

# UCMS Football: late score gives Lumpkin the win

By Todd Forrest  
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Union County gave up a 38-yard touchdown pass with 15 seconds remaining in a heart-breaking 28-20 loss to Lumpkin County.

The Panthers led 14-12 after three quarters but Lumpkin found the endzone on the first play of the fourth quarter.

An 8-yard scoring rush and a successful 2-point conversion gave the Indians a 20-14 advantage with 7:50 to play.

Union would then go 83 yards during a scoring drive that would burn more than six minutes off the clock.

Quarterback Cole Wright

rushed for 20 yards before hitting Cole Dockery on a 19-yard hookup.

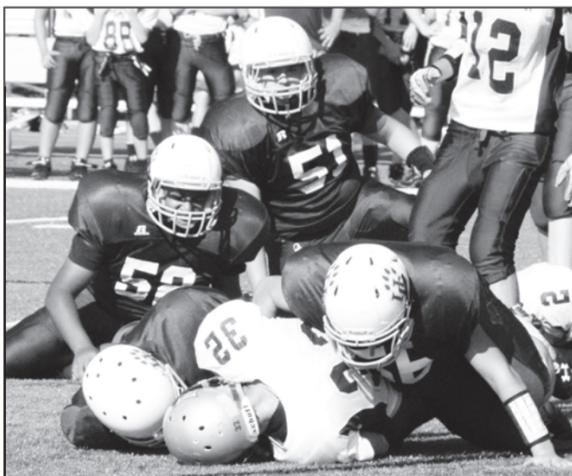
Wright found Sean Dobbins then carried it himself on 4th-and-2 for a first down.

Facing a 4th-and-8 inside the redzone, Wright hit Dobbins down the far sideline for an 18-yard scoring strike. The 2-point try was no good and the game was knotted at 20-20 with just over a minute to play.

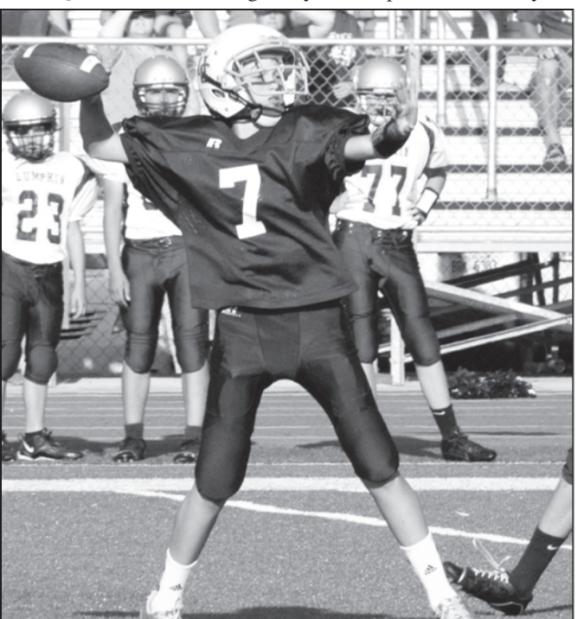
The game opened with each team turning it over in its first two possessions and after a quarter, the game remained scoreless.

Lumpkin was able to open up a 12-6 lead at the break.

Union hosts Towns County at 5:30 p.m. on Thursday.



Union's defense swarms the Indian ball carrier. Photo/Todd Forrest



Union quarterback Cole Wright fires downfield. Photo/Todd Forrest



A Panther defender brings heat on the quarterback. Photo/Todd Forrest

Joe Collins



**Tips from the Range**

I've discussed what I feel is one of the most important aspects of working the club correctly during the performance of a golf swing, and that fundamental is balance.

Time and again I have made mention that balance is key in making a good swing. Unfortunately, to maintain proper balance one must perform the correct technique and this is not the most comfortable way to swing the club. To maintain proper balance through the swing, a golfer must be able to "counterweight" the downswing.

It is a true statement to say that pressure will exaggerate your swing flaws and there is no better example of that than the one you will find every weekend at any golf course anywhere. Untrained golfers hacking at their shot like they were, and I know you've heard this, chopping wood.

It really is a chopping motion so thus the expression. Gives a clear picture to what is going on. If you don't counterweight, it will show up in your game, and on the course, in an exaggerated form. It can be easy to fix on the range but terribly hard to master while actually playing the game. It is the one fault I see in almost every golfer, really. The pros work on this constantly.

Let me explain the issue more clearly and then the picture will be more evident.

Typically speaking, and this is not for the faint of heart, two human arms weigh approximately 16 lbs. to 25 lbs. combined when separate from the body and lying on a scale. This is just a fact. Body parts have mass and therefore

weight. Now, take that 20 lbs. or so that your arms weigh and lift them over your head while holding a club and setting to take a swing at a ball and you suddenly have a mass and force issue. As the club drops toward impact, it builds momentum, which produces a pull toward the impact zone because the front of your body now becomes more weighted than the back. The force of your arm motion is pulling you away from your center of gravity. This pull must be counterweighted. Physics teachers please don't be too cruel as you read.

A golfer must resist the pull from the weight of the arms and the force of the motion to impact by staying in the balance position established at address. Don't allow your set up angles to change during the swing. Try to keep the bottom tip of the spine behind the heels throughout the entire swing. Meaning, that your confirmation must remain as it was at set up, out.

Don't let your body straighten on the downswing so your lower posterior can remain "poked out". This gives the arms a clear path to the inside as they approach impact. If this does not happen, the swing path will get outside the target line in an over-the-top and outside to in motion. This is why it looks like chopping wood. The shoulders get off their balance plane and the hacking begins.

You can master the effort it takes to counterweight by simply learning how it feels to be pulled into the ball on the downswing.

Focus on the philosophy of the downswing affect and you will be on your way. Stay in your legs and allow them to lead the downswing and your balance will improve. Feel your body weight on the inside of your back foot and work from there. Good luck and I will see you on the course!

## Cross Country: Girls place first, boys second

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Murphy, NC - The Union County Panthers Cross Country team crossed the border and placed second out of five teams, behind Hayesville, NC.

Cristian Garcia was eighth overall at 18:35, 11th was Jacob Kelley at 19:01, Andrew Nelson finished 16th with a time of 19:25, and Jakob Brown brought home 18th in 19:33.

Jeremy Herum crossed the finish line 22nd at 19:48, Aaron Stafford placed 23rd, checking in at 19:57, and Ryan Rogers came in 28th at 20:20.

In the girls race, Union County edged Swain County



Coach Jackie Hughes

thanks to Emma Garrison shattering her own course record set in 2012.

Garrison, who finished first for the fourth time in four races, completed the course in

19:16, nearly a minute less than her record setting time of 20:14 last year.

Rachel Todd was 12th at 23:06, 15th place belonged to Stephanie Busse at 23:13, Marissa Spaulding was 18th at 23:39, Anna Danek came in 25th at 24:47, Sage Royston placed 28th at 25:09, and Emmeline Stuart was 35th with a time of 25:35.

"The meet went very well," Union Head Coach Jackie Hughes said. "It was the best we have run as a team so far this year. It is a fast course, but our times were faster than what I expected. Now our focus needs to be on continuing our efforts and improving our times little by little each week"

## Union Youth Football wins three-of-five

Last Saturday's Scores:

- 8U: Lumpkin 19 UC 6
- 9U: UC 18 Pickens 0
- 10U: UC 19 Pickens 0
- 11U: UC 13 Dawson 0
- 12U: Jefferson 44 UC 0

This Saturday's Games:

- 8U: Bye
- 9U: @ Gilmer 1:30 p.m.
- 10U: @ Lumpkin 1:30 pm
- 11U: @ Lumpkin 3 p.m.
- 12U: @ Flowery Branch 7 pm



Union County Youth Football pictures by Todd Forrest

## Union's Cheerleaders: keeping all ages fired up



UCRD 9&U Football Cheerleaders (left) and UCMS football cheerleaders (right). Photos/Todd Forrest



The Union County Recreation Department's 10U Cheerleaders brave the elements. Photo/Todd Forrest

## Basketball Registration

### Union County Recreation Department

*Registration Ends*

*5-6 year olds September 30th*

*7-8 year olds October 18th*

*9-14 year olds November 8th*

**\$45 per player**

*Registration forms available at Rec Dept. Office located at: 310 Wellborn Street, Blairsville GA 30512*

