



Representing the Georgetown Skating Club at this weekend's Skate Canada Adult Figure Skating Championships in Oakville will be, from left, Vicki Newman, Victoria Coburn, Nicole Hehn and Melissa McEnery.

Submitted photo

## Halton Hills skaters set to shine at adult nationals this weekend

Five local women have sharpened up their blades for the 2016 Skate Canada Adult Figure Skating Championships this weekend in Oakville at the Sixteen Mile Sports Complex.

The event includes hundreds of adult skaters from across the country and gets underway Thursday.

Vicki Newman, Victoria Coburn, Nicole

Hehn and Melissa McEnery of the Georgetown Skating Club will compete, along with the Acton Skating Club's Cindy McGilloway.

The skaters will be competing in the Women's Interpretive and Women's Freeskate events.

For competition schedules visit [www.georgetownskatingclub.ca](http://www.georgetownskatingclub.ca)

## Getting properly aligned

By Cory Gentes  
Special to The IFP

My money this week is on Canadian Brooke Henderson to get her first win of the season at the Swinging Skirts LPGA Classic in San Francisco.

She has finished in the top 10 in her last seven starts, including a solo second at the Coates Championship in February. Look for her to be on the leaderboard come Sunday.

With the warm weather arriving, golfers are hurrying to get the clubs out of winter storage and head to the range to work off the cobwebs. As I walk the line and watch these early season swings, I can't help but notice that the first fundamental being forgotten by most is alignment.

All great players, whether they are professionals or good amateurs, focus on alignment as the starting point of their pre-shot routine. The reason is simple. Without good alignment your swing will not be as consistent or powerful as you would like.

Efficiency is lost to poor alignment. Con-

sider a pitcher delivering a fastball to the plate. His body is leading his arm to the plate and if his body is moving to far right or left of his target he will probably hit the batter or make a wild pitch.



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The same is true in golf except we are moving laterally. Consider alignment in golf as train tracks. If your body moves better down the track you are standing on then your club will move down the other parallel track better and we will deliver the clubface into the ball square more often.

Next time you are practising, lay a club or two down to make sure your tracks aren't crossing.

Cory Gentes is a 15-year PGA of Canada Teaching Professional and the Director of Instruction at The Old Pro Driving Range. [GentesFamilyGolf.com](http://GentesFamilyGolf.com)

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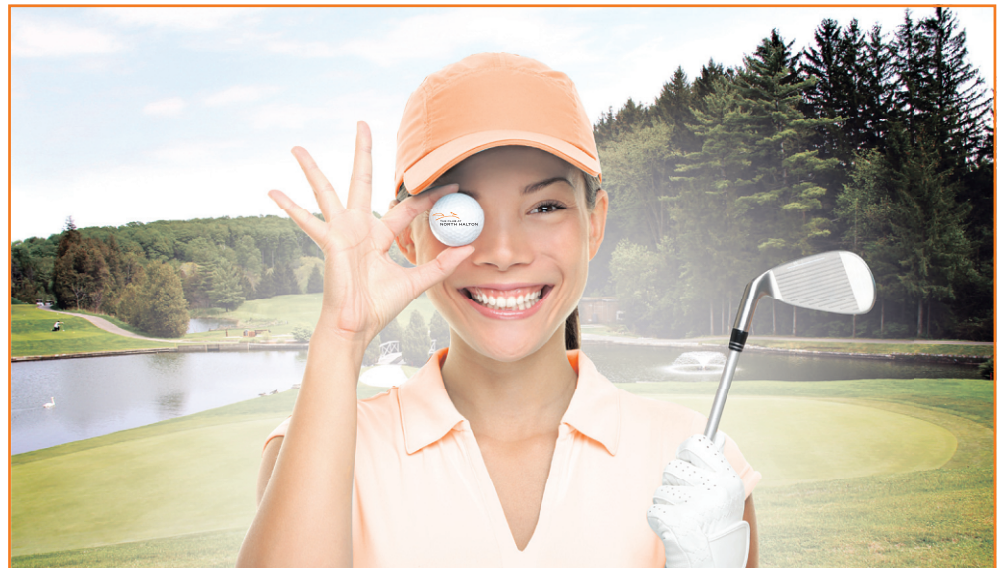


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\*Weather Permitting. \*\*Must be sponsored by an existing adult golf member of The Club at North Halton.