

### **Why do I need to regrip my clubs?**

The grip is one of the most important components in golf and the only part of the club that you actually touch. Grips are made of materials that age and wear as a function of time and use. Ozone, heat, dirt and oils from your hands all age your grips and cause the natural degradation of the grip. The traction that a fresh grip provides lets you hold the club lightly without the subconscious fear of losing the club during your swing. This relaxed state promotes proper swing mechanics and wrist action. While a worn grip causes you to grasp the club tighter, causing arm and wrist tension that inhibits proper swing mechanics and leads to a loss of power and control. A fresh set of grips is an inexpensive and fast way to bring a noticeable change to your game.

### **How do I get my clubs regripped?**

There are several ways to have new grips put on your clubs. Your local golf retailer, on-course shop or qualified club fitter can regrip your clubs. More than likely you'll have your clubs back in a day or so – sometimes in only a few hours.

### **How often should I get my clubs regripped?**

How often to re-grip Golf Clubs as a rule of thumb, **you should regrip once every year or every 40 rounds**. Regardless of how often you play, ozone, heat, dirt and oils are constantly at work breaking down the materials that make up your grips. Granted, frequent play and personal preference may dictate regripping sooner, but with normal use there's enough degradation of the material after a year to warrant fresh grips. Keep in mind that grips lose a significant amount of their original feel long before they become hard and slick. Because it happens slowly over time, most golfers fail to notice it. That's important to remember because just a tiny, imperceptible slip at contact will be magnified to many yards by the time the ball reaches its target. Many people find that getting in the routine of regripping every Spring as the golf season "officially" begins is the easiest way to remember.

### **How much will it cost to regrip my clubs?**

Expect to pay anywhere from \$75 to \$130 for your entire set of clubs, depending on the grip you choose.

### **How can I make grips last longer?**

Golf grips get a great deal of physical abuse. They are handled round after round, swing after swing – often times season after season. They are exposed to ultraviolet light from the sun; intense heat in the trunk of the car; ozone from the atmosphere; and dirt, oil and perspiration from human skin. In most cases they are seldom washed or cared for in any way. Grips are meant to last, but they are not made of steel. They are made of much softer materials developed specifically to feel resilient and tacky. That's why any grip will wear or deteriorate with age and usage. You can prolong the life of your grips with regular cleaning. Most grips can be cleaned with a mild dishwashing detergent. For rubber grips (including cord) a soft abrasive pad or brush may be used. For non-buffed grips like the Sofftie a washcloth should be used instead of an abrasive pad or brush. In either case, after scrubbing, the grip should be thoroughly rinsed in warm water to remove all remaining soap residue. The grip then may be air or towel dried.

### **Can fresh grips really improve my game?**

By themselves, fresh grips can only allow you to approach your potential as a golfer. They can't overcome a bad swing, or poor alignment, or any of the other faults that bedevil even the best golfers. But a national survey of golfers showed that 66% of those who had clubs re-gripped showed an average drop of three to four strokes per round!

### **How do I know the proper size grip?**

Grip size can be a critical element in club fitting and performance. While standard size grips are adequate for the vast majority of golfers, many players can benefit from oversize or undersize grips. Conventional wisdom holds that a proper size grip permits the fingers in a golfer's top hand to barely touch the palm. Unfortunately this rule of thumb does not address many other grip and swing issues, and the only sure-fire way to learn proper grip size is to seek the advice of a PGA golf professional or professional club-builder, who can make a recommendation based on your personal hand size, swing technique, and shot pattern. Grip Size based on Glove Size In the past, golf grips came in only a few sizes. Any size not offered had to be achieved through build-up tape. Now, grips are made in a wide variety of sizes: junior, undersize, standard, midsize, and jumbo. The following measurements detail differences in grip outside diameter with one wrap of two-sided tape.

Undersize: 1/64 of an inch smaller than Standard.

Midsize: 1/16 of an inch larger than Standard.

Jumbo: 1/8 of an inch larger than Standard.

### **How can I get an "in-between size" grip?**

Grip size can have a visible effect upon your shot pattern and shaping, so proper grip size is very important. The sizing chart below shows how mixing grip core size with shaft size can "customize" grips. Also, grips can be built up by adding wraps of tape to the shaft – one wrap will increase grip size by 1/64, two wraps 1/32, etc. Or the easy way to achieve an oversized grip is to start with one of Golf Pride's Midsize models. And no guesswork is needed

On Shaft:

Grip Size:	.560	.580	.600	.620	.690 +
56	Std.	+1/64	+1/32	NR	NR
58	-1/64	Std.	+1/64	+1/32	NR
60	NR	-1/64	Std.	+1/64	NR
62	NR	NR	-1/64	Std.	NR

### **How do I know the right grip for me?**

There is no one grip that is right for all golfers, and grip selection varies widely with individual needs and preferences. A good starting point in selecting grips is to explore the Golf Pride Grip Selector. Once you've narrowed your choices, check out the grip selection at your local golf retailer or on-course shop or seek the advice of a professional club-builder.

### **What's the best grip if my hands perspire or I play in wet conditions?**

Cord grips have always been referred to as “all weather” grips, and for good reason. For most golfers cord material that wicks moisture away from the grip surface provides the best possible grip in wet conditions, or when hands perspire excessively. It must be noted, however, that no grip is waterproof. Whenever playing in wet conditions you should use a golf bag rain cover, umbrella, and towel to keep grips as dry as possible.

### **Will lightweight grips help my game?**

New lightweight grips are designed as replacement grips for drivers and fairway woods that utilize light grips, shafts, and composite club heads as components. They can also take weight out of the grip and shaft portion of a standard weighted club, to help reduce club static weight and retain swing weight. They can be very beneficial to club-builders using new lightweight shafts, and to re-grippers looking for a way to lower club balance-point nearer the club head, and preserve or increase swing weight. While there is no evidence that switching to lightweight grips will automatically help all golfers, your local PGA golf pro or professional club-builder can tell you whether they might enhance the feel and performance of your clubs.

### **Do putter grips matter?**

Putter grips are the most touched, most used, and most overlooked piece of equipment in the bag. Because putter grips are used once, twice, and unfortunately sometimes three or four times per green, they deserve far more attention and care than they typically get. Putting is the key to scoring, and good putting requires confidence. That's why you need to select a putter size, shape, and material that perform best for you. And once you've made your selection, you need to clean the putter grip just as you do all other grips in the bag, to maintain that original tacky feel. Nothing is more individualistic than putting, so look for the putter grip that suits your personal preference, and helps you take the dreaded 3-putt out of your repertoire.

### **What is the difference between a “round” grip and a “ribbed” grip?**

All golf Pride grips are available in round models and some are also available in ribbed models. A ribbed grip has a small ridge that runs the length of the inside of the grip. When you address the golf ball with your club, you'll be able to feel this rib in your upper hand. Some golfers benefit from this as a reminder of proper hand/finger placement on the club. A round grip, of course, does not have this ridge.

### **What grips do you recommend for someone with joint pain or arthritis?**

The CP2 Pro™ and CP2 Wrap™ and the VDR® can help minimize vibration that might cause joint pain.

### **What is the advantage of the “straighter taper” grips, such as the Tour Wrap® 2G® Jumbo?**

The average golfer's right hand is too active in the swing. The straighter taper helps take some of the hand-play out, and helps release the club correctly, squaring it up at impact.