETIC DEVELOPMENT PROGRAM**

**YOUNG ATHLETES WILL LEARN TO**

- ❖ MASTER FUNDAMENTAL MOVEMENT SKILLS AND SPORTS SKILLS
- ❖ BRIDGE THE GAP BETWEEN PHYSICAL ABILITIES AND SPORTS SKILLS
- ❖ MOVE WITH FLUIDITY AND RHYTHM

**BENEFITS FOR YOUNG ATHLETES**

- ❖ IMPROVED SPORTS SKILLS
- ❖ MORE ATHLETIC CONFIDENCE
- ❖ ENHANCED MOVEMENT AND ATHLETIC PERFORMANCE

**ENROLLMENT IS OPEN!!!**

C.L.A.Y. focuses on the athlete, not the sport. We work with young athletes of all skill levels preparing them physically to excel in any athletic activity.

[MovingTheFuture@gmail.com](mailto:MovingTheFuture@gmail.com) for more information. Or call 858.509.5130.

**MONDAYS and FRIDAYS**

**AGES 4-8: 4-515pm ... AGES 9-12: 530-645pm**

[Click for full details](#)

Two practices per week.  
\$179 per month.

## Invest in your game

If investing a couple of months in your swing could add 25 yards to every tee shot you hit, would you invest that time?

If investing some time to find your perfect launch DNA and then spending a little more time to set up your equipment to deliver that launch and add 25 yards to every tee shot, would you invest that time?

We promise you that an extra 25 yards on a tee shot means you're playing a different game, with a different experience.

It's time to find your potential. [Contact us.](#)

# What are you buying?



*More than anything, you want*

*confidence.*

You want confidence that your iron is going to help you hit a solid and accurate approach shot.



A recent check of 82% golfers found that 63% of them were playing with a lie angle at least 1° too upright or too flat. That's 52 golfers who are going to struggle for confidence.

iden



### Get fitted: Gain confidence

Why wouldn't you want to play with a lie angle that **HELPED** you hit solid, accurate golf shots? Why wouldn't you play with a lie angle that **GAVE YOU** confidence? You should always get fitted.

### Check your equipment

Let's get your irons checked. Let's help you build confidence in your approach shots. Come and see us. Call us, or

[Book an equipment assessment >](#)

## Read the wind





Practice is usually a repetitive process in consistent conditions. Play, for most golfers, is a game of between 75 and 100 shots with each shot presenting very different challenges.



UPHILL LIE



SIDE LIE



ROUGH



FLAT & PERFECT



Then there's hitting to a target that is above or below you. And if that isn't enough, there's wind strength and direction and rain and moisture to consider.



"That's why Jack Nicklaus believes he could save every amateur golfer at least 5, and up to 10 shots per round. He believes you make poor shot selection decisions, and then make poor club selection choices."

## Better club selection?

Before we consider the impact of target elevation change or the wind, you

need to have a good foundation: how far do you hit each club when you make a perfect strike and how far do you usually hit the ball with that club?

Come and see us if you'd like help with this.

[Contact us >](#)

### Get in touch

Call 858-509-5130 | [Contact us](#) | [Visit our website](#) | [Visit us](#) | [Book a lesson](#) | [Leave a review](#)

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