

Towns County Sports

Towns County's Leader In Sports

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10&U Softball World Series bound

By Joe Collins
Towns County Herald
Staff Writer

The 2013 Dizzy Dean Fast-pitch World Series will be held in Southaven, Miss on July 10-15 at the outstanding state of the art Greenbrook Park.

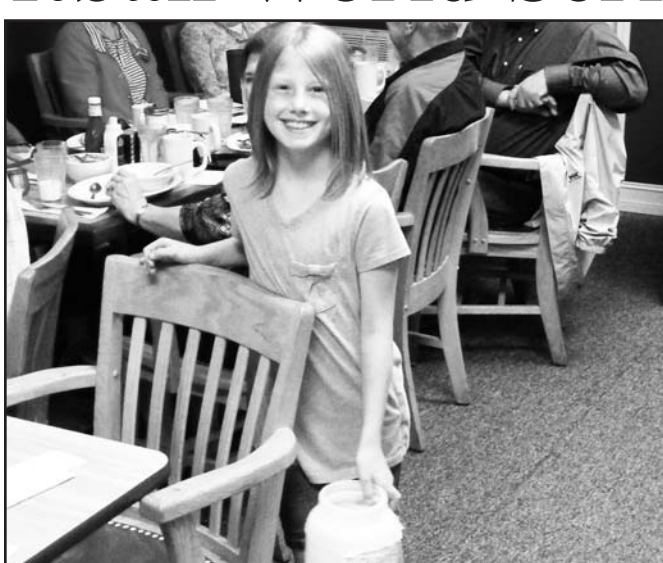
The Southaven Parks Department will be hosting the event at the eight-field complex and the Towns County Lady Indians 10&U Softball team from the Towns County Recreation Department has earned the honor to play and they're going.

Towns County should be very proud of this team for their achievements this season. They started the regular season with a loss to Union County 5-4 but then won every game to finish 13-1, out scoring their opponents 135-8. Most wins were shut outs and many were short-inning "Mercy Rule wins". The team continued their solid play as the regular season ended and the post season began.

The Lady Indians dominated the District 6 league championship at Meeks Park in Blairsville on June 14-15. They beat Union 12-1 to open the tournament and then proceeded to win over Jackson County in a close one 3-1. They won the championship 8-1 over Union again who had battled their way back through the loser's bracket to play in the championship. Winning at District earned them the opportunity to compete at the state competition.

The girls were phenomenal in the post season finishing with a 7-2 record, both loses coming at the hands of Whitfield County. Their first loss was the opening game of the State Tournament and the second was for the State Championship after battling back through the loser's bracket to get a shot at the title. The runner-up finish earned them an invitation to the World Series.

"We had a great year with these girls," said Assistant Recreation Director Alan Rogers. "This team saw its ability and it has played hard all season. They



Alisa Moss collects money for the TCRD 10&U Softball team at Mary's Southern Grill. Photo/Joe Collins.



TCRD 10&U in action during the District Tournament. Photo/Todd Forrest

are good in the field and they can produce a lot of runs at the plate."

Kennedi Henson has been really good on the mound this year averaging 12.5 strikeouts per game and an ERA of less than 1.00.

"She's had a good year on the mound this season and she strikes out a lot of hitters. It is important to have strong pitching on a fast pitch softball team. The team has a lot of good hitters so they score a lot of runs. The combination of good pitching and solid hitting wins games. You got to score runs and play defense and this team does it all. They're a gritty bunch of athletes"

girls won it over all the teams there, this is not a consolation prize; it is an honorable prize. I am as proud of this award as I am anything. This proves just how special the athletes from Towns County are and I want to thank all the athletes and their parents for this honor," declared Rogers.

The people of Towns County are proud as well and will be supporting the team through Sole Commissioner Bill Kendall's office with transportation and some accommodations for the coaches and players.

Fans have been supportive too by giving to help with expenses. Miss Alisa Moss has been a busy guest of Mary's Southern Grill where she waited patiently by the door for donations to her bucket. She collected \$730 for her efforts. This will be a big help, as the team could possibly need as many as six nights lodging if they do well.

The bipartisan political group Movers and Shakers passed the hat on Friday at their weekly meeting at Mary's and collected \$267 for Moss' donation bucket.

"We are just so honored for Towns County to be represented by these young ladies at the World Series we felt obliged to help," stated Sam Fullerton, M & S Director.

"We just want to say thanks to all who helped with donations. It is expensive for these girls to make the trip. Some of these girls might not be going if it weren't for the love of the people from Towns County," said Alisa's mother Lisa Parton.

Rogers was also humbled by the outpouring. "We can't thank everyone enough for all the help. This will be a life changing experience for these girls and the folks of Towns County have made it all possible. We just want to make sure all involved know how much the girls and the recreation department appreciate everything that has been done both through donations and volunteering."

Good Luck Lady Indians at the Dizzy Dean World Series!

Joe Collins



Tips from the Range

There is a dedicated area in the golf swing that will give you the feedback you need to better your swing and as a result enjoy your time on the golf course.

You can swing the club in any way you see fit, but if your movement isn't solid in this part of the swing, your will never hit the shots you know you are capable of. It is where the swing starts and stops with every swing of the club and it can assure you of a consistent swing with almost every effort if done correctly.

The balance and center of your swing passes through this position every time and can be extremely affected if you move poorly. You hear a lot about it but rarely is it given the level of importance it should. Good ball strikers and solid competitive players know that a good or bad swing is born with? Proper Footwork. It is proper footwork that will make your swing work and help you maintain your center of gravity throughout the whole swing process. It is a very important component of consistent golf.

Go to a PGA tour event and don't be shocked if you see one or more players practicing with their shoes off. It is a great way to learn the feel of how the balance works from the start to the finish of any golf swing. The great Sam Snead would practice with his shoes off and it would help him play better. The pros know the benefit of proper footwork and you need to understand it too.

Proper footwork is dependent on being in the correct set-up. It is very important to be the right distance from the ball at address so that you do not have to lean in and reach for the ball to get the club behind it. This lean will place your balance on the forward part of the feet and make it impossible to move correctly. It is vital for your weight to pass through the ankle to the ground and not on the front of the foot. If the balance in the feet is proper, you will feel a tightening in the hamstring muscle located in the upper back of the rear leg. Concentrate on "sitting" down in this muscle and stay there.

The great Ben Hogan said, "I feel like I'm sitting on the edge of a bar stool and staying there until after impact." This is a perfect example of how it feels to stay within your center of gravity on every swing.

What is the proper way

in which to work the feet? I am glad you asked me that! Here it is. First, you must work the feet in a way that promotes a good athletic move through the ball. It should be a balanced move that builds acceleration from the top of the swing and on through impact so that the arms will extend through the hitting area and on into the follow through. It should feel slightly like you are reaching for the ball at impact from the back of your center of gravity. Keeping the knees relaxed and bent until shortly after impact really helps with this especially if you are having balance issues.

Next you must focus on keeping the feet in touch with the ground. The soles of your feet must stay connected to the ground in order for the swing to be in control. Everywhere I go I see golfers swinging to hard and losing contact with the ground. Many good moves at the ball are spent before impact because of poor footwork. The left heel will leave the ground and the front inside big toe will load up on weight during the back swing and the only thing left is the over the top sling with a lot of hands on the downswing.

Allow the front foot to roll in slightly and move your weight to the back leg with a solid back foot that is flat on the ground or possibly a little heavy on the outside edge of the shoe but not disconnected from the ground at all.

Keep the feet grounded until the arms and club have moved through impact and this will ensure that your swing is controlled with the big muscles and that is very important for proper distance. The big muscles move slower than the small muscles so give your swing time to work and be patient out of the top.

Proper footwork will level your swing and focus your attention to swinging within your own power. You will be reminded time and again that your balance needs attention by maintaining correct foot placement and positioning throughout the swing.

Go ahead! Take your shoes off! Stay awhile, and practice barefooted to learn the correct feel of what your connection to the ground should be. Learn to feel the correct feeling in your feet when you play. Your swing will immediately become more controllable and will now perform within your individual ability. You must swing within your own control or you will be forced to use your hands and then the trouble will start.

Good luck and I will see you on the course!

14&U Baseball finishes seventh at State

By Joe Collins
Towns County Herald
Staff Writer

Calhoun - The Towns County boys 14&U Baseball team traveled to Calhoun to play in the Dizzy Dean State tournament on June 28-30.

They got an invitation for finishing third at the District Series in Jefferson earlier in June.

The post-season play was exciting for the team and they played hard suffering some close loses including a couple of come from behind victories for their opponents. They were close to the top at State giving top seed Rome a run, but finished well placing seventh out of twenty teams.

The road to state started early in the season for the team. They started winning and just kept on winning finishing the regular season 13-1. The District tournament did not go as well as the guys would have hoped losing to Union in the opening game 8-6 and falling to Jefferson in the semi-final game 9-6 after leading 6-3 to start the fifth inning. It was a tough loss because they had worked their way back through the losers bracket to try an get another shot at the eventual champions Union County, but settled for third overall after the loss to Jefferson.

The State Tourney found them facing some strong teams from some big recreation programs throughout the southeast.

One example Assistant Director Alan Rogers cited was Whitfield County, "They have 26 recreation departments to



Towns County 14&U pictures by Joe Collins

choose teams from and we have one. It really says something about this group of boys when they go in there and beat these big programs. This team has very few weaknesses."

The team drew Temple in the first game and won 8-5 to give them some confidence. Their second game also produced a win over Acworth 16-8 who has a large program as

well. The third game is where the guys got caught looking. Rogers explained, "We were playing the Rome Green Jack-

ets and they were the tournament favorite. We played an outstanding game and had the lead 11-8 with two out in the seventh inning. Things went south and we lost 12-11. We were the only team that competed against them as they went on to win the championship. We had 'em beat and we let 'em get loose. It was a really tough loss and it probably bothered them the rest of the time. We got down to Bartow County 12-1 in the third inning and battled back eventually losing 14-6 in the quarterfinals. The guys are gritty and they play well at clutch time."

The team showed great sportsmanship throughout the tournament and were cited by many to be very polite athletes that represent Towns County well. "These guys are a strong team when they play together. It is a good group of kids that behave well and respect competition," said Rogers. "We get no complaints on these kids."

Rogers went on to say, "I want to thank the coaches for all they have done for the guys this season, Head Coach Greg Taylor, Assistant Coach Kenny Barrett, Assistant Coach Robbie Graper and Assistant Coach Brett Davenport. The team is strong in all aspects of the game and these guys have helped them get better as athletes and people. I couldn't be more proud of them," said Rogers.

Youth Football Registration

Towns County Youth Football Director Jimmy Smith announced that the registration for athletes began on June 29th from 2 p.m.- 4 p.m. at the Towns County High School practice field which is located on the hill behind the elementary school.

A first time participants will need to bring a birth certificate. Everyone will be required to show proof of residence. Fee for the season is \$90. Mark your calendar now.

"We would like all the kids ages 5 - 11 years of age that have a desire to learn how to play football to come out and participate this year," Smith

said. "We had a good turnout last year and a great season and I am looking forward to this year. It is a good experience for the kids and teaching them to play football is what it is all about. We teach them something at this level and they will remember it as they get older. That helps the school teams and your seeing a lot of kids playing in middle and high school that are products of our league."

Registration will be every Saturday through July from 2-4 p.m. until the opening of practice on July 29. If you have any questions please contact Smith at (706) 835-6176.

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

Young Harris Baseball Camp

YHC Coaches lead all instruction. Last Camp week this summer: July 16-19. Three different camps available to match your players needs. Fundamental (ages 5-12), JR. Elite

(Middle School) & SR. Elite (High School). TheRockSports.com / ONLINE registration OPEN / 706-897-2363. On site registration permitted 15 minutes prior to the start of each camp.

MUSA registration

Mountain United Soccer Association is ready for Fall Soccer.

Registrations are currently being accepted. Forms have been mailed to players who have participated in previous seasons. Forms are also available by visiting the league's website: www.mountainsoccer.org.

In Blairsville, CottBeverage is our community host for the soccer fields. In Hiawassee, the fields at the Towns County Fairgrounds are utilized through the cooperation of the local recreation department. The league is grateful for their commitment and support.

The fall season will begin in early September. Any-

one who is interested in playing needs to register promptly. In some cases space is limited.

MUSA is a volunteer run organization and is also a 501C3 nonprofit. Any and all donations are directed to the youth player.

Field Sponsors, Sign Sponsors and Team Sponsors are always needed. If you are interested in supporting the youth soccer players in our community through sponsorship and/or donation, please contact the association.

For additional information contact the league at 706-994-4351, musa.soccer@gmail.com or visit us on the web at www.mountainsoccer.org.

Jessi's Gift

A "Pay it Forward" 5K Run and 2 Mile Walk

Jessi Patrick was an 8th Grade student at Towns County Middle School when she was diagnosed with AML (Acute Myeloid Leukemia) on June 26, 2010. During treatment at Childrens Healthcare of Atlanta she became friends with Lily Anderson who was also fighting cancer. Lily introduced Jessi to Kingdom Kids which is an organization that grants wishes to children facing challenging circumstances and health issues. Jessi was granted her wish through Lily's Run. After becoming part of the Kingdom Kids family Jessi was looking forward to "Paying it Forward" when she finished treatment and was excited about organizing a run to help grant more wishes to children. With great sadness, Jessi succumbed to side effects from treatment so we are continuing to carry on her wish to help other children. Please come join us and help a child "Have a Happily Better After".

3rd Annual 5K Race and 2 Mile Walk
Saturday, July 13, 2013
Race Time 8:00 AM

Clay County Recreational Park
Myers Chapel Road
Hayesville, NC 28904

Benefitting: Kingdom Kids
\$15 pre registered, \$20 Race day
Student - \$10 pre registered, \$15 race day
T-shirts guaranteed to all 5K runners or walkers who pre-register by June 27th
Awards to: Overall Male and Female 10 and under then 5 year age brackets
All runners and walkers are also entered in a raffle to win prizes donated from our generous sponsors. GOLFPOA, The Ridges, Brasstown Valley Resort & Spa, Brothers, Body Sense & The Rustic Rose.

Register at active.com
Contact Kathi Patrick at 706.994.3857 / katchipatrick3@gmail.com
or Merri Murphy at 407.451.1102 / merriandmichaelmurfurphy@gmail.com
PO Box 314, Young Harris, GA 30582

Thanks to all our sponsors for making this event possible: Jacky Jones Automotive Group, Nantahala Bank, Mountain Graphics, Absolute Dental Lab, United Community Bank, Scrubs & More, Ingles Hayesville