

Towns County Sports

Towns County's Leader In Sports

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Lady Indians squash Athens Christian, Athens Academy

By Jerry Kendall
Towns County Herald
Staff Writer

The Towns County Lady Indians Varsity Basketball Team brushed aside brief, early leads by Athens Christian at home on Friday and by Athens Academy on the road on Saturday and raced past the two Region 8-A opponents in taking one-sided victories.

The Lady Indians completed the week with a 14-2 overall record, including 6-0 in Region 8-A.

They are ranked sixth overall in Class A in the state by the *Atlanta Journal-Constitution* and third behind Randolph-Clay and Gordon Lee in a separate public schools only ranking by the AJC.

By the time this newspaper reaches news stands and mail boxes, the Lady Indians will have hosted George Walton Academy on Tuesday in a battle of the only unbeaten Region 8-A girls teams with first place in the region having been on the line.

**Lady Indians 69
Athens Christian 27**

The visiting Lady Eagles from Athens, who entered the game without a win but went on to get their first of the season over Hapeville Charter on Saturday, took leads of 2-0 and 6-2 by the 5:46 mark of the first quarter.

A field goal by Kellsie Cowart got the Lady Indians a 2-2 tie and a second field goal by Cowart got them off on a 21-0 first quarter finish for a 23-6 lead.

Within the scoring run, two free throws by Stephanie Patton got the Lady Indians a 6-6 tie and Bailey Sutton picked up an errant Athens inbound pass and took it to the basket for an 8-6 lead the Lady Indians would not relinquish at the 4:02 mark. The Towns lead was 27-6 by the six-minute mark of the second quarter and 37-15 at halftime.

The Lady Indians continued on for a 60-19 lead after three quarters and took a 69-27



Eryn Cochran



Stephanie Patton gets 2 at Athens Academy. Photo/Lowell Nicholson



Dadrian Blythe, Bailey Sutton, and victory. Top individual scoring totals by quarters included 11 points by Patton in the first quarter, seven by Patton in the second, eight each by Eryn Cochran and Patton in the third, and six by Cowart in the fourth.

Leading scorers for the game were Patton with 26 points, Cochran with 17, and Cowart with 12 while Cochran led in assists with 7 and was followed by Patton with 4 and Dadrian Blythe with 2. Blythe led in rebounds with 8 with other leaders being Cowart with 6, Cochran with 5, and Emily Anderson and Patton with 4 each.

**Lady Indians 57
Athens Academy 18**

Just as Athens Christian had done on Friday, the Athens Academy Lady Spartans took an early lead on their home

court on Saturday, leading 4-0 less than a minute-and-a-half into the game.

And just as on Friday, the Lady Indians quickly seized control of the game.

Bailey Sutton got the Lady Indians off and running on a drive to the basket for two points with Eryn Cochran then playing a dominant role for the remainder of the first half. With the Lady Spartans focusing their defensive attention on Lady Indians leading scorer Stephanie Patton, Cochran took advantage of sometimes a four against four situation, scoring the next six Towns points and then assisting on the next seven, including on a trey by Patton at the end of the run.

Patton then added another trey before quarter's end for six points in the quarter as the Lady Indians held an 18-6 lead. Cochran added eight points and two more assists in

the second quarter and Kellsie Cowart scored five points as the Lady Indians held a 36-12 lead at intermission. Patton then took the scoring lead in the third quarter with six points and Emily Anderson added four as the Lady Indians held a 53-16 lead entering the fourth quarter and closed out a low scoring fourth quarter with a 57-18 victory.

Cochran left the game with four fouls at the 3:59 mark of the third quarter and didn't return due to the size of the Lady Indians lead but finished with a game-high 16 points followed by Patton with 12, Dadrian Blythe with 9, Anderson with 8, Sutton with 7, and Cowart with 5.

Cochran led in assists with 5 and was followed by Misty Lindemuth and Patton with 2 each. Lady Indian sophomore Karlie Albach missed the Athens Academy game due to illness.

Joe Collins

Tips from the Range

There is an old cliché that almost every new golfer will hear from those who are trying to help them learn and that statement sounds like this, "Keep your left (forward) arm straight and your head down." Have you ever heard this while struggling to swing the club?

I am sure most of you have and I am concerned that it might not have been explained properly so here goes.

The concept of keeping the left arm completely straight is a difficult maneuver to execute but is very important in trying to hit the ball consistently.

Many good players will actually find that they bend their forward arm a little at the top and that is not all bad as long as it is not profound and extreme. A slight bend is not recommended but can be a part of a solid swing although the player is trying very hard to limit that subtle angle.

Many top players will allow a slight crook to appear at the top of the swing in order to get a more full turn but will re-straighten as the arms leave the top most point of the back swing arc and drop back in front of the chest on the way down.

Check out the two time U.S. Open Champion Curtis Strange's swing sometime to see what I am talking about. "He is the one player that I carried for in my career that never left shots on the course," stated the late Greg Rita, P.G.A. Tour caddy and a golfing buddy of mine. A slight bend can't be all bad if it produced a U.S. Open Champion, twice!

The importance of the straight forward arm throughout the swing is found in the extension it provides from the core

of the body in relation to the responsibility of the shoulders. It is the one thing that will guide the back arm on the correct path into the hitting area from the top down as the weight transfers to the front side. If the forward arm bends, then there is a good chance that the club head will get "buried" behind your hips and force the hands into action during impact and this is the death of a possible good shot. Keep the forward arm straight to maintain the turning of the shoulders, around the spine, as far as you can into the follow through. This will enhance the extension of the arms through impact and make for a better day on the course.

As far as the meaning of "keep your head down" goes, forget it. If you keep your head down, the spine will incur a slight bend at the top where it connects to your head and this will block any hopes of getting a full turn with the chest and shoulders, and in relation, not allow you to turn around the spine.

This reminds me of a turtle that is barely sticking its head out from its shell. The phrase should say, "Keep your chin up, your eyes on the ball and your head still."

Remember, the spine has to maintain its original position established at address to promote good ball striking. You must keep your chin up so that the spine will remain straight.

To achieve this, try and pick your chin up enough to make you look over the top of your face cheeks when addressing the ball. You will find that you have more room to turn and a bigger "slot" on the downswing.

Practice is the key to better golf and a more enjoyable experience on the course so find some time to work on your game and you will see it improve.

Good luck and I will see you on the course!

Lady Indians' JV now 5-5

By Jerry Kendall
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Staff Writer

The Towns County Lady Indian JV's saw just their second game action in three weeks last Friday night when they hosted the Athens Christian Lady Eagles and got off to a slow start in the first half but broke open a close game in the closing minutes in taking a decisive victory.

On Saturday, they traveled to Athens Academy and dominated from start to finish in taking their third straight victory and evening their season record at 5-5.

Jocelyn Byers scored six straight Lady Indian points in first quarter action in giving them 4-2 and then 6-4 and 8-4 leads over Athens Christian which became 8-6 by quarter's end. A long scoring drought by the Lady Indians in the second quarter allowed the Lady Eagles to edge ahead 10-8 by the 3:25 mark but late baskets by Byers and Taylor McCarter had the Lady Indians ahead 12-10 at the half.

A field goal by McCarter at the 1:56 mark of the third quarter gave the Lady Indians an 18-16 lead they would not relinquish and they led 23-18 entering the fourth quarter, primarily on the strength of a

deuce and trey for five points by Byers and two deuces for four points for Savannah Dyer. A six-point fourth quarter by Dyer then led the way as the Lady Indians took a 31-20 victory.

Scoring leaders for the Lady Indians against Athens Christian were Byers with 13 points and Dyer with 12 while Alyssa Pyle led in assists with 4 and was followed by Brooke Smith with 3 and Byers with 2.

Six points each in first quarter action by Jocelyn Byers and Brooke Smith got the Lady Indians off and running for a 15-1 lead after one quarter at Athens Academy on Saturday and it didn't get any better for the Lady Spartans as the game progressed.

Carly Gilfilian took the scoring lead in the second and third quarters with eight points in the second when the Lady Indians took a 28-1 lead and five in the third for a 37-5 advantage entering the fourth. Taylor McCarter scored four points in the mercy rule reduced fourth quarter as the Lady Indians closed out a 43-9 conquest over the Lady Spartans.

Gilfilian took scoring honors with 15 points with other leaders being Byers with 9, Smith with 8, and McCarter with 7. Byers took the lead in assists with 8 and was followed by Smith with 3.

Indians challenge early but not enough to keep pace

By Jerry Kendall
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The Towns County Indians basketball team hung tough with Athens Christian the first quarter at home last Friday night and for the first two quarters at Athens Academy on Saturday before their opponents broke away for decisive victories. The Indians completed the week with an overall record of 2-14, including 1-5 in Region 8-A play.

**Athens Christian 89
Indians 39**

The Indians gave the visiting Athens Christian Eagles a stiff challenge through the first quarter on Friday night. The Eagles finished the week with a 13-1 record and in first place in Region 8-A with a 6-0 record after Lakeview Academy, previously undefeated in the region, fell to defeat at George Walton Academy on Saturday.

The Indians never managed to take a lead against Athens Christian but forced ties of 2-2, 4-4, 10-10, and 12-12 before just missing a 14-14 tie at quarter's end when a tip in by Garrett Bradshaw was just an instant too late at the buzzer. Baskets by Boone Moss gave the Indians their first two ties while field goals by Bradshaw and Aaron Dodson gave them the third and fourth with Moss leading the Indians with six points in the quarter.

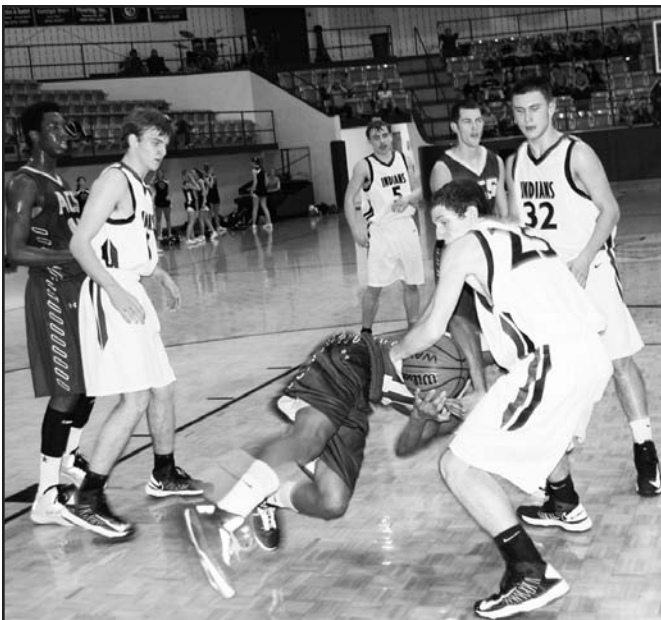
A field goal by Dallas Manus at 7:29 of the second quarter had the Indians within 15-14 but the Eagles soared out to a 46-20 lead by intermission despite a trey and two free throws by Ryan Tallent for a five-point quarter. Trace Moss included a pair of treys among 10 points for the Indians in the third quarter but the Eagles extended their lead to 71-35.

**Athens Academy 66
Indians 41**

Manus reduced the Athens lead to 75-38 with a trey at the 4:41 mark of the fourth quarter but the Eagles poured it on after that. They finished



Trace Moss with the nifty pass. Photo/Lowell Nicholson



The Indians battle for the loose ball. Photo/Lowell Nicholson

with a 14-1 run in the final 3:58 of the game for an 89-39 win.

Scoring leaders for the Indians for the game were Manus with 11 points, Trace Moss with 10, Boone Moss with 8, and Tallent with 5 while leaders in assists were Bradshaw, Marcus Ledford, and Trace Moss with 2 each.

The Indians rallied from an early 9-2 deficit at Athens Academy on Saturday for one



Dallas Manus

of their most impressive offensive runs of the season.

A trey by Ryan Tallent at the 3:42 mark of the first quarter triggered a 16-5 run for just a 12-11 first quarter Towns deficit and leads of as much as 16-12 and 18-14 by the 5:38 mark of the second quarter.

Tallent closed out the first quarter with a steal and coast-to-coast drive for two at the four-second mark of the first quarter and a second trey at 7:46 of the second got the Indians a 14-12 lead. Tallent scored ten points in the run with Dallas Manus,



Boone Moss, and Trace Moss each including a field goal during the run.

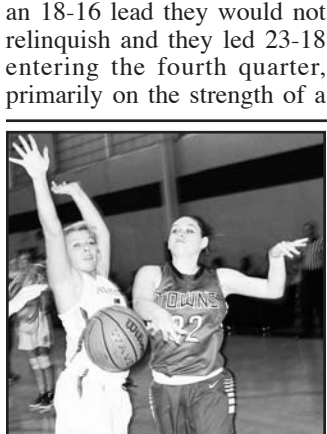
A 5-0 run by the Spartans had them ahead 19-18 by the four-minute mark before baskets by Aaron Dodson and Garrett Bradshaw gave the Indians leads of 20-19 at 3:38 and 22-21 at 2:15. A pair of treys by the Spartans provided a 6-3 finish, however, which had them ahead by a slender 27-25 margin at intermission.

A field goal by Boone Moss forced a 27-27 standoff at the 7:05 mark of the third quarter but the Spartans quickly included an old fashioned three point play and two treys in a 19-2 run for a 46-29 lead with 2:29 left in the third quarter. The two teams then played on virtually even terms with the Indians holding a 10-8 edge, highlighted by Tallent's third trey of the game and a trey and deuce by Manus, between the 2:12 mark of the third quarter and 6:34 of the fourth for a 54-39 score but the Spartans finished on a 12-2 run for a 66-41 victory.

Tallent took the scoring lead for the Indians with 13 points with other leaders being Manus with 11, Boone Moss with 6, and Aaron Dodson with 5. Leaders in assists were Manus with 3 and Trace Moss with 2.



Misty Lindemuth



McKenzi Moss



Joseph Gibson

INDIVIDUAL SCORING

ATHENS CHRISTIAN:

Lady Indians (Grade)	
Stephanie Patton (10)	26
Eryn Cochran (11)	17
Kellsie Cowart (11)	12
Emily Anderson (12)	4
Bailey Sutton (11)	4
Karlie Albach (10)	2
Dadrian Blythe (12)	2
Misty Lindemuth (10)	1
McKenzi Moss (11)	1

Indians (Grade)

Dallas Manus (10)	11
Trace Moss (10)	10
Boone Moss (10)	8
Ryan Tallent (12)	5
Garrett Bradshaw (11)	2
Aaron Dodson (11)	2
Slade Davenport (11)	1

ATHENS ACADEMY

Lady Indians (Grade)	
Eryn Cochran (11)	16
Stephanie Patton (10)	12
Dadrian Blythe (12)	9
Emily Anderson (12)	8
Bailey Sutton (11)	7
Kellsie Cowart (11)	5

Indians (Grade)

Ryan Tallent (12)	13
Dallas Manus (10)	11
Boone Moss (10)	6
Aaron Dodson (11)	5
Garrett Bradshaw (11)	2
Slade Davenport (11)	2
Trace Moss (10)	2