

Towns County Sports

Towns County's Leader In Sports

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TCMS Indians tap out White County 15-2

By Joe Collins
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A TCMS Indian slides in safely at home vs White County. Photo/Lowell Nicholson

The Towns County Middle school baseball team hosted the White County Warriors last Thursday and took them to the wood shed forcing them to cry mercy in the fifth inning. The Indians entered the fifth leading 15-2 and shut them down in the top of the inning to win. The third inning was the key as the tribe took advantage of 8 hits and 5 errors to score 13 runs and break the Warriors momentum. The third inning was big with the Indians scoring 8 of the 13 runs with 2 out. It was a cold blustery day as the TCMS Indians took the field at Towns County High school. Will DeVries was on the mound early for the tribe and he delivered a solid first and second inning striking out 6 and allowing only one earned run. Head Coach Kyle Langford has several pitchers on his squad and he turns them over often. He pulled DeVries after two good innings and replaced him with Kobe Denton who was a little shaky early in the

third but nailed a key strike out with runners on the corners for the second out and forced the final hitter to ground out to shortstop to end the inning allowing only one earned run which tied the game 2-2. It was the third inning that did the visiting Warriors in. The Indians produced 13 runs on 8 hits and 5 Warrior errors. The Indians had some heads up base running and kept the White County squad off

balance with their entire base running talents. DeVries kept the pitcher of center while he was at second base causing him to make 9 separate throws to the bag in an attempt to pick DeVries off. They eventually got him in a run down that he beat back to second base with a very aggressive slide. The Indians used 16 hitters in the third to take care of business. Jackson Taylor was solid in the inning with 2 hits

and 3 RBI's while Denton tied him with 2 hits and 3 RBI's. By the time the dust settled in the third it was clear that the Indians had taken the reigns and White had better get busy. However, Brody Graper had something to say about that. He came in at the top of the fourth inning and with the help of some solid Indian defense he shut the Warriors out in the fourth and nailed them one, two and three in the top of the fifth to give the Indians the victory 15-2. The win increases the team's season record to 6-2.

TCMS baseball will travel for their next three games and will finish up the season at home against Rabun. They will be in White County on March 28 to play these same Warriors again and then at Lakeview Academy on March 29. Both games start at 4:30 p.m. Their last regular season game will be at home against Rabun on March 30 which is a Saturday. First pitch is at 1:00 p.m. Make plans now to come out and support the Indians in their final stretch of the season. You will see some good baseball if you do.

Joe Collins

Tips from the Range

Note to readers: Since it is the beginning of golf season we need to re-visit the proper way to build the swing from the beginning. I have rewritten the first several lessons in tips so you can work on improving your swing from the ground up and in the right order.

In the first lesson we looked at what arguably could be called the "DNA" of the golf swing and that is the issue of balance. Without proper balance, a golfer has a poor chance of making a good solid golf swing. The rub of that concept is that there are many influencing factors that can affect your balance. One of the most affective ways to make sure good balance has a chance of being consistent throughout the swing is to establish a good address position that correctly sets the center of gravity in the proper position before we draw the club away. This means that the first thing you need to master is how to correctly make your stance.

When starting out as a beginner or trying to find the source of your swing flaws, one must look at the basics of the swing. Professional golfers often find that their individual problems are corrected by working on basics. This may seem trivial but basics are extremely important.

The stance is the first basic I would like to "address" as we begin our journey down the path to the correct golf swing. It sets the stage for everything that happens during the swing and allows you a proper start on the backswing.

To achieve the proper stance, one must first align the tips of your toes parallel to the designated target line. The target line is the desired path you want the ball to travel on so choose it wisely. There is no drill to correct carelessness.

Next, place your feet a little less than shoulder width apart and stand straight up from the ground with your back as straight as your spine will allow. From this position, keep your legs straight and bend from the waist so that your arms hang loose under the shoulders. Bring your hands together to a point directly under your chin and this will indicate where the grip of the club will fit in your final address position.

At this point, you should feel as though the upper body is "heavy" or leaning out over the ball and that your balance is forward toward the front of your feet. Notice that when you are in this position it would be impossible to use your lower body aggressively. This inability to use the legs affects the path of the club on the downswing. This poor distribution of weight that

you feel is similar to the feeling you will have when you are "over the top" on the downswing. This heaviness in the toes is the most common problem with balance, even though your legs may be positioned correctly. The action of the downswing can pull the upper body toward impact as the arms enter the impact zone so beware of letting your balance lean forward on the downswing. You must stay away from the ball at impact so your arms will find the correct path throughout the downswing and can therefore extend through the hitting area.

Here is the difficult but crucial step for all golfers in finding the proper stance. While trying to keep the very bottom tip of the spine back over the heels and behind the back of your knees, bend said knees until you feel your center of gravity align over your ankles from the inside of the heels to the back inside area of the balls of your feet. This will place you in the athletic position that will allow you to return the club head to its original address position on the downswing. At this point, you should not feel as though you are leaning backward or forward but balanced completely on both feet. Imagine a balanced shortstop in baseball preparing to move left or right to field a ground ball and that feeling will tell you that your stance is correct.

It is very important that you maintain this center of balance as you start the downswing because the force you create from the top combined with the weight of your arms will try to pull you into the ball at impact. This ability to resist getting "heavy" over the ball is what separates a proper swing from a faulty one. It is vital that you hit the ball with the back of the forward hand and if you are heavy over the front of your feet through impact then the front wrist will break down and cause problems with contact at impact. The club will not continue on a true path past the ball at impact if the front wrist breaks down, this leaning forward balance problem promotes that breaking down of the front wrist. You will typically have to straighten your stance when this happens which causes you to pull the ball. The squaring of the front wrist keeps the arms rotating through impact and helps keep you away from the ball through the impact zone.

Practice this at home or at the range before your next outing and if you find your balanced stance, and hold it throughout the swing, you will find the fairway much more often. The stance sets the balance of the entire swing and promotes the usage of the big muscles in the body and that is very important in keeping the club moving in an uninterrupted path through impact so find a good balanced stance and stay with it.

Good luck and I will see you on the course!

TCMS Lady Indians soccer blanks Union

By Joe Collins
Towns County Herald
Staff Writer



TCMS in action at Union County. Photo/Joe Collins

The Towns County Middle School girl's soccer team took their "A" game to Mike Colwell Memorial Stadium in Blairsville last Tuesday and shut the Union County Panthers out with some good ball control and a solid defense.

Brooke Barrett found the goal both times for the Lady Indians following some good defense by the team.

The Indians took control of the ball early and they maintained that control well through most of the first half. Keeper Jordan Hyatt had four stops in the first half and the team had 7 shots at goal. Madison Stroud had several good shots blocked by an alert Panther keeper, as did Barrett.

Barrett took the ball around the forty at the 13:21 mark and with some really good ball control took it all the way in for a 2-yd left footed kick from the right side of the goal that was good. The Indians led 1-0.

At the 6:08 mark, Barrett

then found an open ball near mid-field and worked it around to the left side of the goal and made a beautiful 25-yd punch that skirted the Panther keeper just out of reach and found the left side of the goal to push the Indian lead to 2-0. They kept that lead for the rest of the game bringing their season record to 5-3-1.

The Indians produced another dozen shots at goal during the rest of the game but Union's defense was stronger in the sec-

ond half playing the girls to their limit. It was a very good game that found Hyatt with another 5 stops at the keeper position and the team having to handle the ball well to win. They were able to control field position pretty well with some solid passing and that turned out to be crucial in the end.

Barrett explained the game from the team's perspective, "This is the best game we have played as a team all year. We

communicated better today than in any other game yet. Our defense was really strong especially in the second half. I was impressed with Journey Waiters, she hurt her knee in warm-ups and she gutted it out and played. She is tough. Hyatt did a good job at goal and the team just played great. It was fun."

Head Coach Paula Whitehead was very proud of her team as she stated,

"They just played great today against a good Union County team. Our defense was strong and we passed the ball well, which is an improvement on the year and that is encouraging. Brooke played great and the team played well together. I feel confident moving into the tournament"

Whitehead has chosen Brooke Barrett and Madison Stroud as her players of the week for the performances against Union and Lakeview respectfully. The Indians start their tournament run on March 25 and end on March 28 provided they advance so check with the school to find out times as the tournament progresses.

NASCAR 2013

By Gerald Hodges/the Racing Reporter

"Rowdy" Busch clean sweeps California

Sunday's Sprint Cup race at Fontana was reminiscent of some of the great NASCAR races in the days of old: real racing, wrecking, fighting and cussin'.

The first 175 laps of the 200 lap race were like many of the other boring races held at California Speedway. But after the last restart on lap 189, it was an entirely different race.

Kyle Busch, the winner of Saturday's Nationwide race led 119 laps up to that point. He was lined up on the outside, with Joey Logano on the inside, followed by Kurt Busch and Tony Stewart.

Busch did not get a good start. Logano blocked Stewart and briefly gained the lead. Within less than a lap Kyle Busch had retaken the lead, while Logano, Stewart, Denny Hamlin, and Kurt Busch battled it out behind him.

Logano kept moving up until he was able to get by Busch, but right behind Logano came polesitter, Denny Hamlin. Both drivers passed Busch with about five-to-go, and battled between themselves; sometimes one going high, while the other went low, each seeking an advantage over the other.

After the white flag was given, signifying the final lap, the racing really heated up between Hamlin and Logano. As the two cars exited turn-4, Logano drifted up the track and brushed Hamlin's No. 11.

While these two were battling each other, here comes Kyle Busch around them on the outside. Right after he cleared the 11 of Hamlin and 22 of Logano, there was a mixup between them. Hamlin's car hit the outside wall and slid down and slammed into the inside wall, while Logano hit the outside wall.

Hamlin collapsed after exiting his car and after initial examinations in the infield care center was taken to a local hos-

pital. While Busch was driving to victory lane, Tony Stewart came flying up, and slid to a stop in front of Logano and his pit crew. Jumping out of his car, he walked briskly over to Logano's wrecked car, and started throwing punches at Logano before his pit crew intervened.

Stewart was angry and cursing afterwards to television reporters, saying, "What the hell do you think I am mad about? That little \$&@!+ blocked me and kept me from winning the race."

Meanwhile Logano admitted that he blocked Stewart on the restart, and said, "I had to put a block on Tony, because I couldn't let him get ahead of me. But I don't know why he's so sore, it was just racing."

While the shenanigans continued on pit road, Kyle Busch was celebrating not only his first Cup win at the California track, but car owner Joe Gibbs' first also. "They (Logano and Hamlin) were so busy racing each other that they forgot about me," said Busch. "It was really good to come back and win like that. I knew when they both went to the inside of the track there was going to be trouble. I just put my foot down and stayed up on the outside, and hoped that I could get by the wreck, which I knew was coming."

Dale Earnhardt Jr. finished second, followed by Kurt Busch, Carl Edwards, Greg Biffle, and Joey Logano.

Matt Kenseth, the seventh place finisher jumped out to the lead early, leading the first 10 laps of Sunday's race but it was his Joe Gibbs Racing teammate, Kyle Busch, who quickly took control.

Paul Menard, Kasey Kahne, and Ryan Newman rounded out the top-10.

Stewart wound up 22nd, while his other teammate,



Kyle Busch, winner of both the California Nationwide and Cup races

Danica Patrick was 26th. Top-10 leaders after 5 of 36: 1. Earnhardt-199, 2. Keselowski-187, 3. Johnson-183, 4. Biffle-165, 5. Edwards-164, 6. Kyle Busch-163, 7. Kahne-159, 8. Menard-154, 9. Hamlin-145, 10. Logano-143.

BUSCH GETS ANOTHER NATIONWIDE WIN

Kyle Busch finished .834 seconds ahead of Sam Hornish Jr. in Saturday's Nationwide race to claim his third win in five starts this season.

"I think it's pretty cool that you can see a team go to a race track and dominate like that in a series," Busch said, "Although it's really, really awkward, because we've got nine in a row here in the Nationwide Series, and we have yet to win a Cup race here."

Busch also extended his own record for career wins in the series, pushing that number to 54. The six wins at a single track ties his personal best; Busch also has six NNS victories at Charlotte.

Regan Smith rallied from a lap down -- the result of an early flat tire -- to claim third, with Parker Kligerman running fourth in a Toyota owned by Busch. Austin Dillon came home fifth, followed by rookie Kyle Larson.

Elliott Sadler, Brian Scott, Trevor Bayne and rookie Kevin Swindell completed the top 10.

Top-10 points leaders after 5 of 33: 1. Hornish-210, 2. Smith-182, 3. Scott-179, 4. Allgaier-178, 5. Dillon-172, 6. Bayne-163, 7. Larson-156, 8. Kligerman-154, 9. Sadler-154,

10. Bowman-152. SPRINT FAN VOTE NOW OPEN

Race fans can now begin casting ballots for their favorite eligible driver in the hopes of seeing him or her in the Sprint All-Star Race on Saturday, May 18 at Charlotte Motor Speedway.

Voting is open and ends on the day of the race. Fans can vote an unlimited number of times between March 20 and May 18 by downloading the NASCAR Mobile '13 application or visiting nascar.com/SprintFanVote. Votes cast on NASCAR Mobile '13 will count twice towards a driver's total. The driver receiving the highest number of votes will earn a spot in the NASCAR Sprint All-Star Race. More info about the All-Star race, eligible drivers on my 2013 Sprint All-Star Race page.

WALMART OFFERING DISCOUNTED NASCAR TICKETS

NASCAR fans wanting to attend upcoming Sprint Cup races can now save more than \$100 on tickets, food and more with the Walmart Family Track Pack.

Tickets are available online at www.walmart.com/NASCAR and in select Walmart stores. Families can purchase a package that includes four race tickets, four hot dogs and four sodas for \$99.

In addition, local stores will offer special exhibitions, like car displays, and driver appearances prior to each race.

There is no NASCAR racing the weekend of March 30-31. It is an off week due to the Easter holiday.

RacingTrivia Question: Who won the inaugural Cup race at Texas Motor Speedway?

Last Week's Question: Which full time series is Elliott Sadler running this year? He is running full-time in the Nationwide Series for Joe Gibbs Racing, plus a few Cup races.

You may contact the Racing Reporter at hodges@race500.com. NT(Mar27,C1)ac

March 30th brings opening day of seasonal trout streams

Cold-water north Georgia streams are receiving plenty of trout stockings in time for the opening day of seasonal trout streams Saturday, March 30, 2013. In all, more than 1 million trout will be stocked by the end of this year, thanks to efforts by the Georgia Department of Natural Resources' Wildlife Resources Division and the U.S. Fish and Wildlife Service.

"Hatchery conditions have been good this winter and we have great quality trout, including some beautiful brook trout thanks to both state and federal hatcheries, ready to help us meet our goal of replenishing stocked streams before opening day," says John Lee Thomson, trout stocking coordinator for the Wildlife Resources Division. "Recent rains are contributing to good stream flows and will give us the opportunity to spread fish out, making way for another excellent opening week of the Georgia trout season."

Some popular seasonal streams include Cooper Creek in Union County, Wildcat Creek in Rabun County, Dicks Creek in Lumpkin County and Johns Creek in Floyd County. It should be noted that Wildcat Creek in Rabun County will

be stocked and open for camping this year. The Boggs Creek area in Lumpkin County will also be stocked, but open for day-use only.

The daily limit is eight trout on general regulation trout waters. Anglers are reminded to respect private property rights along streams flowing through private lands and to obtain permission before fishing on private property.

Anglers must possess a current Georgia fishing license and a trout license to fish in designated trout waters and to fish for or possess trout. Anglers must also possess a wildlife management area license or Georgia Outdoor Recreation Pass (GORP) in order to fish on certain WMAs. Find a list of designated areas at www.georgiawildlife.com/Georgia-Outdoor-Recreational-Pass.

Where can you get a license? Buy it online, find a list of retail license vendors at www.georgiawildlife.com/licenses-permits-passes or buy it by phone at 1-800-366-2661.

For more on trout fishing, download a free Georgia trout stream map and other trout fishing tips from the Wildlife Resources Division at www.georgiawildlife.com/Fishing/Trout or call (770) 535-5498.

VFW Golf League news

It's that time again. We start on Thursday, April 4 at 9:30 AM. Be sure to be at the course by 9 AM so we can get organized for tee time.

We need some more players this year, especially some ladies, so be sure to ask your wife or some other lady friend to join us for some chuckles and laughs. The collection of the

money will be the same as last year or you can pay the \$40 at one time which covers the cost of playing and the banquet.

We are planning on having a par 3 tournament again and a day of play at another course too.

Hope to have a good turnout on our first day, seeing as how it never rains on Thursdays on a golf course.