

Towns County Sports

Towns County's Leader In Sports

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Playoff bound TCMS drops a 44-6 loss at Rabun

By Joe Collins
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The Towns County Middle School Indians football team finished its regular season Thursday with a tough loss to the Rabun County Wildcats and finished the 2012 season 3-3.

However, the Indians played well enough this season to finish in the Top Four of the conference and won a birth to the conference championship round starting Oct. 4.

The Indians had a great season and can hold their heads high. The teams they lost to were larger schools that had many more players to choose from. In football, size and speed is very important and most of the teams they faced were able to play several different players on defense and offense while the Indian players were forced to play the same players on both sides of the ball. They were solid all year and were able to hold their own in all the games they played.

Thursday was a tough day for the Indians with their only score coming with 2:32 left in the second quarter when Russell Cox found Major Moss down the left side line for a 36-yard pass play touchdown. Moss has scored a TD in all six regular season games and the only TD in the pre-season game against Copper Basin.

The Indians faced a Wildcat front line that had size and speed. They never flinched the whole game and stayed their ground from the opening kickoff to the final buzzer. Their



QB Russell Cox and his troops at Rabun. Photo/Joe Collins



Luke Ledford brings down the Rabun County quarterback during last week's game. Photo/Joe Collins

defense matched the speed of the Wildcats but the no-huddle offense that Rabun has become famous for wore them down and kept them confused from the mixing and rotation of their offensive players. It is very hard to compete when a team has over eighty players with most of them being proficient athletes. It also makes a big difference in practice when

you can match game speed and that is one thing Towns County lacks.

The defense played tough all game and delivered several great plays. The Wildcats had an almost unstoppable offense on Thursday but the Indians got to them several times and let them know they were in the game to the end and not hiding. Hats off to them for

their courage under fire and the impressive way they handled the loss.

The offense was on target several times, and was able to take advantage of some good up front blocking to gain some ground at different times during the game and the Cox to Moss hook up was just an example of how good the offense can be. Unfortunately, the Wildcats front defensive line had the advantage in size, speed and numbers. This made it hard for the Indians to move the ball on the ground.

The coaches were able to get some regular game time in for the younger players toward the end of the third quarter and on in to the fourth. These guys looked solid and should continue the Indians fearless reputation on into the 2013 season. They were solid and very aggressive in their movement off the ball. They should be very strong next season.

The TCMS Indians will face these very same Wildcats on Oct. 4 in Tiger. Game time will be at 5:30 p.m. There is no reason they can't defeat the Wildcats and advance on to the Conference Championship on Oct. 13. They need to focus and work on the things they know they can do and have confidence in their abilities. They have the talent to win and we all know they can. The coaches know they can do it and so do the fans. All football players put their pants on one leg at a time and football is a fickle game at times.

Hang tough Indians and keep your heads held high.



Joe Collins
Tips from the Range

J.R. from Blairsville asks: How do I improve my accuracy off the tee with my driver? It is inconsistent and I will hit it to the right on one hole and to the left on the next. HELP!

First of all remain calm. We can fix this. You are basically asking me how to improve your accuracy and I can tell you what the one main flaw of most golfers is when they are experiencing problems finding the fairway off the tee. This will help with all your shots so take notes.

I would like to use an example of a door. If a door is solid and the hinges are stable and secure then the door will close properly and the plunger will hit perfectly every time and the door will close and lock. If the hinges become loose, then the door will not close properly and might even drag when you try to close it.

If we look at the problem of the loose door hinge, it becomes evident that the inconsistency with its operation has to do with the fact that the spine is being allowed to change its predetermined position. This is the same theory that we will be looking at in your golf swing.

Always remember that your balance has to be proper and that you need to find a good balanced starting point in your set-up. We will work on the assumption that your balance is good. Okay, now understand that when we make a stance, we are predetermining the foundation of the club path and that all the fundamentals we use are in direct relation to this foundation. In other words, your spine is your foundation and your spine has to remain stable and in the original position it is in at set-up. If the hinge of the door moves, then the door will not work right. The same rule applies to the spine so that if the spine moves, then the path of the club head will be affected and you will not hit the ball straight.

The spine is a very important part of the golf swing that you don't hear much about. It's the center of our core and the core of our body controls the club path. This is why balance is so important. The

concept we need to consider is how the shoulders rotate around the spine during the swing.

Ideally, the shoulder rotation will determine the club path. If the club path is correct and the downswing path is inside the take away path, then you should hit the ball fairly straight. Most often we find ourselves in the rough off of the tee because our shoulders have rotated in such a way as to change the club head path to a path that is outside our take away path and this can cause left and right shots. The shoulder rotation is totally dependent on the spine staying in the original set-up position, same as our hypothetical door and its hinge. This is why the head should be behind impact so the spine does not move forward and change the shoulder rotation.

Be mostly concerned about the upper 18" of the spine staying still when working on this. Always move the club away with the center of the chest with the shaft of the club staying in front of the chest as long as possible. This will ensure a clean move away from the ball with the arms and keep the core of the body in control. Never move the arms without the shoulders moving. This will almost certainly change the spine position on the downswing. Keep in mind that the lower part of the body starts the down swing and the shoulders follow the hips all the way through the swing as it is with the proper weight transfer.

Notice that the solution to your problem is in the path of the club and the fundamentals that control the path of the club. I have found that if you work on hitting the ball from the inside on the down swing it will help keep the spine in place. Just simply picture the ball as a cube when it is on the tee and try to visualize hitting the inside corner. This seems to give people a visual to help with accuracy. Remember to let your arms follow the lower body and never try to throw the hands at the ball through impact because this will affect the squaring of the club face.

Great question J.R. I hope this helps you and anybody else who is experiencing your problems. Remember, practice is the key to scoring better so keep practicing.

Good luck and I will see you on the course!

Cross Country continues improvement at Fannin

By Joe Collins
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Staff Writer

Head Coach Jeannie Ledford is very proud of her varsity Cross Country teams as they continue to show improvement on their individual and team scores.

Their meet last Thursday at Fannin County was just another example of Ledford's coaching ability and the team's athleticism.

"I am so blessed to have a group of young men and women like I have this year. They are very talented and their desire to do well is inspiring. I love everyone of them like they are my own family," said Ledford while discussing her feelings for this year's team members.

Thursday's meet was against a very strong field including Union and Gilmer counties who are both in the running for State titles in the higher region brackets. The girl's team finished third and the boy's team finished fourth with several of the individuals improving their technique and times for the year. Chaiz Davenport ran his first Cross County meet ever and he did a phenomenal job with his first race. Sam Quijada ran her per-



Towns County's Cross Country teams at the Fannin County Rec Department last week.

sonal best for 2012 on Thursday and Sierra Nichols, who has worked really hard this year, continues to impress Coach Ledford with her efforts.

The teams are starting to show some physical fatigue even though Ledford uses cross training throughout the year. They are dealing with shin splints and tenderness in the lower leg areas because of the areas they have to train on at Towns County High School.

"I try to find areas around the school that are similar to the course we will be running on each week, but a lot of our practice time is on asphalt and that leads to soreness in their feet

and legs," said Ledford. The runners got a long weekend this past week so they could rest.

Ledford is very pleased with the effort of her athletes.

"You can never brag enough on Bradley Smith and Ansley Vardeman because they are just a pleasure to have on your team. They are stepping up to be the leaders of their respective teams. We are still improving and that is what I look for in every race. I don't want any of my runners to reach a plateau because that is a sign that we are as good as we can be. Plateaus are dangerous," said Ledford.

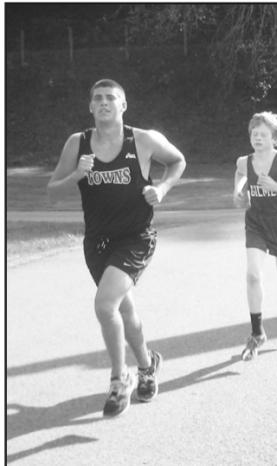
Overall the Cross Coun-

try teams are right on track to peak at the Area Championship later this month.

"We want to be as fast as we can be at the Championship and we look good as for as improvement goes right now. We still need to work hard and focus more but right now we're okay," praised Ledford.

The teams compete again on Wednesday at Athens Academy and if Ledford has her way the teams and another Indian runner will best their times for the year when the meet is over in Athens.

Good luck Indian runners and keep up the hard work because it is paying off.



Towns County Cross Country in action at Fannin County.



Towns County YFL completes fourth sweep of 2012 season

By Joe Collins
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The North Georgia Youth Football League completed its fourth sweep of the season on Saturday at Pickens and Fannin Counties.

The Termites shut out Pickens County 33-0, the Tiny-Mites shut out Fannin County 30-0 and the Pee-Wee tribe defeated Fannin 40-6.

The sweep comes on the heels of last weekend's losses for the Termites to Dawson and the Tiny-Mites to Union. Defense was the key to the wins this weekend and the coaches couldn't be more proud.

The Termites came into Saturday's game with a chip on their shoulder after their loss last weekend and came away with a solid victory. The offensive line got off the ball with authority and kept the Pickens defense from stopping their ground game. Braylen Rader had another good game running in four touchdowns and Jensen Goble crossed the goal line for the fifth TD of the game. Dawson Smith converted the extra points and the Indians came away with a 33-0 victory extending their season



Towns County takes a break to hydrate and discuss strategy with the coaches at a recent game. Photo/Lowell Nicholson

record to 4-1.

The Tiny-Mites also had vengeance on their mind, as the bitter taste of defeat was still fresh. The defense completely shut down the Fannin County offense and kept them from moving the ball on the ground, which is their strongest asset. The offensive line was able to win the battle in the trenches and allowed Kyle Oakes to continue his impressive running and score one touchdown.

Grant Ingram again had a strong game and crossed the goal line for another TD while Logan Daniel and Austin Taylor both had impressive showings by scoring a TD each. The coaches were very happy with the play of their troops this weekend as the 30-0 victory increases their season record to 4-2.

The Pee-Wee Tribe had an early scare on Saturday as Fannin scored on the very first play of the game. Coach Rod-

ney Thomas called a time out after the score and had a little "chat" with his troops and after that, the Indians dominated Fannin and allowed no more points to be scored. Payton Ivestor intercepted a Fannin pass and returned it 60 yards for the first of his two TDs. Hayden McClure continued his strong running and crossed the goal line twice with Micah Gibson and Colin Crowder each adding a TD of their own.



Looking for some running room during a recent youth football game. Photo/Lowell Nicholson

The 40-6 win boosted their season record to 4-1 and Coach Thomas was elated.

YFL Director Jimmy Smith was almost at a loss for words when talking about the sweep, "it's just unbelievable what these teams are doing. The coaches are doing a fantastic job and I can't thank them enough. The defense on all the teams came ready to play today and it showed. It's amazing."

The Termites will be in

Gilmer County next Saturday, Oct. 6. Game time is at noon and the Pee-Wee team will be playing Pickens at Union. Game time is 1:30 p.m.

The Tiny-Mites will be off next weekend but will return to Frank McClure Memorial stadium on Oct. 13. Game time is 10:30 a.m.

Make plans now to come out and support the big-little guys as they try and make it five sweeps for the season.