

Managing your expectations

By Cory Gentes
Special to The IFP

McGirt digs it from the dirt to win at The Memorial. I have been waiting for awhile to write that but not as long as 36-year-old William McGirt has been waiting to do it.

The journeyman tour player and he has played a lot of tours finally broke through on the PGA Tour for his first win in 165 starts with a final round bogey-free 71.

Mental toughness comes to mind as an attribute that someone has to have to continue to compete at the highest level for that long searching for his first victory.

McGirt's final round wasn't glamorous as he made 17 pars and one birdie to get the job done as other pursuers kept shooting themselves out of the winner's circle.

He had to manage his game by executing the shots, but he also had to manage his expectations on a windy day at Muirfield Village.

The recreational golfer should learn to manage their expectations as well to play better and enjoy the game more.

Although the beauty of golf is that we can play some of the same courses that profes-

sional athletes play, we probably don't have the time to practise or access to the greatest coaches as those players.

Learning to manage our expectations can mean gauging our practice, more greens versus shots at flags, or managing our expected score on the course.



From the
Ground
Up



Next time you are getting ready to play a course, ask yourself what an acceptable score is for that course then make a plan how you are going to do it.

Manage your expectations by thinking about the round in halves.

If 10 over par is a good expected score then think of allowing only five bogeys on either nine. This way you won't base your whole round on the first swing or the first-hole blow up.

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The Georgetown Waves came away from their first trip to the recent SOO Spring Games in Guelph with a large collection of medals. Front, from left are: Brianna McGee, Sydney Paul, Austin Daleman. Back row: Kyle Sullivan, Ryan MacBean, Jeremy Crocker, Andrew Henry, Michelle O Keefe. Submitted photo

Team of the Week: Georgetown Waves

Athletes from Halton Hills brought back a tidy medal haul from the Special Olympics Ontario Spring Games late last month, including several podium finishes in the pool at the University of Guelph. This was the first appearance at the provincial championships by the Georgetown Waves Special Olympics team, which started up two years ago.

Following are the results for members of the Waves:

Jeremy Crocker Gold 25m breaststroke;
bronze 50m backstroke
Austin Daleman Gold 50m freestyle, 100m

freestyle, 50m backstroke; silver in 25m freestyle
Brianna McGee Silver 25m backstroke;
bronze 25m freestyle, 50m freestyle

Sydney Paul Gold 50m freestyle, 100m freestyle,
50m backstroke; silver 25m freestyle

Kyle Sullivan Gold 50m backstroke, 100m
backstroke; silver 25m freestyle, 50m freestyle

Ryan MacBean Silver 25m breaststroke;
bronze 50m breaststroke.

Michelle O Keefe Gold 25m breaststroke;
bronze 25m freestyle

Andrew Henry Silver 50m breaststroke;
bronze 50m freestyle, 100m freestyle

Renton at NCAAs this weekend

Georgetown's Tyler Renton extended his U.S. collegiate javelin-throwing career by a couple of weeks with Oklahoma University after a toss of a little more than 70 metres at the NCAA West Regionals in Lawrence, Kan.

The Christ the King grad placed sixth out of 46 competitors in the event and will make

his first appearance at the NCAAs at Eugene, Ore. this weekend in his fourth and final year with the Sooners. Renton broke the school record for the men's javelin with a throw measuring 76.86m earlier this season and won the 2016 Big 12 championship recently in Fort Worth, Texas.



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