

Towns County Sports

Towns County's Leader In Sports

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TCHS' Football Coach: a touchdown for the Indians

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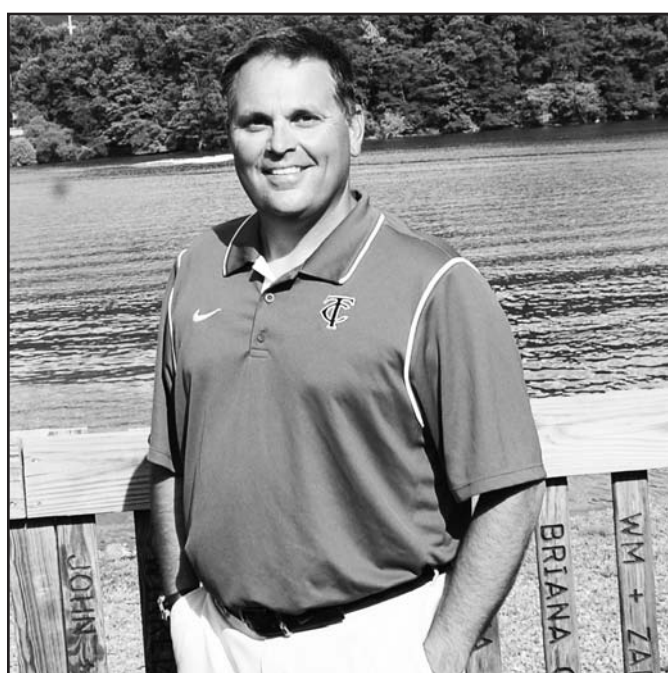
Coach Blair Harrison does not believe in giving up.

Quite the fighter, Harrison was diagnosed with Lymphoma in 2010, and even while receiving treatments, he went to every football practice for his team in Columbus. Well, every practice but one.

"The parents at Brookstone paid for my wife and I to fly to Nebraska to see another specialist and make sure everything was okay. They paid extra to make sure we could fly out and fly back in the same day, so that was the one practice I missed," he laughed, recalling one of the teams he cared so much about. "That was the only year of my mine that we didn't make the playoffs."

In the 2010 season, Harrison was married in June, found out he and his wife were going to have a baby in July, and received the devastating news that he had cancer in August. Football was stronger than the cancer, though. Harrison has coached for 19 years, all over Georgia and Tennessee. In the history of Brookstone School, he has the most wins, so the news of the illness had little chance of holding him back from football.

Harrison has high hopes for Towns County. He expects



New Towns County Head Football Coach Blair Harrison looks to start the season off right with a win over Hayesville, NC. Photo/Lowell Nicholson

the fans will definitely see physical improvements by next year. After that, they will only continue to gain.

"It's a marathon," he says, "not a sprint. I'm in it for the long haul."

Harrison admires the closeness of the team, too. He thinks the kids really like to be around each other, and they are starting to see what it means to be a team.

Harrison wants to ensure the team feels like a family. After just a few practices, he organized

a covered dish dinner for all of the players and their parents to come together and get to know each other even better. It's a tradition Harrison has always done with his teams, and he believes in it. The Touchdown Club believed in it, too. Like a booster club for football, President Nathan Noblet has supported Harrison throughout the summer.

"He has been wonderful to me in making this transition smooth," Harrison said.

Also supportive is new

High School principal Jonathan Gibson.

Harrison appreciates the support, and promised, "I'll prove I'm a great hire. He makes this job even better, because I wouldn't want to work for anyone else."

Harrison is careful to have his priorities straight, too, ensuring academics come first for his players. He wants them to care about their grades so that they can continue to play. He is confident the team is moving in the right direction in every way, and is looking forward to their first game.

That game is coming right up. Aug. 23rd, Towns County will play Hayesville, and Harrison predicts that win or lose, it will be an emotional game.

"Our kids have put so much into this season so far. They're going to show that they've worked so hard. I'm sure that we'll do some good things that night, but it's a learning process. It will be the first time we've gone to battle together. I'm going to learn a lot about them, and they're going to learn a lot about me. There's nowhere to go but up."

Harrison was quick to point out that it's a process. Even if the team wins every game, there will always be room for improvement. The team likes playing for him, and Harrison thoroughly enjoys coaching them. It's sure to be an exciting year for the team, and Coach Harrison, alike.



Joe Collins

Tips from the Range

I have discussed the importance of the straight forward arm throughout the swing and how it guides the arms into and past impact, but the thing that I would like 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 when used at the wrong time.

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 work with a drill I learned from Steve Eubanks several years ago. First, turn your back to the sun so that your shadow is on the ground. Next, 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.

I have now run my first series of "Tips", the Basic Swing Fundamentals, for the second time. There is a lot of information when looking at how to swing the club and I hope I covered it sufficiently.

I reason that the swing is no good if you can't play the game so next week I would like to begin looking into making your way around the course. There is a lot of information to help you figure out the best way to play your own game.

Good luck and I will see you on the course!

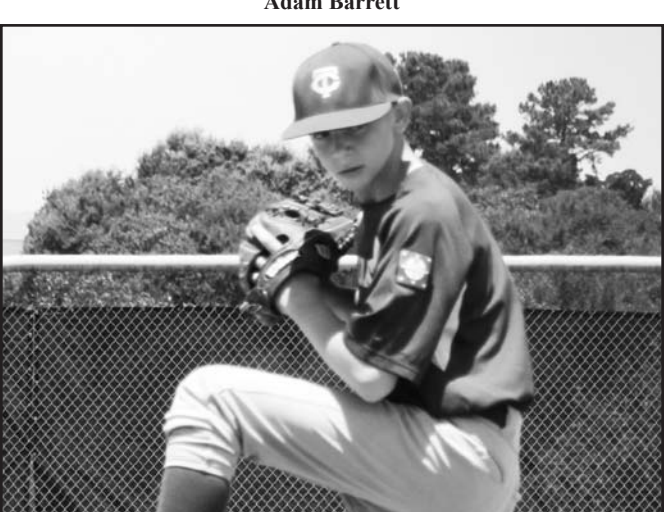
More sights from Towns' 14U State Playoff run



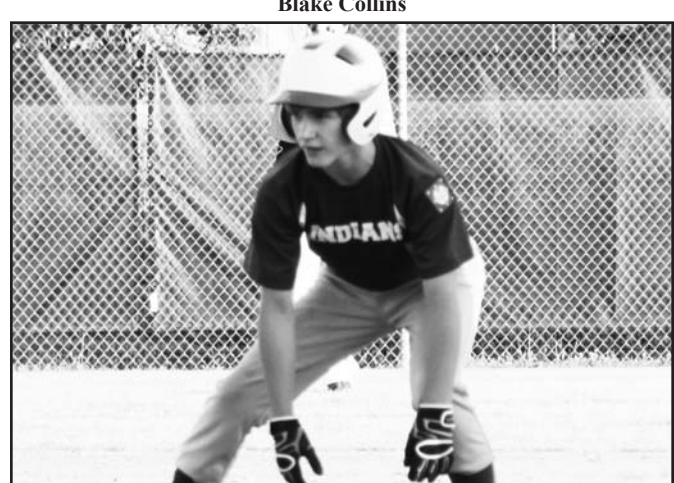
Adam Barrett



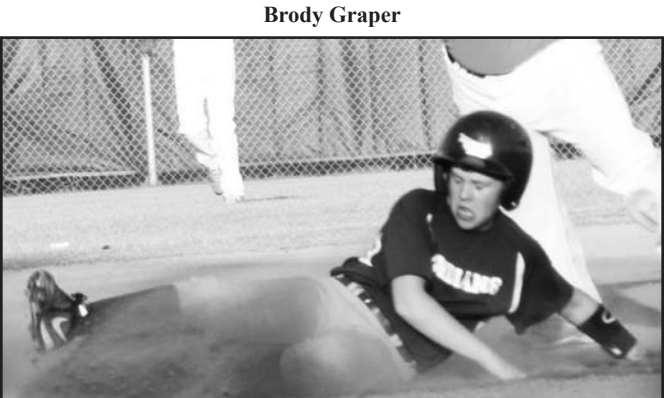
Blake Collins



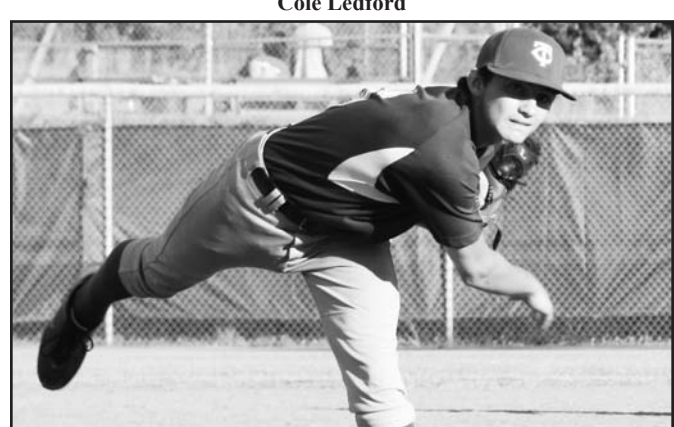
Brody Graper



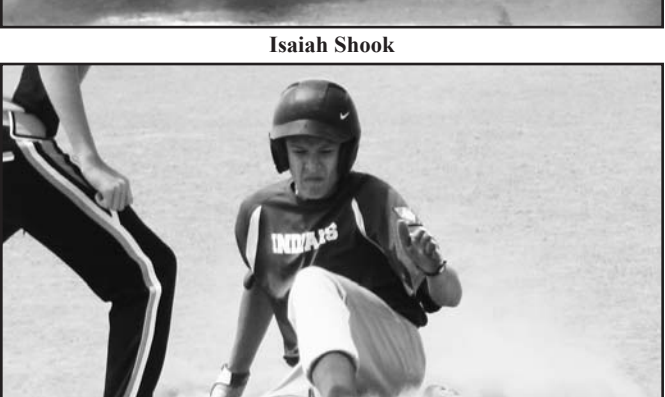
Cole Ledford



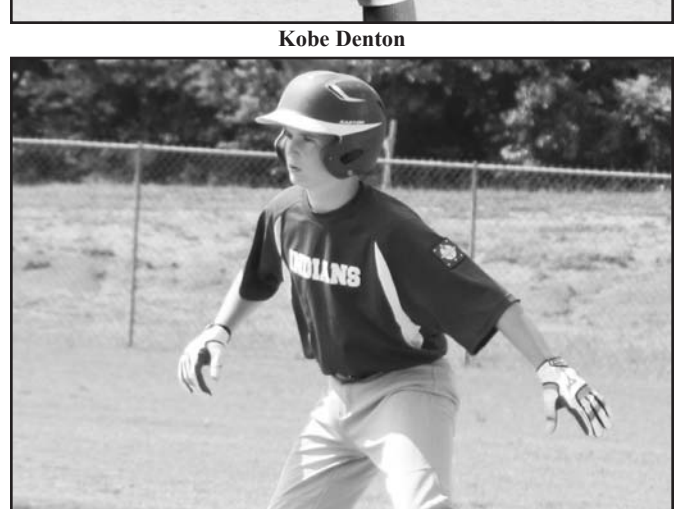
Isaiah Shook



Kobe Denton



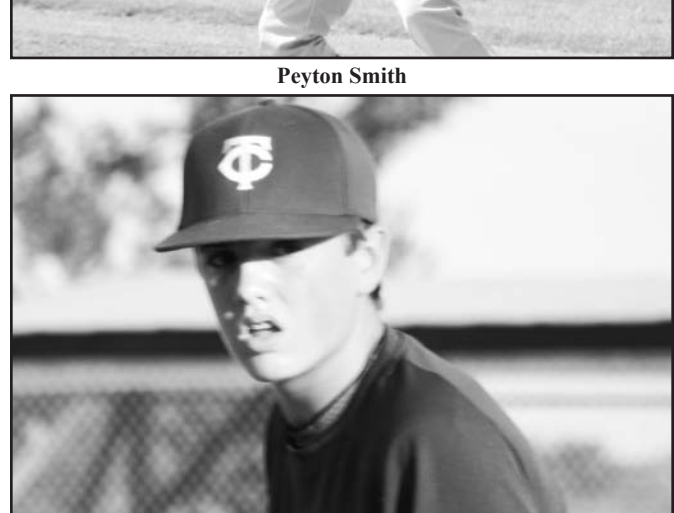
Major Moss



Peyton Smith



Trey Chastain



Zachary Davenport

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 Hiwassee, 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.

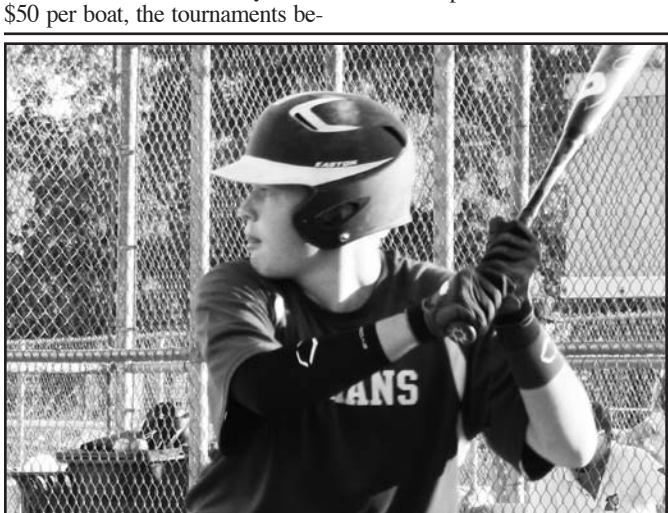
For additional information contact the league at 706-994-4351, musa.soccer@gmail.com or visit us on the web at www.mountainsoccer.org.

Fish for Food Fishing Tournament

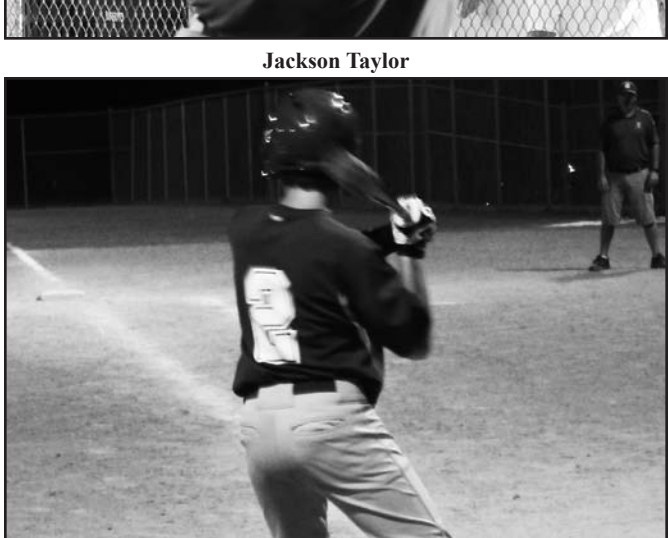
Matthew 25 Food Ministries presents "Fish for Food Fishing Tournament". 60% of tournament money goes to feed needy families in our area. The remaining 40% will go to tournament prize money. Prize money will be awarded for 1st Place, 2nd Place and 3rd Place and biggest fish. Actual prize amount will depend on number of entries. Entry fee is \$50 per boat, the tournaments be-

gin 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.



Jackson Taylor



Andy Chambers

Photos by Penny Ledford