

ABSTRACT OF THE DISCLOSURE

A vibration dampening insert for use in golf clubs includes a plug member located inside a shaft of a golf club. The plug member has a plurality of cavities formed therein, and a plurality of spherical weight members are disposed in the plurality of cavities. The plug member is made of an elastomeric material, and the spherical weight members consist of steel balls. The vibration dampening insert dampens vibration resulting when a club head of a golf club impacts a golf ball so that vibration is prevented from being transmitted to a golfer who is swinging the golf club.

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