

Towns County Sports

Towns County's Leader In Sports

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Indians ready to hit somebody else; Dawson on the list

By Joe Collins
Towns County Herald
Staff Writer

The 2012 Towns County High School football team is close to being ready to begin the season. Inclement weather has had Head Coach Kyle Langford struggling to get the team in top form but he feels they are almost there.

"It's been tough to stick to our overall practice schedule, but we have managed to get something out of everyday," Langford said as he praised the team's work ethics.

The team has been in full pads for more than a week and is starting to get conditioned to the impact of hitting. Langford has let them run offensive and defensive plays during practice with starters on both sides of the line. This concept helps them get used to the full speed contact that an actual game will present.

"At this point we are just okay," Coach Langford said. "The rain has hindered our outside practices but we have been able to go into the gym and work on audible commands and timing. That is very important in the execution of



Your 2012 Towns County Indian football team. Photo/Lowell Nicholson.

your offensive and defensive formations."

While the rain and bad weather have caused adjustments in the practice schedule, it has also allowed the players to stay healthy and feel great. The coaches are not having to deal with injuries due in part to the low impact workouts, so this has given them more time to work on conditioning. This is just one of the good things that the bad weather has provided.

Another positive aspect for the Indians this year is maturity. They have several players back with more actual game time experience and this helps with the focus and effort

of their abilities.

"This is the first time in six seasons that I've been coaching at TCHS that we don't have any freshman starting. On Friday nights it becomes their team and the maturity level will certainly have an impact on that concept," said an understanding Langford, while talking about the upcoming season.

Friday was a day to work on Special Teams. Player placements and formations were being finalized.

"Special Teams are just as important as the rest of the things we work on," Coach Langford said. "A close game can be won or lost by the efforts of the Special Teams so we spend quite a bit of time working on them. Timing is very crucial so it's important to familiarize ourselves with the process. "Junior Cesar Bustamante is very impressive with his kicking talent," praised Langford.

Aug. 17 at 6 p.m. will find the Indians at Dawson County High School in Dawsonville where they will play an actual scrimmage game against the Class AAA team.

"They are very good and have a shot at a State Championship with 22 return-

ing seniors," Coach Langford said. "We have a plan for the game that consists of looking at our execution and getting some conditioning. Our starting lineup will play at least two and possibly three quarters depending on how good they look."

The season opener is on Aug. 24 against their North Carolina rivals, Hayesville Yellow Jackets, who beat the Indians 21-6 in 2011.

"Last year they executed better than we did and they were much more aggressive than we were. This year our plan is to reverse those two thoughts and be much more aggressive with better execution. I am really looking forward to playing them this year," Coach Langford said.

All things considered, the 2012 season is looking good. The attitude of the team is positive and their desire to win has been kindled with some good practices and outstanding coaching.

This coaching staff has a lot of experience with winning and they don't shy away from a challenge. They are very positive about their teams' talent. This combination should make Indians football very exciting in 2012.

Grip, Alignment and Ball Position

Now that we have established the proper stance, we need to look at the bodies' attachment to the swing. We are going to look at the way we hold the club, aim and position the ball in relation to the club we have chosen for the shot at hand. These are the swing mechanics that prepare you to make a solid back swing.

The most difficult of these three aspects is the grip. I know that sounds strange but the grip is the main connection we have with the club. In other words, what the hands do affects what the face of the club does. The back of the forward hand is a direct representation of how square the club is at impact, so if the grip is wrong, impact will be out of square.

To establish the correct grip for your swing, observe the actual grip on the club and notice that there is a slight rise at the very end of the club. Do not grip the club past the start of that rise. It is there to prevent the club from slipping further into your hand.

Open the forward hand and lay the clubs' grip at the base of the little finger with the end extending about an inch past the base of the hand. Now close the hand over the club shaft until you can see at least two of the knuckles on the back of the forward hand. The shaft should run through the middle of the index finger and the connection of the hand and the thumb should form a line as the hand tightens around the club. This line should point toward the back shoulder. Work with it and you will find your happy place on the club just remember to never change your hold on the club during the swing.

Aiming is really simple. Imagine a set of railroad tracks. The rail away from you will be the target line and the inside rail will represent the tips of your toes. Now, take your club and lay it across the tops of your knees, then in front of your hips and finally across the front of the shoulders. All four of these lines should be parallel to the outside rail and all four lines should be pointed at the target. There you go; alignment set.

Ball position is even simpler. While you are in your stance, look down at the distance between your feet. Remember to keep your feet a little less than shoulder width apart. Find the center point between your feet and always play normal shots from that point, or a little forward of that point, with the ball position moving toward the front foot as the shaft gets longer. Knockdown shots or low shots will be played behind this point in order to keep the ball low. Drivers should be just inside the front foot.

These swing mechanics are the general rule for basic golf swings. The more you practice the better it will feel but be careful to not reinvent the wheel. Stick to these simple thoughts and the process will become easy.

I hope that you have been able to establish a good comfortable stance and that these mechanics fit well with your set up. It is important to get things stable because the hard stuff is on the way.

Next week we will start learning how to take the club away and return it to impact so practice making your stance balanced and your swing attached.

Good luck and I will see you on the course!

Joe Collins

Tips from the Range



All dressed up and no place to go. TC Indians eager to hit someone else. Photo/Lowell Nicholson

Towns County Cross Country up and running

By Joe Collins
Towns County Herald
Staff Writer

The Towns County Indians Cross Country teams have begun training. Head Coach Jeannie Ledford is excited about this year's schedule and believes her girls and boys will have a good chance of making it to the State Championship meet on Nov. 3 in Macon. "We have a lot of experienced runners back this year and with the new single A divisions for public and private schools our chances of doing well have increased," said coach Ledford.

This year marks the beginning of a new classification of the term "region". The new term is now known as Area. Towns county cross country has been placed in Area 4A and will compete against only public schools at the Area and State competitions.

The Georgia High School Association recognized the fact that being a private school can offer an unfair advantage against public schools and stepped in this year to help. Most public schools feel as though this is some long overdue assistance.



Class of 2012's Walker Guss with returning junior Ansley Vardeman and Coach Jeannie Ledford. Photo/File

The Indian squads are small in number this year but big in confidence. They have been running together since middle school and they have been close to winning a spot in the state meet several times.

The 2012 schedule is an extremely tough list of AA schools but Coach Ledford isn't scared for her teams to compete against these odds in order to be better prepared for the Area meet.

"I would rather go and race against the best and not come home with a win and know that my kids will be better prepared for what really

matters and that is Oct. 25 when we run in the Area championship," declared Coach Ledford in explaining why she chose such a strong schedule to race this year.

The cross country teams are very talented and they treat each other with respect and loyalty. They say what they feel will help them as a team and that keeps a certain focus on what is important. Each member is allowed to critique the others form and keep a watchful eye out for problems that will affect the overall team performance.

"Our teams are family.

They look out for each other. If there is a problem with a team member it's usually taken care of before it gets to me and that is the way we are," Ledford said as she described the attitude of her athletes.

Ledford will use the 2012 schedule as a training ground for preparing her teams for a shot at going to the State Championship.

"The goal is to have better race times as the season progresses and to peak during the Area meet. Cross country is all about getting one of the top 4 spots at the Area Championship so we can advance to the State Championship," explained Ledford as she outlined her strategy for the season.

The Indians cross country team needs the students and the community too come out and support them this year. Students who are interested in becoming members of these elite squads should contact Coach Ledford and she will train you to be a part of the team.

The State Championship is well within the Indians grasp this year and being a part of this program as a supporter or an athlete will be very exciting.

Eighth Annual Georgia Mountain Fly-In a success

By Joe Collins
Towns County Herald
Staff Writer

When one thinks about flying, their thoughts typically turn to some type of aircraft or possibly the art of jumping cars or motorcycles through the air and landing on a ramp at the end of a designated stunt or possibly the "Flying Tomato" sailing his snowboard to a gold medal at the Winter X Games.

These are some of the visions you could come up with but if you were at the Ridges Resort this past weekend then you now have a new way of flying to consider. The Eighth Annual Georgia Mountain Fly-In introduced visitors to the sport of hydrofoiling.

Imagine a water ski with a seat, a seat-belt for security, a wing and a stabilizer underneath the seat to keep you vertical, being pulled across Lake



Hydrofoilers catching air on Chatuge. Photo/File

Chatuge at amazing speeds. Now imagine gliding across the water fast enough for you to actually become airborne to heights of more than 15-feet without ever leaving the seat, and you have the sport of hydrofoiling.

Cliff Woodman and his wife Lisa sponsored the event for the single purpose of introducing fans of water sports to a different concept of water "skiing."

"It's similar to water-

skiing in that you do have a ski type board that you ride, but once you start rising in the air, you look down and the surface of the water is some 10 feet away, and then it stays 10 feet away, you suddenly realize that this is unlike anything you can do on a normal water ski," stated and excited Woodman while explaining how he prefers a Hydrofoil to a typical water ski.

Americans Bob Wooley and Mike Murphy invented

the Hydrofoil approximately twenty-four years ago and it has become recognized worldwide. The United States Hydrofoil Association now has a national championship with many competitors traveling to events like the one this weekend to help introduce the sport to many who have never even heard of it. People were invited to go out on the lake and watch hydrofoiling veterans do tricks while riding in the boat that was pulling said veterans.

"We encourage folks to get in the boat and go out and experience the excitement first hand, and if they would like, we will strap them in and let them have a go. The only thing I tell them is to only try it if you are willing to buy a Hydrofoil because once you try it you'll be hooked. It is that much fun," declared Woodman.

Hydrofoilers are a unique group of individuals. See Fly-In Page 11A

TCHS 2012 Football Schedule

- Aug. 17: @ Dawson Co. (Scrimmage)
- Aug. 24: @ Hayesville, NC
- Aug. 31: vs Union County
- Sept. 7: @ Fellowship Christian
- Sept. 14: @ Rabun County
- Sept. 21: vs Rabun Gap
- Oct. 5: @ Copper Basin, TN
- Oct. 19: vs North Cobb Christian
- Oct. 26: vs St. Francis
- Nov. 2: @ Lakeview
- Nov. 9 vs Hebron Christian

TC Rec Department Info

Attention Fitness Room Participants: that we are offering the following exercise classes each week at the Towns County Recreation Center.

YOGA CLASSES - We have 2 separate class times instructed by Pat Tomczyk.
EVENING CLASS- Each Monday from 4 p.m. - 5:15 p.m.
MORNING CLASS Each Thursday from 9:30 a.m. - 10:45 a.m. (\$10 per Class or \$30 per calendar month.)
MORNING AEROBICS CLASSES - Each Monday, Wednesday, and Friday mornings from 9:30 a.m. - 10:45 a.m.
Our instructor is Donna McAuliffe.
Tai Chi- Each Thursday morning from 10:45 a.m. - noon. Our instructor is Pat Tomczyk. (\$10 per Class or \$30 per calendar month.

Hours of orientation:
Mondays: 9:00 a.m. - 11:00 a.m.
Tuesdays: 3:00 p.m. - 8:00 p.m.
Thursdays: 3:00 p.m. - 8:00 p.m.
Hours of Operation:
Monday thru Friday 9:00 a.m. to 8:00 p.m.
Saturday 9:00 a.m. - 4:00 p.m.

Thank you for your patience and cooperation. Please enjoy. Towns County Recreation Department.

Come Exercise With Us
The Recreation Department wants to remind everyone

For these programs and any other information we can help you with, just call the Recreation Department at (706)-896-2600.

MUSA Rockfest

The Mountain United Soccer Rock N Roll Festival is Aug. 25th at The Lodge at Copperhead in Blairsville.

This is our annual fund raiser. We are asking you if you would help us by being a sponsor.

Family sponsor: \$25, includes two tickets and your name on a banner.

Business sponsor: \$50. Includes four tickets and your name on two banners and announced two times during the event.

*Poolside sponsor \$500. Includes 20 tickets, private pool area, your own banner and listing on advertising

*Event Sponsor \$1,000.

Includes tickets and listing and a promotional material.

This event is raising funds for our soccer programs in Union and Towns counties. It is also raising money for MS, and also for a child to travel to Milan to play. We are sharing this event, and the other two causes are raising money for us.

Please be generous. Donation tickets in advance are two for \$5 and will be \$5 at the gate. Please reserve Aug. 25th from noon to 8 p.m. to come out and listen to four to five bands and have some fun. We are expecting a large crowd again this year. Help us help others. For more details, contact Richard Smith at (706) 781-8152