

Need To Know More?

LongShot Trac-Mat Instructions



The Trac-Mat is an extremely versatile club fitting and swing diagnostic tool. It was originally designed to be used by club fitters and professional teachers. After many requests we began to offer a Trac-Mat kit directly to golfers for use in swing path training and lie angle verification. The following are a few additional instructions and cautions to be taken into account when using the Trac-Mat.

Always place the Trac-Mat on a firm hard surface to insure accurate readings. If the mat flexes or bounces the readings will be inaccurate.

Avoid extreme downward angle swings paths as the shock could cause club damage or injury.

Make sure your swing path is not elongated or shallow to avoid making contact with the end of the board as club damage or injury could result.

Vary the position of the ball when taking shots to equalize surface wear

Exercise caution even when using soft practice balls as injury to others could result.

Always store your Trac-Mat flat to avoid warping.

USING YOUR TRAC-MAT READINGS If you execute a proper swing you should see about four to six distinct lines about 1/8" thick on the lie strip. If you see lines all the way across or extremely thick lines with little space between them, you have made a swing with too much contact and downward angle. If you see only faint or very few lines, you have failed to make enough contact.

It is important to make a proper swing with the right amount of contact to get an accurate reading. A normal, on plane swing is the only way to get an accurate indication of you actual swing path or club lie angle.

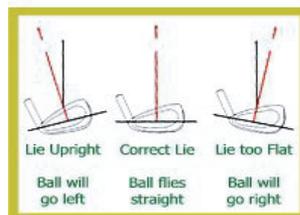
If your line pattern is basically straight and centered on the sole you and your clubs are operating at peak efficiency. If your lines are heading off to the right (opposite for lefties) you are coming from inside to outside or your clubface is laying open at impact. If your lines are heading to the left you are coming from the outside to inside or your clubface is closed down at impact. By trying various corrections to your swing and path you should be able to arrive at the optimum position.

If your lines are centered on the sole your lie angle is fine.

If your lines are out to the toe, your lie angle is to flat. Lines on the heel show a lie angle that is too upright.

Take your results to a club fitter or shop for proper lie angle adjustment. Like angle should be checked frequently as it can change with use during the season or as a result of any sharp impact or hard contact with the ground. Improper lie angle almost insures that a properly executed swing will still result in an off target result.

As with interpreting our Impact Labels, it is best to seek the opinion of a good teaching pro or club fitter for best results.



Questions or Suggestions

questions@longshotgolf.com ... 1-800-462-1667