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Metroland Durham Region Media Group

Learning golf and tennis online

Compare your swing with the pros

BY JOHN HERRON

PORT PERRY -- Be it a monster drive off the tee by Tiger Woods or an overpowering serve by Venus Williams, for years sports fans have watched, wishing they could mimic their favorite athlete's swing.

With an intriguing upstart business venture, two local area men are attempting to make that possible through their high-tech method of instruction.

Johnston Helman Online Academies, founded by Adam Johnston and Jason Helman, uses a piece of software called Dartfish to enable their customers/students to view in split screen their golf or tennis swing compared to that of a professional. Lesson seekers simply email a self made video or have one shot by the academy and over a period of time view their progress, doctor their swing and aim to improve through a series of oral and written online instruction.

Helman, a familiar face to Port Perry's golf community through his 10 plus years of service giving lessons at Country Aces Driving Range, is convinced that he and



Celia Klemenz / Metroland Durham Region Media Group
Johnston Helman Online Academies are, Jason Helman, director of the golf division, left, and Adam Johnston, director of the tennis division, who offer people the chance to improve their swings online.

Johnston have a business strategy that will really take off.

"When you go to a driving range to take a golf lesson the only thing you leave with is the knowledge that you are able to remember," explained Helman. "They'll have their first lesson on video

from when they first came to us and they can track their progression over the course of lets say 10 lessons."

Helman, who became a licensed pro in 1993, has coached and cadied for players on the Nationwide Tour, LPGA and PGA tour. He handles

the golf instruction while partner and long time Port Perry resident Johnston, currently the head professional at the Timberlane Athletic Club in Aurora, tackles the would-be tennis stars.

The dream of starting this online venture began to take flight after

Johnston took his software and equipment to a display booth at the 2005 Rogers Cup in Toronto.

"Adam had the people serving into a large screen at the tournament while walking around between matches," says Helman. "They provided their email address and were sent a clip of their swing using our software and were interested to see the difference between their swing and that of a pro."

Bronze, silver, gold and platinum packages range from \$100 to \$175 and provide different angles and analysis as the price increases. There's even a diamond package where the duo, along with their equipment, are able to travel to a private lesson or a corporate function for a negotiated price.

The pair has aspirations of reaching out and teaching students their chosen craft as far away as Japan. So much so, that a Japanese translator has already been hired to work on the project.

Presently, the two professionals are happy to offer their services to Canadians. Anyone wishing to read further into their way of instruction can visit Johnston Helman Online Academies at www.johnston-helmanonline.com.

Gaels draw Halton

BOWMANVILLE -- By virtue of a series sweep in the Eastern Conference semifinals, the Clarington Green Gaels earned themselves a bit of a break.

That break is turning into more like a holiday.

Their next series against Halton Hills won't open until Sunday at home, leaving 10 days since disposing Barrie in three straight games in the semifinals.

Game 1 of the best-of-five Eastern Conference championship series at the Recreation Complex will begin at 7 p.m.
 The Green Gaels entered

the playoffs as the top seeded team in the East after posting a 20-0-0 record. They have continued their dominance in the post season, eliminating Mississauga and then Barrie in consecutive three game sweeps. Halton Hills was the fifth seed after a 14-6-0 regular season mark. They advanced with a 3-0 sweep past Mimico in the fifth and deciding game.

Game 2 of the series will be in Halton Hills on Wednesday, Aug. 1, with the third game in Bowmanville the following night at 8 p.m.

WHITBY TOYOTA'S

ATHLETE OF THE WEEK

Based on his strong play this season on the Canadian Tour, Oshawa's Derek Gillespie will be teeing it up with some of the best on the PGA Tour on Thursday at the Canadian Open. This year's National Championship is being held at the Angus Glen Golf Course in Markham.



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It's Time To Get Your Skates On!

Registration Deadline is 1st August, 2007

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The registration deadline is 1st August, 2007 On this date, the Early Bird discount no longer applies and a late fee of \$50 per child is applied. Please register before this deadline to avoid the price increase.

Registrations for the following age groups are being accepted:

Born	Division
2003	Mite
2001 - 2002	Tyke
1999 - 2000	Novice
1997 - 1998	Atom
1995 - 1996	Peewee
1993 - 1994	Bantam
1990 - 1992	Midget

Volunteers Needed
 If you can help out with a team this year please let us know. Coaching, PRS and Trainer Clinics are being held at Port Perry.

For details and to sign up visit the website.

AE Tryouts

We will be holding AE Tryouts soon. Please check the website for dates and times. Players must be registered to try out.

www.portperrypredators.on.ca

