

Towns County Sports

Towns County's Leader In Sports

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Coach Harrison serious about conditioning

By Joe Collins
Towns County Herald
Staff Writer

Towns County Head Football Coach Blair Harrison is serious when it comes to the conditioning of his team.

He believes that a team should play a full four quarters of football and that means having the stamina to play hard for a whole game.

Many of the players for TCHS will be required to play both offense and defense, so it is important for them to get in shape and stay in shape. Good conditioning also helps players avoid injury, which keeps the team strong. For these and many other reasons that fit with his plan, Harrison brought in a strength and conditioning professional to work with the varsity football team.

Jordan Collins is the owner of Jordan Collins Fitness and is a professional fitness trainer. He played football for Harrison while at Brookstone High School in Columbus and is a graduate of Auburn University with a Master's degree in Biomechanics of Human Movement. He has starred in nearly a dozen sport performance and enhancement DVDs and has published approximately 100 articles based on sports performance and core musculature. He has worked with hundreds of athletes on a private basis and works with the strength and fitness relations at Brookstone.

He thinks so much of Coach Harrison, and the impact



Coach Blair Harrison has his squad getting in shape in the weight room and on the field. Photo/Lowell Nicholson

his programs have on the high school athletes he coaches, that he is willing to travel to the schools to train the football players how to work out correctly, specifically for football. He came to TCHS at no charge.

The Quarterback Booster Club provided the fuel for the trip and Collins and his assistant, Nate Copeland, volunteered their time.

The team got an eye opener on Saturday morning as Collins got started. He demanded that they pay attention and focus on how to get the most from their workouts to make them better football players.

"Discipline and the drive

to get as much out of your workouts as you can is what often times wins ball games, Collins said. "When you go on that field, you will win games because you will be in better shape than the team across the field from you. Many times that win will come in the fourth quarter because proper workout methods build stamina."

Copeland was assisting Collins as they instructed the team in the proper way to use weights, build their body's core and work on stability. It was a strenuous workout learning the proper way to lift weights and do calisthenics, but the team was taught how to work out

properly.

"Nate and I came here today out of respect for Coach Harrison and his reputation as a coach and mentor," Collins said. "We both played for him at Brookstone and many of the things I use in my teaching, I learned from him while playing under his direction at Brookstone. I like to work with his athletes because I know how he expects things to be and we are in agreement on that. This is a chance to help these guys be better football players, but most importantly, better young men. That is a big motivational factor for me that I learned from Coach Harrison."

Coach Harrison addressed the team after Collins concluded his instruction.

"We are in a new program and you have just gotten a glimpse of what I am going to expect from you as Towns County football players and individuals. You represent this community, and when you take that field on Friday nights, you do it with determination and the belief that you are going to win. That's what I go out there expecting and you should expect no less. Conditioning and fundamentals will win games for us this year and I will guarantee you that we will be in as good or better shape than any team we face. It's what will make you better ball players and better young men, and if I can teach you to push yourself to be the best you can be, then I have not let you down as a coach and mentor."

2013 Summer Day Camp

Summer is just around the corner and that means hot weather and Summer Day Camp for boys and girls ages 6 thru 12. This summer the Recreation Department will offer day camp for 3 sessions, each session being two weeks, running Monday thru Friday from 7:30 a.m. to 4:30 p.m.

Sessions will be as follows: Session I June 3rd thru June 14th; Session II June 17th thru June 28th; Session III July 8th thru July 19th. Day Camp offers children sports game activities, social game activities,

field trips, nature hikes and much more. Give your child a lot to do this summer and sign them up for Day Camp. You may send your child to any or all of the sessions. Children need to bring a swimsuit, towel, sprayable sunscreen and sack lunch. The Recreation Department will furnish the drinks for the campers. No pre-registration is required, just show up at the Recreation Center for camp located on Hwy. 76 west of Hiawassee. For more details please call us at 706-896-2600.

Fish for Food Fishing Tournament

Matthew 25 Food Ministries presents "Fish for Food Fishing Tournament". 60% of tournament money goes to feed needy families in our area. The remaining 40% will go to tournament prize money. Prize money will be awarded for 1st Place, 2nd Place and 3rd Place and biggest fish. Actual prize amount will depend on number of entries.

Entry fee is \$50 per boat, the tournaments begin in March and end in October, oc-

curing the second Saturday of each month rotating between Lake Chatuge, Woods Grove Boat Ramp and Lake Nottely, Deaver Road Boat Ramp, from 7 a.m. - 1 p.m.

Tournament schedule: June 8 - Nottely; July 13 - Chatuge; August 10 - Nottely; September 14 - Chatuge; and October 12 - Nottely. For contact information call David Crisp at 706-897-5347.

Jordan Jacobs signs with Truett-McConnell College



Jordan Jacobs

next year. I think he is going to have a great career at TMC, both in the classroom and on the golf course."

Jacobs' drive to play his best is what caught the attention of Tyler Refling, AGA President and Tournament Coordinator.

"We have enjoyed seeing the competitive nature in Jordan as he has played on the AGA Tour and are looking forward to seeing the continued improvement in his game."

Brett Keller, Jacobs' golf coach at TCHS, recalled, "I enjoyed my time with Jordan. I've never seen a high school kid who loved to practice as much as he did. He was always the first one out there. He clearly loves golf, has natural talent for the game, and is just a great kid to be around."

Jacobs is the son of Ken Edwards of Hiawassee, and will be pursuing a Bachelor of Arts degree in Business Management at Truett-McConnell. After college he wants to join the PGA Tour.

GWRRR meetings

Chapter J of the Gold Wing Road Riders Association (GWRRR) meets on the third Saturday of each month (excluding December) at Daniels Steakhouse, Hiawassee, GA. Fellowship and food at 11 AM with the meeting commencing at noon. We welcome riders of all brands of motorcycles and welcome participants of other GWRRR chapters. For further information, please contact Chapter Director Peg Jones 678-464-7340.

Tennis, anyone?

Adult intermediate mixed doubles. We play on Monday, Wednesday, and Friday at 8:30 AM at Towns County High School courts. Call 561-738-0431 for more info.

Fifth Annual Trap Shoot to benefit Youth Homes

By Charles Duncan
Towns County Herald
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The Fifth Annual Georgia Sheriff's Youth Homes Benefit Trapshooting Event at the Shooting Range on Owl Creek Road in Towns County, figures to be as successful as ever in 2013.

Towns County Sheriff Chris Clinton said given the state of the economy, he worries about the event every year. But, then again, he isn't surprised when the Towns County community comes through for the kids at the Youth Homes.

"We've got a giving community," he said. "Good times, bad times, if these folks know that there are some kids in need, they're right here for them. I can't say enough about the generosity of this community."

On Friday, June 28th, the Chatuge Gun Club will host the Towns County Sheriff's Office's Fifth Annual Youth Homes Fundraiser.

"We will have our traditional trap shoot, which consists of each shooter shooting from five positions at a total of 50 clay birds," Sheriff Clinton said. "The donation for each shooter is \$50. Teams are welcomed and encouraged. A team consists of five individuals and the donation for a team is \$250. To enter a team, or enter as an individual, contact Chatuge Gun Club President Ed



Sheriff Chris Clinton

Jones at (706) 896-1783, or via email at edjones@brmemc.net."

This year, the event offers a shotgun clinic which will be taught by the expert trap shooters of the Chatuge Gun Club, Sheriff Clinton said.

"This will be a fun-filled day of shooting, raffles, door prizes, and great fellowship," the sheriff said.

All the proceeds from the event go directly to benefit the children of the Georgia Sheriff's Youth Homes and because the Georgia Sheriff's Youth Homes is a public charity, any donation to the Georgia Sheriff's Youth Homes qualifies for the highest tax deduction allowed by law, Sheriff Clinton said.

"Things have gone well over the years," Sheriff Clinton said. "We've had good turnouts,

a lot of community support. The Chatuge Gun Club folks have been just great as usual. They've really helped us as far as running the event, and obviously, letting us use the range."

Sheriff Clinton said with each year that passes, things get a little easier at this event.

"I think you always learn some things along and along," he said. "It's just like anything else, practice makes perfect. In the beginning, we didn't know how to do this, but we've got the community together and the results have been incredible."

"It's become a big fundraiser for the Youth Home kids and it's really a testament to the Towns County community," Sheriff Clinton said. "People come out and help each other; they're helping kids in need."

"Next year, we'll figure out how to do some more things a little better than we'll do this year," he said. "The big key is getting the community behind you and forging ahead."

The shooters included 4-H Club teams, Chatuge Gun Club members and deputies from Towns County and neighboring counties. Team Alexander's is more than likely to be there.

Annual support for the trap shoot event is support for at risk children, Sheriff Clinton said.

"The children are our future and all kids are special," he said. "The kids in the Youth

Homes, they haven't done anything wrong, these are at risk children. The Georgia Sheriff's Association does a great job mentoring these kids and giving them a chance to be successful adults."

"To me, is there anything more rewarding or important than giving a hand to a child?" he asked. "It's a wonderful feeling to give a child a chance to succeed in life. The kids who go through the youth homes, they turn out great."

Nurtured through the Youth Homes, many of the young people who emerge from the experience become some of our leading citizens, Sheriff Clinton said.

"Doctors, lawyers, you name it," he said. "It's certainly a cause that I believe in."

The newest and smallest Youth Home is in Chatsworth in Murray County. The oldest Youth Home is in Hahira, founded in 1960. Other Youth Homes are located in LaGrange, Nunez and Dalton. The mission of these homes: "protecting and preserving our future."

"Really, the Youth Homes are about giving a kid a chance in life," Sheriff Clinton said.

You do not have to participate in the trap shoot to participate in the other events of the day.

"Please come out and join us as we have a great time and raise money for a great cause," Sheriff Clinton said.

NASCAR 2013

By Gerald Hodges/The Racing Reporter

The "BIF" wins at Michigan

Greg Biffle took the lead near the end of Sunday's 200-lap Sprint Cup race, then coasted to victory after his pursuer, Jimmie Johnson slapped the outside wall on lap 197.

"I was really worried about him (Johnson)," said Biffle. "I knew that he had been gaining on me and that it would be close. But I felt like we had the advantage of the cleaner air by being out front. But if he had been able to keep coming, I don't know."

Biffle had a good car throughout the race, but not a dominant one until the last pit stop on lap 167. After his crew made adjustments, he went to the front, and was never challenged.

"We had a great race car," said Johnson, who finished 28th. "And we had great strategy throughout the race. The little problem I had there at the end cost us a great day."

Kevin Harvick finished second, but was never a threat to the winner.

"I think everyone on the team did a great job and are satisfied with today," said Harvick. "We made adjustments on our first pit stop and the car just kept getting better and better. We just couldn't get it to the front in time."

Martin Truex ran a good race and came home third.

"The car ran funny all day," said Truex. "Our old tires

were as good as the new ones. We tried a lot of different things, but whatever changes we made, the car stayed the same."

Kyle Busch, Tony Stewart, Matt Kenseth, Clint Bowyer, Carl Edwards, Joey Logano, and Jeff Burton were the remaining top-10.

Biffle's teammate and polesitter Carl Edwards saw his chances for a win slip away after his team called for a green flag pit stop during lap 162. A caution came out as soon as he returned to the track, which meant he had to go to the rear of the field when green flag racing resumed.

The engine in Dale Earnhardt Jr.'s car went sour, and he wound up with a DNF, finishing 37th.

Kurt Busch was one of the early leaders, but brushed the wall during lap 29, and finished 39th.

Earnhardt's teammate Jeff Gordon was involved in an early wreck, and was out after only 52 laps.

Top-10 leaders after 15 of 36: 1. Johnson-538, 2. Edwards-507, 3. Bowyer-489, 4. Harvick-476, 5. Kenseth-456, 6. Kyle Busch-452, 7. Earnhardt-447, 8. Biffle-443, 9. Keselowski-430, 10. Stewart-417.

SMITH GETS NATIONWIDE WIN

Regan Smith held off Kyle Larson and the rain to win Saturday's Nationwide Series race at



Greg Biffle, winner at Michigan Michigan.

He outlasted Larson in the final 14 laps to take the checkered flag just minutes before rain began to fall on the track.

Parker Kligerman gambled rain would end the race short of the scheduled 125 laps but lost the lead when he had to pit with 13 to go. That opened the door for Smith, who kept his No. 7 Chevy ahead of the hard charging Larson in the final 10 laps.

Paul Menard finished third, followed by Kyle Busch, Trevor Bayne, Brad Sweet, Chris Buescher, Elliott Sadler, Nelson Piquet, and Brian Scott.

Top-10 leaders after 13 of 33: 1. Smith-495, 2. Hornish-437, 3. Allgaier-436, 4. A. Dillon-428, 5. Sadler-424, 6. Scott-415, 7. Bayne-407, 8. Kligerman-407, 9. Larson-403, 10. Vickers-395.

BIG MONEY TALKS IN NASCAR

For those race fans who believe money is not the major factor in NASCAR racing, they need to rethink their beliefs.

A glaring example of this came last week, while Brad Keselowski was visiting Ford Motor Company's headquarters in Dearborn, Michigan.

In a USA Today article, Keselowski accused Hendrick Motorsports and Joe Gibbs Racing of luring some of their employees away with big money contracts.

"Hendrick and Gibbs have this nasty little habit of going to other teams and outbidding other people and taking those employees and stealing our information, and, when that happens, that puts walls up between the camps because you are giving up more than one piece of information," said Keselowski. "You are giving up two companies' information and trying to protect yourself against that, it forces you to put up walls. It doesn't necessarily lend itself to working together."

Keselowski cited two incidents where he claimed Hendrick and Gibbs lured away Ford team employees with big offers.

"Gibbs stole the Roush aero director and took all the information," continued Keselowski. "And Hendricks took three employees from our Chase-winning team last year."

Rick Hendrick didn't agree, and issued a different version of Keselowski's story.

"The comments Brad reportedly made were misin-

formed. The truth is that we hired one tire changer, who was a backup for Penske and whose contract was up. We also brought over one mechanic from their Nationwide program and, when the Penske engine shop was closing, added a few of those people.

"What Brad left out was that his organization also hired one of our tire changers. All of this was above board and is part of doing business in a competitive environment. I take no issue with any of it, and I expect Roger [Penske] would say the same. Brad misrepresents the facts and spends a lot of time making insinuations and accusations about other teams when he should be focused on his own program and competing at a high level. I hope he figures that out and begins representing himself and the sport with more class."

It appears Keselowski may have stuck his foot in his mouth, but speed does cost money. Having the best workers guarantees better performance on the race track, which translates into more wins.

FORMER NASCAR DRIVER LEFFLER KILLED

NASCAR driver Jason Leffler died after an accident June 12, in a 410 Sprint Car race, at Bridgeport Speedway in Swedesboro, N.J.

Leffler, who was from Long Beach, California, made 423 starts in NASCAR's three national series.

The 37-year-old Leffler, a

two-time winner in the NASCAR Nationwide Series came onto the racing scene after winning three consecutive USAC racing championships from 1997-1999.

He went into NASCAR with Chip Ganassi, after finishing 17th in the 2000 Indianapolis 500. But it was a short stay. Leffler failed to qualify five times in the 36 Cup races for Ganassi, and was released. Although he did return to the Cup level, he only had 11 starts over the last four years.

His last NASCAR race was June 9, at Pocono.

A fund has been set up for his five-year-old son. Donations may be sent to: The Charlie Dean Leffler Discretionary Trust, c/o SunTrust Bank, 232 Williamson Road, Mooresville, NC 28117.

Weekend Racing: Two road course races are on tap for this weekend. The Nationwide Series is at Road America, while the Cup teams are at Sonoma, California.

Sat., June 22, Nationwide Series, race 14 of 33; Starting time: 5 pm ET; TV: ESPN.

Sun. June 23, Sprint Cup, race 16 of 36; Starting time: 3 pm ET; TV: TNT.

Racing Trivia Question: How old is Dale Earnhardt Jr.?

Last Week's Question: Where is Kevin Harvick's hometown? **Answer:** It is Bakersfield, California.

You may e-mail the Racing Reporter at: hodges@race500.com.