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GOLF FASHION:

Dress to Win!

***On Top of Your Game?
Get the Inside Scoop
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GOLF FASHION: Dress to Win

Love the intense focus and concentration of golf? Golf is a game that is all about passion, vision, and patience. But all that passion, all that vision, all that patience would not matter much if you are not dressed to win.

That's right. What you wear can make a whole lot of difference in your game. In fact, fashion has as much bearing over your game as your skill at making that putt and swinging a hole.

So does this mean that you would have to go all Nancy-boy and don that checkered vest over a collared shirt and shorts? Could anything scream "Frat-boy!" louder than this does?

Good grief!

But you see, the good thing about golf is that it is uniquely unmindful of any style. There is no specific dress uniform required and yet, no matter where they go, whether on course or off it, golfers, men or women, are always able to find ways to distinguish themselves.

The '70s scene was dominated by golfers in sansabelt pants while the '80s had golfers running about in mismatch colors and plaids. Then the '90s came and solid color shirts and pants became the "in" thing.

Right now, the trend is more geared towards casual attire, perhaps the better to give off that air of relaxation even as the game heats up.

But 'casual' does not just mean wearing the first shirt with zipper fly and front button you can get your hands on. Because although the clothes give off that aura

of decorum that golf seems to exude, it is more than just the looks. If you don't wear the right clothes, your game could suffer.

So below are some tips to help choose clothes that you can wear to win the game:

Choosing Golf Shoes

Shoes are not there just to make your feet look good. Well, of course, it sure is spiffy making that perfect swing, your legs forming the classic "K" position with a fantastic pair of shoes serving as icing on the cake.

But more than that, you want to choose golf shoes that contribute to your game play, not hamper you down because of discomfort and strain. Therefore, the first and most important factor to look into when choosing a pair of golf shoes is ***comfort***.

A typical golfer spends an average of four to six hours on the golf course each time he or she plays. Often, you will find yourself walking on hilly terrain while sometimes you might even have to make your way through undergrowth because you hit your ball too far. Adequate comfort, therefore, is a must if you want to keep your feet from feeling the strain and keep on improving your game.

Have you noticed how it is not fun walking around when you are wearing ill-fitting shoes? Not only will your feet hurt, but your ankles and legs will suffer as well, and that's not a good thing when you are playing golf, especially when the solidity of your swing depends upon the kind of support that your feet can give you.

So do your feet a favor and choose golf shoes that are not only comfortable but those that offer ***good support*** and afford ***protection***.

Below are some quick tips to help you choose the best kind of golf shoes:

- When trying on new golf shoes, take your time choosing the most comfortable one. The best way to get a “feel” for the shoes is to wear them and spend at least five minutes walking around them.
- With the golf shoes on, wiggle your toes a bit. See if there is enough room or “air” for your feet to “breathe.”
- A common advice for foot wear shopping is to spend 20 minutes on a walk before coming to the store and start fitting shoes. This could work with golf shoes as well. Be sure to do your shopping in the afternoons when your feet are fully expanded.
- When you play golf, you will most likely be wearing socks. Wear the same socks that you wear on the golf course when you try some golf shoes on. Or at the very least, wear socks that are of the same thickness.
- If a round of golf leaves you with aching feet, you may need foot wear that offers more support. Consider one of those newer high-top models, but remember that you need ankle flexibility to make those wide swings. Be sure that your golf shoes won't impede your movement.

Choosing Golf Pants

Golf pants are a very important aspect of your golf attire. You want them to be comfortable enough to help you relax when shooting low numbers and yet fit enough to give more freedom of movement as you walk to your next putt.

The fabric should also be one that fits all kinds of weather – warm, cold, dry, or humid – so you never know what you are up against when you are out there on the course.

Women may not be confined with wearing golf pants when playing golf. But for the gentlemen, they are recommended. The pants you wear in a game of golf might be the difference between swinging too high or too low for a shot.

Here is a list of a few more considerations before you buy golf pants:

- Be sure that your pants have pockets. Once in the game, you will need them for your score card, tees, wallet, and whatever else you choose to bring.
- Choose pants that are made of lightweight, comfortable fabric. The material should be one that would not irritate your skin in the sun. For instance, wool pants are a no-no. Instead, pick light weight cotton pants.
- However, for wet conditions, choose rain pants. Breathable cloth is always preferred.
- Pants should be a comfortable fit. Not too tight. Not too loose either.

Choosing Golf Shirts

Choosing the right golf shirts is a lot like choosing golf pants. Again, lighter fabrics are preferred since heavy clothing can hamper movement. You want to

make that particularly distant shot and you can't if you wear clothes that are too heavy they drag your shoulders down.

There are many fashionable golf wear for women that are at the same time practical for golf. The shirts are comfortable and loose fitting, especially around the shoulders. Anyone who is worth their salt in golf knows that most of the swing you make is in the shoulders. So clothes that provide maximum flexibility in that department have a thumbs-up.

Then again, don't choose clothes that are too loose. Baggy clothes will only interfere with your game. Instead, choose clothes that have a normal fit.

Shirts with collars are a requirement. Even for the women. It just doesn't look right to be on the course wearing a shirt with no collar. However, if you want to stand out from the crowd a bit, a vest may do the trick.

Here are some more tips to help you choose the perfect golf shirt:

- Go for the "golffy" look and get clothes that are of better quality. Polyester is only good if you like that free t-shirt look. But remember that golf is not called the "Gentleman's Game" (Sorry, ladies.) for nothing.
- Get golf shirts that serve a double duty. Follow this rule especially if you are into golf. You can later match the shirt with jeans and a blazer and go out on a date.
- Many guys complain about having shirts that are a bit too long in the sleeve. This could hamper you from getting a good grip of your club. What you can do is to get a tailor bring the sleeves up an inch or two for a better fit.

- Worried about being short in the leg and long in the torso? How do you choose a shirt that would somehow create the illusion of having longer legs? Well, the answer is not really on the shirt you are wearing but on *how* you wear it. Tuck in your shirt. That would add more of a waistline to your figure and make your legs appear longer.

Choosing a Head Gear

And now we are down to the last item in your apparel – the head gear. No, not helmets! We mean the softer variety, like cap. Tiger Woods makes his statement by always wearing his signature Nike cap. You can do something like that but you must remember that it is not just about style. The hat has a practical purpose, too, as you will soon see.

In the 1980s, head gears for golf came in the form of visors. In the 1990s, the visors made way for hats. At the turn of the millennium, golf head gear is all about caps.

Caps can help block out the sun, which, of course, can improve your shot. Caps are also good to shield your eyes from distraction. Golf is all about concentration and that particular skill is never more brought into the forefront than when you are making a short putt. You can't afford anything in the background distracting you from making that shot.

Not only will caps keep distractions out, they are also good to keep your eyes confined from other players. Golf is kind of like poker sometimes and everyone has his "tell." Your business is to keep others from finding out what your "tell" is. Wearing a cap helps. That way, you always keep the other players guessing as to your game play.

If caps can block out the sun during warm days, they can also protect you during the cold days. Your head is actually the most vulnerable to temperature changes. It gets easily hot and cold, depending on its exposure to the weather.

By wearing a hat, you protect yourself from dropping temperatures and therefore maintain your focus even as others are beginning to get distracted by the cold.

Miscellaneous Golf Fashion Tips

The above are the fashion tips to help you win a game of golf. However, if you are also interested in also looking good on or off the course, you might want to try some of these fashion tips that have little to do with golf and everything to do with style:

- Shades are cool. They are also practical. Some golfers prefer not to wear them to give them a clearer view of the course while others consider them a must to protect their eyes from the sun. Look good on the course with a pair of large, fashionable glasses.
- Solid colors are in. Not only will you look good and striking in all white or all black but you will also look taller. Solid colors form a straight line so that they give off the illusion that you are taller than you actually are.
- Vests are not just for preppy boys. They can even lend you that “hip, urbanite” look, provided that you wear it with confidence, of course. Think Josh Hartnett in *Lucky Splevin*.

Overall, your golf fashion should reflect the game itself – focus, passion, and vision, sprinkled just right with a theme of comfort and good taste. You want to be able to play your best golf ever. Dress to win. However, you may end up playing worse if you are just picking things out of your closet rather than choosing outfits that speak to the game.

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