

## CtK girls make 1st OFSAA appearance

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Captain Caitlin Gallacher, Sara Duklas and More had the other tries.

CtK was routed in both the Halton and GHAC final matches by the Oakville-Trafalgar Red Devils, who are ranked number one at OFSAA again this year.

In their opening match in Ottawa, the Jaguars were defeated by third-ranked J.F. Ross of Guelph 35-0 Monday afternoon. On Tuesday, the Jags lost 5-0 to Port Colborne's Lakeshore Catholic and 17-12 to Ursuline College of Chatham-Kent.

**BADMINTON:** GDHS recently sent a school-record five athletes to North Bay to compete in the OFSAA Championships.

The girls' doubles team of Sarah Reid and Melanie Vanco won two matches and finished 34th, while the boys' doubles team of Bryn de Chastelain and Dylan Thring reeled off three match victories and placed 30th.

Katie Abrams, competing in the very competitive girls' singles division, won four matches, eventually losing in the C Flight semifinal to end up 28th in the province.



**TEAM OF THE WEEK:** Ranked fourth heading into the tournament, the Halton Hills Bulldogs knocked off number-one-seeded Kitchener-Waterloo 9-7 in the final to earn the under-11 boys' Tier I Ontario Minor Field Lacrosse Association championship in Brampton. Team members (front, from left) are: Harrison Kligman, Blake Tonelli, Cole Tannahill, Aidan Duffney, Zak Marshall, Nolan Peet. Middle row: Cameron Waite, Mark Dunning, Alex Snell, Caiden Merritt, Ryder McKee, Matthew Fairhead. Back row: Coaches Brendan McKee, Sean Tonelli, Andrew Waite, John Duffney. Submitted photo

## Check driver loft for better launch

By Cory Gentes  
Special to The IFP

He's back! Jordan Spieth got over his Masters meltdown with a trip to the Islands with some golfing buddies and a win in his home state of Texas.

He played near-flawless golf to win the Dean and Deluca Invitational at famed Colonial Country Club by three shots over Harris English.

Players on tours all over the world are constantly tweaking their equipment to give them that advantage that may mean a stroke or two, the difference between first and second place.

One thing I see way too often is a driver in somebody's bag that has too little loft in it for their numbers. To hit your driver well means having

the proper swing path, which allows you to catch the ball on the way up.

Most amateurs who I see when they come to me for a lesson are coming over the top, which de-lofts the clubhead at impact and causes a slice or a pull depending on face angle at impact. Sounds technical right?

Keep it simple and set up with your head behind the ball at address and then try making practice swings where your head stays behind the ball at the bottom of the arc. Comfortable with that? Then step up to the ball and let it go. The loft on your driver will now help you launch the ball.

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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