Woody Gap takes three at Lumpkin | Union golf finishes strong at Brasstown

By Todd Forrest North Georgia News sports@nganews.com

Dahlonega - The Woody Gap Falcons and Lady Falcons tennis teams made the short trip south to Yahoola Creek Park in Dahlonega for a showdown with the Lumpkin County Indians

Both of Woody Gap's No. 1's were triumphant as Eli Gooch dominated Lumpkin's Jimmy Grunnfelder in straight sets taking two 6-0 victories.

Meanwhile, Lady Falcon No. 1 Amber Gooch was a tad more merciful on her opponent, Jordan Shoefitt, allowing the Lady Indians' top player to pick up three sets, but at the end of the day, Amber Gooch walked away with a pair of convincing wins at 6-1 and 6-2.

Woody Gap's No. 2 doubles team of Casey McKim and Konnor Sosebee took their match 6-2 and 6-4 over Aveon Harris and Chance Cooper.

The No. 1 doubles team of Dakota Etheridge and Easton and 8-10.

strong in the closing laps of Sun-

day's Sprint Cup race to register

the wall during lap 460 to bring

on the restart behind Brad Ke-

selowski and Kyle Busch with

35 laps to go in the 500-lap race.

Leader Keselowski spun his tires

and Kyle Busch, followed by

Kahne shot out front. Five laps

later, Kahne got around Busch

and held a commanding lead for

Kahne. "We've had good cars

in the past, but something has

always come up to bite us. The

whole team was flawless today.

Bristol has been a tough track for

Saturday's Nationwide race came

from the rear of the field to finish

second, after a pit road speeding

stretch our luck on pit road," said

Busch. "The car was tight at the

end and I wasn't able to run the

third, followed by Kurt Busch,

Clint Bowver, Dale Earnhardt Jr.,

Ryan Newman, Brian Vickers,

Paul Menard, and Jamie McMur-

the best of him after an on track

incident between him and Denny

Hamlin. After the race he went

over to where Hamlin was sitting

in his parked car and tried to stick

us, so this is a special win.

penalty.

lower groove.?

"This is a big win," said

Kyle Busch, the winner of

"We were just trying to

Brad Keselowski finished

Joey Logano's temper got

the remaining 30 laps.

Jimmie Johnson slapped

Kahne was lined up third

his first win of the season.

out the race's 10th caution.

Kahne finishes strong at Bristol



Rebecca Etheridge

Wood fell by two points in the 10-point tie breaking third set.

The duo fell in the first 5-7 rebounded in the second for a 6-3 win before dropping the third 10-8 to Brandon Otero and James Graycheck.

Meanwhile, the Lady Falcons' No. 2 Shelby Tumlin lost by a razor thin margin in the third set 10-8 to Bridget Grizzle.

Her scores were 1-6, 6-2,



Shelby Tumllin

Kaniesha Martin dropped two matches to Sydney Vorhees, 2-6 and 0-6.

Stacey Clark and Rebecca Etheridge came up short in No. 2 doubles action to Arlette Rojas and Sara McCrary.

Next up for Woody Gap is a Tuesday trip to Region foe Commerce, then a Thursday visit to another Region opponent, Tallulah Falls.

Both matches begin at 4 p.m.

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Young Harris - The Union County boys golf team came away from Brasstown Valley Resort with a first place tie with Hayesville, NC.

After 9 holes, each team finished with a total score of 181. Third place Towns County finished with a total score of 245.

The Lady Panther golf team finished with an 87, good enough for second, eight strokes behind first place Towns County after just seven holes - due to darkness.

The Lady Panthers' Low Medalist went to Lydia Gray with a score of 42.

The boys Low Medalists were Sam Wilson with a 41, James Rowe shot a 44, and Grant Schuette came in with a 46.

Their next match is on March 21st against Towns County at Brasstown Valley Resort. Tee-time is at 2:30 p.m.







Clockwise: Kiersten Cox, Coach Allison and Lydia Gray, Grant Schuette, and James Rowe. Photos by Joe Collins



Tips from the Range

Golfers are constantly asking me for the "magic move" to assist them with their swing. Too answer a question like this one must first realize that there are some common fundamentals in each and every proper golf swing. Of these certain fundamentals, only one is a sure fire way to help with any decent effort at attempting the golf swing and that fundamental is; Balance.

Balance is the first thing that is affected in the swing when we feel nervous or tired and it is by design the least emphasized aspect in most modern day instruction. Proper balance can have a tremendous positive affect on your swing faults. I have seen many good golfers develop poor balance and try different things to fix their faults when all they really succeed in doing is learning bad habits. You need only to maintain your center of gravity over your ankles to promote good balance.

Have you ever been on the golf course and everything went just right? You hit the ball solid and straight without a whole lot of effort. You leave the course anticipating the opportunity of getting back out there and playing again but unfortunately the next time you tee it up you feel as though someone else has shown up instead of you? You just simply don't feel right over the ball at approach impact. You must address which leads to a lot of other bad feelings during the take away. All of a sudden you're "A" game is gone and your swing turns into something that reminds you of NBA star and world class athlete Charles Barkley and that thing he has developed that really doesn't resemble a golf swing. Let's look at what happened. Poor Charles lost his balance one day and it caused some bad things to start happening and instead of breaking it down and finding his center of gravity, he tried to fix something that was not the actual problem. Now his confidence is shot and without the help of a mental fix he is doomed. He simply engrained a bad habit trying to fix the wrong thing. All that really happened was that his balance got off and he went from a 3 handicap to a poor golfer in a short period of time. Maybe if he had consulted a proper instructor during that time he could have gotten back into the swing of things but that was not the case. By the time he got to Ledbetter he was a mental wreck and now he is struggling terribly. This should be an example of how important balance is to a solid golf swing and how easily poor you on the course!

balance can wreck the swing and cause confidence problems. I am pulling for Mr. Barkley and hope he can correct his flaws so his time on the course will be more enjoyable.

To have good balance and make proper impact, one must stay away from the ball and let the arms extend through the hitting area. The path of the club head must be from the inside. Has anyone ever said to you, "you came over the top"? Well, that is an example of bad balance. The upper part of the body is ahead of the lower body and the path of the club gets outside of the takeaway path. You must always start from the ground up to swing the club properly and this means starting the downswing with the lower body

It is very important that you maintain the angles you establish at address or you will fight poor balance. Don't allow the angle of the upper body to straighten in relation to the lower body through impact. This angle will straighten if your balance gets to heavy over the impact area and that will move the spine to a more erect position to try and keep the balance centered so you don't fall on your face. One of the main contributing factors of this is the force the arms invoke on the body during the downswing. Think about it, your arms weigh approximately 10 lbs. each for a total of 20 lbs. Combine that with the force from the momentum of the downswing and you have created quite a strong force that will actually pull you to the balls of your feet as you counterweight this action by keeping your center of gravity over the ankles to provide an opposing force to this forward pull of energy. Imagine the concept of how a crane works with its long arm out front and the weights on the opposite end to equal the amount of weight it is lifting. This will give you a visual to compare how balance works and why balance is so important. Next time you play or hit some practice balls, make sure you stay away from the ball throughout the swing and let the arms find their path on the downswing. Once you get to the top, start your downswing with a reverse hip turn and a shift of the weight from the back foot to the front foot and see how smooth the swing feels then. Don't force the arms down out of the top but simply let them drop behind the hip turn while keeping your back to the target as long as possible. Remember to always keep the spine at the original angle that you had at address and keep your nose behind the ball through impact while working on these tips to aid balance and your shot making will improve. Good luck and I will see

Kasey Kahne came on the back of him, and both drivers were done for the day. Gordon wound up 34th, while Kenseth was 35th. Top-10 points leaders after 4 of 36: 1. Keselowski-166, 2. Earnhardt-157, 3. Johnson-151, 4. Bowyer-128, 5. Biffle-126, 6.

NASCAR 2013

By Gerald Hodges/the Racing Reporter

Hamlin-125, 7. Kahne-124, 8. Edwards-124, 9. Menard-118, 10. Kyle Busch-115 "ROWDY" BUSCH HOLDS

OFF YOUNG ROOKIE Kyle Busch held off a determined and hard charging,

young rookie, Kyle Larson to win Saturday's Nationwide race at Bristol.

Larson, making his fourth NASCAR Nationwide Series start, trailed Busch by five car lengths with 10 laps to go but went high around lap traffic and traded paint with Busch as the two crossed the finish line .023 seconds apart, making it the second-closest finish ever at Bristol.

"I did everything I could to try to protect the momentum,' Busch said. "A young kid like that, he's got a lot of talent. He's obviously made a name for himself. He was running hard, that's for sure. He brought a lot to the table today and brought his show to the fans.

The remaining top-10 finishers were: Brian Vickers, Sam Hornish, Kevin Harvick, Regan Smith, Chris Buescher, Justin Allgaier, Parker Kligerman, and Brian Scott.

Top-10 points leaders after 4 of 33:: 1. Hornish-167, 2. Allgaier-145, 3. Scott-142, 4. Smith-141, 5. Vickers-137, 6. Dillon-133, Bayne-128, Bowman- 120, 9. Larson-118, 10. Sadler-116.



Kasey Kahne wins at Bristol

think some of the peers of mine --at least the ones that have a backbone had the nerve to stick up for what they know is right and wrong – agreed," said Hamlin. "But what was the point in going another week or so. We've got bigger fish to fry than to argue over what I said just for \$25,000 and it's better just to move on and let NASCAR get its credibility back and they're going to do that and I'm going to move on and just focus on a championship.

'Ultimately, I had some conversations with Brian France (NASCAR CEO) and we had a lot of the same ideas. And I think that in hindsight I really believe (NASCAR) overreacted and I believe that they think they overreacted once they thought about it a little bit, but now we're at a point that we're good with each other and we're just going to move on from here.

In essence, pressure from the top forced Hamlin to concede to NASCAR.

And NASCAR now has another "company man."

Despite transitioning to a new car, the early 2013 Cup Series standings bear a remarkable resemblance to the conclusion of 2012 when it was Jimmie Johnson chasing Brad Keselowski.

that he and that team are going to be a familiar face up there (in the standings) week in and week out and year after year," said John-

"We have been able to stay in and around the top spot for the 10 years, 11 years, which is staggering to me that we have had that type of staying power.' That's why it's no shock

to Keselowski that Johnson is the driver he's chasing. You know the 48 (John-

son) is gonna be tough to beat and it's flattering to be in a league where we can compete with them week in and week out," said Keselowski, who has won two of his previous six Sprint Cup starts at Bristol and threw in a 2008 NA-SCAR Nationwide Series victory for good measure.

"I feel like we've been tit-for-tat each of the last three weeks. We've just got to keep pushing forward. I'm not so naive to think that we can just keep our feet still and not be caught or passed by anyone in the field."

Weekend Racing: The Cup and Nationwide teams will be at the 1.5-mile Auto Club Speedway in California. The Trucks do not race again until April 6.

Sat., Mar. 23, Nationwide Series, race 5 of 33; Starting time: 5 pm ET; TV: ESPN. Sun., Mar. 24, Sprint Cup,

race 5 of 36; Starting time: 3 pm ET; TV: FOX. **Racing Trivia Question:**

Which full time series is Elliott Sadler running this year? Last Week's Question: Camping World Truck Series

of Fame. How many truck titles

did he win? Answer. Four; 1996,

You may contact the Rac-

champion Ron Hornaday Jr. heads five 2013 inductees into the West Coast Stock Car Hall

his head inside the car. He was restrained by crewmembers, but there were a few tense moments for both drivers.

"I don't mind someone just bumping me, but he practically took me out," said Logano. "We had a really fast car, and I thought we had a chance to win, until we got knocked in the rear.

After the incident on the track, Hamlin continued on, but Logano had to pit for repairs to his car.

"I didn't mean to run into him," said Hamlin. "He slid up into me. I'm sorry, but it was just racing.'

Logano finished 17th. while Hamlin was 23rd.

Danica Patrick finished 28th without any mishaps. Early in the race, Tony

Stewart blew a left rear tire and hit the outside wall. He finished 31st.

Jeff Gordon lost an entrack. Matt Kenseth rammed into of the people and their opinion I

WHAT HAPPENED TO DENNY

What a difference one week makes.

Last week, I wrote about how Denny Hamlin said he was going to stand firm and fight NASCAR's decision to fine him for comments he made after the Phoenix race about the (lack of) passing ability from the Gen 6 cars

He insisted he was not over the line in his comments, and it was not a punishment he was going to accept, and an appeal was coming. He even said he didn't care if he ended up getting suspended for not paying the fine.

That was last week. Friday at Bristol, he announced his appeal had been dropped.

"The biggest thing is I gine in his No. 24 and slid up the think that we won in the judge

Carlson Gracie Jiu Jitsu seminar in Blairsville



Professor Michel "Buiu" Porfirio of Carlson Gracie Jiu Jitsu of Miami taught a seminar here this past weekend. Carlson Gracie's local Jiu Jitsu Center, Premier Martial Arts hosted the event. Professor Porfirio taught a range of things from fundamentals, transitions, sweeps, submissions, self defense, tournament scoring and no-gi applications to commonly asked questions. He has a very unique teaching manner that simplifies all for his students. Professor Porfirio will be making periodic visits to Premier Martial Arts and will offer seminars to the pub-

lic. The seminar lasted over four hours with an outstanding BBQ'd lunch provided by James Grubbs. The students wrapped things up after many hours of learning and forging a deep friendship with Professor Porfirio. Professor Profirio was born and raised in Rio De Janeiro and taught at the Nova Geracao Carlson Gracie Jiu Jitsu Center. He not only shared the art of Gracie Jiu Jitsu but cultural and personal influences into his art. Professor Porfirio is on the front row of photo beside Premier Martials Arts Head Master Ron Wallace. N(Mar20,C2)ac

ing Reporter at hodges@race500. "I think Brad has shown com. NT(Mar20,C1)ac

'98, '07, and '09.

Life jackets: Wear them and don't become just another statistic

Georgia's conservation rangers are asking you to wear your life jacket when you are out on the water this summer. It's too hot! It doesn't look cool. I know how to swim. Nothing is going to happen to me.

These are just some of the many reasons people claim they do not wear their life jackets. But with approximately 500 people drowning nationwide each year from boating accidents, it is imperative to push the message of "Wear It"! Wear your life jacket at all times while you are on the water. A life jacket can't save your life unless you "wear it"! For more information

on "Wear It" or the National Safe Boating Week call "770-535-5499" or visit www.georgiawildlife.com. T(Mar20,F3)SH

Bass Tourneys start March 28

The Senior Citizen fishing gang will be starting their Thursday morning tournament on March 28, 7 a.m. - 1 p.m., at Nottley Lake's Deaver Town Ramp.

All ages are invited to fish. Cost will be \$12 per person. This also covers big fish. There is 100% pay-back. For more information, please call 706-835-2851. N(Mar20,Z6)CA

Local students earn ranks in Brazilian Jiu Jitsu



Local students and instructors of Premier Martial Arts recently were awarded belt ranks by Professor Michel Porfirio in Brazilian Jiu Jitsu. Congratulations to DJ Tunnell and Mike Galitello who received their full Blue Belts from Professor Porfirio. Master Ron Wallace of Premier Martial Arts and Professor Porfirio also officially designated these two fine martial artists as class leaders. Re-

ceiving 3 Stripes were Brandy Cook and James Grubbs. Bret Ballew Also received the only Stripe awarded to a member of the Kids program. These young people are very active and represents Premier Martial Arts, Carlson Gracie Jiu Jitsu and Buiu's BJJ Association in competition around the region. To congratulate these dedicated individuals you can find them at Premier Martial Arts most evenings. N(Mar20,C2)AC

Fourth Anniversary of MSROM SilverSneakers® at Senior Center



(L-R): Kaye Krempecke, LaVerne Adkins, Jackie Williams, Shirley Trendel, Dee Holcomb, Elaine Neuhaus

Center celebrates the Fourth Anniversary of SilverSneakers® Muscle Strength and Range of Movement fitness classes.

SilverSneakers[®] is the nation's leading fitness program designed exclusively for older adults. Participants exercise using hand held weights, bands and balls. We also now

Union County Senior offer Cardio Circuit on Monday, Wednesday and Friday at 8:30 a.m. Staff at the senior center want to thank the participants in our exercise programs for their dedication and support.

For more information please call 706-439-6105. Get fit, have fun and make friends." N(Mar20,Z12)CA