

Negative thoughts = bad shots

By Cory Gentes
Special to The IFP

Hello Ladies! That is the statement Brooke Henderson made this week by winning her first LPGA event at the Cambia Portland Classic by a convincing eight shots.

The win makes her the third youngest in history to win an LPGA event and the first Canadian since Lorie Kane to win on the ladies' big tour.

You only have to watch Henderson play for a little while to realize she is always having a great time on the golf course.

She has amazing talent, a great work ethic but one of the things that has helped her most is a positive mindset while on the golf course.

She never gets too high or too low and stays very even-keeled while going about her business. It is a lesson we can take to the range and the course in our own games.

Negative emotions cause tension and tension is the curse of a golf swing or putting stroke. We need to relax the shoulders and arms to let the club swing and this starts with having a positive plan for your next shot, not thinking about keeping it out of the bush or water.



From the
Ground
Up



Smile at the ball and have fun. This is the best advice you can give a junior or new golfer.

This is my last tip of the summer so enjoy your fall golf and I will be back in the spring. Good Golfing!

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

Rio Olympics berth on the line

Georgetown's Cristy Nurse has earned selection to represent Canada for a fifth time at the World Rowing Championships, to be held in France beginning Aug. 30.

The 28-year-old University of Ottawa law school graduate and her Canuck women's eight teammates will be gunning for at least a top-five finish at the World Championships in order to earn a spot in next year's Summer Olympics in Brazil.

The Canadian boat recently won the international Remenham Cup Challenge race at the Henley-Upon-Thames in England and placed second at a World Cup event in Italy.

The reigning world and Olympic champion U.S. has had the slight upper hand over Canada in a number of international races, including the 2012 Summer Olympics in London, in which Nurse was relegated to alternate status due to a back ailment.



CRISTY NURSE



Peewee AA Eagles' team members, front, from left, are: Nick Theim (SS), Davis Young (1B), Ryan Basha (LF), Connor Brearley (C). Back row: Coach Greg Warkentin, Owen Mattan (LF), Nathan Galvao (CF), Noah Warkentin (2B), Sam Birk (P), Liam Gault (RF), Jackson Nelson-Alves (3B), coach Louis Galvao. Absent from photo: Coach Paul Alves, Caleb Douglas (SS). Submitted photo

Team of the Week: Peewee AA Eagles stoked for CNE Tourney

With three AA tournament wins already under their belts this summer, the Halton Hills peewee Eagles still have plenty of baseball left to play, including an invitation to play in the Canadian National Exhibition event later this month.

The peewee Eagles played four games this past week to close out their Central Ontario Baseball Association Tier I regular-season schedule and are slated to take the field on Monday, Aug. 24 against North York for game one of the 32-team CNE Tourney, which has been relocated to Coronation Park this year due to the construction of the

Toronto Raptors' new practice facility on the Exhibition grounds.

It's a win-or-go-home format in the 59th-annual event with the Eagles also having to win two times at the COBA playdowns that same week in order to qualify for the provincial championship tournament, set for Windsor Aug. 24-26.

In July, the Halton Hills peewees took top spot at the West Mountain (Hamilton) and Vaughan tournaments and won another back in May in Brantford.

The Halton Hills Tier II Eagles are also entered in the CNE Tournament.

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