Work on the short putts in practice to lower scores

Another major season is in the books on the PGA Tour and although a Canadian didn't win one of the four big prizes, we did have Graham DeLaet contend.

DeLaet, from Weyburn, Sask., played some of his best golf of the summer at the PGA Championship at Quail Hollow, especially on the back nine. After making a double bogey on the 11th hole Saturday afternoon, he went birdie-eagleeagle-birdie on holes 13 through 16 to get him into

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FROM THE GROUND UP Cory Gentes

contention for Sunday's round. He managed to finish tied for seventh with a final-round two-under-par

The winners of the last couple of tournaments have done so with the flat stick. Although professionals spend time working on all parts of their games, they dedicate more time to putting because they know that is what makes the difference in winning, losing, or making a cheque.

Although you might not be playing for big paydays, you probably have that goal in mind and being good on the greens will help you get to the next level. Professionals typically spend more time on putts between eight and 15 feet because they are hitting approach shots in that range and they are looking to convert more birdies.

Mid- to high-handicappers need to spend some extra time on four- to eightfooters as they tend to hit first putts or chips into this range. If you convert two or three more of those, you might break that goal.

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 (front, from left) are: Liam Quinn, Liam Cheeseman, Connor Upshall, Lucas Brown, Vincent Ward. Second row: Isaac Snell, Colton D'Amico, Tylar Fairhead, Nolan Agnew, Mason Bartlett, Paddy Landry, Nolan Witter, Brodie Haynes. Back row: Coaches Phil D'Amico, Mark Witter, Tracy Upshall, Kevin Haynes.

Provincial A gold for tyke Bulldogs

Bulldogs are ranked first out of 73 'A' teams in the province after winning the Ontario Lacrosse Association championship last weekend in Whitby, defeating Peterborough 9-4 in the final.

It was the third gold-

Bulldogs this season, and the first time since 2004 that a Halton Hills team has won an A title.

The squad won all six of its games at the Ontario Lacrosse Festival to finish out the season.

Preliminary round -

2; Halton Hills 10, Centre Wellington 1; Halton Hills 8, Burlington 6

Quarter-final - Halton Hills 13, Orangeville 5

Semifinal - Halton Hills 5, Guelph 2

Final - Halton Hills 9, Peterborough 4

Cook propels Ontario to national volleyball title

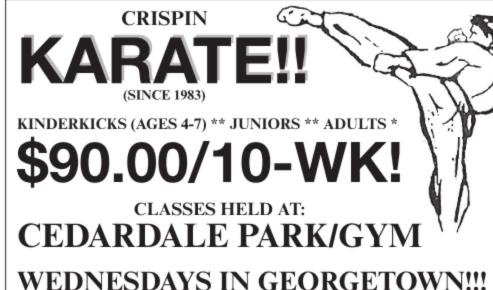
Team Ontario defeated host B.C. in four sets to capture the gold at the recent Volleyball Canada under-16 girls' championships at the Richmond Oval, with Georgetown's Teah Cook playing a prominent role in the win.

The starting 5-foot-11 leftside hitter helped lead Team Ontario, represented by her Mississauga Pakmen club team, to the title, going undefeated during the week of competition.

Cook is heading into Grade 11 at Christ the King Secondary School and plans to return to the Pakmen side next season.



Towering Teah Cook of Georgetown is a gold medalist following Team Ontario's triumph at the national girls' under-16 championships in Richmond, B.C.



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