



TEAM OF THE WEEK: Members of Georgetown District High School's girls' archery team captured bronze at the recent provincial championships. Pictured above, back row, from left, are Emilie Aleristok, Faith Morrell-Stevens, Colleen Winson, Ranisha Verma. Front row: Coach Per Kleefisch, Sabrina Cooke. Photo by Eamonn Maher

Bull's eye bronze for Rebels

How surprised was the Georgetown Rebels archery team to learn that it had earned the bronze medal in the girls' division at the recent high school tournament in Richmond Hill?

Coach Per Kleefisch, who has overseen the archery program at GDHS for the past 15 years, said that due to other commitments, members of the team weren't able to stick around for the OPSAA-sanctioned Ontario High School Invitational Tournament's awards banquet at the conclusion of the event.

Kleefisch said he didn't find out until checking the results online the next morning that the Rebels had placed third, which is the first med-

al won by the school during his tenure.

And the kicker is all of the girls are eligible to return next year, including Sabrina Cooke, who was the team's leading scorer at provincials.

As well, the Rebels fared well in the Boys Recurve Class, placing sixth out of 14 entries, with the team consisting of Lloyd Cole, Shane Compton, Riley Franolla, Josh Lee and Josh Smith.

Fielding a team in the Boys Compound Unlimited Class for the first time at provincials, Kleefisch said the group, consisting of Aswad Baig, Shane Compton, Jason Desroches and Malcolm Judah, showed plenty of potential.

How Henderson's mechanics result in championship distance

By Cory Gentes
Special to The IFP

She did it! Brooke Henderson won her first LPGA Major at the tree-lined Sahalee Country Club just outside Seattle with a spectacular bogey-free 65 that got her into a playoff with Lydia Ko.

She birdied the first extra hole with a seven-iron to three feet that sealed the deal. The Smiths Falls, Ont. resident becomes the youngest winner in the history of the 62-year event at the age of 18. I am looking forward to watching this young lady try and bring home the first Olympic gold medal for Canada since George Lyon in 1904.

When I watch the LPGA Tour, I am always amazed at how some of these very small ladies can hit the ball so very far. The answer of course lies in good mechanics and creating a repeatable swing that has the right sequence to produce power using the ground.

This is all starts with a good setup and more importantly the appropriate distance from the golf ball. When students of mine hit inconsistent shots, I always ask them

what their feet were doing and inevitably they answer that they were falling off the ball or were generally unbalanced through the swing or in the finish.

The setup has to be balanced before you swing or you will not have room for the club to swing correctly.



From the
Ground
Up



Stick a few tees in the ground and make some swings. Try and clip the tee out of the ground by just catching the top of the tee.

You should finish in balance and to the target when you have given yourself room to swing. It will create width and extension in your swing which will allow the club to move correctly.

My U.S. Open pick: Dustin Johnson.

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