

Sports

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Abernathy selected to Capital One All-Academic Team

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Young Harris - Three student-athletes from Young Harris College were named to the Capital One Academic All-District III Division II Women's Track and Field/Cross Country team.

One of them is Holli Abernathy, a 2011 Union County High School graduate.

The All-Academic Team is selected by CoSIDA (College Sports Information Directors of America). Fellow Georgia natives Erica Brooks and Nicole Smith joined Abernathy to round out Young Harris' Academic Team representatives.

Abernathy, a 5-6 junior from Blairsville was named to the PBC All-Academic team for the first time in 2013. The former Lady Panther competed in five events in 2013 and had her best finish when she came in ninth place at the Warren Wilson College Fighting Owls Invitational.

It was one of three team titles the Mountain Lions won last fall. The 2013 PBC Presidential Honor Gold Scholar has a 3.86 cumulative grade point average as a psychology major.

From an early age, Abernathy learned the benefits of hard work and the importance of a sound education. By the time she reached high school, Union County Head Cross Country Coach Jackie Hughes knew that Abernathy would proudly represent Union County with class and dignity.

"Although Holli is very petite, she has the heart and determination of a lion," Coach Hughes said. "We ran at Dawson County her freshman year, on an extremely challenging course. At the time Holli was struggling with some leg pain issues. I told her to go ahead and run, but to take it easy and not stress her leg too much. She assured me that she would do that. Well, as soon as the 'ready, set go' was out she was off like a rabbit, and she never let up. I asked her after the race what had



Holli Abernathy

happened to the "take it easy" plan, and she just grinned. That experience epitomized the way Holli approached each athletic contest she participated in, and her classroom challenges as well, and apparently that spirit is still serving her well in college."

Coach Hughes added that athletes like Holli take a lot of stress off of a coach and it allows coaches to focus on improving times and becoming a well-oiled machine instead of dealing with disciplinary issues and class attendance. Coach Hughes noted that she has had very few issues with grades and behavior and its due to athletes, like Abernathy, who lead by example, while setting a fine example for the younger student-athletes.

"I have been very fortunate to have coached high quality student athletes on my cross country teams," Coach Hughes said. "I do emphasize each year the responsibility of wearing a Union County uniform, reminding them that by wearing that uniform they are ambassadors for our team, our



All-Academic District III Division II Women's Track & Field/Cross Country Team





Abernathy
Brooks
Smith

Abernathy, senior Erica Brooks, and sophomore Nicole Smith were Young Harris three academic team representatives. Photos/YHC Athletics

school, and our county. Sports promote discipline, team work loyalty, reliability, and a strong work ethic; all vital skills in the work force.

"A coach's job is always easier when their athletes keep their grades up and stay out of trouble. It requires hard work and determination to do that, and those characteristics usually carry over into the sport they play. Cross country is a sport that demands a lot of hard work and discipline, both mentally and physically. I believe it compliments the skills used to be successful in the classroom."

After three years at the college level, Abernathy is learning to walk the fine line between keeping a 3.86 GPA while remaining in tip-top shape athletically. She will be the first to admit that balancing your time between class work and conditioning can take a toll on the unprepared.

"As a student-athlete it is constantly drilled into us that while being a student comes first, being an athlete is a close

second," Abernathy said. "It is important to create a schedule that allows you to finish your studies while also allotting time for practice. It is of equal importance to stick to this schedule without procrastination. Even with an ideal schedule, every student-athlete will tell you it is impossible to avoid late nights studying because sports do take out such a big chunk of your day, but that's part of being a student-athlete."

Abernathy, who was also a Region champion and a three-year starter at point guard on the Lady Panther basketball team, remains firmly committed to both her class work and the cross country team. She has a clear set of goals that she focuses on. However, she is constantly forced to change her schedule and adapting on the fly is vital to her success academically and athletically. She is also very thankful for the teachers who go above and beyond to work around her cross country schedule.

"In the classroom, I'm

working toward graduating with highest honors, summa cum laude, which is a GPA between 3.9-4.0," Abernathy said. "On the cross country team, I'm working to reach my past PR (personal record) time of 19:50 for a 5k.

"I try and stick to a schedule but it tends to get altered frequently. So, specifically I just separate the classroom from athletics. While both class time and practice time stick to a specific schedule, the teachers are very understanding of our demanding practice and cross country schedules. The teachers here not only work to keep us caught up in the classroom, but they also take the time out of their own schedules to alter their office hours when needed."

A tremendous support system from friends and family plays an important role in her success. Her family has always had her back, and she credits them for much of her success.

"My family is very supportive of both my academics and athletics," she said. "Not

only are they supportive, but they also push me in every way possible. Without their support and encouragement, I'm not so sure I would both academically and athletically be where I am. They are incredible people."

The members of the College Sports Information Directors of America selected the teams and they will now be considered for Academic All-America® honors. District III consists of NCAA Division II institutions in the Peach Belt, South Atlantic and Conference Carolinas conferences. To be nominated, a student-athlete must be at least a sophomore with a 3.30 cumulative grade point average and must be a starter or a significant reserve on his team.

Smith, a 5-foot-5 sophomore from Ball Ground, earned her second consecutive All-Peach Belt Conference honor as she finished in fourth place with a blistering time of 21:56.36 – a personal-best time – at the 2013 conference championship to earn first-team honors. Smith also won two individual titles at the GC Bobcat and the WWC Fighting Owls invitationals in 2013. Smith finished no lower than ninth place in any of her races this fall.

The 2012 Peach Belt Co-Runner of the Year is a member of the YHC Honors Program and the Dorcas Society (Sigma Delta Chi). Smith, who was a member of the Peach Belt Presidential Honor Roll as a Gold Scholar last year, currently has a 4.00 grade point average as an education major.

Brooks, a 5-4 senior from Watkinsville was named to the PBC All-Academic team for the second time. Brooks competed in five events and had her best finish – 25th – at the WWC Fighting Owls Invitational. She is a member of the Phi Theta Kappa and Alpha Chi national honorary societies. Brooks is a 2013 PBC Presidential Honor Roll Gold Scholar and has a 3.93 cumulative grade point average as a business and public policy major.

Cheer All Stars complete season; accepting new cheerleaders




Mountain Cheer All-Stars competed in five competitions this year ranging in location from Nashville, TN to Asheville, NC to Atlanta. Through sickness, routine changes, and injuries, the girls worked extremely hard and made serious improvement throughout the season, with their highest finish of second place. They finished the season getting to work out with some of the cheerleaders from Young Harris College's nationally ranked competition team, as pictured above. Mountain Cheer All-Stars is still accepting new cheerleaders on Tuesday and Thursday nights from 7-9 p.m. Any girls that are upcoming 6th – 12th graders that are interested in competing can come by Mountain Gymnasium Center to get more information. No experience is needed, just a good attitude and a willingness to work hard.

MUSA Fall registration now open


MUSA Fall registration is open for age Groups 6&U to 16&U. Register online at <http://mountainsoccer.wordpress.com/>. Registration forms are also available to print from the website. Forms can be mailed to P. O. Box 1862, Blairsville, GA 30514.

For additional information contact the league at: musa.soccer@gmail.com or visit us on




the web at <http://mountainsoccer.wordpress.com/>.

WELCOME TO THE PIT!



UNION COUNTY 2014 WRESTLING CAMP

JUNE 17 - 9:00-12:00
JUNE 18 - 9:00-12:00
JUNE 19 - 9:00-12:00



TRAINING WILL INCLUDE THE FUNDAMENTALS OF:

THE NEUTRAL POSITION
THE REFEREE'S POSITION - TOP
THE REFEREE'S POSITION - BOTTOM
PLENTY OF LIVE WRESTLING

GRADES 6-12
COST:
INDIVIDUAL \$40
UP TO 14 MEMBER TEAM \$350

Union County Recreation Football & Cheerleading 7 through 13 years of age Registration Ends July 1st!! Don't be left out!!! Register NOW at the UC Rec Office at 310 Wellborn St. or Online at meekspark.com



What's happening!! Union County Recreation

cool in the
pool

Yes, the Union County Pool at Meeks Park is now open daily from 12 pm to 6 pm

Adult Water Aerobics Start June 3
M-W-F at 10am to 11am





Daily Classes are going on right now!!

For further information and prices check out our web site at WWW.meekspark.com or call our office at 706-439-6074

TUCKER'S BASKETBALL CAMP

Union County High School

June 23-26, 2014
David Tucker
106 Sherwood Ave.
Box 26
Calhoun, TN 37309
(423) 336-3045

Union County High School is hosting a basketball skills camp for boys and girls K-12th grade. The camp will begin daily at 8:30am and end at 11:30am. Every camper will receive a camp t-shirt. There will be an awards ceremony on Thursday at 11:00am. The cost for each camper will be \$60.00. You may bring this form and money on June 23rd, or mail this form and money to David Tucker at the address above.

David Tucker - Union County Panthers Head Girls Coach
Tina Dockery - Union County Panthers Assistant Girls Coach
Mandy Hunter - Union County Panthers MS Girls Coach
Junior Tucker - Walker Valley High School
Mindy Cox - Niota Elementary School
Jon Tucker - TWC Assistant Coach

Activities will include: Ball handling drills, dribbling drills, shooting drills, offense and defense instruction, contests, 5 on 5 play, 3 on 3 play, and one on one play.

Camper's Name _____ Grade _____ Shirt Size _____
Do you have health insurance on this child? Yes _____ No _____
Emergency Contact _____ Phone # _____
Parent Signature _____ Date _____