

# Video, sensors help golfers analyze swing

E-mail Print

The Record



PETER MONSEES / THE RECORD

▲ Chris Muller presses a button on the GolfTec system which enables him to review portions of his golf swing.

Monday, June 11, 2007

By **GREG MATTURA**  
**STAFF WRITER**

Chris Muller slips into one harness that wraps around his shoulders and another that goes around his waist and it looks like he's about to practice a high-wire act rather than his golf swing.

Muller is demonstrating GolfTEC's high-tech instruction method in which golfers wear harnesses equipped with motion sensors that measure the body's key movements during the swing.

Muller also is being recorded by two digital video cameras, and the information gathered from the sensors and video provides a clear picture of his swing flaw: He's proud that he's lost more than 40 pounds this year, but his newfound speed has altered his swing.

"I have to slow down, dramatically," said Muller, 30, who lost 43 pounds and weighs a healthier and happier 167. "Because of the weight loss, I'm able to get through the zone a lot faster, so I have to really consciously slow down my tempo so I don't outrun myself and then I'm hooking the ball a lot. I'm hooking the heck out of the ball because I'm too fast now."

GolfTEC, with five locations in New Jersey and about 100 nationwide, is providing Muller with the instant feedback that he says has helped trim his handicap from a 17 to single digits.

"Today, to be a great golf professional and a great teacher, you certainly have to utilize the video technology," said TJ Scillieri, the director of instruction at the GolfTEC located in Golfsmith on Route 46 West in West Paterson. "Video is good, but it's only two-dimensional, and the sensors are able to analyze what's going on in three dimensions."

GolfTEC's practice bays look like a mini TV studio. In West Paterson, cameras record the golfer's movements from the front and side. There's a monitor on the floor that the golfer can view at various speeds and another on a desk for the instructor.

"The National Golf Foundation ran a study a few years ago and found that people learn three times faster by seeing themselves on camera," said Scillieri, a graduate of Don Bosco in Ramsey. "Certainly, the visual is very important."

The sensors measure golfers' turns, tilts and bends during the swing. GolfTEC also recorded more than 200 tour pros and formulated a statistical average for such movements as degree of shoulder turn. GolfTEC can show a split-screen comparison between the golfer and a Tour pro.

"If the average tour pro turns his shoulders 89 degrees at the top of his backswing, if I hook you up on the harness and you're turning 60 degrees or 120 degrees, something is not right," Scillieri said. "I'm able to analyze that right away on the computer and show you what's going on."

If a golfer needs more shoulder turn, the teacher can set the sensor to beep when the proper shoulder turn is achieved.

"Now you're getting that bio feedback technology and you can feel it," Scillieri said. "I'm telling you what you are doing right, explaining what we are doing with you, and then, thirdly, you are going to see yourself on camera and I can pull up a before swing and an after swing of what you are doing."

The first lesson is the initial evaluation and lasts an hour. Ensuing lessons generally last 30 minutes. The mandatory initial evaluation ranges from \$95 to \$165, and half-hour lessons can cost anywhere from \$30 to \$80, depending on how many lessons are purchased. For more details, go to [www.golftec.com](http://www.golftec.com).

GolfTEC, founded in 1995, last month began analyzing a golfer's putting stroke. Another sensor is attached to the putter itself and allows the teacher to assess several variables, including angle of the clubface and lie angle of the shaft.

Muller's first practice putt from about 6 feet was left by about 5 inches, and he defended himself by saying, "I'm a good putter." When Scillieri noted that the clubface wasn't squared properly to the cup, Muller adjusted and made eight of his next 10.

"We're going to analyze your setup, your putting stroke and what you are doing that can be hurting you," said Scillieri. "Most of the time, people have one or two problems with putting. It's either direction or distance."

Golfers can view their video later on from a distance, in the comfort of their own home or office. Golfers are given an ID number and password that allows them to view their lessons online.

"How many times does somebody take a golf lesson, or do anything in general, and you get a lot of information thrown at you in the course of a half-hour, or hour, and forget half of it by the time you get home," Scillieri said. "Now they are able to retain the information a little bit more."