

## Be prepared for foul weather while out on the golf course

By Cory Gentes  
Special to The IFP

rella and an extra layer if the temperature dictates.

You don't need to have all this stuff but the rain/wind layer, extra warmth layer and gloves to keep the hands dry/warm are always good.



From the  
Ground  
Up



Before long we will see a Canuck win on one of the major tours.

This week it was Roger Sloan on the Web.com Tour and David Hearn on the PGA Tour who got themselves into contention.

Hearn finished tied for 20th at the rain shortened Zurich Classic in New Orleans while Sloan had the lead on Sunday before finishing double-double to shoot 69 and finish alone in fifth.

The players at the Zurich Classic had to contend with rain on the weekend and although we are not playing for the kind of money they are we still want to be prepared to play this outdoor game.

Hopefully the cooler temperatures are behind us but it is a good idea to go through a checklist of weather gear before heading out for that weekend round.

I like to keep my extras in the trunk just in case I need them. My list includes rain gear, rain gloves, cart mitts, extra towel, extra glove, wide brimmed rain hat, um-

All important because from a swing perspective if you or your hands are cold you are going to be tight and this can lead to hitting the golf ball as opposed to swinging the club. The tightness or tension can cause us to grip the club too hard and then we use our hands or body incorrectly.

Prepare for the elements even if you are a fair-weather golfer because you never know when you might get caught. Your game will thank you.

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



**TEAM OF THE WEEK:** Three members of the Georgetown Skating Club came away with gold medals and two others recorded top-10 finishes at the 2016 Skate Canada Adult Figure Skating Championships held at Oakville's Sixteen Mile Sports Complex late last month. From left are Victoria Coburn, Cindy McGilloway, Vicki Newman, Melissa McEnery, Nichole Hehn. Newman captured gold in Bronze Women Class 2 Freeskate and a bronze in the Silver Women Class 2 Interpretive. McEnery took top spot in the Bronze Women Young Adult Freeskate, while McGilloway placed first in the Intro Women Class 3 Interpretive. Hehn was fourth in both the Silver Women Class 2 Interpretive and the Bronze Women Class 2 Freeskate, with Coburn finishing seventh in the Silver Women Class 1 Freeskate and 10th in the Gold Women Class 1 Interpretive.

Submitted photo

## Big win for Jr. C Dogs at Six Nations

Tyler Morris and Evan Perehiniak each had a goal and three assists as Halton Hills began the Ontario Jr. C Lacrosse League regular season with a 10-9 triumph over the Six Nations Warriors on Sunday in Ohsweken.

Adam Elinesky (2), Justin Turner (2), Jack Carter, Brendan McKee, James Vezina and Hunter Randall also scored for the Bulldogs, who play their home games on Wednesday nights in Georgetown.

**GOLF TOURNEY:** The Jr. B Bulldogs will host their second-annual Colby Hancock Memorial Golf Tournament at the Eagle Ridge course in Georgetown on Monday, June 27.

It's a 1:30 p.m. shotgun start with dinner at 7 p.m. Cost is \$175 per player or \$675 for a foursome. Current and former National Lacrosse League stars will be on hand, as well as the Toronto Rock Cheerleaders. For more info call 905-875-6353 or email mhancock2@cogeco.ca

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