

Towns County Sports

Towns County's Leader In Sports

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27-0 hole too much for TCMS to overcome

By Mason Mitcham
Towns County Herald
Staff Writer

Thursday night was tough for the Towns County Middle School football team. Though Coach Chris Vardo's young Indians played with the tenacity they've exhibited all season, they suffered a 47-6 defeat at the hands of AAA-class school White County.

The Indians were off to a rocky start when the White County Warriors scored early in the first quarter. Having lost the momentum, the Indians struggled to regain it. Cole Ledford carried for the offense during the first quarter, as did Blain Rogers and Harold Cox. But Towns County was unable to gain any ground. White County scored again at 4:42 with a touchdown and a field goal, bringing the score to 13-0. When the Indian offense fumbled the ball for a turnover at 2:50, the Warriors capitalized on the opportunity and scored another touchdown and field goal. The same thing happened with 30 seconds left in the first. The score was 27-0 going into the second quarter.

The beginning of the second was not fortuitous for the young Indians. They were hit with an offsides violation, giving up five yards. However, the Indian defense improved considerably. White County was only able to score one touchdown at 4:41, followed by a field goal to bring the score to 34-0. Offensively, Bradshaw



Towns County brings down a Warrior ball carrier. The Middle School's regular season will come to a close this Thursday at Union County. Photo/Mason Mitcham

was able to make passes to Blain Rogers for significant yardage. Nevertheless, the Towns County offense could not break through the Warriors' defense to put points on the board.

With 6:29 to go in the third quarter, White County scored a touchdown, bringing the score to 40-0.

The Indians' offense played even harder. Cole Ledford carried multiple times for multiple yards. Bradshaw completed a pass to Dalton Keene.

Blane Rogers carried for a first down. But Harold Cox truly stood out, carrying for most of the offense's gains, including a first down.

Cox carried again for a first down at the start of the fourth. Blain Rogers was then able to score Towns County's only touchdown at 6:44 left in the fourth. As soon as the ball changed, however, White County ran the ball for another touchdown, followed by a field goal, bringing the score to 47-6 when the game ended.

Of White County, Coach Vardo admitted that "They're a good ball club, well-coached." But he also added that he was striving for improvements in every game. "With every game, you have things that you have to get better at." He noted that a team is always able to make improvements in blocking, outfield tackling, and protecting the ball. "That's what middle school's all about, developing those three things," he said. "And that's what we strive to get better at and better at."

Joe Collins

Tips from the Range

I've discussed what I feel is one of the most important aspects of working the club correctly during the performance of a golf swing, and that fundamental is balance.

Time and again I have made mention that balance is key in making a good swing. Unfortunately, to maintain proper balance one must perform the correct technique and this is not the most comfortable way to swing the club. To maintain proper balance through the swing, a golfer must be able to "counterweight" the downswing.

It is a true statement to say that pressure will exaggerate your swing flaws and there is no better example of that than the one you will find every weekend at any golf course anywhere. Untrained golfers hacking at their shot like they were, and I know you've heard this, chopping wood.

It really is a chopping motion so thus the expression. Gives a clear picture to what is going on. If you don't counterweight, it will show up in your game, and on the course, in an exaggerated form. It can be easy to fix on the range but terribly hard to master while actually playing the game. It is the one fault I see in almost every golfer, really. The pros work on this constantly.

Let me explain the issue more clearly and then the picture will be more evident.

Typically speaking, and this is not for the faint of heart, two human arms weigh approximately 16 lbs. to 25 lbs. combined when separate from the body and lying on a scale. This is just a fact. Body parts have mass and therefore

weight. Now, take that 20 lbs. or so that your arms weigh and lift them over your head while holding a club and setting to take a swing at a ball and you suddenly have a mass and force issue. As the club drops toward impact, it builds momentum, which produces a pull toward the impact zone because the front of your body now becomes more weighted than the back. The force of your arm motion is pulling you away from your center of gravity. This pull must be counterweighted. Physics teachers please don't be too cruel as you read.

A golfer must resist the pull from the weight of the arms and the force of the motion to impact by staying in the balance position established at address. Don't allow your set up angles to change during the swing. Try to keep the bottom tip of the spine behind the heels throughout the entire swing. Meaning, that your confirmation must remain as it was at set up, out.

Don't let your body straighten on the downswing so your lower posterior can remain "poked out". This gives the arms a clear path to the inside as they approach impact. If this does not happen, the swing path will get outside the target line in an over-the-top and outside to in motion. This is why it looks like chopping wood. The shoulders get off their balance plane and the hacking begins.

You can master the effort it takes to counterweight by simply learning how it feels to be pulled into the ball on the downswing.

Focus on the philosophy of the downswing affect and you will be on your way. Stay in your legs and allow them to lead the downswing and your balance will improve. Feel your body weight on the inside of your back foot and work from there. Good luck and I will see you on the course!

Youth football teams split

By Mason Mitcham
Towns County Herald
Staff Writer

Saturday brought highs and lows for followers of Towns County youth football. The dominant 9-10 year-old team had a bye week. Although the 5-6 year olds won against Gilmer, the 7-8 year-olds suffered a defeat by White County.

The 7-8 year-olds lost to White County 51-0. While that loss seems devastating, Director Jimmy Smith explained that White County hasn't even

been scored on in the past five games.

"They're probably one of the best out there," he admitted, adding that he wouldn't at all be surprised if White County won the youth championships.

On the other hand, the 5-6 year-olds took home a 21-7 win against Gilmer. With this victory, they now have a 3-1 record.

"Brett young ran great and scored," Smith said, "but of course the whole team, offense and defense, I'm proud of each and every one of them." He also mentioned that Cooper Floyd stood out on offense.

Head coach Joey Floyd agreed, saying that the team's cohesion was solid from kickoff to the end of the game.

All the youth teams play at home next weekend. The 5-6 year-olds play Dawson, the 7-8 year-olds play Habersham, and the 9-10 year-olds play White.

Director Smith said that he's always grateful for the support of the community during home games.

"I'm looking forward to this weekend, being back at home," he said. "The community should come out and show their support. It'll be good."



Towns County Youth Football during a recent game. Photo/Mason Mitcham

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 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: October 12 - Nottely. For contact information call David Crisp at 706-897-5347.

BCM annual Golf Tournament

Building Christian Ministries annual golf tournament will be held at Chatuge Shores Golf Course in Hayesville NC on Saturday, October 5th. Shotgun Start/Bestball, Prizes for Closest to the Pin, Longest Drive and Winning Team. \$60 player includes 18 holes, cart, lunch and free mulligan. Hole sponsorships available. Registration starts 8 a.m. Call Stacey Poteete at 706-781-7143 or Jeanette Garrett at 706-781-5027 for early registration, hole sponsorships and questions. All proceeds go to help Project Hope home in Aracaju Brazil.

Tai Chi offered at Rec Department

Tai Chi for Arthritis relief. Classes will be taught by Mrs. Pat Tomczyk who is certified by the Arthritis Foundation. There will be a \$40 fee for this course.

Please contact Pat at 706-994-0414 for further details or to enroll. TSep25.FJ/SH

NASCAR 2013

By Gerald Hodges/the Racing Reporter

Kenseth and "Rowdy" finish 1-2

For the second consecutive week, Matt Kenseth and his Joe Gibbs Racing teammate, Kyle Busch finished first and second in Sunday's Sprint Cup race.

It was Kenseth's seventh win of the season, and his 500th Cup race.

"This gives us a great start in the Chase," said Kenseth. "They gave me such a good car to drive today, it seemed more like a Sunday drive than a race. All I had to do was keep out of trouble."

Kenseth took the lead on a restart during lap 243 of the 300-lap race, and led the remaining 57-laps. For most of the laps, Kenseth and Busch were way ahead of the rest of the field.

"I tried everything, but the 20-car had a little more power," said Busch. "Our team ran as hard as we could. I'm kind of glad we didn't get to him, because I don't know what would have happened."

Greg Biffle, Jimmie Johnson, Jamie McMurray, Dale Earnhardt Jr., Brian Vickers, Jeff Burton, Carl Edwards, and Martin Truex Jr. were the remaining top-10 finishers.

Truex led about one half of the early laps, but faded near the end.

"We had a good car, but that last set of tires did us in. We couldn't run up front on them," he said.

Kurt Busch's team saw their string of good finishes come to an end, as he wound up 12th, and was not able to lead any laps.

A caution with about 100 laps left, for debris on the track, was costly for Jeff Gordon. He overshot his pit box, and had to back up in the process of a four-tire change. He dropped from second to 22nd on the restart. He finished 15th.

Polesitter, Ryan Newman came in 16th.

Top-13 Chase leaders after 2 of 10: 1. Kenseth-2111, 2. Kyle Busch-2097, 3. Johnson-2093, 4. Edwards-2075, 5. Biffle-2073, 6. Harvick-2072, 7. Kurt Busch-2071, 8. Gordon-2069, 9. Newman-2064, 10. Bowyer-2063, 11. Earnhardt-2049, 12. Logano-2042, 13. Kahne-2040.

YOUNG RYAN BLANEY TAKES NATIONWIDE RACE
Young Ryan Blaney, making only his 15th start, won Saturday night's Kentucky Nationwide race.

The win didn't come easy for Blaney, a 19 year-old development driver for Penske Racing. He was nearly wrecked by teammate and points leader Sam Hornish Jr., on a restart with 15 Laps to go.

As Hornish attempted to take the lead from Blaney, Hornish's Ford broke loose on the bottom of the track and immediately slid up the race track, nearly colliding with Blaney. While Hornish faded, Blaney kept his foot on the gas and kept Austin Dillon in his rearview mirror, through one more caution.

"We had a great car all night," said a jubilant Blaney. "We kept working on it throughout the race, just little tweaks here and



Matt Kenseth and Kyle Busch finished 1-2 at New Hampshire.

there. We were really strong to start out the race and just got better and better as the runs went on. It was really tough the last few restarts to really know what was going to happen. The way the restart rule is now, you never know how big of a push someone can get."

Austin Dillon finished second, followed by Matt Crafton, Sam Hornish, Alex Bowman, Drew Herring, Brian Vickers, Jeb Burton, Cole Whitt, and Michael Annett.

Top-10 leaders after 27 of 33 races: 1. Hornish-962, 2. A. Dillon-947, 3. Smith-917, 4. Sadler-908, 5. Vickers-902, 6. Allgaier-887, 7. Scott-883, 8. Bayne-868, 9. Larson-822, 10. Kligerman-783.

WALTRIP RACING LOSES SPONSORSHIP

NAPA Auto Parts, sponsor of the Michael Waltrip Racing's No. 56 Toyota, driven by Martin Truex is dropping their estimated \$15-million sponsorship at the end of this season.

"After thorough consideration, NAPA has made the difficult decision to end its sponsorship arrangement with Michael Waltrip Racing effective December 31, 2013," said Gaylord Spencer, NAPA's Vice President. "NAPA believes in fair play and does not condone actions such as those that led to the penalties assessed by NASCAR. We remain supportive of the millions of NASCAR fans and will evaluate our future position in motorsports."

"NASCAR determined that MWR attempted to manipulate race results at Richmond, Virginia, on September 7, 2013. NASCAR assessed a large fine, deducted 50 points from each of the three MWR drivers in the race and suspended or banned other members of the MWR team.

"NAPA believes in fair play and we are very disappointed in the actions that led to the NASCAR penalties. We have made NAPA's decision known to MWR and posted a statement on our Facebook page. There will be significant media coverage and discussion among racing fans and we expect that our decision to terminate our sponsorship will generate additional attention. The decision was difficult, but we believe it is the right thing to do."

Despite the NASCAR penalties, and loss of sponsorship, Michael Waltrip still denies the cheating charge.

"To the fans and those who

made their voice heard through social media, as the owner, I am responsible for all actions of MWR," said Waltrip. "I sincerely apologize for the role our team played and for the lines NASCAR has ruled were crossed by our actions at Richmond."

Despite what many racing fans considered "bad publicity" over the Michael Waltrip racing scandal, Bruton Smith, owner of Speedway Motorsports Inc., said die-hard fans simply don't care about the accusations, and the attention from the fallout gave NASCAR the spotlight to kick off the Chase at just the right time in a crowded sports landscape.

"I think it gives the sport a tremendous amount of publicity," Smith said. "We might win more than we lose. We've had huge publicity all week, or at least since Richmond."

He also said the infractions are tame compared to some of the scandals that rock other sports leagues, such as the NFL and former New England Patriots tight end Aaron Hernandez. Hernandez is charged with murder in the shooting death of 27-year-old Odin Lloyd.

"If you want to be detrimental to a sport, have your athletes going to prison," Smith said. "One of them for murder. He's still in jail for murder. That is terrible. I believe we have the cleanest sport there is. I think we are very lucky. I think NASCAR is doing a great job."

Weekend Racing: The Trucks will be out west at the 1.5-mile Las Vegas track, while the Cup and Nationwide teams will be battling it out on Dover's Monster Mile. Sat., Sept. 28, Nationwide series, race 28 of 33; Starting time: 3:30 pm ET; TV: ESPN2.Sat., Sept. 28, Truck series, race 17 of 22; Starting time: 8:30 pm ET; TV: FoxSports1.Sat., Sept. 29, Sprint Cup series, race 29 of 36; Starting time: 2 pm ET; TV: ESPN.

Racing Trivia Question: Which team and series will Juan Montoya be with in 2014?

Last Week's Question: Who was the first African-American to drive in NASCAR? **Answer:** Charlie Scott of Atlanta drove a Chrysler for Carl Kiekhaefer in the 1956 Daytona Beach race to become the first African-American driver. He finished 19th out of 76 drivers.

You may e-mail the Racing Reporter at: hodges@race501.com.

Mountain GYMNASIACS CENTER

(706) 745-3325

Starting Sept. 7th, MGC classes are as follows: 9 a.m. - 10 a.m. Preschool (3-5 years).

10 a.m. - 11 a.m. Kindergarten-and-up. Boys and Girls. 11 a.m. - Noon Cheer/Tumbling. Call for opening: 706-745-3325.