

Keeping proper alignment leads to more efficient swings

By Cory Gentes
Special to The IFP

Congratulations to Nick Taylor of Abbotsford, B.C., who finished in a tie for ninth place at the AT&T Byron Nelson.

Taylor fired a final-round 65 at The TPC Las Colinas course in Irving, Texas. The native of Winnipeg has one win on tour but looks to add more with some consistent play heading into the summer.

Have you ever wondered what makes a tour player's game go south like ours on occasion? Having visited many different professional events, I always tend to see the same training aids on the range or practice putting area. Most of these aids are designed to address one thing: alignment.

Alignment is the key to allow the body to work how it was designed. Let me explain. Our body is made up of hinges and solids and when we kick, throw, spin and swing these parts work in the correct order, or should.

Have you ever made a practice swing and

thought that is what your swing should feel like and then put a ball in front of you and the swing changes? Could be for several reasons but most of the time I see alignment as the culprit.

If we aren't lined up properly to our target to allow our body to swing the club, then our hinges and solids will not work as efficiently as they should. If you have alignment sticks, dig them out and lay them down, full swing, short game and putting.



From the
Ground
Up



A couple of clubs work well if you don't have sticks. Align better and your sequence in your swing will get better for straighter shots and more consistent distance.

Cory Gentes is a 16-year PGA of Canada Teaching Professional and the Director of Instruction at The Old Pro Driving Range. GentesFamilyGolf.com



Team members are: Conor Upshall (forefront). Middle row (from left): Lucas Brown, Nolan Witter, Tylar Fairhead, Vincent Ward, Isaac Snell, Brodie Haynes, Mason Bartlett, Nolan Agnew, Colton D Amico, Liam Cheeseman. Back row: Coaches Mark Witter, Kevin Haynes. Submitted photo

Team of the Week: Tyke #1 Bulldogs

Surrendering just eight goals in five games, the Halton Hills tyke #1 Bulldogs captured top spot in their division at the Ontario Minor Field Lacrosse League championships at Creditview Park in Brampton earlier this month.

The victory capped off an undefeated

season for the Bulldogs, who defeated Clarington 8-1 in the final.

Preliminary round Halton Hills 11, Mimico 0; Halton Hills 13, St. Catharines 3; Halton Hills 13, Oshawa 0
Semifinal Halton Hills 8, Oakville 4
Final Halton Hills 8, Clarington 1

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