

Garrison sets school Cross Country record

By Todd Forrest
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UNICOI-Freshman Emma Garrison became the first girl in Union County's rich Cross Country history to break the 20-minute mark during a meet.

Garrison's time of 19:22 breaks the previous record held by Becky Johnson, who set the record in 2002 at the sectional meet in Albany with a time of 20:35.

The Lady Panthers have now won two consecutive meets including a meet at Fannin County on Sept. 27th.

The boys squad also took first place in the meet at Fannin.

During last week's meet at Unicoi, Union County's girls finished ninth overall out of 23 teams.

Garrison's record-breaking time was good enough for a second place finish at the meet.

Ansley Garrison finished 38th overall with a time of 22:07.

Rachel Todd came in 61st at 22:54.

Rachel Vester finished in 23 minutes-flat for a 63rd place finish.

Stephanie Busse (23:25), Alyssa Arnold (24:45), and Kenna Bauman (25:36) rounded out the final-six runners for Union County.

The Union County boys finished 19th overall, with many of the boys recording their personal best times for the season.

Jeremy Webb finished



Freshman Emma Garrison set a school record with her time of 19:22 at Unicoi last week, breaking a time that has stood for a decade.

8th overall out of approximately 200 runners. Webb's time of 16:53 is a new personal best.

Rounding out the Top-seven for the Panthers were Ryan Rogers at 19:11, Jacob Cook at 19:43, Aaron Stafford at 19:45, Andrew Nelson at 19:46, Will Stone at 19:59, and Jacob Kelley at 20:26.

At the Fannin County meet, both Union County teams finished in first place against Fannin, Gilmer, and Towns Counties.

Union County finished with 31 points, second place Gilmer County had 45 points, third place Fannin County had 108 points, fourth place Towns County had 117 points.

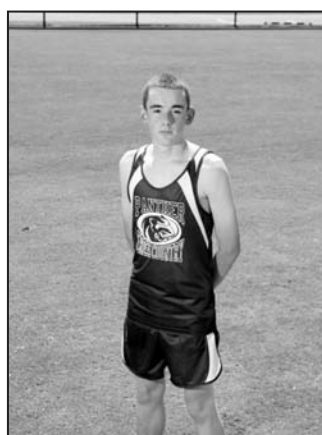
Leading the way for

Union was first overall runner Jeremy Webb at 17:59, sixth overall was Jacob Cook at 19:59, seventh overall Andrew Nelson at 20:12, eighth overall Aaron Stafford at 20:18, ninth overall Ryan Rogers at 20:19, 10th overall Will Stone at 20:28, and 14th overall Jacob Kelley at 20:39.

Union County's Lady Panthers came in first place with 33 points, second place Gilmer County had 46 points, third place Towns County had 65 points, while fourth place Fannin County had 86 points.

Emma Garrison finished first overall with a time of 20:53.

Fourth overall was Ansley Garrison at 23:21, eighth



Ryan Rogers



Jeremy Webb

overall was Rachel Todd at 24:22, ninth overall was Stephanie Busse at 24:38, 11th overall was Alyssa Arnold at 25:28

14th overall was Kenna Bauman at 26:36, and 18th overall at Hannah Quigley at 28:21.

"We have two more meets before our region meet on Nov. 1st," Coach Jackie Hughes said. "We will be trying to shave a little more time off of our finishing times, while trying to stay strong and healthy for a good showing at the Region Meet."

Joe Collins

Tips from the Range

G.K. from Murphy asks: I hit the ball solid but the ball starts off left and will either hook or slice but always left of my target line. What's going on?

I am so glad you ask me this because this is a common flaw that affects a lot of people. Even professional golfers fight the dreaded "pull hook".

Does anyone remember what happened to McIlroy on the tenth tee at Augusta in 2011?

Or what Bubba did this year on the same tee during the playoff on Sunday at Augusta? Pull hooks on both shots by two of the world's best.

A pull is when a golfer hits a ball that starts off to the side of which he or she is standing at address.

For a right hand golfer it would be to the left of the intended target line. The ball will either hook or slice in its flight depending on the angle of the club face at impact. If the club face is closed to the intended target line, then you will end up with a pull hook. If the club face is open to the intended target line, then you will end up with a pull slice.

Either hook or slice spin can occur on the ball when a player pulls the shot, but the initial direction will be to the players strong side of the target line.

The typical cause for this miss-direction of the ball flight is a problem with the swing path. The downswing path has to be outside the take away path and therefore the initial direction from impact will be foul; left for a right hand golfer and right for a lefty.

Get the picture? The shot will usually feel solid but it will be offline.

Fortunately, understanding the problem makes the fix real easy. If you can visualize the problem with the swing path, then it is much easier to understand what it takes to correct the pull. Sometimes you will hear this swing path pull problem described as "coming over the top" and that phrase does apply correctly in some instances.

However; the pull involves an overactive lower body more than coming over the top. The upper body will

be controlled by the lower body and this will make you to open with the shoulders on the downswing. This openness causes the path to be outside the take away path and the pull will occur.

To work on fixing this problem, you must first stabilize the lower body in a balanced position.

There is that word balance again. Don't lean in to the shot on the downswing or the lower body will stop its rotation and you must rotate the lower body in front of the upper body to correct swing path issues.

Once you have established a good balanced position, you will need to make sure you use your shoulders to start the back swing and not merely the arms. This will get the club deeper into the back swing arc and allow you more time to commit to your downswing. This is very important when trying to swing on an inside path toward impact by allowing the arms to follow your hips on the downswing.

The sequence must be in order to avoid an outside path on the downswing.

Now here is the most important thing to work on when trying to correct the swing path. You must keep your back toward the target much longer than you realize to allow the arms to descend back in front of the chest so you can hold the inside path out of the top and through impact.

Nick Watney thinks of it as holding the front shoulder over the impact area longer. Either thought will work just as long as your arms get back in front of the chest on the downswing.

Remember, always try and keep the spine in the original position that you set it up in and make sure your head stays behind impact. This will help the shoulders control the path of the arms and limit the outside to in swing path. Also, you can visualize the ball as a "cube" and try and hit the inside corner of the "cube" as this will help keep the upper body rotation behind the hips too.

Great question G.K. I hope this helps. Have a problem with your swing that is hurting your game and taking the fun out of golf. Email me at jcollins.tcherald@windstream.net and maybe I can help put the enjoyment back in your game.

Good luck and I will see you on the course!

UCMS football season comes to end at Lumpkin

By Todd Forrest
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DAHLONEGA - Union County Middle School let a 21-0 lead slip away during a 24-21 loss during in first round of the League playoffs.

After Nic Rodriguez returned the opening kick for a score, Union tacked on two more touchdowns for a 21-0 lead after one quarter of play.

Lumpkin added a safety in the second quarter to make it a 21-2 game. Then the Indians would take advantage of great field possession following Union's free kick to set up another scoring drive to make it a 21-10 game at the half.

During the second half, Lumpkin County controlled the ball and only allowed Union two possessions in the final two quarters.

The Indians scored on their opening possession of the



QB Bo Lynch carries the ball during last week's game at Lumpkin. Photo/Courtesy Byron McCombs

third quarter to get within five at 21-16.

The Union offense was forced into a three-and-out and Lumpkin went back on the offensive with another touchdown and following the two-point conversion they led the Panthers 24-21.

"Lumpkin controlled the ball in the second half and ate up a lot of clock," Coach Casey Jones said. "The kids played hard but after the quick start we could just never get the momentum back. My hats off to Lumpkin."

Following a 4-3 season,

Coach Jones is proud of this group and knows they will benefit the high school program.

"I know Coach Allison is excited about this group of 8th graders moving up," Coach Jones said. I'm looking forward to watching them on Friday night."

Rec Basketball Registration

Basketball registration is still going on for all ages at the Union County Recreation Department, except for the 5 and 6-year old registration, which ended October 5th.

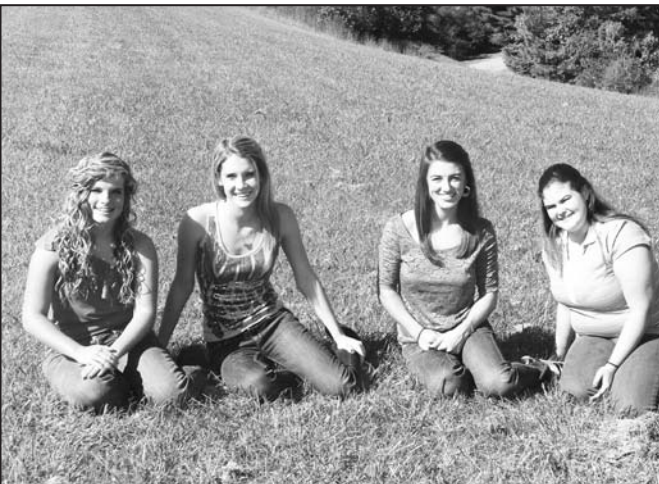
Seven and 8-year old registration will end November 9th and registration for all other age groups will end November 19th. For more details call (706) 439-6074.

Your 2012-13 Union County High School Homecoming Court

2012-13 UCHS Homecoming photos by Todd Forrest



Homecoming senior representatives



Homecoming junior representatives



Homecoming sophomore representatives



Senior Megan Beaver



Senior Katie Rittenhouse



Junior Lauren Zollinger



Homecoming freshman representatives



Senior Cassidy Davis



Junior Amy Buzzard



Sophomore Lisa Nalaschi



Freshman Sage Royston



Senior Lorene Irvin



Junior Angel Gochenour



Sophomore Sidney Rowan



Freshman Layne Colwell



Senior Chalonda Strickland



Junior Madison Rich



Sophomore Marissa Spaulding