KIS See the Sports Section at nganews.com

Panther scrimmage yields mixed results

By Todd Forrest North Georgia News sports@nganews.com

CLEVELAND - Union County Head Coach Brian Allison and his staff said that last Thursday night's scrimmage was a learning experience for

The Panthers traveled to Cleveland to take on a very deep and experienced Class

Although the score was not kept on the scoreboard the final tally was White County five touchdowns. Union County three touchdowns.

Coach Allison's team is still battling the injury bug and it showed last week.

'We've got three starters out on defense and that makes a big difference when you're at a AA level," Coach Allison said. "I'm not making excuses for personnel. I think we came in there excited to play, the game didn't count and we learned a lot of positive things, things that we need to correct and things that we need to do.

"Early on we did some good things against a good AAA team," he said.

The Panthers had some trouble establishing the run, while the ground-and-pound offense is the Warriors' bread and butter.

"I don't care what your expectations are, but when you line up with eight new starters there is going to be some growing pains. I don't think we played particularly well but we did play hard. After a while that fullback beat on us and we got tired and he started hitting us. I give White a lot of credit, but we hung in there despite our lack of depth showing midway through the second quarter. We started getting tired up front, we



The 9th ranked Union

Their lone setback of

Union County answered

TIGER - The pitching

Byers picked up the win

Cook went the final three

"We looked good, we

duo of senior Bailey Byers and

junior Chelsey Cook combined

for Union's first shut out of the

in four innings of work - allow-

frames only giving up two

continued to hit the ball well

getting 13 hits," Head Coach

Jessica Stewart said. "Byers

and Cook pitched good. It was

a good region win on top of go-

to the tune of three hits and

two hits - including a double

and scored twice. Amber Seeba

doubled and drove in a run.

King each singled as well.

Madison Rich scored

Byers, Cook, and Haylle

ing 3-1 on the week.'

sixth and seventh.

also added two hits.

two RBIs.

County Lady Panthers (9-2)

won three of its four games last

week, with wins over Gilmer

County, Lumpkin County,

and sub-region foe, Rabun

the week came at the hands

of Oglethorpe County in extra

Coach Jessica Stewart's chal-

lenge following their upset loss

to Oglethorpe by taking care of

a tough Class AAAA Lumpkin

County squad and a familiar

face at Rabun County.

Lady Panthers 7

Rabun County 0

ing just three hits.

North Georgia News

sports@nganews.com

County.



County ball carrier. Photo/Todd Forrest



Luke Chatham, Lance Rich and Nic Sparks lead a gang of Panther defenders against White County. Photo/Todd Forrest

Hannah Hughes powers a pitch into the parking lot for her second

homer of the week. This one tied the game. Photo/Todd Forrest

started getting knocked off the night. ball and I think that was the key. That's not a good recipe to be successful at any level.

Meanwhile, Union County Linebacker/Running Back Coach Justin Byers believes that the running game will be critical to Union's success and fortunately he took away some



Robert Prunier with a tackle

"We want to be a balanced offense and run the football," Coach Byers said. "It was a scrimmage and we went into it as a practice. Some things are going to look good and some things are going to

"It's hard to practice game speed. The running back has got to have the vision and the ability to make reads at game speed and it's difficult to do in practice. The beauty of it is, there is nothing I saw last night that wasn't correctable. Everyone came out healthy and we're going to start getting ready for Towns"

As for stopping the run, Byers chalks that up to inexperience but the desire to work hard and improve isn't going to be an issue in 2012.

"The effort is there and if there is no effort then you can't correct things, but the effort is there," Byers said. "We just got to work on a few basics and I don't foresee any problems for us at linebacker," he said.

"I think that fullback is going to pound on a bunch of people this season," Coach Allison added. "He is a good player. Would we being healthy have made a difference? I would like to think so. We were able to do some things that we wanted to work on with our ends and outside linebackers. Those are two areas where we aren't as sound as we need to be.

'The bottom line is. we've got to do a better job, and we will do a better job because I believe in our kids. We've just got to get a few people healthy,' Coach Allison said.

Perhaps the bright spot of the game was Union's sophomore's and freshmen's impressive night and Coach Allison likes what he sees in that department. Freshman quarter back Joseph Mancuso threw for three touchdowns.

Andrew Brown, Sam Gilbert, and Nick Whittle each caught touchdown passes for the Panthers. "Our young kids came in

against their young kids and really dominated," Coach Allison said. "We moved the ball down the field."

Senior lineman CJ Byers is also ready to use Thursday as a learning experience to get ready for Towns County and the season.

"We wanted to get ready to see where we were at," CJ Byers said. "We didn't want to show everything that we have. We were just looking to get better and we found out some things that need some work. We just want to be ready when the season starts and to get healthy."

The Panthers visit the rival Indians on Friday, who fell 20-12 in Hayesville, NC last week. Union will be looking to improve to 26-1 all-time against Towns County. "We'll watch the film on

Monday and spend less time on the field," Coach Allison said. "Tuesday will be a regular practice and Wednesday's practice will be shortened just a bit." Lady Panthers rebound from first Region loss

Now that we have learned a lot about the fundamentals that control the set up and backswing, lets take a look at getting the club through impact, or in other words, the downswing. Last week we looked at

the weight transfer and how it helps lead the start of the backswing. We also touched on the beginning of the downswing in relation to that weight transfer. The center of gravity moves to the back foot by rotating the upper body and the club is then released to the top of the arc where it will begin its downward motion into impact. At this point in the swing,

you should feel as though you are away from the ball with your knees bent. Your balance should be over the ankles with most of your weight on the inside of the back foot. I like to think of this inside position as the "pivot point" of the weight transfer. Keeping the weight over the pivot point will really help you maintain your balance and allow you to start the downswing with the lower body.

Now that your weight is on the back foot and located over the pivot point, we must focus on the position of the spine angle. The spine must remain in the original position that you established at address so the shoulders can rotate on the same path back and through. The proper shoulder rotation is crucial in keeping the club on the proper path during the downswing.

Another very important aspect of the downswing is keeping the forward arm straight. This rigidness of the forward arm is the main connection of the club to the shoul-

Joe Collins



Fips from the Range

ders and will allow the club to follow the correct inside path it needs in order to be square at impact. Make sure that you don't re-grip the club during the start of the downswing or the club face will not square correctly at impact.

When the above mentioned elements are in place, things become pretty simple. You push of the inside pivot point and rotate the hips to transfer the weight to the front foot while keeping your back toward the target for as long as you can. Let the arms fall to the inside of the backswing path so the forward arm will rotate the club face square. Don't force any action with the hands and make sure you keep your head behind the ball. The downswing is a com-

plicated motion and requires some dedicated movement. Take it slow and make sure the positions you place the club in are correct in relation to your balance because balance is the key to making the swing happen correctly.

I can't close without saying that it is with a heavy heart that I dedicate this week's Tips" to the memory of one of my friends, Charles "Chuck" Matlack. Golf has lost a fine man and a truly great player.

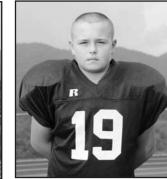
R.I.P Chuck, we will Good luck and I will see

you on the course!

UCHS Quarterback Club updates Football All Academic Team

The Quarterback Club has a new addition to the All Academic Team and a correction on a mislabeled picture. Austin Patee and Cole Wright, both members of UCMS Panther Football are also members of the All Academic Team.





Austin Patee

bee opened the inning with

singles, following a fielder's

choice by Rich, then Hughes'

single would load the bases

but I didn't know it was going

over," Brown said. "But I knew

it the moment I rounded first

and saw it go over the center

Hughes would smack an op-

posite field, solo shot to extend

second and was later knocked

two in the first when Rich

walked, Hughes singled, and

Brown was hit by a pitch. That

allowed Courtney Busbee and

host Jefferson on Tuesday

at 5:30 in a Lanier Point re-

match before making the trek

to Greene County on Thursday

biggest game of the season

so far for us," Coach Stewart

for another 5:30 meeting.

Seeba pick up an RBI.

'I knew it was a hard hit

In the previous inning,

Stroman doubled in the

The Lady Panthers got

This week Union will

'Jefferson will be the

for Brown.

fielder's head.'

in by Rich.

Union's lead to 4-0.

before handing things over to the first inning

Oglethorpe was sparked early by a two-run home run in the top of the first inning. The Lady Patriots added their third run thanks to a Union County error in the second.

Byers threw all eight innings for the Lady Panthers, allowing nine hits.

Hughes and Brown finished a combined 5-for-8 with two RBIs and two runs.

Rich scored a run, Seeba walked twice, Stroman walked and Byers added another run.

Adams singled and reached on an error but that wasn't the only contribution the center fielder made. Adams' juggling, barehanded, running catch was worth of a slot in Sportscenter's top-10 plays of the week and more importantly kept Oglethorpe from adding additional insurance runs.

Lady Panthers 9 Gilmer County 1

ELLIJAY - Junior Chelsey Cook picked up her second win of the season and fanned three hitters in Union's 9-1 win at Gilmer.

It didn't hurt that she was rewarded with a grand slam by Brown and a solo shot by Hughes.

The Lady Panthers were able to turn the contest into a runaway with five in the sixth to take a 9-0 lead

Adams and Crystal Bus-

"We came out on top by two runs at Lanier Point so I know they'll be ready to play. We do play Jefferson again but this one is the game that counts towards region seeding for the tournament. It's at home so hopefully we'll have that advantage and do what we need to do," she said



Madison Rich bunts

Adams finished with two hits and an RBI, Byers added

Oglethorpe County 6 Lady Panthers 5 (8 innings)

Hughes' game tying, two out home run in the bottom of the seventh wasn't enough for the Lady Panthers as they fell 6-5 in extra innings

The bats of Hughes and Brown were almost enough to overcome some Lady Panther base running gaffes, and a questionable infield fly rule call, but in the end, they eventually succumbed to the Lady Patriots.

The loss was Union's first to an 8-AA South oppo-

Oglethorpe scored two in the eighth inning thanks to two singles, a hit by pitch, and

Union was unable to overcome the two run hole despite a fielding error that allowed Union to get one run back. An Allie Stroman walk brought the game-winning run to the plate but Crystal Busbee grounded out to third.

Trailing 3-2 entering the top half of the seventh, two Oglethorpe singles and a sacrifice bunt gave the visitors an insurance run, but the 4-2 lead would be short lived.

Following a Crystal Busbee double, Hughes sent a high fly over the right field fence to knot the score at 4-4.

"I wasn't trying to hit a home run, the pitcher just pitched it in the spot I like the best," Hughes said. "I had a pretty good feeling it was gone when I hit it because of the spot it hit the bat. This home run was very special to me. It left me with an amazing feeling.'

in the sixth and Rich reached on a fielder's choice and scored in

Shawnna Brown has been Union's toughest out of the season and hit a grand slam for her first home run of 2012. Photo/Todd Forrest

Lady Panthers 7 **Lumpkin County 5**

The Lady Panthers pounded out 13 hits while Following a loss to Oglethorpe, Coach Stewart scoring two in the first, two in was proud of how her team responded. the third, then one in the fourth,

"I told them we needed to bounce back and they were Shawnna Brown continued to rock opposing pitching resilient," Coach Stewart said.

The Lady Panthers prevailed thanks to a four-run third Hannah Hughes smacked Lumpkin would jump out

to a 2-0 lead in the second but Union would rally. Brown singled and

three times and had two stolen scored in the bottom half of bases and a walk. Carly Adams the inning.

The following inning, the top of the lineup got down to business.

Crystal Busbee and Rich singled and both scored on Hughes' double. Brown would then single and steal second before Courtney Busbee brought in Hughes on a ground-out. Adams finally singled in Brown to cap off the four-run inning.

Brown again, singled and scored in the fifth to give Union a 6-2 lead. However, Lumpkin

wasn't finished. The Lady Indians hit two home runs in the sixth to get within a run. Courtney Busbee added another run when she scored

her sister, Crystal who singled

to lead off the inning. Byers threw five-plus innings - picking up the win

but I think she got tired," Coach Stewart said. "I brought in Crystal and she shut them down in the seventh."

Crystal Busbee - who nailed

"Byers started off well

down the two-inning save.

two hits.

nent since September of 2009.

a wild pitch.

Brown singled and scored

UCHS softball & football pictures by Todd Forrest