

Dickinson nets first NHL goal for Dallas Stars



Jason Dickinson celebrates his first NHL goal just over 15 minutes into his debut with the Dallas Stars. Photo courtesy NHL.com

It didn't take long for Georgetown's Jason Dickinson to make an impression in the National Hockey League.

Making his big-league debut with the Dallas Stars last Thursday night, the 20-year-old centre was the beneficiary of a miscue behind the Colorado Avalanche net by goalie Calvin Pickard to score his first NHL goal on his first career shot on goal at the 15:13 mark of the first period.

Linemate Valeri Nichushkin retrieved the loose puck and passed out front to Dickinson, who had an empty net in front of him.

The Stars, who selected the 6-foot-2,

200-pound Dickinson 29th overall in the first round of the 2013 NHL Draft, went on to win the contest at American Airlines Center in Dallas 4-2.

"I just thought of coming in here and playing my game, keeping it simple and just trying to contribute as best I can," Dickinson told NHL.com. "Fortunately enough, it ended up as a goal."

The former OHL Guelph Storm captain is third amongst American Hockey League rookies in scoring for the Texas Stars with 22 goals and 30 assists in 71 games.

Dickinson, a product of the Halton

AAA Hurricanes, was returned to Texas after the game and is set to begin the AHL playoffs next week.

LONE DRAFTEE: Just one local resident was taken in the Ontario Hockey League's Priority Selection last Saturday.

In past years, as many as a half-dozen local players had their names come up in the online draft, but goaltender Adrian Mamone, a 6-foot-1, 165-pound member from the Halton Hurricanes' minor midgets, was the only Georgetown resident to be selected in 2016 as the Sault Ste. Marie Greyhounds took him in the ninth round, 172nd overall.

Maintaining good posture results in a more relaxed swing

By Cory Gentes
Special to The IFP

It really is true about the back nine on Sunday at Augusta. I did not see that finish coming! You really had to feel for Jordan Spieth when he gave away the lead on the 12th hole with two balls in the water.

Those mistakes opened the door for Danny Willett to claim his first green jacket after shooting a bogey-free 67 to become only the second Englishman to win the Masters. He did so 12 days after the birth of his first child

and on his wife's birthday. What a week!

What you saw when you watched the Masters was many very solid golf swings. These swings may vary slightly between players based on physical make-up, including height, body type and flexibility, but will also vary with the pressure of the moment and how cleanly the player executes the mental plan they have for the shot. I will have more on that in a later column.

Posture is a very key component in how we set up before we swing the club. Once we have created a good base with a proper



From the Ground Up



stance our focus should turn to making our arms hang relaxed from our shoulders and removing any tension. The arms and hands should be relaxed in order to realize the speed your body creates in the SWING!

Try this drill for better posture. Without a club, take a good stance with your weight balanced 50/50 heel-to-toe and your knees

slightly bent. Bend forward from the hips until your arms hang relaxed and straight down from your shoulders.

Now lay your club in your fingers and make a swing. You should feel the speed created by having relaxed arms and hands but also by creating room to swing with a good posture. Think posture from the top down for better swings.

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

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