

# Towns County Sports

Towns County's Leader In Sports

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## Lady Indians' Summer League in the books

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As of Monday night, the Towns County Lady Indians concluded its summer league action and first-year Head Coach Jessica Berrong and her squad can officially begin gearing up for the 2013 season.

Towns County lost several key players to graduation but Coach Berrong is confident in her young group of Lady Indians.

Youth will be served early on, but as the season progresses, Coach Berrong believes that youth will give way to experience that will benefit the up-and-coming program.

"We lost a lot of valuable players with last year's seniors graduating," Coach Berrong said. "We are a very young team now, and the summer games have given us the opportunity for the girls to start getting comfortable playing with each other. It also gives us, as coaches, time to move some players around and figure out what will work best for the team."

Over the summer, the Lady Indians haven't loaded up on a cupcake schedule. The Lady Indians have challenged the best teams in North Georgia to prepare them for Region 8-A play.

Towns has faced Lumpkin County who were Region Runner-Up in Region 8-AAAA last year. Fannin County has made consecutive trips to the State Tournament in Class AA and AAA, meanwhile, Union County's hasn't missed a State Tournament since 2008.

"Teams like Fannin, Union, and Lumpkin are a good comparison to the teams in our region," Coach Berrong said. "Playing these schools has helped us get ready for this fall."

The summer league has also given the Lady Indians a chance to face live pitching in 10 games and according to Coach Berrong, that is what makes the summer games so valuable.

"In years past, most girls wouldn't see live pitching in a game situation until the season's first game," Coach Berrong said. "That's not the case this year."

It also gives the coaching staff a chance to see how the players react under pressure, and what adjustments need to be made.

"The summer league has pointed out a few areas in the field we still need to work on," Coach Berrong said. "We plan on dedicating a good amount of time to those between now and



our first game. I am proud to say we have gotten to see a few girls step up to the challenge this summer and I am really excited to see their growth continue through the season."

Emily Ledford will be relied upon for a lot of innings from the circle. The bats of Tori Morgan and Jordyn Gurley should provide the run support, while having enough speed around them in the lineup to allow Coach Berrong to be aggressive on the base paths.

"Ledford is doing a great job from the mound," Coach Berrong said. "Morgan and Gurley's bats have been impressive this summer. We also have some speed coming in from Alyssa Pyle and Bailey Sutton. I am looking forward to several stolen bases between these two this year."

As for what's in the store for the 2013 season, Coach Berrong expects her team to be competitive, but she also expects this season to lay a solid foundation for the future of Towns County Softball.

"Of course I want to compete, and I believe that we can," Coach Berrong said. "I also want the girls to become comfortable playing with each other. With only one senior, these girls have several years to play together. I look forward to seeing what happens this year and in future years."

The Lady Indians season gets underway on Aug. 12th when they visit Region 8-AA's Rabun County Lady Wildcats. On Aug. 13th, Towns will host Prince Avenue in its Region 8-A and home opener.

"This year, the girls need to encourage and push each other to work harder and commit to the program," Coach Berrong said. "Without commitment, it will be hard to take our program to the next level. I feel that if the girls are willing to make this commitment, we will have a good season."



The Towns County Lady Indians were in action in Blairsville two weeks ago and were back at it again on Monday when they traveled to Dahlonega for a double-header. Towns County Softball photos by Todd Forrest

## VFW Golf League news

7/25/13 we had a great turnout and weather. We tried a new format. Myron put the captains (long ball hitters) together, seeing as how they never play together. Well, they proved that they should be captains, posting a score of 62.10 under par. They showed a score of 7 under on the front nine and 3 under on the back nine. Team members consisted of George Darden; Mel Halfon; Danny Barrett; and Bill Long. Great shooting fellows. Second place team came in with a score of 4 under or 68. Team members were J. T. Barrett; Bart Rodgers; Bill Mace; and Frank Geddings. The only teams that came in under par. The golf might not have been so great, but you cannot beat the company. Next week is our par 3 tournament. We need you players at the golf course by 8:15 AM at the latest so we can tee off by 9 AM. See y'all there.

## Blairsville School of Dance free registration day

For the eighth consecutive year, Blairsville School of Dance will be offering an Open House and Free Registration Day on Thursday, August 1 from 5:30-7:30 p.m.

The Open House gives the community an opportunity to tour the facility, meet the teachers and find out more about the classes at Blairsville School of Dance. To celebrate its eighth season, students who register for the upcoming year at the Open House will save the \$25 registration fee. In addition to its highly popular classes, which include Fairy Tale Ballet, Ballet Technique, Beginning through Advanced Clogging, Hip Hop Academy, Jazz, Lyrical, Hip/Hop Jazz Combo, Tap/Ballet Combo and Musical Theatre, this year, BSOD will also introduce a Music and Movement class for ages 2-4. BSOD will also be holding auditions for its 2013-14

competition groups. Dancers interested in joining any of the BSOD Force competition groups should call (706) 835-1415 for audition information. BSOD offers competition opportunities in clogging, hip hop, jazz and lyrical. Students may choose to compete in as few or as many dance styles as they wish. BSOD is home to the Grand Champion BSOD Force competition clogging teams, as well as the winning BSOD Flames competition hip hop group. The competition groups include dancers from Blairsville, Young Harris, Hiawassee, Hayesville and Murphy.

Blairsville School of Dance offers classes in ballet, clogging, hip hop, jazz, lyrical, ballroom, musical theater, break dance, Zumba, creative movement and preschool classes for ages 2-adult. BSOD is located in

the Merchant's Walk Plaza at 90 Blue Ridge St. in downtown Blairsville. For more information, call (706)835-1415 or visit www.blairsville-dance.com.

## BMTA Hike

Sunday, August 11: Hike from Watson Gap to Dally Gap and back. This hike will be approximately 7.5 miles round trip. The difficulty level is moderate/strenuous due to length; not a large altitude change. Drink plenty of water before hike to hydrate in advance and bring plenty of water during hike. Mostly shaded hike is largely in the Cohutta Wilderness and will include creeks and possibly beavers. Group limited to 12 hikers due to wilderness restrictions. Pre-register for meeting time and location by calling Hike Leader, Darcy Douglas at 404-497-0818 or email bmtadarcy@yahoo.com. NTJ08131230c

Joe Collins  
**Tips from the Range**

Last week we looked at how important it is to use proper footwork to help leave the top of your back swing with a smooth motion that is quiet in the hands and trailing the arms. Acceleration should occur through impact and beyond instead of at the top of your arc. The week before we looked at how important it is to focus on the exact second that you start your down swing. This week we are going to look at the key that starts this car and makes everything happen in its own time. If there is one thing that affects your balance more often and can throw your swing into a tailspin quicker than you might expect, it's your weight transfer. The key to a proper weight transfer is the move to the front side or front foot. Nothing happens when it is supposed to without a little thing that is seldom discussed, "The Bump".

The Bump should be a part of everyone's swing and can be found in the tightest swing on any tour. I am talking about the very first thing that should happen in any swing and the one thing that rarely happens correctly at the amateur level. You must settle your initial weight movement the front side first so the rest of the swing can follow. It is also the power source that starts the arms out of the top, because when the bump happens, it allows the arms the time they need to drop naturally and not require accented force from the hands and wrist. Simply put, the Bump is the move to the front side of the weight transfer before anything happens at the top. It is vital that you transfer your weight to the front side foot to maintain proper balance throughout the swing or the club path will be wrong.

You have to be really careful when working on the weight transfer. If it is performed in any manner that is outside your center of gravity, then your impact will be out of square. Moving weight to the front side of your swing will make you want to change your spine position and thus put your head in front of the ball before you hit it. Moving ahead of impact with the head, and in direct relation the top portion of the spine, is wrong and should be avoided at all cost. Your lower body can move just keep the upper part of the upper body still like it was set at address with the bottom end of the spine over the heels. This will help you move through the lower body better when transferring the weight.

You can work on this at almost any time. You can assume a balanced address position without a club and turn the core of your body to start the weight transfer to the back foot. (You will see good players lay their arms across their chest in an X fashion and turn to feel the center of their chest when working on their first move down.) Now focus on the exact moment when you feel the weight start its path to the front foot. Feel yourself push weight off the back foot and settle it on the front foot before anything happens in the swing including too much hip turn. If the lower part of the spine needs to move as the weight transfers then let it happen. Just remember to keep the top part of the spine behind impact. Allow the arms to fall naturally and guide them with the top of the shoulder line.

I know this all sounds hard to do but it really isn't. Stay focused on your balance and a lot of this will take care of itself. Give your swing time to work in the proper order and the club path will be correct most of the time.

Good luck and I will see you on the course!

## Mountain Gymnastics registration

Fall Registration for Gymnastics, Preschool, and Tumbling Classes has begun.

Classes begun the week of Aug. 5th. Stop by the gym to sign up for a class.

See our schedule at www.mtngym.com or call (706)745-3325.

Mountain GYMNASTICS CENTER  
(706) 745-3325

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

## MUSA registration

Mountain United Soccer Association is ready for Fall Soccer.

Registrations are currently being accepted for ages 4-18. 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. The deadline for registration is Aug. 7th.

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. Anyone 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.

## 1st Annual X-treme Dream Hunt Banquet August 3rd

The 1st Annual X-treme Dream Hunt Banquet will be held on Saturday, August 3rd, 5 p.m. at The Refuge, Plott Town Road, Young Harris.

X-treme Dream Hunts provide the opportunity for disabled individuals to fulfill their dream connected to God's great outdoors. Whether it be hunting or fishing, the X-

treme Dream Hunts have made dreams become a reality!

Come and support this ministry for a great time for food, fun, and fellowship! Meet participants and future candidates, we will have special speakers and dinner will be provided.

For more information call 706-897-5074 or email to jeffxco@gmail.com. NTJ08131230c



## Trout stocking sites week of July 22-26, 2013

FANNIN: Rock Creek and Toccoa River.  
LUMPKIN: Nimbleshwill Creek.  
UNION: Cooper Creek.

\*\*\*NOTE: Information is subject to change. Please call the hatchery at 706-838-4723 for questions. The hatchery also provides trout for the state. Please contact Georgia DNR for information on sites stocked by the state. NTJ08131230c