

# Towns County Sports

Towns County's Leader In Sports

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## Lady Indians edged by George Walton, rebound at Hebron

By Jerry Kendall  
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The Towns County Lady Indians Varsity Basketball Team had a split decision last week when they lost a two point, home court decision to state ranked George Walton Academy of Monroe on Tuesday but rebounded by pulling away the last half for a sixteen points victory over Hebron Christian Academy on Friday in Dacula.

Both games were against Region 8-A South opponents with the Lady Indians completing the week's play with a 15-3 overall record, including 7-1 in the region.

For seeding purposes for the Region 8A Tournament to be held next month, however, the Lady Indians remain undefeated in Sub-Region 8A North with a 4-0 record and remain in line for one of the top two seeds in the tournament along with George Walton as things now stand. First round region tournament games will be hosted by the Lady Indians with the semi finals and finals to be held at Hebron Christian Academy.

George Walton improved to a 13-3 overall record by week's end with a 46-21 victory over Prince Avenue Christian last Saturday and sported an overall 7-0 region record, including 4-0 in Sub-Region 8A South. Prince Avenue had entered the game against George Walton with a 13-1 record, including 6-1 in the region, but against a far less challenging schedule than George Walton, the Lady Indians, and several other teams in the region. For example, two of the George Walton losses have come at the hands of North Oconee, currently with a 16-2 record and ranked fourth in the state in Class AAA, and the other to Class AAAAAA Berkmar by just three points.

**George Walton 58  
Lady Indians 56**

Entering the game with George Walton, the Lady Indians were ranked sixth in the Atlanta Journal and Constitution Class A Statewide Poll and the Lady Bulldogs eighth with a two points decision not a surprising result. There were striking similarities in the loss to George Walton and the Lady Indians' first two losses to Union County and Gordon Lee in the Battle of the States Tournament.

As against Union County, the Lady Indians got off to a rapid start, building an 8-0 lead



Stephanie Patton scores two at Hebron Christian Academy last week. Towns County basketball Photos by Lowell Nicholson

by the 4:59 mark of the first quarter and a 13-7 advantage at 3:05 with Stephanie Patton including a pair of treys in providing nine of the Towns points. But just as against Union County, the Lady Indians fell victim to timely 3-point baskets by George Walton in the first half as the Lady Bulldogs used their second trey of the quarter with just three seconds on the clock to seize a 20-18 lead at the first quarter break.

A trey by Karlie Albach and a coast to coast run by Patton for a deuce at the fifty seven and twenty six seconds marks had preceded the quarter closing George Walton trey and had gotten the Lady Indians back ahead 18-17 after a 10-0 run had given the Lady Bulldogs a brief 17-13 lead. The second quarter proved to be a struggle of major proportions for the Lady Indians as the Lady Bulldogs opened and closed it with treys while the Lady Indians managed just three points and trailed 34-21 at intermission. Usually accurate free throw shooting by the Lady Indians failed them in that second quarter when they sank just one of five attempts, including missing the front end of a one and one, during the final two minutes depriving them of a chance to cut into the Lady Bulldogs' lead.

The second half switched in similarity to the Gordon Lee game as the Lady Bulldogs couldn't keep up the 3-point shooting pace of the first half as Union had done in holding their lead and the Lady Indians were, as against Gordon Lee, able to come from behind for a chance to win the game at the end. The two teams pretty much matched points for nearly

half of the third quarter with four different Lady Indians contributing as they trailed 40-27 by the 4:40 mark.

Patton struck for ten straight points, however, beginning at the 4:32 mark for just a 40-37 George Walton lead at 3:03 and Albach more than matched two Lady Bulldog free throws with a trey at 2:26 with the Lady Indians suddenly within 42-40. Unfortunately, that would be the final Lady Indian points of the third quarter as the Lady Bulldogs finished on a 6-0 run for a 48-40 lead entering the fourth quarter.

The Lady Bulldogs then followed two early fourth quarter free throws by Patton with their only trey of the second half and a deuce for a seemingly comfortable 53-42 lead at the 6:58 mark. But here came the Lady Indians again, beginning at the 6:02 mark with a Kellsie Cowart field goal and followed by two free throws by Eryn Cochran, a Cowart putback, and a trey by Patton at 3:38 for just a 53-51 Lady Bulldogs lead.

Cowart and Cochran then matched George Walton baskets at 2:30 for a 55-53 score and at 1:36 for a 57-55 score with a Patton free throw at the one minute mark getting the Lady Indians within 57-56. That would turn out to be the Lady Indians' last point, however, with the Lady Bulldogs adding a free throw of their own at 43.0 seconds for a 58-56 score that would hold up for the win. The Lady Dogs left the door open for the Lady Indians when they missed a one and one free throw attempt at 18.8 seconds but the game ended after the Lady Indians were charged with a disputable charging foul at the 1.1



Towns County time out



Eryn Cochran with a pass in Towns game vs George Walton

seconds mark. Patton led the Lady Indians in scoring with 28 points with other leaders being Cowart with 12, and Albach and Cochran with 6 each. Leading in assists were Cochran with 7 and Bailey Sutton with 2 while Cochran and Cowart led in rebounds with 8 and 7 respectively and Patton and Cochran led in steals with 9 and 4.

**Lady Indians 56  
Hebron Christian 39**

The Lady Indians took a 2-0 lead they would never relinquish on a Dadrian Blythe basket just nine seconds into the game at Hebron Christian on Friday but it was not to be an easy win for the Lady Indians.

The Lady Lions kept hanging especially tough for the first half and never let the Lady Indians take a totally comfortable lead until the closing minutes of the game for a 56-39 victory.

The Lady Lions reduced a 6-0 Towns lead barely a minute into the game to 8-7 by the 2:42 mark and a 14-9 Towns advantage at the fifty nine seconds mark to 14-12 on a three point play at 39.3 seconds. A Kellsie Cowart basket then extended the Lady Indians lead to 16-12 by the quarter break. Blythe, Cowart, and Stephanie Patton each contributed four points in first quarter play for the Lady Indians.

The Lady Indians opened the second quarter on an 8-2 run for a 24-14 advantage and the appearance that they might be gaining the upper hand but the Lady Lions used two treys in an 8-0 run for just a 24-22 deficit at 1:47 and trailed by just a 27-24 score at

Joe Collins

**Tips from the Range**

Last week we looked at the importance of the straight forward arm throughout the swing and how it guides the arms into and past impact. One thing that I needed to explain a little deeper in detail is the function of the top of the spine, or rather, your head.

Since it is a short distance from the top of the shoulders to the back of the head, we control the top of the spine with the head position. It is very important that the head stay still during the whole of the swing to maintain the original address position of the spine. The shoulders need to rotate around the spine to produce a good club path on the downswing and a steady head position helps with this. Any forward movement of the head while the club is coming into impact will change the position of the spine and in relation the club path. Head movement will also cause you a loss in power because it affects the most crucial fundamental, balance.

It is vital to have a proper weight transfer during the swing, and if the head moves forward of the ball on the downswing, you will block this transfer and cause serious problems with your balance. If the head moves forward on the downswing, the lower body is then forced to stop its rotation in order to maintain balance. Balance is the main key to a good golf swing so once the hips and lower body stop turning anything can happen. This is something I struggle with, as do many of you.

The golf swing depends on the big muscles of the legs, back, shoulders and forearms in order to work consistently. If

you change your spine position on the downswing, you will activate the smaller muscles like those in your hands and this is a big no-no. The smaller muscles are very detrimental to the performance of a good swing. There are times in a round when you need to use the hands but there is no proper technique for holding a pencil while writing down scores or lifting a cold drink. All the hands need to do is hold on to the club and put the ball on the tee. Get the picture?

There is a sure fire way to maintain a steady head and that is to find the "pivot point" of your swing. This is something I work on constantly with competitive players and it will help you as well. It is located on the inside of your back foot from the rear inside of the heel to the base of the big toe of the back foot: never on the front inside of the back big toe! You will feel a slight pressure on the inside of the back knee and it will force your hips to work in a balanced way on the backswing by keeping the center of gravity in the rear of your swing. This is optimum for weight transfer and extension through impact.

If you want to drastically affect your swing in a positive way look to the position of the head on the downswing. One way to do this is to turn your back to the sun so that your shadow is on the ground. Place a tee in the ground on the forward side of your shadow in the middle of the head. Make practice swings and focus on keeping your heads shadow behind the tee throughout the swing. This will tell you if you are moving or not. You will be surprised just how little you will feel in relation to how well you are keeping your head steady.

Good luck and I will see you on the course!

## Indians fall to George Walton and Hebron Christian

By Jerry Kendall  
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For the third game in a row, the Towns County Indians Varsity Basketball Team got off to a capable start on their home court against George Walton Academy last Tuesday but couldn't keep the momentum and fell to defeat to the Bulldogs and nothing much went well for them on Friday in a loss at Hebron Christian Academy in Dacula.

The Indians completed the week with a 2-16 overall record, including 1-7 overall in Region 8A and 1-3 in Sub-Region 8A North.

**George Walton 72  
Indians 38**

Two free throws by Boone Moss at 6:41 of the first quarter got the Indians a 2-0 lead over George Walton and a putback basket by Slade Davenport at 5:56 of the first quarter got them a 4-2 lead they would hold until nearly the mid point of the second quarter.

Moss wound up with six points in the first quarter and Davenport four as the Indians led by as much as 13-5 and then 15-11 on a late basket by Davenport following a pair of treys by the Bulldogs.

Points were hard to come by for both teams in early second quarter action. Moss sank an early free throw for a 16-11 Indians lead with the Bulldog not able to dent the scoreboard until a 5-0 run between the 5:47 and 4:11 marks for a 16-16 standoff. A nifty reverse lay up by Trace Moss at 3:33 got the Indians back ahead 18-16

but the Bulldogs included three treys in a 19-0 run for a bulging 35-18 lead at the half.

The Bulldogs added three more treys in extending their lead to 57-33 after three quarters but the Indians had a couple of resounding highlights within the quarter. Trace Moss, who had scored the Indians' final two points of the second quarter struck for their first thirteen by the 1:41 mark of the third, just one point short of the total of fourteen for the Bulldogs since intermission.

The Indians then enjoyed their second slam dunk of the season when Boone Moss pulled the trick for the first of his career after Aaron Dodson got his first against Rabun County last month. The Bulldogs outscored the Indians 15-5 during the final quarter in closing out a 72-38 victory.

Trace Moss took high scoring honors with 17 points with other leaders being Boone Moss with 9 and Dallas Manus with 6 while Manus led in assists with 2. Boone Moss led in rebounds with 10 while Davenport took second honors with 4 and Ryan Tallent led in steals with 2.

**Hebron Christian 75  
Indians 35**

At Hebron Christian on Friday, the home standing Lions included two treys in an 8-0 start and led 18-2 by the 2:36 mark of the first quarter. Two free throws and a three point play by Dallas Manus the final 2:17 of the quarter had the two teams on even terms for that period of play as the Lions led 23-7 by quarter's end.

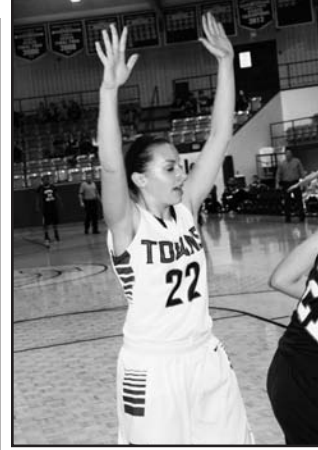
The Indians could never



Sophomore Dallas Manus drives for two at Hebron Christian Academy. Photos by Lowell Nicholson

get any momentum in the game as the Lions led 38-12 at intermission and 60-24 after three quarters in taking a 75-35 victory. Slade Davenport scored four points in each of the two middle quarters for eight points while Trace Moss included a trey in a five points third quarter and Boone Moss an old fashioned three point play among five in the fourth.

Davenport, Boone Moss, and Manus tied for the scoring lead for the game with 8 points each while Trace Moss added 5 points and Manus led in assists with 7, a remarkable total when considering the Indians having just thirteen field goals in the game. Joseph Gibson, Boone Moss, and Trace Moss tied for the lead in rebounds with 3 each while Manus led in steals with 2.



Karlie Albach



Bailey Sutton



Marcus Ledford



Slade Davenport with the lay up at Hebron. Photo/Lowell Nicholson

INDIVIDUAL SCORING	
George Walton:	
<b>Lady Indians (Grade)</b>	
Stephanie Patton (10)	28
Kellsie Cowart (11)	12
Karlie Albach (10)	6
Eryn Cochran (11)	6
Dadrian Blythe (12)	4
<b>Indians (Grade)</b>	
Trace Moss (10)	17
Boone Moss (10)	9
Dallas Manus (10)	6
Slade Davenport (11)	4
Marcus Ledford (10)	2
<b>Lady Indians JV (Grade)</b>	
Jocelyn Byers (9)	19
Brooke Smith (9)	10
Savannah Dyer (9)	3
Taylor McCarter (10)	3
Alyssa Pyle (10)	3
Carly Gilfilian (10)	2
Hebron Christian:	
<b>Lady Indians (Grade)</b>	
Kellsie Cowart (11)	17
Stephanie Patton (10)	16
Dadrian Blythe (12)	10
Eryn Cochran (11)	7
Bailey Sutton (11)	6
<b>Indians (Grade)</b>	
Slade Davenport (11)	8
Dallas Manus (10)	8
Boone Moss (10)	8
Trace Moss (10)	5
Garrett Bradshaw (11)	3
Ryan Tallent (12)	3