

Cross Country has strong showing at Buford

By Todd Forrest
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Anytime you can travel to Buford for a sporting event and leave with a win speaks volumes regarding not only talent, but heart as well.

When a small, rural public school like Union County goes into Buford they likely leave looking for a moral victory.

However, losing breeds moral victories, but losing wasn't an option for Union County's Emma Garrison.

The freshman took home first place for the second time in her last three meets.

Garrison finished with an overall time of 20:01 to lead the 6th-ranked Lady Panthers to a fourth place overall finish.

Jeremy Webb raced to a third place finish with a time of 17:33.

The Union County boys finished eighth overall.

Both squads faced some of the stiffest competition that it has seen all year with the Class AAA 3rd-ranked White County Lady Warriors, Class AA's 3rd-ranked Lovett, and 5th-ranked Jefferson Lady Dragons.

Other teams participating in the meet were the host Buford, Dawson County, Hebron Christian Academy, Forsyth Central, and Apalachee.

"The Buford meet was packed with competition," Coach Jackie Hughes said. "Many of the teams are currently ranked in the Top-10 in the state in their classifications. I felt that our teams competed very well. The course was quite tough."



Emma Garrison just before she crossed the finish line. Behind her is the top runner from White County whom Garrison had never beaten. After Garrison passed her, the White County girl gave out and it took all she had to stagger across the finish line.



Union County's Boys had a solid finish at Buford. The Panthers and Lady Panthers are hoping to remain strong going into the Region 8-AA meet in early November.

Rounding out the Top Seven for the Lady Panthers were Rachel Todd at 23:13, Ansley Garrison at 23:15, Rachel Vester at 23:29, Stephanie Busse at 24:11, Alyssa Arnold at 25:07, and Kenna Bauman, who was battling an illness, toughed it out and came in at 28:32.

The Panthers were led by Webb's time of 17:33.

Meanwhile, the rest of the Panther Top Seven were: Ryan Rogers who finished at 19:43, Andrew Nelson and Aaron Stafford finished at 19:55, Jacob Cook at 20:16, Devin Bachman at 20:22, and Jacob Kelley at 20:24.

"I think that the team has bought in well to the plan of improving gradually as the season progresses," Coach Hughes

said. "It is a long season, and you don't want to peak too early, and it's important to keep the legs as fresh and healthy as possible for the region meet. Even with trying to build our mileage gradually, we have some runners nursing sore shins and other aches and pains. We are going to try to get as strong and healthy as possible for the Region Meet."

Joe Collins

Tips from the Range

I have received many questions on putting recently so I think it might be prudent to look at the whole of putting and not break it all apart because everything works together in a proper putting stroke. Get your notebook out cause good putting can change the way you look at golf.

Good putting can affect your total score in a round of golf more than any aspect of the game. If for instance a course has a par of 72, then theoretically you will stroke it 36 times on the putting surface. Even if you "one-putt" every green, that still makes the putter the most used club in the bag. This fact alone means we should focus on putting more than hitting.

When I hear that a player is a good putter, then automatically I think of two different abilities this player possesses. To be a good putter, then one has to be a good reader of greens and probably has a solid stroke to react to that read. The combination of these elements makes a good putter.

If someone says, "He/She is a good sand player." That means they are good putters because if you missed the putt after a good sand shot, then you failed to get it up and down. A good sand player is a good putter and a good putter is a good reader of greens and so on. Putting is very important to all aspects of golf and you will find that if you putt well, you will hit the ball better. It's one of the phenomenon's in golf.

First let's look at green reading. Simply put, this is inspecting the lay of the ground your ball will roll across as it makes its way to the hole. Finding the slope of the lay is a crucial point that has to be dealt with for left and right breaks. The actual lay of the green is the relationship of uphill and downhill from front to back of the green. Every putt that has break will be influenced by the lay and slope of a putting surface. Logically then, downhill is fast and uphill will be slower. So goes the lay of the green from front to back.

Once you feel comfortable with how the ball is going to roll, you will have to learn to match the speed of your roll with

the read of the green. The only way to master this is through practice to develop feel. It will always be a guess as to how hard to roll the ball but practice gives you feedback and that is what you look for when practicing your putting stroke. Here again, read will affect speed and speed will affect the read so you have to take a little time to study your putts. More time than I see a lot of amateurs taking. It is almost impossible to get a correct read from only one side on the hole.

The stroke itself is simple to understand but difficult to perform. You must take out all the moving parts that you can. Let only your arms swing from under your shoulders. Use no wrist in any part of the stroke and keep your head perfectly still until the ball is on its way to the hole.

Always make sure that your alignment is correct as faulty alignment will cause the ball to start off on the wrong line. Your sub-conscious will know you are off line and you will pull or push the putt to compensate. Poor alignment is very detrimental to rolling the ball well.

Always make sure that you are in balance as poor balance will cause the putter head to wobble and that will also make the ball start on the wrong line. Center your weight over your ankles and stay steady. Don't rock back and forth.

As you look down at the ball, notice you have made a triangle with your arms. Focus on this triangle moving back and forth during the stroke and this will help eliminate wrist motion. Do not use your wrist for any part of the stroke.

I hope this helps with putting. Make sure you spend a little time reading the green from both sides of the ball and you will see a different world when it comes to reading greens. Don't be bothered if someone gets on to you for "acting like a pro" because when you start making more putts, and your score starts dropping, you will see them start walking to both sides of the ball to read the green just like you.

Let me hear from you. I know some of you are having trouble with your swing so just ask and let's see if I can help. Please send your questions to jcollins.tcherald@windstream.net. Remember, practice will make you better and that makes golf more enjoyable.

Good luck and I will see you on the course!.

UCHS Homecoming Festivities 2012

Photos by Todd Forrest



UC Band begins the homecoming parade



UC's student section dresses "formal" for Homecoming 2012



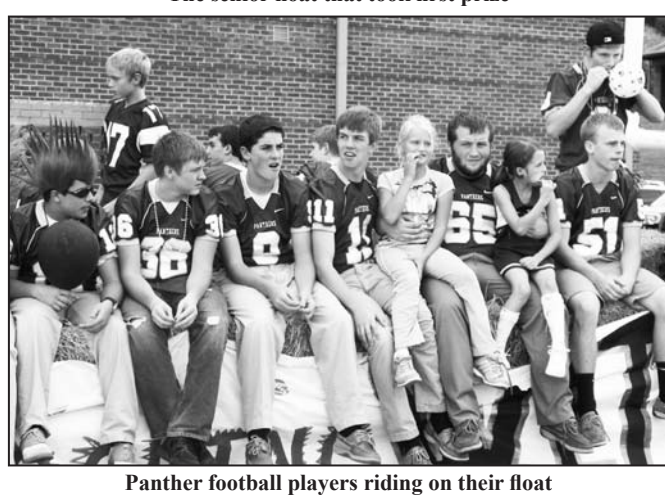
Cheerleaders celebrate UC's win over Riverside



The senior float that took first prize



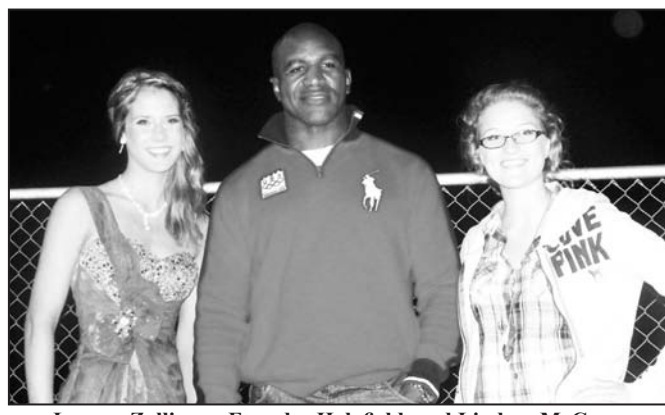
Panther fans of all ages enjoy the Homecoming Parade



Panther football players riding on their float



The sophomore class float. The 10th graders won the Spirit Stick



Lauren Zollinger, Evander Holyfield, and Lindsey McCann



Junior Matthew Spiwak fires up the crowd during the Pep Rally



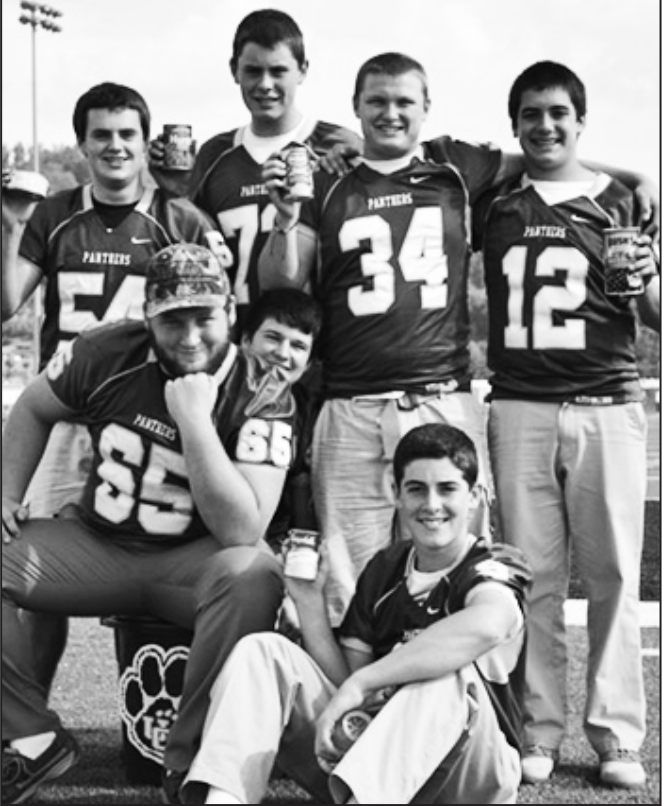
The freshman class' float during the UCHS Homecoming Parade

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.

Panther football takes part in canned food drive



The Union County High School Quarterback Club is teaming up with Neighbor's Hand, a local ministry, in sponsoring a canned food drive during the last two home games of football season. Come on out to Mike Colwell Stadium on Nov. 2nd to support our Panthers. You will be supporting your community as well by donating canned goods as you enter Panther Alley.

Football...continued from 10A

at the film."

Chase Barnett will be one of the players that will jump out when Allison and his staff review the Riverside game. The sophomore linebacker led the way with 13 tackles. Matthew Spiwak added 11 tackles, Clay Burnette had 10 stops, and Whitmer added eight tackles. C.J. Byers, Billy Elder, and Reid Watson each recorded a sack, while Dietz finished with three tackles-for-a-loss.

Offensively, Bentley connected on 11 of his 15 passes for 180 yards. His partner in crime, Rivera reeled in seven of those completions for 101 yards. Hughes accounted for 102 all-purpose yards and

two scores.

Union travels to Greene County on Friday in a match up that will likely determine a playoff spot in 8-AA. It will be the first ever meeting between the two schools but it won't feel that way in Greensboro as a playoff type atmosphere can be expected anytime you visit the Tiger's Den.

"Going to 6-1 would be big us," Jones said. "We know a playoff spot will be on the line at Greene, but we're not shooting for fourth or even third place. We're shooting for first. We plan on winning all of our games and going into Jefferson to play for a Region Championship."