



**TEAM OF THE WEEK:** Locally based Team Twisted captured top spot in the Cassie Campbell Division with a 4-1 victory over the Beer Naked Ladies at the recent Sports Unlimited Beavers Hockey Tournament at the Mold-Masters SportsPlex in Georgetown. Kathryn Bishop netted the winning marker in the final and was named Outstanding Player for the contest. Team Twisted, consisting mostly of players from the North Halton Girls Hockey Associations Sunday recreational league, went undefeated through the tournament. The team finished as runner-up in its division at the Sports Unlimited tourney last year. Team members (front, from left) are: Wendy Derjugin, Cindy Baker, Kathryn Bishop, Jen Cowan, Carrie Hewitson. Back row: Bev Milne, Jessica Perry, Janette Sutej, Michelle Desormeaux, Kelsey Lang, Shannon Millar, Laura Humphrey, Carrie Fuller. The other division finals from the Sports Unlimited tourney included: Mens 45+ - Vinny's 3, Halton Hills Grinders 2 (MVP Kyle Benoit); Mens 50.1 Pokey Checkers 4, Scoreboards 3 (OT); Mens 50.2 Prostar Blackhawks 5, Direct Hit 1; Mens 50.3 Guelph Players Edge 6, Borrowed Time 0; Mens 55+ - Knuckles 4, Easynet Cobras 3; Mens 60.1 K/W Dutchmen 3, Josephs Scrappers 2; Mens 60.2 Markham Shenanigans 4, Bolton 11; Mens 65+ Brampton 3, Erin 2. Submitted photo

## Locals pick up OMHA bronze

A second-period outburst and balanced attack provided an unbeatable one-two punch for the Halton minor atom AAA Hurricanes Sunday afternoon.

Buoyed by a sizable crowd at Milton Sports Centre, the OMHA championship hosts struck four times in the middle stanza and got big performances from all of their offensive standouts en route to claiming bronze with a 5-2 victory over the Guelph Gryphons.

Five members of the Halton squad forwards Austin Medeiros, Christopher Caissie and Brayden Hobson, along with defence-men Evan McMillan and Jaedon Holloway are from Halton Hills.

The Hurricanes went 1-2-1 in round-robin play, routing Guelph 8-1 for their lone win.

The team hosted the OMHAs by virtue of last year's gold-medal victory and went 29-3-4 in the regular season before making it to the SCTA semis, where they fell to Hamilton.

# Getting a close-up look at PGA stars at Bay Hill event

By Cory Gentes  
Special to The IFP

My family and I had a chance to travel to Orlando for March Break and while there we took in the second round of the Arnold Palmer Invitational at Bay Hill.

My mother-in-law is a huge Jason Day fan so we followed him around for all 18 holes and watched him shoot a 7-under 65 on Friday, which led to him winning the tournament on Sunday.

If I had to pick one thing that Jason Day and all professional golfers do very well it would be balance and the use of the ground to create power and consistency in their swings.

It was impressive to watch these players up close and how they create a very stable base using their lower bodies which allow their upper bodies to turn and eventually their arms and the club to swing freely. You can create a stable lower body and better balance by working on one quick drill.

Take two mid-irons and get in a spot where you can swing freely. Grip both clubs at the handle to create some extra weight so you

swing a little easier.

Start by making small swings back and forth and feel how your feet are using the ground to control the weight of the swinging clubs. Increase the length of the swing gradually until you are making full swings.



From the  
Ground  
Up



The key to this drill is to make full swings and eventually increase the speed to the point where you can no longer maintain your balance and then back it off to the point where you are in control of your swing. Repeat this balanced swing focusing on using the ground to create power.

This is a great drill to get you warmed up before a round and get your focus on balance and swinging within yourself.

Cory Gentes is a 15-year PGA of Canada Teaching Professional and the Director of Instruction at The Old Pro Driving Range. GentesFamilyGolf.com

## HHMBA roster spots filling up quickly

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A junior team has also been re-established after a couple of years hiatus, meaning 15 new players added to the fold.

Maybe the Toronto Blue Jays did some things to help us out, you know, like (Jose Bautista's) bat flip, joked HHMBA executive member Dee Dee Haynes-Ridley.

We've been warning returning players that

waiting until April 15 to register isn't an option. They need to register ASAP.

Haynes-Ridley added that a meeting will be held Thursday night (March 24) to discuss contingency plans with the Town of Halton Hills to try to accommodate the increase in registration. For more info, visit the website [www.haltonhillsmminorbaseball.com/](http://www.haltonhillsmminorbaseball.com/) or email [info@hhmba.ca](mailto:info@hhmba.ca) or phone 905-877-3748.

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