

Busy week for Union County Wrestling teams

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The Union County Middle School Wrestling team defeated Hayesville, NC by a score 60-18.

Wins were scored by Ethan Green, Tyree Mackey, Isaac Tritt, Noah Bierce, Gabe Morris, and Bo Lynch.

Union County High School also hosted Hayesville, NC last week were they were defeated by the Yellow Jackets.

Eddie Kemp picked up a win in the 113-pound weight class. Tulsa Queen pinned his opponent in 182-pound weight class, and Johnathan Floyd earned a pin in the 220-pound class. Seth Williams and Kyle Jones also earned pins for Union County.

Over the weekend the Union County High School wrestling team competed at the Melee in the Mountains Dual Tournament at Fannin County.

Union fell to Towns County 54-30. Picking up wins for the Panthers were Jon Cook in the 126-pound weight class, Alyssa Sinkler in the 138-pound weight class, Sam Whitmer in the 145-pound weight class, Dylan Byers in the 160-pound weight class, and Jon Floyd in 220-pound weight class.

Union lost to Hayesville 60-18. Picking up wins were Nick Bertuna at 152 pounds, Dylan Byers at 160 pounds, and Will King at 195 pounds.

Union lost to Dawson 72-6. The only Panther wins were Jon Floyd at 220 pounds and Nick Bertuna at 152 pounds.

Union Co. won against

Region opponent Rabun County 42-30. Winning for the team were Jon Cook, Chase Stancil, Alyssa Sinkler, Macey Hayes, Will King, John Floyd, and Keith Brewer.

Union also won against Hiwassee Dam 66-0. Eddie Kemp, Jon Cook, Alyssa Sinkler, Chase Stancil, Sam Whitmer, Nick Bertuna, Dylan Byers, Tulsa Queen, Will King, Kyle Jones, and John Floyd all picked up wins.

John Floyd was named Wrestler of the Week picking up five wins for the tournament. Alyssa Sinkler went 3-2. Dylan Byers went 3-1. Will King went 3-2 at 195 pounds. Nick Bertuna went 3-0 at 152 pounds.

On Saturday we wrestled at the Rumble on the Ridge at Fannin County.

Union lost to Murphy 54-30, and defeated Rabun Gap 48-24.

Picking up wins were Eddie Kemp, Chase Stancil, Alyssa Sinkler, Sam Whitmer, Adam Williams, Dylan Byers, Tulsa Queen, Will King, John Floyd. Union's overall record now stands at 5-11.

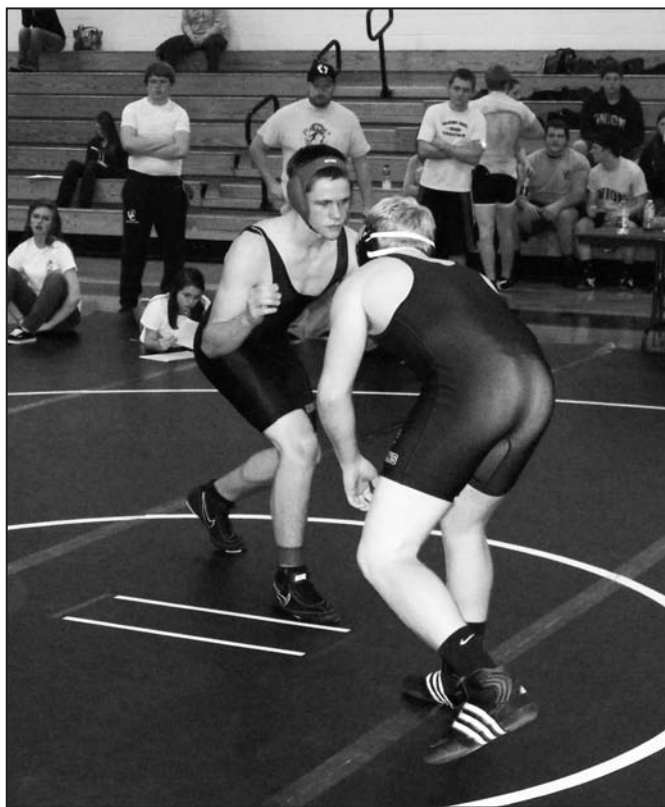
John Floyd had another good day of wrestling at 220 pounds going 3-1. Adam Williams finished 3-0 at 152 pounds.

Union County High School's Wrestling team is off this week but the middle school has Murphy at home on Tuesday, Fannin at home on Friday and Saturday is the Middle School Championship here in Union County.

Union County High School will be back in action on Dec. 18th with a home meet with Murphy, NC and Andrews, NC.



UCMS' Issac Tritt in action against Hayesville. Photo/Todd Forrest



Union County High School Wrestling competed in meets over the weekend at Fannin County. Photo/Joe Collins

White County...continued from Pg. 10A

White County would score the first 5 points of the extra period and Union found themselves in a 45-40 hole with 2:39 to play. Lauren Zollinger made it a three-point game with a score at the 1:16 mark, then the junior guard would pick off a Lady Warrior pass and take it in for a score making it a 45-44 game with 49 seconds to play. White added a free-throw with 19 seconds left, leaving Union in a similar situation to what they faced at the end of regulation.

Zollinger's game winning trey bounced off the right side of the rim but Madison Rich grabbed the offensive board, looked for room, then launched an unsuccessful 3-pointer at the buzzer.

But hold everything. This time, the Lady Warriors were whistled for the foul

at the buzzer, and Union was looking at a trip to the charity stripe. Once again, three-tenths of a second were put back on the clock with Rich was standing at the line. The junior missed the first, made the second, and missed the third and White County escaped with the 46-45 win.

"We came back and started playing in the second half," Coach Tucker said. "We let them be the aggressors early but we became the aggressors in the second half. Our effort was a lot better, and we're going to have a hard time some nights but I'll take that effort every time. We had some seniors hit some big time shots, we played well but just got to continue to get better."

Union County led 8-4 early thanks to treys from Carly Adams and Zollinger,



Lauren Zollinger led the way with 13 vs White. Photo/Todd Forrest

and a jumper by Hughes. White County stormed back with a 12-2 run to take a 16-10 lead after one quarter.

Buckets by Arnold and Hughes made it 16-14 but again, White closed the quarter strong with a 10-3 run for a 26-17 halftime score.

Zollinger led the Lady Panthers with 13 points and 4 assists. Arnold scored 12 points to go along with 7 rebounds. Brown scored all 8 of her points in the fourth quarter while grabbing 9 boards. Hughes added 8 points, 6 steals, and 2 blocked shots.

Lumpkin County...continued from Pg. 10A

team when Jeanelle (Arnold) is on the floor."

Hughes scored 9 points, Day had 5 points, while Brown added 2 points. Brooke Maddox and Maurer each chipped in 2 points with Maddox picking up 3 steals and Maurer getting 4 boards and 4 blocks.

Rich and Carter added a free-throw each.

Union's JV Lady Panthers scored a 44-29 victory over Lumpkin County. Day led all scorers with 21 points.

Union is off on Tuesday night before a pair of home games this weekend. The Lady Panthers will host Lumpkin County on Friday at 7 p.m. in a rematch before facing a much tougher group of Lady Indians on Saturday. That's when Towns County comes calling for a 6 p.m. showdown. Union will be looking to avenge its first loss of the season when Towns pays UCHS a visit.



Jeanelle Arnold takes it strong to the basket against all five Lumpkin Co. defenders. Photo/Todd Forrest

UCRD Christmas Clash

On Dec. 14th and 15th the Union County Recreation Department will be hosting a pre-season Christmas Clash of all of their basketball teams.

All teams from ages 9 through 12 will be pitted against each other to benefit the Union County Food Bank.

The games are scheduled for Friday and Saturday at Union County Recreation Department's "rubber floor gym," located behind the UCRD offices at 310 Wellborn St.

The games will tip-off on Friday at 5:30 p.m. with the 12-U Wildcats vs the Heat. At 6:30 p.m. the 12-U Monstars will clash with the Hot Shots. The night cap will see the 10-U Night Hawks take on the Pandas at 7:30 p.m. Saturday will feature a full slate of games beginning at 10 a.m.

The 10-U Bruisers will do battle with the Pandas at 10 a.m. The 10-U Mountain

Monstars take on the Hawks at 11 p.m. At high noon the 10-U Wolves will have a showdown with the Orange. The 10-U Panthers will meet the Mountain Monsters at 1 p.m.

The 2 p.m. time slot will see the 12-U Duke take on the Dawgs. The 12-U Lakers play the Tigers at 3 p.m. and the 12-U Panthers square off with the Dawgs at 4 p.m.

Entry into the gym is a donation of any nonperishable food or any donation you wish to make. All food items and money collected will go to assist the Union County Food Bank.

If you cannot make it to any of the "Clashes" and would still like to contribute to the Food Bank, you can stop by the UCRD office at 310 Wellborn St. or mail a check to P.O. Box 2932 Blairsville, Ga 30514.

If you have any questions please call (706) 439-6074

Four Panthers named to 8-AA All-Region First Team

Four Union County Panther football players were named First Team All-Region for the 2012 football season.

Senior tackle C.J. Byers was selected as a First Team Offensive Lineman, senior kicker/punter Eric Hougrand was made the First Team as a punter and named Honorable Mention as a kicker. Hougrand led the area with 12 punts inside the 20 with his longest punt of the season being 67 yards.

Union's leading tackler Chase Barnett, a sophomore, was the youngest Panther selected to the First Team.

The linebacker recorded 140 tackles with 3 tackles-for-a loss.

Finally, junior defensive lineman Luther Jones was a First Team selection after finishing the 2012 campaign with 71 tackles, 23 TFL, and 3 sacks.

Including Hougrand, five Panthers were named as 8-AA Honorable Mention.

Quarterback T Bentley, wide receiver Lalo Rivera, defensive back Josh Kim, and defensive lineman Craig Jones.

Bentley finished 2012 with team highs in rushing and passing. The senior ran for 658 yards and 7 scored while throwing for 1335 and 9 scores.

Rivera reeled in 44 catches for 479 yards, Josh Kim had 47 tackles, 7 TFL, and 2 picks.

Craig Jones made 48 tackles with 6 TFL. He also recorded 3 sacks.

Jefferson quarterback Bryant Shirreffs is the 8-AA Offensive Player of the Year.

Jefferson linebacker Wesley Simonton was named 8-AA Defensive Player of the Year.

Joe Collins

Tips from the Range

There is a dedicated area in the golf swing that will give you the feedback you need to better your swing and as a result enjoy your time on the golf course. You can swing the club in any way you see fit, but if your movement isn't solid in this part of the swing, your will never hit the shots you know you are capable of. It is where the swing starts and stops with every swing of the club and it can assure you of a consistent swing with almost every effort if done correctly.

The balance and center of your swing passes through this position every time and can be extremely affected if you move poorly. You hear a lot about it but rarely is it given the level of importance it should. Good ball strikers and solid competitive players know that a good or bad swing is born with? Proper Footwork. It is proper footwork that will make your swing work and help you maintain your center of gravity throughout the whole swing process. It is a very important component of consistent golf.

Go to a PGA tour event and don't be shocked if you see one or more players practicing with their shoes off. It is a great way to learn the feel of how the balance works from the start to the finish of any golf swing. The great Sam Snead would practice with his shoes off and it would help him play better. The pros know the benefit of proper footwork and you need to understand it too.

Proper footwork is dependent on being in the correct set-up. It is very important to be the right distance from the ball at address so that you do not have to lean in and reach for the ball to get the club behind it. This lean will place your balance on the forward part of the feet and make it impossible to move correctly. It is vital for your weight to pass through the ankle to the ground and not on the front of the foot. If the balance in the feet is proper, you will feel a tightening in the hamstring muscle located in the upper back of the rear leg. Concentrate on "sitting" down in this muscle and stay there.

The great Ben Hogan said, "I feel like I'm sitting on the edge of a bar stool and staying there until after impact." This is a perfect example of how it feels to stay within your center of gravity on every swing.

What is the proper way in which to work the feet? I am glad you asked me that! Here it is. First, you must work the feet in a way that promotes a good athletic move through the ball. It should be a balanced move that builds acceleration from the top of the swing and on through impact so that the arms will extend through the hitting area and on into the follow through. It should feel slightly like you are reaching for the ball at impact from the back of your center of gravity. Keeping the knees relaxed and bent until shortly after impact really helps with this especially if you are having balance issues.

Next you must focus on keeping the feet in touch with the ground. The soles of your feet must stay connected to the ground in order for the swing to be in control. Everywhere I go I see golfers swinging to hard and losing contact with the ground. Many good moves at the ball are spent before impact because of poor footwork. The left heel will leave the ground and the front inside big toe will load up on weight during the back swing and the only thing left is the over the top swing with a lot of hands on the downswing.

Allow the front foot to roll in slightly and move your weight to the back leg with a solid back foot that is flat on the ground or possibly a little heavy on the outside edge of the shoe but not disconnected from the ground at all. Keep the feet grounded until the arms and club have moved through impact and this will ensure that your swing is controlled with the big muscles and that is very important for proper distance. The big muscles move slower than the small muscles so give your swing time to work and be patient out of the top.

Proper footwork will level your swing and focus your attention to swinging within your own power. You will be reminded time and again that your balance needs attention by maintaining correct foot placement and positioning throughout the swing.

Go ahead! Take your shoes off! Stay awhile, and practice barefooted to learn the correct feel of what your connection to the ground should be. Learn to feel the correct feeling in your feet when you play. Your swing will immediately become more controllable and will now perform within your individual ability. You must swing within your own control or you will be forced to use your hands and then the trouble will start.

Good luck and I will see you on the course!

UC Swim team travels to North Hall for meet



Union Head Coach Carol Knight looks on during Union's practice at Union General's Wellness Center. Photo/Todd Forrest

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high school was 65 points - good enough for fifth place out of 12 teams.

The boys middle and high school combined scored were 51 points - resulting in a 7th Place finish.

GAINESVILLE - The Union County High School Swim team had a solid showing at North Hall High School on Friday evening against some of the top swimmers in northeast Georgia.

Union County wasn't intimidated and held their own against much larger schools that included Flowery Branch, North Hall, Buford, Chestatee, Lumpkin County, Gainesville, and Walnut Grove.

Union's women's combined scores for, middle and

The boys middle and high school combined scored were 51 points - resulting in a 7th Place finish.

For all four teams combined, Union County came in sixth with 116 total points - ahead of Chestatee, Lumpkin County, West Hall, Tallulah Falls, Commerce, Lakeview Academy and Gainesville.

Union's women's varsity squad came in third behind Flowery Branch and Buford.

The Panther men's varsity team brought home a fifth place finish out of 13 teams.

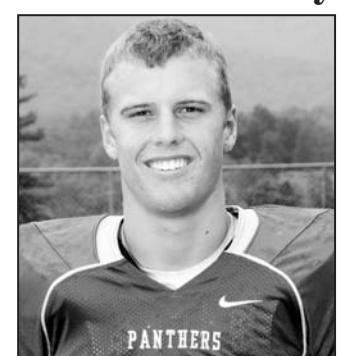
Bentley: Captain in the Community

Last month, one of Union County High School's football players, T Bentley was selected as the Atlanta Falcons' Captain in the Community.

The Captain in the Community program recognizes only 10 outstanding high school football student-athletes around the state of Georgia that demonstrate strong leadership skills both on and off the field.

Winners are selected by USA Football, the Official Youth Football Development Partner of the NFL.

With Bentley's selection Union County High School will receive a grant in the amount of \$1,000 to support community initiatives courtesy of the



T Bentley

Atlanta Falcons and the NFL's Youth Football Fund. Bentley was interviewed this on the Atlanta Falcons Radio Network, 790 The Zone, prior to the Atlanta Falcons vs Tampa Bay Buccaneers game.