

Warrior Invitational attracts North Georgia's best

By Todd Forrest
North Georgia News
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Unicoi - Staring down the most talented field since last year's State Meet, the Union County Cross Country teams held their own at the Warrior Invitational last week.

Just north of Helen, the Class AAA State Champ, White County's Jenna Gearing (Soph.) defended her home turf against two other sophomore sensations: Union's Emma Garrison and reigning Georgia MileSplit Runner of the Week, Savannah Carnahan of South Forsyth.

Gearing crossed the finish line first, clocking in at 18:38, shattering her course record of 19:07. Carnahan placed second at 18:58, and Garrison third at 19:22.

The Lady Panthers placed 15th out of 21 teams, with every school ahead of Union County being from Class AAA or higher.

Gilmer County fell two points short of Union, with Lumpkin County 25 points back.

Elbert County, East Hall, Lakeview Academy, and West Hall rounded out the field.

Rachel Todd came in 70th at 23:34, Stephanie Busse was 95th at 24:30, Marissa Spaulding - 96th at 24:30, and Cora Bauman



Jakob Brown and Jacob Kelley (third and fourth from left) during a recent meet. Photo/Todd Forrest

- 102nd at 24:49. Anna Danek placed 115th at 25:53 and Emmeline Stuart was 122nd at 26 minutes flat.

At the top of the team standings were first place South Forsyth, West Forsyth second, and White County third.

"In the boys varsity race, the Top 15 were all in the 16:00's," Union Head Coach Jackie Hughes said. "And in the girls race, the girl from White County broke her own previous course record with an 18:38. Emma (Garrison) ran very well, especially considering that she

has been sick this week."

The Panthers meanwhile, came in 23rd, 56 points ahead of 24th place Stephens County. Fannin County, East Hall, and Franklin County all came in behind the Panthers.

Cristian Garcia was 76th with a time of 18:45, Jacob Kelley placed 105th at 19:20, Andrew Nelson - 131st at 19:55, and Jakob Brown - 134th at 20:00.

Ryan Rogers was 149th at 20:28 and Josh Weaver was 152nd at 20:30.

With the Region 8-AA Meet at Riverside less than a

month away, Coach Hughes' squad is preparing for the Gainesville course.

"Really our focus all year is doing well at Region, but we do that by looking to improve one race at a time," Coach Hughes said. "I believe we are moving in the right direction. Our goal is to be running our fastest when the Region meet rolls around. We have run at Riverside in previous years. It is a good, fairly fast course. We will be running a meet there during fall break so we can get familiar with it."

Union's youth football teams return home this Saturday

Last Saturday's Scores: This Saturday's Games:

8U: UC 12 Fannin 0
9U: UC 27 Lumpkin 7
10U: UC 0 Dawson 17
11U: UC 27 Rabun 13
12U: UC 6 North Hall 35

8U: vs Gilmer 9 a.m.
9U: vs Dawson 10:30 a.m.
10U: vs Gilmer 12 p.m.
11U: vs Gilmer 1:30 p.m.
12U: vs Jackson 3 p.m.



Photo/Todd Forrest

Joe Collins

Tips from the Range

I have talked many times about the need for good balance and the importance of maintaining your address posture. This is a very important part of being able to move the club on the proper swing path and it is the swing path that is all important in making good connection with the ball at impact. There is one area you can look to so that keeping your balance a maintainig posture can become comfortable. To keep the spine in a good position throughout the swing, it is crucial that you keep your head behind the ball and make sure it does not move up or down, left or right. This action will enable you to hold good positions and create a good solid path on the downswing.

Look at it this way. Your head is connected to the top of the spine and this controls a lot of muscle action in a short distance between the top of the shoulder and the base of head. Any movement from the head will make the top of the spine move and therefore your swing path must change to compensate for the new position you have now created. Keep your head still. Don't let it lift or drop during the whole of the swing.

There are ways to train yourself to feel when the head is staying still enough. It is very dif-

ficult to swing and keep the whole of your body still so focus on some part of the head and let the rest of your body move how it wants. As long as the head stays behind the ball, then the top of the spine will stay behind the ball and that is required to be square at impact.

I like to tell students to keep the chin behind the ball or make sure you keep your nose pointed at a point a few inches back on the takeaway. I like to work with keeping my chest centered over the ball and let my legs drive. I have a slight lean in my set up so keeping my center behind the ball keeps the top of my spine behind the ball.

Another interesting point is, if you keep your head behind the ball it promotes good balance and we all know solid impact is a result of good balance combined with proper technique or at least near proper technique.

The next time you tee it up, relax in the lower body and try and keep the head still behind the ball. The top part of the spine needs to stay still, over the ball, but the lower tip of the spine can move laterally a few inches, especially if you are not as young as you once were. Leg drive will give you power and keeping your head still to activate the bigger muscles will make your impact more solid which produces more distance.

Get out and enjoy the fall beauty of our local golf courses and work on keeping things in control.

Good luck and I will see you on the course!

MS Football: season comes to a close at Rabun

By Todd Forrest
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Tiger - The Union County Panthers Middle School Football team finished 2013 with a 4-4 overall record and a 3-3 League record.

Last week the Panthers were eliminated from the post season after a 44-6 loss to the unbeaten Rabun County Wildcats.

Rabun held five of its 8th Graders back from last season's championship squad, and since the Georgia High School Association (GHSAA) doesn't govern middle school athletics, the move is perfectly legal.

According to Union County Middle School Head Coach Casey Jones, Union County Schools won't allow students to stay back for sports reasons, even if they wanted to.

Regardless of the result, Union County Head Coach Casey Jones is proud of his team.

The Panthers held Rabun



Coach Casey Jones and his Union County Middle School football team following the final home game of 2013. Photo/Todd Forrest

to a scoreless tie after one quarter, until the Wildcats came to life in the second.

"We just made some mistakes and you can't make mistakes against a team like Rabun," Coach Jones said. "I told the kids

before the game to just play hard, try not to make mistakes, do the best you can and the outcome is what it is.

"Overall it's a good group of guys. Of course, we just have good kids here. They are

respectful kids and a lot of fun to be around. I think they have some potential and I know Coach Allison is excited about them moving up. They've just got to continue working hard in the weight room."

The Panthers could have easily been 6-2 instead of 4-4 after losing 15-14 at North Habersham on a failed 2-point conversion in the final seconds.

They also dropped a heart-breaker to Lumpkin in the final minute. The Panthers gave up a 40-plus yard touchdown pass with time expiring in the fourth.

"We were right there with Lumpkin and North Habersham at the end," Coach Jones said. "I feel like we played our hearts out in those two games, but just came up a little short.

"We play schools that are much bigger than us. After Towns County we are the second smallest school in the league. Habersham is a AAAAAA school and Lumpkin is AAAAA so I think we more than held our own."

Oglethorpe... continued from Page 14A

exchange. He ran around the right end for his first of two, 2-point conversions.

With the Panthers leading 15-8, the Patriots fumbled on fourth down. A 18-yard strike to Rogers went to waste when Union threw incomplections on second and third downs.

The Panthers' punt bounced off the Patriots' returner's facemask and the Panthers pounced on the ball at the Oglethorpe 16-yard line. The turnover resulted in a 30-yard field goal by Kiernan, capping off the Panthers' 18-point run with 10:23 left in the first half.

The Patriots answered by going 64 yards on 12 plays, highlighted by a 16-yard scoring run with 5:20 to play in the second. The point after was faked but Union was all over the direct snap to the up back.

A sack on Mancuso brought up a Panther punt but Union caught a break when Oglethorpe couldn't get off a field goal that was broken up by Dietz and recovered at the 38 by junior Luke Chatham.

Prunier hauled in an 8-yard pass but the drive stalled and the Panthers punted on 4th-and-2. Oglethorpe would run out of time in the first half but would quickly take the lead to open the third quarter.

On their third play from scrimmage, a Patriot running back broke loose for 71 yards and a score. With 10:20 showing in the third, the visitors had 19 points to the home's 18.

Another Panther punt resulted in a big first down play from Oglethorpe. This time, the fullback slipped through the line and rumbled 41 yards to the Union 1-yard line. Two plays later, a quarterback keeper put the Patriots ahead 26-18 at the 3:02 mark of the third.

Barnett led the defense with 13 solo tackles, 17 assisted tackles, and forced a fumble. Jones had 10 tackles, Chase Stancil also had 10, and Brown finished with 10 stops and a pick. Dietz caused two fumbles to go along with 6 tackles. Senior Mekiah Martin forced a fumble, Rich and Watson had one fumble recovery each.

Jonathan Floyd had 6 tackles, Brett Dobbins, Kyle Oliver, and Tulsa Queen had five each.

The Panthers visit Riverside Military Academy in Gainesville on Friday at 7:30 p.m.

The Eagles are coming off a 63-7 loss to Rabun County last Friday. Riverside is also 1-1 in Region 8-AA play after they defeated Oglethorpe County 26-20 in Gainesville, two weeks ago.

Friday, Oct. 18th will be Union's Homecoming Game as the Panthers host Greene County.



Tulsa Queen (52) gives chase as Luke Chatham (32) and Andrew Brown (25) bring down Oglethorpe's tail back. Photo/Todd Forrest



Cheerleaders await the team to take the field during Friday night's Pink Out game for Breast Cancer Awareness. Photo/Todd Forrest



UCHS Band Director Will Stafford instructs the Pride of the Mountains Marching Band before the game. Photo/Todd Forrest

BOYS VARSITY FOOTBALL

Passing Stats										
#		CMP	ATT	%	YDS	YDS/ATT	LNG	TD	FUM	INT
9	Mancuso, Joseph	23	43	53.5%	318	7.4	56	3	-	-
11	Drake, Rolston	1	1	100%	4	4	4	0	-	-
Total		24	44	54.5%	322	7.3	56	3	-	-

Rushing Stats						
#		ATT	YDS	AVG	LNG	TD
9	Mancuso, Joseph	4	19	4.8	10	1
11	Drake, Rolston	1	5	5	5	0
22	Rogers, Jacob	1	16	16	16	0
40	Whittle, Nick	9	28	3.1	16	0
44	Barnett, Chase	2	3	1.5	2	2
Total		17	71	4.2	16	3

Receiving Stats							
#		REC	YDS	AVG	LNG	TD	FUM
-	Wallis, Clay	1	9	9	9	0	-
-	Chatham, Luke	0	0	0	0	0	-
4	Keirnan, Knox	0	0	0	0	0	-
22	Rogers, Jacob	12	200	16.7	56	2	-
28	Dietz, Brett	1	22	22	22	1	-
40	Whittle, Nick	0	0	0	0	0	-
43	Prunier, Robert	9	77	8.6	19	0	-
44	Barnett, Chase	1	4	4	4	0	-
Total		24	312	13	56	3	-

Union County offensive statistics courtesy of Paul McBride

Basketball Registration

Union County Recreation Department

Registration Ends

5-6 year olds September 30th

7-8 year olds October 18th

9-14 year olds November 8th

\$45 per player

Registration forms available at Rec Dept. Office located at: 310 Wellborn Street, Blairsville GA 30512