

Good, balanced setup leads to longer distance

Congratulations to Orangeville's Brittany Marchand, who won the Symetra Tours PHC Classic in Milwaukee over the weekend.

She shot rounds of 71-64-68 to take home the \$15,000 first-place cheque. The win moves Marchand a step closer to securing a Ladies Professional Golf Association (LPGA) card for next season.

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 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.



FROM THE GROUND UP
Cory Gentes

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

Cory Gentes is a 16-year PGA of Canada teaching professional and the director of instruction at the Old Pro Driving Range. GentesFamilyGolf.com



Contributed by Jenn Barrow

Receiver Kyle Barrow (left) and running back Aaron Pepper of the North Halton Crimson Tide played for Team Ontario at the Football Canada U-16 East Challenge in Nova Scotia.

Silver for Crimson Tide players at East Challenge

A couple of members of the North Halton Crimson Tide represented Team Ontario at the recent Football Canada U-16 East Challenge in Wolfville, N.S., and came away with silver medals.

Wide receiver Kyle Barrow, the youngest player on the team at age 13, and 15-year-old running back Aaron Pepper, who played on the defensive line and special teams at the two-game tournament, saw plenty of action for Ontario, which won its first contest 7-4

over Saskatchewan before losing to the host province 35-21 in the gold-medal game.

Barrow will attend Christ the King Secondary School starting next month, while Pepper is a Georgetown District High School student.

Team Ontario's staff consisted of university coaches and the players stayed on the campus of Acadia University while receiving instruction on nutrition, supplements, and the recruitment process.

LACROSSE

Haines tends goal for Team Ontario

Four years after winning the national championship as a peewee, Halton Hills Minor Lacrosse Association product Samuel Haines is back in goal for Team Ontario this week in Whitby seeking a Canadian title as a midget.

The 16-year-old Haines started for his team Sunday at the Ontario Lacrosse Festival in their 12-5 opening victory against B.C. in the midget division at the CLA championships.

A six-foot-three-inch Christ the King Secondary School student, Haines also tended goal for the Colorado Mammoth entry that captured the Jr. NLL title in 2013 and will suit up for the Toronto Rock at the same tournament in Oakville later this month.



Halton Hills Bulldogs' midget Tier I goaltender Samuel Haines has been selected to represent Team Ontario for a second time at the national championships, which are set to take place this week (Aug. 7-12) in Whitby.

Photo courtesy of Haines family

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