

Towns County Sports

Towns County's Leader In Sports

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Lady Indians thump Pinecrest and Union, improve to 8-0

By Jerry Kendall
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The Towns County Lady Indians Varsity Basketball team extended its record to a perfect 8-0 last week by taking two road victories in decisive fashion, at Pinecrest Academy in Cumming on Friday and at Class AA Union County in Blairsville on Saturday.

Pinecrest is a Region 8-A North foe of the Lady Indians with the win giving them a 3-0 record in the region, with a return to region play not occurring until next month.

The Lady Indians are scheduled to host Hiwassee Dam, NC, on Tuesday and then host Class AA's Rabun County on Friday before hosting the 19th Annual Battle of the States Christmas Tournament next Thursday through Saturday, Dec. 27th through 29th.



Stephanie Patton drops in two of her 22 points in Towns second victory over Union County. Photo/Lowell Nicholson

1:13 and 52-second marks of the second quarter for a 34-18 deficit at that point.

Two free throws by Kellsie Cowart gave the Lady Indians their first lead of 2-0 just thirteen seconds into the game and a field goal by Stephanie Patton gave them their second of 4-2, a lead they would not relinquish as it turned out, at the 5:10 mark.

Cowart's free throws had her off and running on an 8-point first quarter and Patton's basket got her on the way to a thirteen point first half while Eryn Cochran scored 4 points in each of the first two quarters.

The Lady Paladins averted total disaster the first half by performing well at the foul line, sinking 11-of-14 free throw at-

tempts, including nine in-a-row in one stretch.

Patton added 10 points in the third quarter with able assistance from Karlie Albach, who included her second trey of the game, in a five point quarter and Cochran provided four consecutive points in the third quarter.

Misty Lindemuth more than matched a four-point second quarter with six in the mercy rule shortened fourth quarter.

Patton led the scoring parade for the Lady Indians with 23 points with other leaders being Cowart and Lindemuth with 13 each, Cochran with 12, and Albach with 8. Leading in assists were Cochran and Patton with 4 each and Albach with 2 points.

TC 63 Union Co. 44

BLAIRSVILLE - The game at Union County was quite a battle well into the third quarter when the Lady Indians, aided by foul problems for the Lady Panthers, seized control of the game in breaking away for a 62-44 victory, their second of the season against the Union Lady Panthers.

Despite two decisive losses to the Lady Indians, the Lady Panthers have fared quite well with a 6-3 record and the other loss being by just a 46-45 overtime score to White County, a Class AAA school sporting a 6-1 record.

As is so often the case when two long time rivals come face to face, the first quarter especially proved to be a real battle with the Lady Indians taking leads of 2-0 and 4-2 on field goals by Dadrian Blythe and Eryn Cochran, a 7-6 lead on a trey by Stephanie Patton, and a 10-9 lead on a free throw by Bailey Sutton by the 1:27 mark. The Lady Panthers closed the quarter on a 6-2 run in just fifty two seconds, however, for a 15-12 lead at quarter's end.

The Lady Indians dominated the second quarter defensively, as they held an 11-6 advantage for a 23-21 lead at intermission with Lady Panther steals leading to four of their six points. The Lady Indians actually opened the quarter with a 9-0 run on field goals by Karlie Albach and Kellsie Cowart, a trey by Patton, and a Blythe basket for a 21-15 lead



Senior Dadrian Blythe puts up a shot during the second half of Towns County's win at Union County. Photo/Lowell Nicholson

by the 4:26 mark. That would be their last field goal of the quarter but Cowart negated the first Union steal and field goal with two free throws for a 23-17 Towns lead at 1:59. The Lady Panthers closed out the quarter with two field goals, however, with one of those coming on the second steal for just a 23-21 halftime deficit.

Union County then opened the third quarter with a pair of baskets for a 25-23 lead but a Patton basket at 6:46 and a Cochran free throw at 6:18 got the Lady Indians a 26-25 lead they would not surrender as they finished the quarter on an overall 17-6 run for a 40-31 advantage entering the fourth quarter. Patton contributed six points and Cochran and Cowart five each during the third quarter.

The fourth quarter saw

the Lady Indians break the game wide open as they opened on an 18-3 run for an overall 35-9 run back to the 25-23 deficit for a 58-34 advantage before the Lady Panthers closed to within 62-44 on a 10-4 finish the final 2:02 of the game.

Patton included two treys and 4-for-4 free throw shooting in a 10 point fourth quarter with Cochran and Cowart each adding four points during this time.

Patton included four treys among her team leading 22 points and Cowart scored at least four points in each quarter in following with 17 for the game with other scoring leaders being Cochran with 11 points and Blythe with 6.

Leaders in assists were Patton with 4, Cochran with 3, and Karlie Albach and Emily Anderson with 2 each.

Indians drop two at Pinecrest and Union

By Jerry Kendall
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It was another tough week for the Towns County Indians basketball team as they hit the road for games against Region 8A foe Pinecrest Academy in Cumming last Friday night and against Class AA Union County in Blairsville on Saturday night.

They had a few bright spots in each game but fell to defeat both times, leaving them with an overall 1-7 record and 1-2 in the region.



Towns County senior Ryan Tallent looks for space in the paint last weekend at Union County. Photo/Lowell Nicholson

that stanza on a modest 10-6 run highlighted by eight points on four 2-point jump shots by Trace Moss. The sophomore could have had as many as four more points in the run if not just barely inside the 3-point line on each one.

After the Paladins responded with eight straight points for a 64-35 lead, the Indians outscored the Paladins 8-7 the closing two and a half minutes of the game for a final

Pinecrest margin of victory of 71-43.

Highlights of the late run included two baskets by Slade Davenport and a trey by Aaron Dodson.

Scoring leaders for the game for the Indians were Tallent with 9 points, Moss with 8, and Davenport, Dodson, and Dallas Manus with 7 each.

Leading in assists were Manus with 3 and Tallent with 2.

Union Co. 59 TC 32

BLAIRSVILLE - With the home standing Class AA Union County Panthers entering the contest with an 8-0 record and four of the wins over Class AAA and AAAA teams, they no doubt wanted to make a statement against the Class A Indians from Towns County last Saturday night.

After all, the Panthers had their lowest point total of the season and third smallest margin of victory in a 48-38 Union County victory in Hiwassee two weeks earlier.

At any rate, the sharp shooting Panthers jumped out to a 13-2 lead by the 2:21 mark of the first quarter and side-stepped two late 3-pointers by Aaron Dodson and a 17-8 score near the one minute mark for a 22-8 lead after one quarter.

The Panthers continued to extend their lead as they built a 37-12 lead by intermission and a 49-20 lead after three quarters.

With the score 57-22 near the mid point of the fourth quarter, the Indians finished the game on a 10-2 run as the Panthers closed out a 59-32 victory. Dallas Manus led the late Indians charge with six points in fourth quarter action.

Dodson, Manus, and Boone Moss led the Indians in scoring with 6 points each while Joseph Gibson and Moss tied for the lead in assists with 2 each.

Joe Collins

Tips from the Range

Last week we looked at how important it is to use proper footwork to help leave the top of your back swing with a smooth motion that is quiet in the hands and trailing the arms. Acceleration should occur through impact and beyond instead of at the top of your arc. The week before we looked at how important it is focus on the exact second that you start your down swing. This week we are going to look at the key that starts this car and makes everything happen in its own time. If there is one thing that affects your balance more often and can throw your swing into a tailspin quicker than you might expect, it's your weight transfer. The key to a proper weight transfer is the move to the front side or front foot. Nothing happens when it is supposed too without a little thing that is seldom discussed is called, "The Bump".

The Bump should be a part of everyone's swing and can be found in the tightest swing on any tour. I am talking about the very first thing that should happen in any swing and the one thing that rarely happens correctly at the amateur level. You must settle your initial weight movement the front side first so the rest of the swing can follow. It is also the power source that starts the arms out of the top, because when the bump happens, it allows the arms the time they need to drop naturally and not require accented force from the hands and wrist. Simply put, the Bump is the move to the front side of the weight transfer before anything happens at the top. It is vital that you transfer your weight to the front side foot to maintain proper balance throughout the swing or the club

path will be wrong.

You have to be really careful when working on the weight transfer. If it is performed in any manner that is outside your center of gravity then your impact will be out of square. Moving weight to the front side of your swing will make you want to change your spine position and thus put your head in front of the ball before you hit it. Moving ahead of impact with the head, and in direct relation the top portion of the spine, is wrong and should be avoided at all cost. Your lower body can move just keep the upper part of the upper body still like it was at address with the lower part of the spine over the heels. This will help you move through the lower body better when transferring the weight.

You can work on this at almost any time. You can assume a balanced address position without a club and turn the core of your body to start the weight transfer to the back foot. (You will see good players lay their arms across their chest in an X fashion and turn to feel the center of their chest when working on their first move down.) Now focus on the exact moment when you feel the weight start its path to the front foot. Feel yourself push weight off the back foot and settle it on the front foot before anything happens in the swing including too much hip turn. If the lower part of the spine needs to move as the weight transfers then let it happen. Just remember to keep the top part of the spine behind impact. Allow the arms to fall naturally and guide them with the top of the shoulder line.

I know this all sounds hard to do but it really isn't. Stay focused on your balance and a lot of this will take care of itself. Give your swing time to work in the proper order and the club path will be correct most of the time and that is pretty much all we can hope for.

Good luck and I will see you on the course!

Union JV gets second win over Lady Indians

By Jerry Kendall
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BLAIRSVILLE - The Towns County Lady Indian JV was in action just one time last week and fell to defeat by a 57-34 score to the Union County Lady Panthers.

The loss was the second to Union County this year and leaves the Lady Indians with a 2-3 record for the young season.

The Lady Indians included a brief lead during the opening minutes as they rallied from a 4-0 deficit to a deuce by Carly Gilfilian and a trey by Brooke Smith for a 5-4 advantage by the 4:40 mark.

The Lady Panthers followed, however, by including two treys in a 13-1 run for a 17-6 lead which became 17-8 following a late Lady Indians basket by Alyssa Pyle.

The Lady Indians had ample opportunities to improve their fortunes at the foul line in the second quarter but managed just 4-for-12 accuracy for the quarter and 5-for-16 for the



The Lady Indians JV squad battles for the rebound at Union County. Photo/Lowell Nicholson

half as the Lady Panthers held a 35-12 lead at intermission.

Savannah Dyer scored four points in each of the final two quarters and Taylor McCarter seven in the fourth as Union led 43-19 after three quarters in taking a 57-34 victory.

Scoring leaders for the Lady Indians for the game were McCarter with 11 points, Dyer with 9, and Pyle with 6.

Leading in assists were Jocelyn Byers, Glifilian, and Smith with 2 each.

BASKETBALL SCORING

PINECREST ACADEMY:

Lady Indians (Grade)

Stephanie Patton (10)	23
Kellsie Cowart (11)	13
Misty Lindemuth (10)	13
Eryn Cochran (11)	12
Karlie Albach (10)	8
Emily Anderson (12)	2
McKenzie Moss (11)	2

UNION COUNTY:

Lady Indians (Grade)

Stephanie Patton (10)	22
Kellsie Cowart (11)	17
Eryn Cochran (11)	11
Dadrian Blythe (12)	6
Karlie Albach (10)	2
McKenzi Moss (11)	2
Bailey Sutton (11)	2

Lady Panthers

Lauren Zollinger	14
Hannah Hughes	12
Jeanelle Arnold	6
Shawanna Brown	6
Kaitlyn Day	3
Brooke Maddox	2
Lisa Nalaschi	2
Carly Adams	1

PINECREST ACADEMY:

Indians (Grade)

Ryan Tallent (12)	9
Trace Moss (10)	8
Slade Davenport (11)	7
Aaron Dodson (11)	7
Dallas Manus (10)	7
Garrett Bradshaw (11)	3
Joseph Gibson (12)	1
Boone Moss (10)	1

PINECREST ACADEMY: Panthers

Zach Odom	24
James Rowe	11
CJ Byers	10
Dylan Coyne	8
Rhett McCombs	4
Ralston Drake	2

Lady Indians JV (Grade)

Taylor McCarter (10)	11
Savannah Dyer (9)	9
Alyssa Pyle (10)	6
Carly Gilfilian (10)	3
Brooke Smith (9)	3
Jocelyn Byers (9)	2

Lady Panthers JV

Kaitlyn Day	13
Lisa Nalaschi	12
Kim Coyne	12
Aaron Dodson (11)	6
Dallas Manus (10)	6
Boone Moss (10)	6
Garrett Bradshaw (11)	4
Trace Moss (10)	3
Joseph Gibson (12)	2
Marcus Ledford (10)	2
Ryan Tallent (12)	2
Slade Davenport (11)	1