

Commit to your golf shot

By Cory Gentes
From the Ground Up

Incredible. Ridiculous. Awesome. Baffling. Pure. Tricky.

Whatever your word for the U.S. Open at Chambers Bay, it was one thing, entertaining. Right down to the very last putt when Dustin Johnson missed his short putt to hand Jordan Spieth his second consecutive major of the year after winning The Masters in April.

Commit. Commit. Commit. When playing a course like Chambers Bay one must commit fully on every shot they take.

The golf course had many different distractions including Puget Sound, vast waste areas

and even a working train track that had several players stopping in the middle of their routine and others continuing to play while a train rumbled by. Every golf course has distractions. Some more than others!

Next time you are out playing make sure you commit to every shot you take whether it is a three-foot putt or the first drive of the day. Stand up to the shot, think about the line and flight of the ball, focus on where to hit it and not what if something bad happens and Commit!!

Think positively and commit and you will pull off more of the shots you are trying to make.

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



FINE FINISHES FOR STRIKERS: Despite being one of the smaller teams at last week's Halton District School Board Junior Track & Field Meet at Craig Kielburger Secondary School in Milton, the George Kennedy Strikers brought home several ribbons from the competition involving students in Grades 3-5. George Kennedy was the lone Halton Hills school participating and it convened the meet. The Strikers' Grade 3 mixed relay team and Grade 5 girls' relay squad each won their races, while Jacob Baldwin crossed the finish line first in the Grade 4 boys' 100m. Pictured at left is George Kennedy's Wyatt Lounsbury during the 400m race. *Photo by Eamonn Maher*



Team of the Week: IPC Navy Eagles

The Ryan Colwell IPC Navy Eagles dropped their first game of the Halton Hills Minor Baseball Association's inaugural House League Tournament earlier this month before winning the next five and the championship. Members of the Ryan Colwell IPC Navy Eagles are, front from left: Jacob King, Bronson Barnes, Luke Colwell, A.J. King. Back row: Coach Gabe King, Ryan Vella, Liam Hornung, Brendan Doucette, Lucas Scigliano, Riley Marling, Jacob Gill, J.T. Lawrie, coach Ken Barnes. Absent: William Douglas. *Submitted photo*

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The scientific research clearly shows that physiotherapy should be the first line of treatment for incontinence.

Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are common but NOT normal.

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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