

Don't forget to warm up, stretch

By Cory Gentes
Special to The IFP



From the
Ground Up



The start of the season is always the time of the year when I hear stories of sore muscles.

Warming up and stretching before a round of golf or practice session can do wonders for the golf swing.

Prior to swinging a club you should try to do something that gets your heart rate up. Try parking at the far end of the parking lot and walking briskly with your bag on your back to the bag drop.

Once you have the heart rate up, start with some light stretching of the main golfing muscles. You will want to key on the hamstrings and glutes, shoulders, triceps and neck.

Next, grab a weighted club (if you have one) or a couple of longer irons and make some swings at belt height to stretch the stomach muscles, especially the obliques, and the hip

flexors.

Gradually tilt from the hips down toward the ground until you are making swings in a golfing position. Start the swings at a slower pace and gradually work up to 75% of the pace of your normal swing.

Remember when doing anything in golf you want to stay balanced.

It is very important in the golf swing to have a pre-shot routine to get you focused on the shot you are about to hit. If you want to eliminate some sore muscles and prevent injuries it is a good idea to add warming up and stretching to your pre-game routine.

Cory Gentes is a 14-year PGA of Canada Teaching Professional and the Director of Instruction at The Old Pro Driving Range.

On the Rohde to nationals

Teenager Beth Rohde of Ballinafad is a member of the Mississauga Pakmen under-16 girls' team that recently pulled off a remarkable doubleheader victory in Ontario Volleyball Association play.

On consecutive weekends at RIM Park in Waterloo, the under-16 Pakmen first captured the OVA Tier I Division I title for their age group and then took the Tier I championship in the under-17 category by defeating their older Pakmen Gold counterparts in three thrilling sets in the championship match.

It was the first time a Pakmen girls' team had claimed the provincial Tier I crown.

Rohde, a Grade 10 Acton High School student who graduated from Stewarttown Middle School's volleyball factory, will join her teammates as the number-one seed for the under-16 division at the Canadian championships May 13-17 in Calgary. She plays the middle position.



Three Halton-area based players are members of the Mississauga under-16 Pakmen who won back-to-back Ontario titles. From left are Oakville's Alicia Lam, Beth Rohde of Ballinafad and Angela Henein of Milton.



Melanie Jans of Georgetown accepts her induction award from Ontario Squash Hall of Fame board of directors' chair Anne Smith at the ceremony held recently in Toronto. Submitted photo

Jans earns Hall of Fame induction

Local native Melanie Jans was one of four inductees into the Ontario Squash Hall of Fame at a ceremony held at the Toronto Cricket Club last month.

The 41-year-old took up the sport at age nine at the Georgetown Racquet Club with father Murray serving as her coach.

In 1999, Jans was ranked 25th in the world, the second highest standing ever achieved by a Canadian women's squash player.

She represented Canada in competition for 14 years until her retirement in 2006 and made the transition to Level 3 coach and teaching professional in the sport.

The Georgetown District High School graduate earned a team gold medal for the Canadian contingent at the 1995 Pan Am Games in Argentina, the first time in which squash was on the program.

Jans, who was inducted into the Halton Hills Sports Hall of Fame in 2008, would also capture Pan Am gold as an individual and with the Canadian Squash Team at the '99 Games in Winnipeg and a pair of silvers in 2003 in San Dominica.

She won the Canadian women's singles' title four times and the mixed doubles' crown in 1999 with Pat Richardson.

Battle of Warriors hits mats Sunday

Hundreds of martial artists will take over the Mold-Masters SportsPlex this Sunday for the 20th-annual Battle of Warriors International Open Taekwondo Championships.

Hosted by Grand Master Felix Ayensu of Georgetown and sanctioned by the Ontario

Taekwondo Association, the event will feature dozens of local club members and some of the top black belt competitors in the province.

Action begins at 9:45 a.m. and the final matches are set for 6:30 p.m. For more info visit the website www.battleofwarriors.com

SERVICE DIRECTORY

To advertise in this
Service Directory
please call Kelli
905-234-1018
or email
kkosonic@theifp.ca

AIR, HEATING & FIREPLACE

ALPINE AIR
Heating & Cooling Inc.
Sales • Service
Installations • Maintenance
905-877-2877
www.alpineairheating.ca Over 20 Years Experience

AIR, HEATING & FIREPLACE

APPLEBY
SYSTEMS GEORGETOWN INC.
Feel comfortable with us!
905-877-8990
SALES, SERVICE & INSTALLATION
VISIT OUR SHOWROOM!
118 Guelph St. (at Maple) ~ info@asghomecomfort.com

AIR, HEATING & FIREPLACE

Brooks
Heating & Air
sales service installations
905-877-3100
www.BrooksHeatingAndAir.ca

AIR, HEATING & FIREPLACE

GEORGETOWN
GHA
HEATING & AIR CONDITIONING INC.
INSTALLATION, SALES, & SERVICE
905.877.HOME (4663)
FOR ALL YOUR RESIDENTIAL HVAC NEEDS.
WWW.GEORGETOWNHEATING.CA

AIR, HEATING, REFRIGERATION

Zing
Mechanical Inc.
Industrial • Commercial
• Residential
SERVICE • INSTALLATION • DESIGN
• Heating • Air Conditioning
• Refrigeration • Furnace Inspection
• Rooftop • Process Equipment • Boilers
Serving Georgetown and surrounding area
for over 12 years
Phone/Fax: 905-338-0069 • Toll Free: 1-866-338-0069
zingmechanical@cogeco.ca • Georgetown, ON L7G 1L1