

# Back to basics for better swings

This week's shout out goes to a couple local players who are looking to make the jump from the Web.com Tour to the big tour.

Thornhill's Ben Silverman and Burlington's Michael Gligic finished tied for seventh and 12th, respectively, at this week's News Sentinel Open in Knoxville, Tenn. Silverman sits at 14th in the race for the 25 PGA Tour cards and looks to be making the jump, while Gligic is well down the list and will fall short.

This is my last column for the summer and I just wanted to take the opportunity to remind golfers out there that revisiting the fundamentals of the golf swing is something you can often overlook.

I often see people think-



**FROM THE GROUND UP**  
Cory Gentes

ing and working too much on the perfect positions in the swing and forgetting that a good setup is 90 per cent of a good golf swing.

If any of your fundamentals, including alignment, stance and posture, grip or ball position, are off, then you will create compensations in your swing and most likely use your hands too much to correct some of those setup flaws.

This not only happens in the full swing, but in the short game too.

The most-used teaching aid on any major tour's practice range or putting green is an alignment device of some kind. The best golfers in the world go back to the basics because they know that if you have a plan for the shot and you setup for it, then execution will be much more efficient.

There is plenty of golf left to be played this season so get out and play. If you are looking for help with any of these fundamentals then give your PGA professional a call.

*Cory Gentes is a 16-year PGA of Canada Teaching Professional and the director of instruction at The Old Pro Driving Range. Gentes-FamilyGolf.com*

## LACROSSE



Halton Hills Bull/Photo

Team members (front, from left) are: Logan Santori, Carter Stephens. Middle row: Noah Kearney, Blake Tonelli, Nate Hilts, Zachary Marshall, Cameron D'Amico. Back row: Ty Jesso, Alex Messier, Brennan O'Handley, Caiden Merritt, Cameron Waite, Callum Witter. Back row: Coaches Jordan Dance, Blaine McCauley, Gord Lyons, Tim Jesso, Sean Tonelli, Justin Reid. Absent: Managers Barbara Tonelli, Jon Messier.

## Peewee's win provincial title

A 4-3 victory over the Mimico Mountaineers clinched the Ontario Lacrosse Association peewee A title for the Halton Hills Bulldogs in front of about 250 of their fans at the Toronto Rock Athletic Centre in Oakville Sunday morning.

The win capped an un-

defeated weekend for the peewee squad, which included a tense 1-0 triumph over Guelph in the semis.

Ty Jesso of Halton Hills was named the MVP.

It was the second provincial championship for a Bulldogs' team this month after the tyke A squad took top spot at the Ontario La-

crosse Festival in Whitby.

Preliminary round - Halton Hills 5, Kitchener 4; Halton Hills 7, Whitby 2; Halton Hills 5, Mimico 4; Halton Hills 5, Centre Wellington 5

Semifinal - Halton Hills 1, Guelph 0

Final - Halton Hills 4, Mimico 3

## Labour Day weekend clinic for minor hockey players

The eighth-annual Labour Day Weekend Hockey Clinic is back for another year as the Halton Hills Minor Hockey Association's midget AA team offers young players some extra ice time and skill develop-

ment before the season gets underway.

Overseen by head coach Tom Sykes and his staff, the clinic is open to youths age five-10 in three age groups (five-six, seven-eight, nine-10) on Friday, Sept. 1 in

the evening and Sept. 2-3 with morning sessions.

Cost to register is \$125 per player, which includes a jersey. For more info or to obtain a registration form contact MMAathunderhockey@gmail.com

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