

Towns County Sports

Towns County's Leader In Sports

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Lady Indians race past Tallulah and Lakeview

By Jerry Kendall
Towns County Herald
Staff Writer

The Towns County Lady Indians basketball team pretty much had their way in taking decisive victories over Sub-Region 8-A North foes Tallulah Falls at home on Tuesday and Lakeview Academy in Gainesville on Friday of last week.

The scheduled homecoming contest against Pinecrest Academy of Cumming on Saturday was postponed until Monday of this week due to snow.

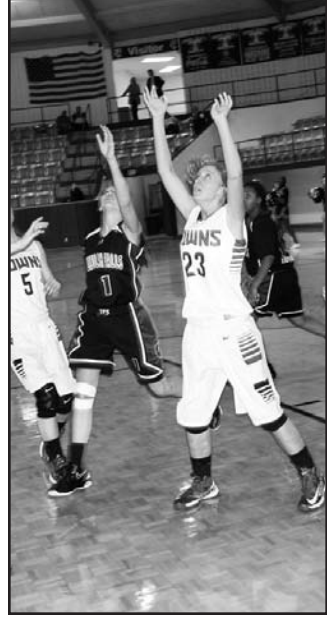
With the victories, the Lady Indians improved to an 18-4 overall record, including 10-1 in Region 8-A and 6-0 in Sub-Region 8-A North. They will complete regular season competition this week with home games against Pinecrest on Monday and Commerce on Tuesday and a makeup game at Providence Christian in Lilburn on Thursday.

The Region 8-A Tournament will be held next week with play in games to be held on Monday and first round games on Tuesday and Wednesday in the Bill P. Kendall Gymnasium. The semi-finals and finals of the tournament will then be played at Hebron Christian Academy in Dacula on Friday and Saturday.

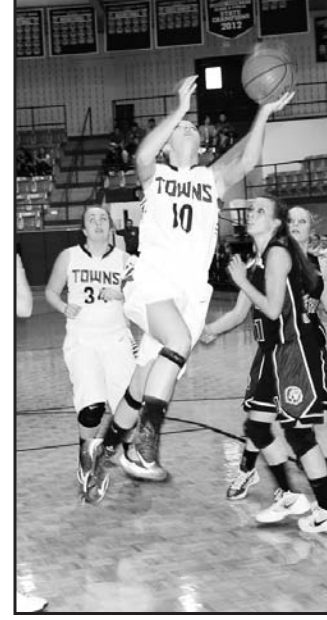
Lady Indians 67 Tallulah Falls 23

The Lady Indians took a 9-0 lead less than three and a half minutes into the first quarter and led 19-2, 41-9, and 62-16 at the quarter breaks in taking a 67-23 victory over Tallulah Falls on Tuesday.

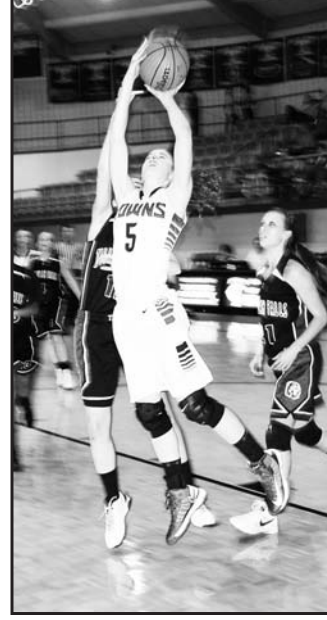
Eight different Lady Indians put points on the scoreboard in the first half with Stephanie Patton leading the



McKenzi Moss



Eryn Cochran



Stephanie Patton

way with 7 in the first quarter and 13 in the second.

Eryn Cochran then scored 7 points and Emily Anderson, Misty Lindemuth, and Mckenzi Moss 4 each in the third quarter while Karlie Albach's second trey of the game highlighted the fourth quarter, which was shortened from 8 to 6 minutes due to the mercy rule.

Patton took scoring honors for the game with 22 points with other leaders being Cochran with 12, Anderson and Lindemuth with 7 each, Albach with 6, and Kellsie Cowart with 5.

Cochran and Patton led in assists with 5 each with leaders in rebounds being Cowart with 8, Dadrrian Blythe with 6, and Anderson, Lindemuth, and Patton with 5 each. Leaders in steals were Cochran with 8, Patton with 7, and Albach with 4 while Lindemuth led in blocked shots with 2.

Lady Indians 64 Lakeview 38

The Lady Indians were

forced to play the game at Lakeview Academy without the services of top flight junior post player Kellsie Cowart, who was sidelined by a shoulder injury of hopefully short duration.

Eighteen points in the first quarter by the Lady Indians were interrupted only by a trey by the home standing Lady Lions at the 5:03 mark for a 4-3 score as the Lady Indians held an 18-3 lead by quarter's end. Five different Lady Indians put points on the scoreboard in the quarter with Eryn Cochran and Stephanie Patton leading the way with 6 each.

The Lady Lions opened the second quarter with a 7-2 run for just a 20-10 deficit but the Lady Indians responded with a 13-2 finish for a 33-20 lead at intermission with six different Lady Indians denting the scoreboard in the quarter with Dadrrian Blythe taking the lead with 5 points.

The Lady Lions followed two field goals by Patton at the start of the third quarter for a 37-12 Towns lead with an

8-2 run for a 39-20 score but Patton included a trey among seven points in an 8-2 finish as the Lady Indians led 48-22 entering the fourth quarter.

The Lady Lions opened the fourth quarter in a manner similar to the second with a 6-3 run in less than a minute of play for a 51-28 deficit but Blythe wrapped a 3-point play and another field goal around a Lakeview basket and the Lady Indians were off to as much as a 61-33 lead in taking a 64-38 victory.

Scoring leaders for the game for the Lady Indians were Patton with 24 points, Cochran with 13, Blythe with 12, Albach with 7, and Lindemuth with 6 while Cochran led in assists with 6 and was followed by Patton with 5 and McKenzi Moss with 2. Blythe, Cochran, and Lindemuth tied for the lead in rebounds with 8 each with other leaders being Anderson with 5 and Moss with 4.

Patton and Cochran led in steals with 7 and 6 respectively and tied for the lead in blocked shots with 2 each.

Towns wins two Duals; sends three to sectionals

By Joe Collins
Towns County Herald
Staff Writer

Three Towns County Indians' wrestlers are headed to sectionals.

Vonya Baldwin, Jared Shook and Carson Mercer will compete for a chance at state glory at Mount Vernon this weekend.

The wrestling team started the week strong when they traveled to Clayton on Tuesday and beat the Rabun County Wildcats 48-30 and the Union County Panthers 39-30 on the backs of some strong wrestling by the team's major players.

They then took their talents to Commerce over the weekend to try and move on to the Sectionals of the state qualifying and just couldn't get it done in the Area Singles tournament.

Baldwin was the team's highest Sectionals qualifier with a second place finish in the 132-pound class. Junior Jared Shook took fourth in the 195-pound class to qualify and sophomore Carson Mercer qualified in the 113-pound class, also with a fourth place finish.

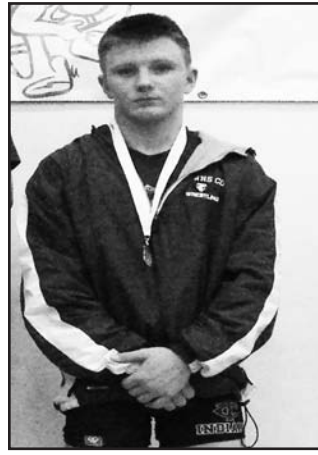
The Tribe took their A-game to Clayton on Tuesday and came home with a double victory at the local dual. It was close all night but the Indian wrestlers held strong and staked their claim as champions as the night ended.

"We wrestled well and it was fun to watch as the guys won against Rabun and pulled out a close one against Union," said a proud Head Coach Jeff Stowers.

The team had 5 actual victories and 3 forfeit victories in their 48-30 win against the Cats.

Sophomore Kyle Davis continued his solid wrestling with a win by fall in the 182-pound class, Senior Bradley Smith had another good outing winning by fall in the 220-pound class, Sophomore Christopher Nguyen had a great bout and won by fall in the 120-pound class, Baldwin continued his dominance in the 132-pound class winning by fall and Junior Austin Stephens won by fall in the 160-pound class.

The Indians found themselves in a tough match against a well-improved Panthers squad, but held on for the win. Stephens was solid as he won by fall in the 160-pound class, Senior Tyler Hoffman won a tough one by major decision in the 182-pound class, Smith won by fall in the 220-pound class. Junior Carson Mercer won by fall in the 113-pound class, Sophomore



Vonya Baldwin

Aaron Collier had another solid win by fall in the 126-pound class and Baldwin was tough again winning by fall in the 132-pound class.

"It was nice to see the guys wrestle hard and win a close one against Union. This was our last match with them and it was great to watch our guys jump on them and overcome all the forfeits we faced," Stowers said of the team's final regular season win over Union.

The team then traveled to Commerce on Friday to start the Area Singles tournament to try and qualify for the sectional event in Mount Vernon on Feb. 8 & 9.

The Sectionals are the final stop on the way to the state individual bouts.

"We were as healthy as we have been all year but we were just flat this weekend," declared a disappointed Stowers. "I felt like we would wrestle well but that is how it goes in high school wrestling sometimes. Our season has been full of ups and downs but I thought we were ready since we were healthy."

Eight of the team's members made it to the semi-final matches but only three walked away qualified for the Sectionals. Baldwin in the 132-pound class with his second place finish, Shook qualified in the 195-pound class and Mercer in the 113-pound class, both with fourth place finishes. Four other members will qualify as alternates so they still may have a chance to compete at the state level.

"Our focus now turns to getting our three qualifiers ready for Sectionals next weekend. I am very proud for them because of what they have accomplished and I hate it for our two seniors Hoffman and Smith because their season didn't turn out the way they wanted. They have left a lasting impression on our program and they will not be forgotten," declared Stowers.

Indians get third win over Tallulah, fall at Lakeview

By Jerry Kendall
Towns County Herald
Staff Writer

The Towns County Indians Varsity Basketball Team came up with that elusive third victory of the season last Tuesday night when they rallied from early deficits of as much as eight points to take a decisive home court victory over Tallulah Falls.

A trip to Gainesville on Friday night turned out to be a tough assignment, however, as the Lakeview Academy Lions, the first place team in Sub-Region 8-A North, held the upper hand from start to finish in taking a decisive victory over the Indians. The scheduled homecoming contest against Pinecrest Academy of Cumming on Saturday was postponed until Monday of this week due to snow.

The split decision for the week left the Indians with an overall record of 3-19, including 2-9 overall in Region 8-A and 2-4 within Sub-Region 8-A North with regular season play to conclude this week with the Pinecrest game on Monday, a home game against Commerce on Tuesday, and a makeup game at Sub-Region 8-A South foe Providence Christian in Lilburn on Thursday.

The Region 8-A Tournament will be held next week with play in games to be held on Monday and first round games on Tuesday and Wednesday in the Bill P. Kendall Gymnasium. The semi-finals and finals of the tournament will then be played at Hebron Christian Academy in Dacula on Friday and Saturday.

Indians 64 Tallulah Falls 40

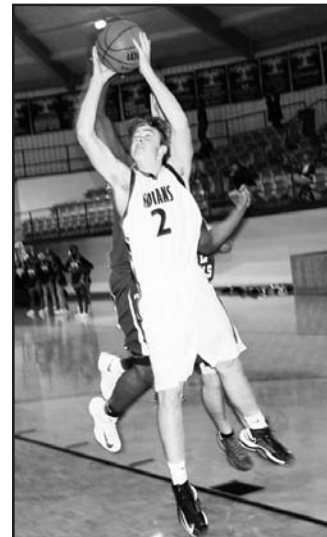
After getting a nail biting 43-42 win not decided until Tallulah's last shot rolled off the rim at the buzzer at Tallulah Falls on Dec. 4th, the Indians found



Jonathan Gibson



Dallas Manus



Garrett Bradshaw

themselves in for a tough battle for more than 10 minutes at the start of their game against the visiting Indians last Friday.

Tallulah took a 6-0 lead less than 2 minutes into the game and, with the exception of an 8-8 tie, led from the 7:35 mark of the first quarter until the 4:31 mark of the second when the Indians tied the score and dominated the rest of the game.

An 8-2 run by the Indians got them the aforementioned 8-8 tie, ending on a trey by Dallas Manus at the 3:10 mark of the first quarter, but Tallulah struck for 8 straight points and a 16-8 lead with just 47 seconds left in the first quarter. The Indians responded in rapid fashion, however, by closing to within 16-13 at quarter's end on an old fashioned 3-point play by Manus at the 37-second mark and a Joseph Gibson basket at 19 seconds. Manus scored 8 of the Indians' 13 points in first quarter action.

Tallulah struck for the first 4 points of the second quarter for a 20-13 lead but very little went right for them the remainder of the game as the Indians seized complete control, beginning

with a 16-1 run between the 6:31 and 2:30 marks for a 29-21 lead. Slade Davenport started and ended the run with field goals and added a third basket in between at 3:54 which gave the Indians a 22-20 lead they would not relinquish. Ryan Tallent contributed two treys and Manus a pair of deuces during the run with the first of Manus' two baskets coming on a steal and drive from mid court for the tying basket.

Tallulah did manage a 4-2 finish the final 2:15 of the second quarter for a 31-25 deficit at intermission and the visiting band of Indians added another basket less than half a minute into the third for just a 31-27 Towns lead. The Indians responded with baskets by Boone Moss, Manus and Gibson for a 37-27 lead by the 5:46 mark and put the game out of reach after a pair of Tallulah baskets for a 37-31 Towns lead at the 5:04 mark.

The Indians struck for a 17-3 run the remainder of the third quarter for a 54-34 lead entering the fourth quarter. Highlights of the decisive Indian run included a trey and a 3-point play by Tallent, two baskets by Manus, and a trey by Marcus Ledford.

Boone Moss contributed 4 points in the third quarter and added 4 more in the fourth while Ledford added another trey in the fourth as the Indians closed out a 64-40 victory.

Manus led the Indians with 20 points with Tallent including three treys among 14 points and other leaders being Boone Moss with 8 and Davenport and Ledford with 6 each. Joseph Gibson led in assists with 3 with Manus right behind with 2 while Boone Moss led in rebounds with 8 and was followed by Davenport and Tallent with 6

each. The Indians had 17 steals with leaders being Manus with 5, Ledford and Tallent with 4 each, and Gibson with 2.

Lakeview 73 Indians 34

The game at Lakeview got off to a bit of a slow start with the Lions managing just a 5-0 lead by the 5:22 mark of the first quarter.

A putback basket by Trace Moss reduced the lead to 5-2 at the 3:51 mark.

The Lions finished on a 14-2 run the final 3:44 of the quarter, however, for a 19-4 lead at the quarter break.

The Lions broke away for a 30-8 lead despite two Indian field goals by Ryan Tallent by the 4:53 mark of the second quarter. Boone Moss sank three field goals in less than 2 minutes of playing time with the Indians reducing the margin a bit to 34-14 by the 2:41 mark but the Lions led 40-16 at intermission.

The Indians outscored the Lions in the third quarter by a 13-9 margin for a 49-29 deficit entering the fourth quarter with Indian highlights being two field goals and two free throws for 6 points by Slade Davenport and a trey by Dallas Manus. Not much went right for the Indians in the fourth quarter, however, as the Lions broke the game open by outscoring the Indians 24-5 in taking a 73-34 victory.

Scoring leaders for the Indians were Boone Moss and Manus with 8 points each and Davenport and Tallent with 6 each while Manus and Trace Moss led in assists with 2 each. Leading in rebounds were Manus with 7 and Davenport with 6. Leaders in steals were Garrett Bradshaw and Manus with 2.



Joe Collins

Tips from the Range

Last week we took a look at ball flight and what causes certain swings to hit it high or low. The basic cause of high and low shots is the arc of the swing but that is not the only determining factor for individual ball flight. Skilled players can have a steep arc and still hit it low and vice versa but normally the swing arc is the main determining factor.

A common known aspect which will affect ball flight is ball position at address. It is true that if you move the ball back of center in your address position it can cause you to hit it lower than you normally do, but did you know that moving the ball back also adds spin and takes away distance? It will!

Moving the ball back at address is a good way to adjust ball flight but it changes your swing dramatically. It requires practice to become accustomed to a new impact point which is very difficult to do without adding hand action. Improper hand action can destroy a good shot and cause all types of other problems. It is vital that you limit hand action to a minimum and allow the arms to rotate through impact. Arm rotation squares the club face correctly where as hand action adds inconsistency through impact. Being able to adjust your ball flight is something that can enhance your game and get you out of some bad situations. Ever need to hit a shot out from under a tree to get back in play? Have you ever hit a normal shot into the wind and watch the ball rise and fall as it hits an invisible wall of air? Both of these situations require a low ball flight so let's look at the so called "knock-down" shot which is what moving the ball back in your stance creates.

Remember that to adjust normal ball flight height you need only to change the position of the front shoulder on the back swing; down under the chin more for a steeper arc and higher ball flight and higher in the backswing for a lower ball flight. The knock-down shot is not a normal shot; it is a manipulated movement of the normal

swing. To hit a knock-down shot, you have to swing differently, so let's look at what is required to hit this shot effectively.

First, move the ball back in your stance so that the hands will be ahead of the ball at address. Try and maintain the hands ahead position throughout the downswing and on through impact. This will smother the ball and keep it low and also limit the amount of spin created by moving the ball back in your stance. If the hands break down and the club head gets in the lead on the downswing, there will be way to much spin on the ball due to the hitting effort of the hands. You will create more spin on the ball by moving it back in your stance but limiting the hand action reduces the extra spin effect.

Second, don't shift the weight to the back leg as much as you would on a normal swing but try instead to keep some weight on the front foot during the whole swing. This will promote a more active shoulder turn to build the needed energy it takes to accelerate through impact. Make sure you hit the ball first and don't allow the club to get into the ground before the clubface strikes the ball. Many of you have seen Tiger Woods hit what he calls "the stinger" off the tee in many different situations and this is the same as a knock-down shot only with a wood or long iron. The advantage you get is not only a lower flight but this shot promotes deadly accuracy. It's okay to give up yardage for accuracy in many cases and that is his philosophy when using this shot. I have heard many good players say they feel like they are smothering the ball when they are hitting it well.

The knock-down shot is a very important shot to have and can be mastered with a little practice. It can even be used in chipping if you are trying to run the ball a long distance to a back pin on a deep green. It is crucial that you learn this shot before you try and apply it to a handicap qualifying round so practice this technique and watch the ball flight start low and stay low.

Next week we will look at what it takes to hit the ball higher which is actually easier than trying to hit it low. Good luck and I will see you on the course!

Kiss-o-grams to benefit TC tennis team

The Towns County High School tennis team is selling Hershey Kiss-o-grams to any teachers, students or staff on our school campus. The kisses are 50 cents each and orders can be placed with any tennis player or with Coach Heather Moss at TCHS. All kisses with messages will be delivered on Valentine's Day, Feb. 14. If you would like to order, please send money and a note including To, From, and Location to deliver in an envelope marked Heather Moss, TCHS Tennis and we will take care of the rest! Thanks for your support!

2013 Baseball/Softball Registration

The Towns County Recreation Dept. will be holding registration for softball and baseball for ages 8 thru 14 beginning February 11, 2013 thru February 23, 2013. The cost for registration will be \$45. Sign-ups will be held at the Towns County Recreation Department. Our hours of operation are Monday thru Friday 9 a.m. till 8 p.m. and Saturday from 9 a.m. till 4 p.m. If you have any questions please call the Recreation Department at 706-896-2600. TFeb6,F9JCA