



Carl Rabito Helps Players Find Their “Perfect Swing”

By Kristen Brockmeyer

Located 40 minutes outside of Chicago is the serene and stately Bolingbrook Golf Course. This facility boasts a championship course designed by Arthur Hills and Steve Forrest, a 76,000-square-foot clubhouse that offers both laid-back dinners and fine cuisine, state-of-the-art, GPS-equipped golf carts, and of course, expert instruction by master PGA professional Carl Rabito.

Rabito operates the Golf Academy at Bolingbrook Golf Club, as well as the Diamond Players Club, in Clermont, Fla. He has helped to hone the talents of some promising young students who've played on the Futures Tour and in the Women's U.S. Open, the Canadian Open and the British Open. Rabito speaks proudly of the fact that 11 of his former students hold PGA or LPGA cards.

What is it about Carl Rabito's teaching method that helps his students to become so successful?

Rabito utilizes an effective coaching system that he's practiced successfully for nearly 20 years and perfected through his experience as a nationally certified Strength and Conditioning Coach. He focuses on the anatomically correct way to perform the “perfect swing,” summing up his approach to coaching simply in three words: “Structure governs function.”

Rabito derives this method from the same principle that explains the movement of the rest of the body. For example, imagine how the ligaments and muscle structure of your fingers operate together, governing the complex kinetic chain of events that are responsible for the simple act of moving your hand. The kinetics involved in swinging a golf club also operate through a specific chain of movements, with different areas of your body working together in harmony to swing the club. According to Rabito, unless a player is hampered by a physical limitation, there is an ideal anatomical formula for everyone's “perfect swing.”

Rather than working on flaws or trouble spots, Rabito starts from scratch, so to speak, by first helping his students find their own customized swing before continuing the learning process with other standard techniques, such as recorded videos for analysis and practice drills.



Carl Rabito works with a student at Bolingbrook Golf Course, just outside of Chicago.

Rabito specializes in developing young players with interest in touring or getting a scholarship. His methods seem to have proven effective for the following five talented Asian American LPGA players, who've been spotlighted in the media recently for some of their accomplishments:

Young Kim

Young Kim, a 27-year-old South Korean-born LPGA player, is perhaps best known for her win this year at the 2007 LPGA Corning Classic. Though it first looked as if she would falter after a few unimpressive rounds, she rallied to grab the win from her opponents with two birdies, finally recording a 68—then the lowest score of the season in a 72-hole LPGA Tour event .



Young Kim reacts after missing a putt during the Women's World Cup of Golf at Sun City on January 21, 2007.

Jeong Jang

Another "Seoul Sister," this 27-year-old earned more than one million dollars in 2006 alone. She began playing at the age of 13, and quickly became one of South Korea's top amateur players, with a win at the 1997 Korean Open that helped her clinch a spot on the 1998 World Amateur Championship team. "JJ," as she prefers to be called, has only improved with age despite a few practice-related injuries in 2001: She netted 14 top-10 finishes in 2006, more than any other Korean player.

Jeong Jang smiles while running up the 17th hole during the pro-am prior to the 2007 Ricoh Women's British Open.



Meena Lee

Although 24-year-old Meena Lee began playing golf at the relatively late age of 14, within five years she had become the Korean Amateur Champion. Lee has two LPGA wins to her credit, including the 2006 Fields Open in Hawaii, where she defeated Seon Hwa Lee during a tense sudden-death playoff. In addition, she finished within the top 10 in three events in 2006: the CN Canadian Women's Open, the Safeway Classic and the John Q. Hammons Hotel Classic.

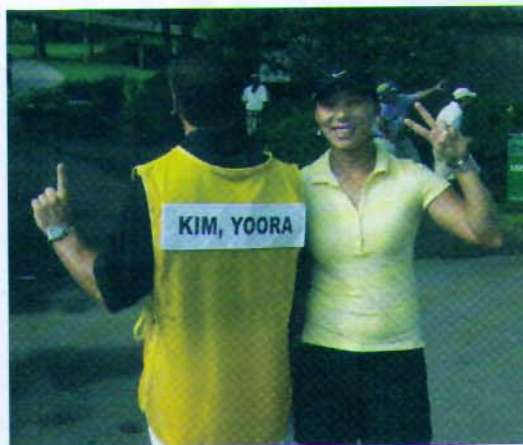
Meena Lee is presented with the winner's trophy after winning the 2007 Field's Open at the Ko Olina Golf Club in Oahu, Hawaii.



Young Jo tees off at the 2005 U.S. Women's Open Championship

Young Jo

Another star on the rise, 24-year-old Young Jo began playing golf at age 10. Young quickly began to work her way up the ranks, becoming a member of the 2000 Korean National Team at 16, gaining pro status at 19, and scoring a career best finish at the 2005 U.S. Women's Open at the age of 21, where she tied for sixth place.



Yoora Kim clowns for the camera before teeing off at the 2007 U.S. Women's Open.

Yoora Kim

Yoora Kim, a 26-year-old Seoul native, finished third at the 2001 ADT Caps Women's Championship while still an amateur, before becoming a member of the Korean National Team in 2002. She became a member of the LPGA four years ago and recently tied for seventh place in the 2007 United States Steel Golf Classic.

Whether or not the latest successes of these talented ladies are owed in part to their customized "perfect swing" is anyone's guess, but practicing with Rabito, ranked this year as one of GOLF Magazine's "Top 100 Teachers," couldn't have hurt. ↓

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