



ATLANTA'S WEEKLY **SPORTS PLUS** NEWSPAPER



AUGUST 12-18, 2011

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SCORE Atlanta



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NEWTON: Eastside

CAN'T MISS THIS WEEK

- 4** The Fletch touches on PrimeTime's Hall induction, cheering for the Phillies and the PGA Championship is this week's column.
- 5** In our cover story, Joe Deighton previews the PGA Championship at Atlanta Athletic Club.
- 7** In his debut column, Evan Shapiro discusses the new Hawks owner and Mark Richt's new-age discipline technique.
- 10** The Kia Hawks Summer Hoops Tour recently ended, and Scott St. Lifer reviews how the tour benefited local youths.

SHOT OF THE WEEK...

GETTIN' READY: Falcons quarterback Matt Ryan leads the offense during a recent training camp practice. Ryan and the Falcons will take the field Friday night at the Georgia Dome for their first preseason game of the season. After an offseason full of uncertainty, anticipation is at a fever pitch for the NFL season. Photo courtesy of Jimmy Cribb/Atlanta Falcons.

TEAM SCOOP AND VOICES

COVER DESIGN BY DJ GALBIATI
 COVER PHOTOS COURTESY OF ROB SAYE

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INSIDE AT SCORE

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THE FLETCH

ATLANTA'S
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MEDIA COLUMN

SCORE



Falcons finally enter Hall; 680 annoints itself “home” of the PGA Championship

The Great “Neon” Deion Sanders, aka PrimeTime was inducted into the Pro Football Hall of Fame last weekend, becoming the first Falcon to receive a bust in Canton, Ohio. Leading up to the induction ceremony, the AJC ran a great piece about Vince Dooley’s recruiting efforts to nab Sanders out of high school. According to the piece, Dooley and UGA lost out on Sanders when the dreaded “R” word was uttered: Redshirt. Needless to say, “PrimeTime” would not redshirt, as he would matriculate at Florida State.

HOLD ON PLAYER ...

Sanders would eventually go on to make his mark in the state of Georgia, starring for both the Falcons as well as the Atlanta Braves in the early 90s. It would be well-chronicled that Sanders played in an NFL game in 1992, then flew to join his Atlanta teammates in Pittsburgh for a playoff game, though he did not appear in the NLCS game. Sanders would once score a touchdown in 1989 then hit a home run in the same week. He was truly a superstar, and he still is one as he remains around the game working for the NFL Network. His speech was saved for last in Canton, but there is just one question I must ask of Sander’s legacy. I know he changed the game in terms of how cover cornerbacks play, but do people OUTSIDE of Atlanta remember him as a Falcon?

He will always be loved in Atlanta (because time heals all wounds that he may have caused in how he left and his first trip back to the Georgia Dome in 1994), but were people surprised that he went into the Hall of Fame representing the Falcons organization? Sanders left Atlanta before I arrived here, but growing up during Deion’s heyday, I honestly thought he would have gone in as a Cowboy

or as a 49er. He spent five seasons with the Cowboys just as he had with Atlanta, but his best season may have been with the 49ers in 1994 when he helped San Francisco win the Super Bowl. More power to Deion for deciding to go into the Hall as a Falcon, and it is good for the organization to finally get into Canton. Falcons fans, though, should look forward to the day when a no-brainer Falcon gets elected to the Hall. Several members of the current roster (Roddy White, Matt Ryan) have a shot if they continue to play well.

HOME BOYS ...

Speaking of the AJC, the paper’s D. Orlando Ledbetter also wrote two nice pieces, linked to in a recent GHSF Daily newsletter, about Richard Dent and Shannon Sharpe, both also inducted along with Sanders. Dent and Sharpe both played high school football in the Peach State.

TEMPORARY HOME ...

The eyes of the golf universe are once again on the state of Georgia, Atlanta in particular, as the 93rd PGA Championship takes place this week at the Atlanta Athletic Club. 680 The Fan is the radio “home of the tournament,” though I am not sure what that means. One would think that being the “home of the PGA Championship,” would mean you’d hear play-by-play, and nothing gets my toe a tapping quite like golf play-by-play on the radio. That would be tricky though, considering 680 The Fan is also the home of the Atlanta Braves. As of last Monday leading up to the tournament, all of the local shows were at AAC, and being the “home” of the championship will likely mean random scoring reports from the event leading up to Braves coverage. I am not sure why you pump up that you

are the “home” of the championship if you are just doing your shows from there and occasionally giving out scores, but 680 is the “home,” so there you go.

ROOT FOR PHILLY ...

790 The Zone’s Chris Dimino, a real “baseball man,” brought up an interesting point for Braves fans earlier this week on Mayhem in the AM. If you a true member of Braves Country, according to Dimino, you should be rooting for the Braves to get into the playoffs, period. Even if that means rooting for Philadelphia, as in the Phillies beating the Arizona Diamondbacks or the Cardinals to help the Braves win the Wild Card. As crazy as it sounds initially, logically it makes total sense. Odds are the Braves won’t be able to make up the NL East deficit over the remaining month and a half, but the playoffs are still a very likely possibility due to the wild card. As wild as it sounds, Go Phillies, as long as you aren’t playing the Braves.

GOOD RIDDANCE ...

The Hawks have been “delivered” from the Atlanta Spirit Group as a new owner was able to raise enough dough to pull the Atlanta NBA franchise from the oven. The AJC was all over Alex Meruelo’s plan to buy the Hawks. Meruelo, who will be the first Hispanic majority owner of an NBA franchise, recently joined in on a conference call with two AJC writers, and the lovefest was on in an article from Mark Bradley. In fact, you almost have to love the sale for Jeff Schultz and Bradley. Yippee, the Atlanta Spirit Group is finally done (in a majority ownership sense). I sort of feel bad for those two. What will Schultz and Bradley carp about now that they cannot complain about ASG? Oh, well I guess there is still Mark

CAN YOU BELIEVE...
...HE SAID THAT?

“I will be in complete control of the team.”

That was new Hawks primary owner Alex Meruelo in an interview with the AJC. Hawks fans should be happy to hear that, knowing that the ASG won’t be making itself the NBA’s biggest laughingstock ANYMORE! Now the Hawks will just be made fun of for paying Joe Johnson more than LeBron James makes.

Richt to bang on for Bradley. Bradley has had a rough year with Hewitt getting canned and ASG selling the Thrashers and the Hawks. Watch out Fredi Gonzalez and Larry Drew; Bradley will soon be coming for you!

Finally, Football Night in Atlanta has had an hour added on to it, so now you will get two hours of Falcons and NFL talk every weeknight with John Michaels on 790 The Zone. The Zone loves to boast that football lives (there), and with the added hour, it is certainly seeming more and more like football has in fact established a residence at 790.

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MAJOR GOLF

SCORE
JOE DEIGHTON


Woods-Williams feud, foreign dominance headline golfing world as PGA Championship arrives

The Atlanta Athletic Club will be host to the world's greatest golfers this week in the 93rd PGA Championship. This is the fourth time that the prestigious club will host a major and the third time it will host the PGA. This year the tournament will be played on the Highlands Course, which was originally built in 1964 by Robert Trent Jones. Since then, the course and the players have changed dramatically, which makes this championship one of the most intriguing tournaments ever.

THE STORYLINE ...

Much of the talk surrounding the PGA Championship involves the feud between Tiger Woods and his former caddie Stevie Williams. There hasn't been this much talk about a caddie since Danny Noonan won the Bushwood Country Club championship in the movie "Caddyshack." Stevie Williams took over as caddie for Adam Scott a few weeks ago and was promptly fired by Woods. Scott then went on to win last week's WGC-Bridgestone Invitational, which led Williams to claim that it was his most satisfying victory ever. The caddie-player code is that the caddie doesn't speak, doesn't chase the cameras and basically stays out of the limelight. Clearly this code was broken by Williams.

Williams has since backed down from those words and gone back to playing the role of caddie for Scott. This, of course, was after he and Scott had a private chat about the matter. Tiger seems bitter over the whole ordeal.

Once the tournament starts, all of this drama should die down. The players should play and the caddies should do what they do.

THE COURSE ...

The last time the PGA Championship was held at AAC, in 2001, the course was supposed to challenge the golfers with its great length. However, things didn't work out like that as champion David Toms finished at 15-under par, setting a new PGA Championship record.

It will take a minor miracle for a player to reach 15-under this year. In 2006, AAC brought in Rees Jones to redesign the course. He reshaped the fairways and made them narrower, added more bunkers and changed the type of grass. The grass that grew previously on the Highlands Course tended to make the greens softer, which created more birdies. Jones brought in the Champion Bermuda grass to make the greens firmer and faster.

As always, putting will be a major priority in winning this tournament. Many of the par-4's are drivable, including the 454-yard first hole, which offers a chance to get off to a fast start if the players can sink their putts.

The second hole is deceptive, with a large oak tree to the left of the fairway that makes the green seem closer. However, the 512-yard, par-4 hole is lined with bunkers

along the right side of the fairway, as well as the green. This should keep the players from getting off to too fast of a start.

The 17th is the signature hole, and it is perhaps the most challenging on the golf course. The 207 yard hole from tee-to-green is downhill and covered entirely by water. A missed shot on this hole could cost a player the tournament. In 2001, the 17th hole played as the third-toughest, as it yielded just 37 birdies, while 84 bogeys were made.

The finishing hole will provide an intense and exciting finish for players and fans. At 507 yards, it is normally played as a par-5, but for this tournament will play as a par-4. The 18th has the widest fairway on the course (30 yards). It also has a large lake to the left of the green, which presents trouble for a player who misses his second shot.

This hole is also the most famous at AAC. It was the hole in which Jerry Pate hit a five-iron shot to within two-feet to win the 1976 U.S. Open. David Toms laid up on the 18th in 2001 and then sank a par putt to win the PGA Championship over Phil Mickelson. Whatever happens at the last hole, it is sure to be memorable.

THE FIELD ...

Over 100 golfers will take to the course for the 93rd PGA Championship, and nearly every one of them has a chance to win. Golf has more parity than ever before. Twelve different players from seven different countries have won the previous 12 majors. Their ages range from 22 to 42. The sport looks much different than it did just three or four years ago when Tiger Woods was dominating.

The younger players have stepped to the forefront and shed the intimidation factor that Tiger once had over the entire field. Rory McIlroy, Jason Day and Rickie Fowler are among the top golfers in the world this year, and they are all under the age of 24. The 22-year-old McIlroy has finished in the top 10 in four majors, including a win at the U.S. Open this year. Day, 23, finished second at The Masters and at the U.S. Open this year. The 23-year-old Fowler is the most flamboyant player on tour with his colorful outfits and stylish hats. He is looking to break through this year and win his first PGA title after finishing at the top of many tournaments throughout his young career.

Of course, the older players are still there, and they will play a major role in deciding who wins this tournament. Phil Mickelson still has another major win in him, and Tiger Woods is always a threat every time he tees it up. Darren Clarke, who won this year's British Open, will also be a challenger.

The favorite to win the PGA this year in many people's minds is Luke Donald. He is currently ranked No. 1 in the world and finished second at last week's WGC. He is still seeking his first career major title and it would surprise no one if it came this week at the PGA Championship.

Photos courtesy of Rob Saye. Deighton can be reached at jdeighton@scoreatl.com.


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SCORE LIST

BY BRIAN JONES

1 **IT'S FOOTBALL TIME:** After a four-month lockout, the NFL is back with the first weekend of preseason games. The Falcons will have their first preseason game on Friday when they face the Miami Dolphins at the Georgia Dome. It should be a well-attended game, as fans want to see how young players such as Julio Jones do in their first NFL game.

2 **FORCEFUL ENDING:** The Force did everything they could to reach their second ArenaBowl, but came up short as they fell to the Jacksonville Sharks in the American Conference Championship game. The Force ended their season with a 12-8 mark, and WR Maurice Puriy was named AFL Rookie of the Year. It was a tremendous season and makes me look forward to the 2012 campaign.

3 **JONES CLEARED:** Georgia linebacker Jarvis Jones transferred from Southern California to start over, but after allegations that he violated NCAA rules while playing AAU basketball, there was a chance he could be ruled ineligible for the 2011 season. However, the NCAA cleared him of any wrong-doing, and he will be able to start for the Bulldogs this season.

4 **WELCOME BACK:** After testing the free-agent waters, Falcons RB Jason Snelling signed a one-year deal with the team, and both parties are happy. Snelling was a key factor in the Falcons running game the past few seasons. With Snelling, Michael Turner and Jacquizz Rodgers, it will be tough for opposing teams to stop the Falcons' run game.

5 **THE NEW GUY:** The Atlanta Spirit found a new buyer to purchase the Atlanta Hawks and Philips Arena in Alex Meruelo, a businessman from Los Angeles. Meruelo said he wants to earn the fans' trust and draw more interest to the Hawks. He's made some good business moves in LA, so it should be interesting to see what he does with our Hawks.

CRUNCHING THE NUMBERS

BY SCOTT ST. LIFER

21 Extra-inning games the Braves have played this season

1 Number of players inducted as Atlanta Falcons in the Pro Football Hall of Fame

5 Teams newly-inducted Hall of Famer Deion Sanders played for in his career

6 Bobby Cox's jersey number, which will be retired by the Braves on Friday

20 Age of Braves pitcher Arodys Vizcaino, who was recently promoted

5 Total majors played at the Atlanta Athletic Club since 1976, four of which are men's tournaments

13,500 Attendance at the Falcons' Friday Night Lights scrimmage at Norcross High School

7 Years the Hawks were under Atlanta Spirit's ownership before being sold to Alex Meruelo earlier this week

5.23 Braves starting pitchers' ERA since the All-Star break, up two runs from the first half

1,000 Minimum yardage for the B-back position on a Paul Johnson-led team dating back to his first season at Georgia Southern in 1997

WHO'S HOT

THUMBS UP TO GREAT OWNERSHIP



Arthur Blank

Blank understood the retail home improvement business when he helped create Home Depot. Now, he's got the NFL ownership thing down. Heading into the season, the Falcons have become one of the most consistent franchises in the NFL. All because of the team Arthur built on and off the field.

Atlanta Athletic Club

Golf's fourth major tournament is in town, so Atlanta will be grabbing headlines all weekend. Not bad for a town and a state that already hosts the Tour Championship and The Masters. By season's end, the world's best players will have spent three weeks competing in Georgia.

Dan Uggla

Yes, Uggla is a "Hot and Not" mainstay. But, as long as he keeps hitting, he's probably gonna stay here, per baseball tradition. As Kevin Costner's Crash Davis character said in the movie Bull Durham, "You never mess with a streak." Uggla's hitting streak is reaching historical heights.

WHO'S NOT

THUMBS DOWN TO PRIMA DONNA CADDIES



Steve Williams

Congrats to you, Stevie. As Tiger Woods's caddy you became the world's most famous (and richest) baggage handler. But seriously, you have become a little too conspicuous for our consumption. Caddies should be more like little children: seen, but not necessarily heard.

The Buddy System

When the Atlanta Spirit group bought the Hawks and Thrashers in 2004, who knew the "good old boy" club would go so badly? The Thrashers are now gone, and the Hawks have been sold at a bargain price by "the boys." Neither franchise could fill Philips Arena. Good luck, Mr. Meruelo.

Heyward's Wayward Season

Last season, Jason Heyward finished second in rookie-of-the-year balloting and was the toast of Braves fans and locals. Now, not so much. Heyward's average has dropped to around .220, and he has been relegated to pinch runner status. It gets worse: he was picked off first base in extra innings Tuesday night. Ouch.

TRIVIA QUESTION

What is the only golf major the state of Georgia hasn't hosted?

Answer on Page 14

MY TWO CENTS

How about my man Danny Uggla? Two months after getting booed on a consistent basis by his own fans, the Braves' second baseman is in the midst of a 30-game hitting streak. Uggla's season of ups and downs is a reminder to us all that baseball season is a very long one and streaks can begin and end at any time.

Let's hope Uggla's streak continues and gets Atlanta fans even more excited about this team coming down the stretch.

Meanwhile, the Falcons are about to begin their season, and they may be even better this year than they were last



year. The addition of Ray Edwards improves the pass rush and makes he and John Abraham one of the best defensive end pairs in the league.

And speaking of the Falcons, Score Atlanta is privileged to work on their official programs this season. We're providing content and graphics to the complimentary "Playbooks" that the team hand out each home game.

If you go to a Falcons' game this year, check out our stories in the program and let us know what you think.

Black can be reached at sblack@scoreatl.com.

SANITY AT LAST

"I was happy to see Stevie (Williams) and Adam (Scott) win. Adam has been a friend of mine, and same with Stevie. I sent Stevie a nice text after completion ... congratulating him on his win. It was good to see them go out there and play as well as they did."

- Tiger Woods in a press conference prior to the PGA Championship

SHAPIRO ON THE SIDELINES

SCORE
EVAN SHAPIRO


Meruelo is just what the doctor ordered for Hawks; Richt wants Dawgs thinking positive

The Hawks will be flying on a Cali breeze from here on out. Well, not exactly, but they do have a new owner who hails from Los Angeles in businessman and developer Alex Meruelo.

Meruelo, owner of the Meruelo Group, reportedly spent \$300 million on an 80 percent stake in the Hawks franchise and Philips Arena operating rights, according to Marc Ganis, president of sports business consulting company SportsCorps. As shrewd a businessman as Meruelo apparently is, he definitely overpaid. Atlanta Spirit, LLC bought the Hawks in 2004 for \$200 million, and the franchise has been consistently bleeding money and attendance ever since.

Considering the Hawks have been playing pretty well, coming off of their third consecutive winning season, it seems natural (and probably rightly so) to blame the previous owners. Atlanta Spirit did, after all, totally screw up the Thrashers, which they sold in May in a \$170 million deal (Go Winnipeg Jets!). The Hawks have suffered the same fate, but Meruelo seems confident that he can turn the team around, financially and otherwise.

Due to league restrictions relating to the lockout—why not just have one in every professional sport?—Meruelo cannot comment on why he thinks he can improve the team. The only hints he's leaked are that winning will be the best way to draw fans, but he also said that he must earn the fans' "respect and loyalty."

I already like this guy. Any multi-zillion dollar businessman with the humility to recognize that he must earn his reputation as an

owner has already won significant points in my book. And he's not just sucking up either.

Meruelo has spent the last several years talking to NBA owners and executives, learning the nature of the business, and has thoroughly prepared himself to buy an NBA

revive the Hawks, because I'm confident that a man of his experience and preparation will do something good for the franchise. After all, the players deserve better and so do we.

BEAT GOES ON ...

Okay, for \$1,000 dollars, name three players on the Atlanta Beat. How about two? One? Nope, Hope Solo and Abby Wambach aren't on the Beat. Nobody (not many anyway) pays attention to the Beat.

For those of you reading who do, kudos to you, but I doubt even you were chatting it up with coworkers on Monday about the disappointing loss to the Western New York Flash on Saturday in the last home game of the season. Granted, the Beat haven't played well this year. In fact they're ranked last in the league with a 1-12-4 record and a -23 goal differential... and they haven't scored a goal in seven games. But maybe it's because they're not getting any love from their own city. Go to AJC.com and you'll find that every professional sport has its own little section—even NASCAR and hockey...Atlanta doesn't even have a hockey team anymore!—but you won't find any soccer, let alone women's soccer.

Now I'm not saying Atlantans are atypical, as the most popular sport in the world doesn't really seem to thrive in popularity anywhere in the States. Of course, during the Women's World Cup, when the USA team made it to the finals, people paid attention. But after the loss to Japan, it was like women's soccer just evaporated. I'll admit I'm guilty of this myself, but I've since come around. The Beat are a talented team of women who play their hearts out all year, and despite this rough season, they're good players—Carli Lloyd and Heather Mitts both

played on the US Women's National team this year—and they deserve more attention than they get. If they, and the other WPS teams, can't gain a bigger following, the league might not even make it another year. There are only six teams as it is, with the league about to terminate Florida's magicJack franchise.

So, if we don't step up and root for our own ladies, they may not have a professional league to play in anymore. Do you want that on your conscience?

NO VAMPIRE DAWGS ...

In the wake of his team's first losing season (6-7) in several years, Georgia head coach Mark Richt is taking a new-age approach to motivating his players. After reading *The Energy Bus*, by Jon Gordon, Richt realized the importance of positive energy and its effect on team dynamic and performance. Now, during preseason practice, Richt is calling players out if they act like "energy vampires." If a player misses a meal, makes a bad play, makes a negative comment, or otherwise doesn't bring positive energy to the table, his picture is photoshopped with fangs and red eyes to look like a vampire and posted on TVs in the locker room for 24 hours.

I think it's brilliant. It's a lighthearted gag, but the Scarlet Letter-esque approach is effective. Players don't want to be embarrassed like that, even in good fun. Need proof? Richt got the idea from none other than Falcons head coach Mike Smith, who has used the technique on his team (somehow I can't picture Matt Ryan as a vampire), and they're coming off of a 13-3 season. Richt is ahead of the curve as a coach with this heightened focus on team energy, and I think other teams should follow his example. When team energy is positive, players reflect it on the field. Oh wait, vampires don't have reflections...

Shapiro can be reached at 404-256-1572.



CHANGED MAN: Many are saying Georgia head coach Mark Richt is on the hotseat entering the 2011 season. To his credit, Richt has responded to the criticism by enacting new policies throughout the program such as singling out "energy vampires".
Photo courtesy of Rob Saye.

"During preseason practice, Richt is calling players out if they act like 'energy vampires.' If a player misses a meal, makes a bad play, makes a negative comment, or otherwise doesn't bring positive energy to the table, his picture is photoshopped with fangs and red eyes to look like a vampire and posted on TVs in the locker room for 24 hours."

team. He has said it's his dream to own an NBA team, and he seems genuinely excited to work with the Hawks. Atlantans will probably be wary, as internal discord within Atlanta Spirit led to not-so-great credibility on their part, but Meruelo should fare much better. As demonstrated by fellow business mogul Arthur Blank's success as owner of the Falcons, one person on top who can listen to fans and make informed decisions accordingly is better than a seven-headed Cerberus (ahem).

I can't wait to see what Meruelo does to



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Lakisha Brooks

Atlanta Sports Academy helps local athletes earn college scholarships

The Atlanta Sports Academy (ASA) offers post-graduate sports programs for students who have completed their high school eligibility and are seeking assistance with obtaining athletic scholarships at four-year colleges and universities. The student-athletes who enroll in Atlanta Sports Academy's program benefit by: earning higher scores and grades for college acceptance, building better self-discipline for further success in college, and providing more time for students to mature prior to playing collegiate sports. The program pushes students in practice, tests their character and leadership, and gets them more focus on their education.

Founded in 2009 by former University of North Carolina football player Damon Dawson and former Auburn University football player Viondi Pate, Atlanta Sports Academy is the only sports academy in the state of Georgia. With little funding, Dawson and Pate initially worked from their virtual office in downtown Atlanta. The primary focus of the program was to assist high school students with obtaining and maintaining their football development, while supporting stu-

dents in the transition from high school to collegiate athletics.

Though the two were successful with focusing on athletics, they were not completely satisfied. In April 2010, with the aid of Ira Dawson, the Atlanta Sports Academy began the academic portion of the institution. This addition included study hall, ACT/SAT preparation through Kaplan and GED completion assistance. With these changes came a location move as well, as the academy moved into a townhouse in Hampton, Ga. Subsequently, all the hard work and dedication of the founders led to a full campus in 2011, which houses over 200 student-athletes.

The Atlanta Sports Academy now has more than 25 coaching and staff members, including its own academic department with accreditation partnerships with National High School and Word of Life Christian Academy and three athletic programs: football, basketball and baseball.

"This is a dream come true," stated CEO and Co-Founder Damon Dawson. "We are making a difference in so many kids' lives."

Atlanta Sports Academy is not only a

place for those athletes who did not qualify academically to play collegiate athletics, but also for those who were lightly recruited. A number of Atlanta Sports Academy's students were high school honor graduates.

Last year, in its first season its first season, Atlanta Sports Academy's football team finished with an impressive 8-2 season. This year they expanded to two teams, Black and Silver, and will play teams such as Shorter College and Valdosta State University. ASA's basketball team finished with a 23-7 record in 2011. This year marks the inaugural baseball season.

In June 2011, Atlanta Sports Academy held its official ribbon cutting ceremony.

ASA celebrated this groundbreaking event with more than 75 friends, family, city officials, business owners and media. During the ceremony, ASA honored a special young man, Kenny Stewart. He was recognized as an honorary 12th man for the upcoming 2011 football season. Stewart was diagnosed with cancer two years ago. After initially beating his illness, it returned and found the young man fighting for his life.

Not only does Atlanta Sports Academy look to help its students through athletics and leadership, but ASA participates in a number of community service projects. In May 2011, Atlanta Sports Academy joined the Dawson County community for Walk for Kenny Stewart, a walk that raised money for the medical care for Stewart, an 11-year-old cancer patient. Additionally, Atlanta Sports Academy volunteered at CHOICE for Kids in DeKalb County.

"Giving back to the community and assisting others is a mission of ASA. We believe in order to be success in business and life, we must lend a hand to others," said Marketing and Communication Director, Lakisha Brooks.

Though Atlanta Sports Academy has impressively grown over the past two years, we can only expect greater things in the future. "The best is yet to come," said Dawson. "We work diligently to expand and make a name for Atlanta Sports Academy. I'm excited to see where we go from here."

Brooks can be reached at lbrooks@atlantasportsacademy.org.

HEAT ILLNESS IN YOUNG ATHLETES



CHOA provides tips and instructions on how to prevent heat-related illnesses

Heat-related illness is responsible for thousands of Emergency Department visits annually by young athletes. The severity of heat injury ranges from mild heat cramps to heat stroke and death. In fact, heat stroke is the third most common cause of exercise-related death in U.S. high school athletes.

Heat-related illness is preventable. All it takes is basic knowledge about heat response and hydration in young athletes and how to recognize the early signs of heat injury.

Tips for Exercising in the Heat

- Schedule workouts during the cooler times of the day.
- Allow children who are overweight, out of shape or unacclimated time to adjust to the heat.
- Schedule water and rest breaks every 30 minutes during activities. During these breaks, do not just encourage, but require children to drink. This also gives the coach or trainer a chance to monitor the athletes.
- Have shade, ice and a kiddie pool available for emergency treatment and rapid cooling.
- Have a cell phone (with a charged bat-

tery) available at all workouts for emergency contact.

- Wear sunscreen with sun protection factor (SPF) of at least 15. Apply it 30 minutes before going out in the sun and every 20 to 30 minutes if sweating or swimming.
- Wear hats with brims and light-colored, breathable clothing.
- Youth sports rules can be modified to increase the safety of athletes. For example, soccer games can be divided into quarters rather than halves to allow for more rest breaks, hydration and monitoring. Referees can call an official time out for hydration periodically during the game.

HYDRATION TIPS FOR YOUNG ATHLETES ...

- Never rely on thirst, which is a poor indicator of hydration status. When children begin to feel thirsty, they may already be 1 percent to 2 percent dehydrated.
- Prehydrate 30 minutes before activity. Children should drink until they are no longer thirsty plus another 8 ounces.
- Hydrate during activity. Encourage children to drink water during activity in-

stead of pouring it on their heads or faces.

Water is best if the activity lasts less than one hour. For activities lasting more than an hour, a fluid with carbohydrates (sugar) and electrolytes is best. Gatorade and Powerade were designed specifically for rehydration during exercise and contain the right amount of carbohydrates (about 6 percent to 8 percent).

Children younger than age 10 may dilute a sports drink—one part sports drink to one part water—for a better taste. Drinks, such as fruit juice and soda, contain too much sugar and can cause cramping. Avoid carbonated and caffeinated beverages because the carbonation can cause bloating and the caffeine can speed up metabolism, generating more heat.

EARLY SIGNS OF HEAT ILLNESS ...

Dehydration and heat cramp—Thirst, fatigue, dizziness, light-headedness, muscle cramps and loss of energy may be signs of dehydration. The athlete should stop and drink water or a sports drink. Muscle cramps can be stretched and lightly massaged. Resume activity with caution only when all symptoms have cleared.

Heat exhaustion—Dizziness, rapid pulse, headaches, nausea, vomiting, chills and loss of coordination may be signs of heat exhaustion. The athlete may be sweating profusely or the skin may be dry. Activity should be discontinued and the athlete should be rehydrated. If his level of consciousness does not allow oral hydration, transport him to a medical facility for intravenous hydration. Core body temperature should be measured. If this is not available, transport him to a medical facility for hydration and monitoring.

Heat stroke—Call 911 immediately. Confusion, irrational behavior, drowsiness, nausea, vomiting and a dangerously high temperature (104°F and above) may be signs of heat stroke. This is a life-threatening medical emergency that requires rapid cooling by immersion in an ice bath. Ice bags on the neck and groin may help if a bath is unavailable.

If your child or teen has a medical condition or is taking medication, consult your child's doctor for further advice for preventing heat-related illnesses.

Visit www.choa.org/sportsmed or call 404-785-6880 for more information.



Sancho helps Dream past defending champs

After losing two tough games to Connecticut and New York, the Dream needed a win to stay in the playoff race. Last Sunday, the Dream took on the defending champion Seattle Storm and showed no mercy with a 70-53 win.

One of the key players for the Dream was Sancho Lyttle, who made her sixth start this season after missing some time due to injuries and playing out of the country. Lyttle scored six points and pulled down seven boards.

"It feels good," Lyttle said after the game. "I was told yesterday I was going to start, so I knew I just wanted to come out with full energy."

Angel McCoughtry scored 17 points while Erika de Souza added 13. It was one of the better defensive efforts from the Dream this season, as they forced Seattle to commit 29 turnovers.

The Dream looked to have the same performance against the Washington Mystics on Tuesday, and this was an important game for the Dream because a win would put them in the No. 4 spot in the Eastern Conference.

Once again, Lyttle came up big, scoring a 13-footer with one second left in the

game to give the Dream a 72-70 win. Lyttle scored eight points while McCoughtry led the Dream with 19. It's the second time the Dream have defeated the Mystics this year and, as of Wednesday, the Dream have won seven of their last nine games. They played against Phoenix on Thursday, but results were not available at press time. On Saturday, the Dream will be on the road to take on Seattle and will stay out west to face Los Angeles on Tuesday.

LEHNING INJURED ...

Injuries have slowed this team all season long, and recently the Dream got some injury news they did not want to hear. Guard Shalee Lehning will miss the rest of the season after tearing her ACL in the game against Connecticut on July 31. Lehning has played in 18 games for the Dream and has averaged 12 minutes per contest.

But there is some good news to report: McCoughtry has been named WNBA Eastern Conference Player of the Month. McCoughtry averaged 25 points and nearly three steals per game during the month of July.

Jones can be reached at bjones@scoreatl.com.

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19	FRIDAY 7:30 PM ARIZONA DIAMONDBACKS	20	SATURDAY 7:00 PM ARIZONA DIAMONDBACKS	21	SUNDAY 1:30 PM ARIZONA DIAMONDBACKS		
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KIA SUMMER HOOPS TOUR

SCORE
SCOTT ST. LIFER


Hawks-sponsored tour teaches children fundamentals, importance of school

Summer has come and almost gone for many grade school students. To help pass the time, many attended the fifth annual Kia Summer Hoops Tour, hosted by the Atlanta Hawks, to improve their basketball skills. The tour offered 20 clinics in 25 days throughout the metro Atlanta Area and was free for all participants. The clinics averaged around an hour and a half to two hours. In total, the tour traveled roughly 640 miles around the state to teach children the importance of sports and education. This allowed the tour to travel approximately 50 miles for every three venues. The clinics focused on the fundamentals and skills of basketball but truly emphasized the importance of education and staying in school while helping players hone their basketball skills. It also gave children the chance to have the basketball experience during the offseason.

“Developing the Kia Summer Hoops Tour was a way for us to continue to engage and entertain our fans during the offseason,” exclaimed Tracy White, Chief Sales Officer and Senior Vice President of Sales and Marketing for the Atlanta Hawks. “It provides the stage for us to involve the community and keep kids excited about the sport of basketball.”

STAY IN SCHOOL ...

Education stands as a vital point and top priority of the Kia Summer Hoops Tour. One main goal of the tour is to teach children the importance of staying in school. Every child envisions becoming a successful adult, and in order to do that, they must remain in school to reach their goals and aspirations in life. Included in the persistence of having a developed education is the teaching of building character, which helps teach children to cooperate with others. This in turn helps players not only on the basketball court but also in every day situations.

Players were also taught the importance of staying fit. To stay fit, players must have a constant want and need to exercise, and in this case playing basketball. To help cement the basis for the need of staying fit, the clinics put on drills to help players improve their shots and all-around skills in an entertain-

ing manner. The kids improved their skills through eight-minute skill stations that taught various aspects of the game, including passing drills, shooting drills, and other basketball fundamentals. The Hawks’ Development Team taught the stations and ran the clinics.

The Development Team works with the youth to help promote basketball and education not only on the Kia Summer Hoops Tour but also through other camps and clinics. In addition, the Development Team goes to schools to help promote the value of education and playing basketball to stay fit. The Hawks Development Team has led and taught every Kia Summer Hoops Tour to date.

After working on fundamentals, a few players participated in a shooting competition called H-A-W-K-S, which is based off of the game H-O-R-S-E. This allows players to take shots from all areas of the court; if a shot is missed, a player is given a letter. Whoever does not gather all of the letters to spell H-A-W-K-S wins. In each competition, around three or four children participated as well as a coach. The youngest winner of all the clinics was eight-year-old Tommy Rob of Oakcliff Elementary’s Four Seasons Camp in Doraville. A coach won the competition in only three of the clinics.

TOUR STOPS ...

Of the 20 stops, the Kia Summer Hoops Tour held clinics in Doraville, Stone Mountain, Decatur, Lithonia and Woodstock. Each location individually averaged around 40 to 60 participants and generated a grand total of approximately 1,000 participants. The largest participation occurred at Newbirth Baptist Church and Camp Barney Medintz, these venues had roughly 100 players participate in total for the two clinics they hosted individually.

One new aspect of the tour this year was the addition of the West Point Recreation Center’s stop. On July 9, a special clinic took place for the employees of the Kia Motors Manufacturing Georgia (KMMG) manufacturing plant in West Point. This helped KMMG’s employees polish up on their own basketball skills. In addition to the employees partaking, their children participated as well. The clinic served a similar purpose to the other stops even though they tailored the drills to the players’ age and skill level at each location. The ultimate goal is to help children develop the fundamental skills of basketball and to teach the importance of education.

“We are thrilled to return for another summer

of the Kia Summer Hoops Tour and offer aspiring young basketball players with a fun and engaging opportunity to learn the fundamentals of the game as well as the importance of education, personal character and physical fitness,” said Michael Sprague, vice president of marketing and communications at Kia Motors America. “In addition to Atlanta-area youth, it is a special treat to be able to open this opportunity to the dedicated team members at KMMG.”

The tour targets any child who has an interest in playing basketball. The range for children’s ages run from young beginners around five years of age all the way through high school aged players. This causes the tour to affect all age groups and help them benefit from the teachings of being fit and having a proper education.

In the age of electronics and video games, the Atlanta Hawks and KMMG have taken the proper approach to promote sports and physical fitness to the youth. The Summer Hoops tour goes down as a success for the fifth consecutive year and hopefully will return next summer to inspire metro Atlanta’s youth. It all begins with the youth in creating a fit country, and the Atlanta Hawks Kia Summer Hoops Tour has figured that out.

St. Lifer can be reached at 404-256-1572.



SCORE MORE



Meruelo looks to be hands-on owner

Rumored to be shopping their stake in the Atlanta Hawks for some time, the Atlanta Spirit Group finally cashed in, selling their shares to Los Angeles based businessman Alex Meruelo. The deal remains subject to approval from the NBA Board of Governors, meaning it could be several months until the deal becomes official.

HUMBLE BEGINNINGS ...

Meruelo is the founder and chairman of the Meruelo Group, which owns a variety of businesses nationwide ranging from restaurants to a casino. The 48-year old, son of two Cuban immigrants, grew up in New York City before finding financial prosperity on the West Coast. Once the owner of a La Pizza Loca franchise in Los Angeles at just 21, he expanded the chain to have more than 50 outlets. Since then, the group has been involved in a variety of different business ventures.

While he maintains majority ownership of the team, some of the members of ASG will retain some of their shares, but Meruelo insisted that he would be the one making the decisions, telling the AJC that he would be in "complete con-

trol of the team." His first order of business was to reassure Hawks fans that the team would remain in town.

"I want to bring a championship to the city of Atlanta," he said. Expect to see plenty of Meruelo, who insisted he would be involved with the team.

"If you look at my previous ... business ventures, I'm very hands-on, and this will be no different," he said.

BASKETBALL WITHOUT BORDERS ...

Atlanta Hawks legend Dominique Wilkins and several other former NBA players and coaches participated in the league's Basketball Without Borders program in Brazil. The program aims to promote social change via basketball.

Wilkins, alongside other former NBAers such as Alan Houston, answered questions from interested campers ranging from basketball to life in general. Players also spoke with campers about living a healthy lifestyle and staying fit, ran drills and skills challenges with youngsters, with Wilkins and company playing in the "Basketball Without Borders All Star Game."

Bagriansky can be reached at jbagriansky@scoreatl.com.



Snelling staying put in Atlanta

Running back Jason Snelling re-signed with the Falcons last Sunday, inking a one-year deal to stay in Atlanta. Snelling had forayed into free agency and visited other teams including the Giants, Rams and Chiefs, but he opted to return to a squad for which he has been a major force over the past two seasons.

Snelling rushed 142 times for 613 yards and four touchdowns in 2009 while getting considerable playing time in the absence of an injured Michael Turner. Even with Turner healthy last season, Snelling carried the ball 87 times for 324 yards and two scores. The former University of Virginia standout also made 44 receptions and turned those into 303 yards while finding the endzone an additional three times.

"I've got a great relationship with this group of guys," Snelling told the Atlanta Journal Constitution after taking part in an evening walk-through on Sunday. "I've been with the team for four years. We've built something special here. I'm glad that I'm going to be a part of it moving forward."

Atlanta is moving forward without former backup running back Jerious Norwood, so the team surely felt added pressure to get Snelling back into the

fold. Snelling may not be as fast or elusive as Norwood, but he can do it all: break tackles, catch passes out of the backfield and block.

"That was a big pickup," quarterback Matt Ryan told the AJC. "I think I was as happy as anyone when we signed him and he got back in here. He allows us to do some of the more complicated protection schemes that we've done because he is so good with (blocking)."

PRESEASON BEGINS ...

The Falcons kicked off their 2011 preseason campaign at the Georgia Dome on Friday night against Miami. Results were not available at press time. Atlanta will then travel to Jacksonville next Friday, Game 3, in which the starters will see their most significant playing time, comes at Heinz Field against the Steelers on Aug. 27.

"I know we'll be excited, as a coaching staff, to truly be able to evaluate the players," head coach Mike Smith told the AJC of his team's upcoming contests. "We are really going to play real football."

Dimon can be reached at rdimon@scoreatl.com.



Ugla's hit streak reaches 30

Two months ago, this would've seemed impossible. Dan Ugla has a 30-game hitting streak.

The big-name offseason acquisition, who hit .167 through three months of the season, has raised his average to .220 and has hit 30 consecutive games. With a hit in Wednesday's game, Ugla would tie the franchise record for longest hitting streak, which belongs to Rico Carty, who had a 31-game streak in 1970.

RETIRING NO. 6 ...

This weekend will be one to remember at Turner Field and not just because the Cubs are in town. The Atlanta Braves Alumni Weekend will feature the official jersey retirement of former manager Bobby Cox's No. 6 Friday night before the Braves host the Cubs in game one of a three-game set. Braves Country will be treated Saturday to a reunion of the 1991 Worst-to-First team that advanced all the way to Game Seven of the World Series. The 1991 alumni will face a Braves alumni team in a Legends Game. Finally, on Monday, the team will host the Atlanta Braves Foundation Golf Classic. The tournament will raise funds for "youth outreach efforts and

numerous charitable causes throughout the metro Atlanta community," according to the team's website.

On the diamond, the Braves hit the road last week and into this week, first with a trip to Washington, then a stop in New York. The Braves split the first two games with the Mets. In Sunday's finale, the Braves won on a Chipper Jones RBI single.

SOUTH BEACH TRIP ...

Atlanta also managed to take the first two games of the Florida series, as Derek Lowe and Brandon Beachy provided strong outings in each of the first two games. Beachy struck out 10 in 6-plus innings but the Braves required extra innings to secure the 4-3 win. Martin Prado drove in three runs including the go-ahead run in the 11th.

In injury news, the team has placed Jair Jurrjens on the 15-day DL with a right knee sprain. Mike Minor was recalled to pitch in Jurrjens' place against the Mets. Outfielder Nate McLouth was also placed on the DL after needing hernia surgery on Aug. 5.

Proctor can be reached at fproctor@scoreatl.com.



Delgado next big thing in Gwinnett

Most fans of the Gwinnett Braves have come to know the names Julio Teheran, Freddie Freeman, Mike Minor and Craig Kimbrel. Freeman and Kimbrel are already filling out starring roles with the big club. Teheran and Minor have both made multiple spot starts for manager Fredi Gonzalez. Respectively, these guys were ranked as four of the top five Braves prospects heading into this season by "Baseball America."

RANDALL RISING ...

The No. 3 prospect on the "Baseball America" list is Randall Delgado. While Delgado did make one start for Atlanta, he has mostly worked below the radar of fans in High-A and AA the past two seasons. Not anymore. Delgado was promoted to the G-Braves last week, and is likely to remain tethered to the big club by I-85.

Delgado was signed by the Braves as a 16-year old five years ago. The lanky 6-foot-3 right-handed starter is a native of Panama (think canal, not spring break capital) and still lives there in the offseason. He was busy after his debut over the weekend at Coolray Field, doing interviews post-game Saturday, and

then, during and after Sunday's game. (He struck out nine batters over six innings while allowing just three hits and earning the win).

Meeting Delgado for an interview is not like being introduced to a Justin Bieber or a Jonas brother. He was unavailable to reporters Sunday morning because he was in the training room for treatment and later working-out. Also in keeping with the Braves tradition, when he was interviewed he was courteous and reserved.

This is what we learned about Randall Delgado over the weekend. First, he can pitch. He throws three pitches: a fastball (low 90s), curve and change-up, and he goes to the mound with a plan. Regarding Saturday's start, he said, "I tried to get [the fastball] in the zone for strike one, and then make my next pitches change-up and curve ball."

Off the field, Delgado, has managed to remain more like a kid than a Koufax. When asked what he likes to do away from the field, he answered, "Just chillin' playing computer games."

Conway can be reached at sconway@scoreatl.com.

SCORE MORE

PANTHER PROWL



DAVE COHEN



Panthers ready for a challenging schedule; Curry sees team progressing

Taking a look at the Panthers' 2011 football schedule and, when comparing it with last year's inaugural schedule, you can see that, by design, head coach Bill Curry has increased the level of difficulty. He's made it a little more challenging during the regular season without an Alabama-like game waiting in the wings.

NEW RIVALS ...

The opener with Clark Atlanta should be a little more interesting than the Shorter game was, if nothing else possibly igniting an inner-city rivalry. Then, Old Dominion comes to the

Dome in week two followed by back-to-back road games at preseason FCS Top 25-ranked Jacksonville State and Conference USA favorite University of Houston. Week 6 brings Ohio Valley Conference favorite Murray State followed by South Carolina State, an FCS playoff team last year and team picked to finish in the top three in the MEAC this year. South Alabama visits the Dome in week eight.

When you get right down to it, players like tight end Arthur "Bully" Williams are looking forward to seeing ODU, Jacksonville State and USA again.

"Yes, we've definitely got something to say to those three teams, starting with Old Dominion," said Williams. "If they think it's going to be like last year they've got another thing coming because we're playing with a chip on our shoulder this year."

Georgia State football opens the season Friday night Sept. 2 vs. Clark Atlanta in the Georgia Dome. (Listen on WCFO-AM 1160 and WMLB-AM 1690). In preparation for the season opener, on the fifth day of practice, the Panthers donned pads for the first time.

"The guys were enthusiastic, and they

should be," said Curry. "We play football because we're not regular people; we like to run into each other. If that's not something that really excites you, then you're in the wrong sport. But our guys love to play football, we love to hit. Having the full pads on for the first time was really fun, and we made excellent progress."

Season and individual game tickets are on sale now (866-GA-STATE and GeorgiaStateSports.com).

Dave Cohen is in his 28th season as the "Voice of Georgia State Athletics" on WRAS-FM (88.5) and WCFO-AM, Newstalk 1160.

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Club Sport, "Where Atlanta Comes To Play!" Registration Ongoing - Men's League plays on Sunday evenings at the Brookhaven Boys & Girls Club. For more info or to register visit www.usclubsport.com

Open Recreational Basketball. GSL — Georgia Sports Leagues. Georgia's Best Sports Leagues. Registration ongoing. We offer "Top Gun," "B," "C" and Co-Ed styles of play around Atlanta. We play ALL year round. For more information please contact (678)799-0159 or email mark@georgiasportsleagues.org. Visit www.georgiasportsleagues.org.

Roundtable Fundamental Basketball Camp Boys and Girls. Rising 6th-10th Graders (Current 5th-9th Graders) June 7-11. 9am-2pm. St. Francis High School, Alpharetta. Contact Coach Huff sfrancisbball@yahoo.com.

BASEBALL

Braves. August 12 vs. Chicago 7:35 PM. August 13 vs. Chicago 7:10 PM. August 14 vs. Chicago 1:35 PM. August 15 vs. San Francisco 7 PM. August 16 vs. San Francisco 7:10 PM. August 17 vs. San Francisco 7:10 PM. August 18 vs. San Francisco 7:10 PM. August 19 vs. Arizona 7:35 PM. August 20 vs. Arizona 7:10 PM. August 21 vs. Arizona 1:35 PM. August 22 at Chicago 8:05 PM. August 23 at Chicago 8:05 PM. August 24 at Chicago 8:05 PM. August 25 at Chicago 2:20 PM.

Gwinnett Braves. August 12 vs. Pawtucket 7:05 PM. August 13 vs. Pawtucket 7:05 PM. August 14 vs. Pawtucket 2:05 PM. August 15 vs. Pawtucket 7:05 PM. August 16 at Syracuse 7 PM. August 17 at Syracuse 7 PM. August 18 at Syracuse 7 PM. August 19 at Syracuse 7 PM. August 20 at Charlotte 7:15 PM. August 21 at Charlotte 2:15 PM. August 22 vs. Charlotte 7:05 PM. August 23 vs. Charlotte 10:35 AM. August 25 vs. Norfolk 7:05 PM.

Prospect Watch. Ongoing - Buckhead. Baseball pitching and hitting lessons by a former college and minor league coach. For information call 404-869-7966 or visit www.eteamz.com/tryouts.

Adult Baseball League Metro Atlanta. Ongoing. MSBL 18+, 28+, 38+, and 48+. Sunday League contact info is 770.785.2588, e-mail info@AtlantaMSBL.com. MSBL 18+ Saturday League contact info is 770-436-8114, e-mail AtlantaMABL@aol.com. MSBL 18+ Midweek Wood bat league contact info is 770-436-8114, e-mail AtlantaMABL@aol.com. MSBL 18+ Fall League contact info is 770-436-8114, e-mail AtlantaMABL@aol.com. For more information about our Atlanta Adult Baseball League, please visit our website at www.AtlantaMSBL.com.

TNT Sports. Ongoing. Baseball pitching and hitting lessons by Rob Blair, former college coach, Snellville. To set up a free pitching or hitting analysis call: 678-344-5876.

Jack City Baseball. Ongoing. Baseball pitching and hitting. Instruction with former pro Keith Whitner. 18-y looking for high school players. The new location is inside Velocity Sports in North Gwinnett. For more information call 770-633-0948 or visit jackcity.net.

Jack City Sports Center. Indoor T-Ball League being offered at Jack City Sports Center. 10 game season with games on Sundays. \$125 per player. Team rates available and questions can be directed to 770-513-4121.

FOOTBALL

Falcons. (Preseason). August 12 vs. Miami 7:30 PM. August 19 at Jacksonville 8 PM. (Regular season). September 11 at Chicago 11 PM.

Collins Hill Athletic Association. Ongoing. Accepting applications for qualified coaches in all age groups. For information email Craig Deneau at deneauc@charter.net

Grayson Athletic Association. Ongoing. Football coaches needed for eighth grade and all age groups. For information call Duane Davis at 678-300-0282 or visit www.gaasports.org.

Flag Football. GSL - Georgia Sports Leagues. Georgia's Largest Flag League. Registration ongoing. We offer 7-Man, 8-man, Youth and Co-Ed styles of play around Atlanta. We play ALL year round. For information please contact (678)799-0159 or email mark@georgiasportsleagues.org. Visit www.georgiasportsleagues.org.

Arena Indoor Football. Ongoing. Youth and Adult Leagues. Youth 7 vs. 7; Adult 6 vs. 6. For information, call 678-714-7454 or e-mail info.indoor@atlantasilverbacks.com. www.atlantasilverbacks.com/indoor.

Capitol City Officials Association. CCOA is accepting ongoing registration for the upcoming GHSA High School season in football. We hold weekly training meetings. For more information, contact Irvin Seabrook at 404-957-3331 or e-mail Irv_Seabrook@yahoo.com.

HOCKEY

Peachtree Booster Club. Ongoing - Pickneyville Roller Hockey Rink. Fees: \$95 for 12-game season, \$30 out-of-county fee. For information visit www.pbcports.org.

SOCCER

Challenged Soccer. Ongoing. For mentally and physically disabled youngsters. For information call Ken Higgins at 770-985-0434.

Hall of Fame soccer clinics. Ongoing on Fridays Clarkston Community Center. For under-6 through under-12 players. Fees: Free. For information call 404-508-1050 or visit www.clarkstoncommunitycenter.org. 5:30-7 PM.

TENNIS

Technique Clinics. Ongoing - Betsy Grant Tennis Center. Tuesdays (serve/volley) and Saturdays (forehand/backhand). Fees: \$18. For information call 404-790-4772 or email jimhines01@yahoo.com. 2 PM on Saturdays, 6:30PM on Tuesdays.

Tennis camps for kids. Ongoing weekly. Lost Mountain Tennis Center. For information call 770-528-8525.

LACROSSE

Lacrosse. Ongoing. Registration for 1st-8th grades. For information call 404-216-5870, email jasona@bagatawaylacrosse.com or visit www.bagatawaylacrosse.com.

Double Stix Lacrosse. Ongoing - Leagues, Travel Teams and Tournaments for youth, high school and adult's boys and girls. More information about the best lacrosse programs in Georgia can be found at www.doblestixlacrosse.com or by contacting Chris Smith at chris@doublestixlacrosse.com or 404-550-5322.

RUNNING

East Cobb 5K Road Race. Aug. 20. Marietta, 8:00 AM. 770-971-3877.

2nd Annual Music on the Mountain 5K and 1 Mile Fun Run. Aug. 20. Kennesaw, 6:00 PM. 678-464-6545.

Run the Vineyard 5K. Aug. 20. Braselton, 7:30 AM. 770-270-7552.

4th Annual New Bethany Community Benefit 5K Run/Walk. Aug. 20. Buford, 8:00 AM. 770-945-7602.

Titan Twilight 5K. Aug. 20. Watkinsville, 6:00 PM. 706-215-2740.

Monroe Lions Club Run for Sight 5K. Aug. 20. Monroe, 7:30 AM.

770-266-2332.

Young Life Dawson Dash 5K & Fun Run. Aug. 20. Dawsonville, 8:00 AM. 404-202-3585.

The Pacemaker 5000 (5K/10K/Tot Trot). Aug. 20. Hampton, 7:30 PM. 404-643-0458.

5K Your Way. Aug. 20. Suwanee, 8:00 AM. 678-985-3921.

CAMPS

Nike Basketball Camps. Camps located in Snellville, Roswell, Kennesaw, Oxford and Jonesboro. For more information or a free brochure, visit 1-800-645-3226 or visit www.usclubsport.com.

Club Sport, "Where Atlanta Comes To Play!" Registration Ongoing for Sand & Indoor Leagues and Tournaments League games played every day and night at the Brookhaven Boys and Girls Club. For more info or to register visit <http://www.usclubsport.com/>

Jack City Baseball. Ongoing. Atlanta Braves pitcher Vladimir Nunez is now conducting pitching lessons. To schedule a lesson, call 770-513-4121.

VOLLEYBALL

Gwinnett Sports Center. Registration ongoing. For information call Jerry Robison at 678-491-0203 or visit www.gsfun.com.

SWIMMING & DIVING

Swimming lessons. Ongoing - Alpharetta City Pool - Alpharetta, Ga. - 1825 Old Milton Parkway. For information call 678-297-6107.

Dynamo Swim School. DynaBabies, Preschool, Grade School, Adult Classes. Youth Swim Team. Call us (770) 457-7946 Ext 16 www.dynamoswimschool.com

Gwinnett Aquatics. Ongoing - 2800 Quinberry Drive and Bethany Church Road. For ages 5-18. Swim team and lessons available. For information call 770-972-4055.

Senior Water-Exercise class. Ongoing - Mountain Park pool - Lilburn, Ga. Fees: \$1 per class. For information call 770-546-4650. 10-10:50 AM.

SwimAtlanta Sugarloaf at Kid's Village. Ongoing. Swim team, lessons, lap swimming, master's program, water aerobics and scuba available. For information call 678-442-7946.

YOUTH REGISTRATION

Soccer-Soccer Alley. Ongoing - 3265 Roswell Road - Atlanta. For information call 404-266-0762 or visit www.starsoccerclub.com.

Tucker Youth Soccer. Ongoing - 2803 Henderson Road Tucker, Ga. For information call 770-414-0538 or visit www.tysa.com.

Track and Field - Peachtree City Flash Youth Track Team registration. Ongoing - Riley Field - Peachtree City, Ga. For ages 6-14. For information call 770-631-3552 or email ptflash@bellsouth.net.

Gymnastics - Georgia Gymnastics Academy. Ongoing. For registration in Lawrenceville call 770-962-5867; in Suwanee call 770-945-3424.

Gym Elite. Ongoing. Registration for ages 2 and older. Cheerleading for ages 6 and older. For information call 770-242-0678.

Youth Soccer Training. Ongoing. Start age 3 and up. For information, call 678-714-7454, e-mail info.indoor@atlantasilverbacks.com, or visit www.atlantasilverbacks.com/indoor.

Corpus Christi Youth Basketball League Registration is now underway for our 29th season! Boys and girls ages 5 through 14, any skill level, are welcome. Cost: \$90 per child/\$85 for siblings. Fee includes uniforms, field trips, skills clinics, 9 games and more! Register while space is still available Saturdays October 11 & 18, 2008, 10 AM to 12 PM. Location: Corpus Christi Church Sports Arena, 600 Mountain View Drive, Stone Mountain, GA 30083. For info, call 770-469-0395, email ccyb1@gmail.com or visit the league's website (www.ccybl.net).

SOFTBALL

AYSA Spring Season. Ongoing - North Park - Cogburn and Bethany - Alpharetta. Fees: If Alpharetta Residential Property Tax IS NOT PAID at the primary residence of the player, then the Non-City Resident Fee must be paid. After Jan. 13, \$10 late fee is charged.

GYMNASTICS

Gymnastics Classes at Gymnastics Academy of Atlanta. Ongoing - 3126 Cobb Parkway Kennesaw, Ga. For information call 770-975-8337 or visit www.gymnasticsacademyofatlanta.com.

Gymnastics Classes at Gwinnett Gymnastics Center Ongoing - 927 Killian Hill Road Lilburn, Ga. For information call 770-921-5630.

Atlanta School of Gymnastics in Lawrenceville. Ongoing. Classes for tots through teens. Cheerleading classes for ages 5 and older. For information call 770-277-9434.

The Little Gym of Snellville. Ongoing. Noncompetitive gymnastics and motor-skills development classes and camps. For ages 10 months-12 years. For information call 770-982-0901 or visit www.tlgsnellville.ga.com.

RACING

Friday Night Drags & MCR Safety Show-N-Shine. August 12 at Atlanta Motor Speedway

Friday Night Drags & MCR Safety Show-N-Shine. August 19 at Atlanta Motor Speedway

OFFICIATING

9RCorp Sports Officials. Ongoing. Provider of sports officials for multiple sports including basketball, flag football, & softball. Looking for additional officials. For information call Dennis Reagan at 404-213-0588 or email 9rcorp@150mail.com.

Georgia Lacrosse Officials Association. Needs boys youth and High School officials for 2010 season. Games are played Spring, Summer, and Fall. Great way to earn extra money and get some fun aerobic exercise. For more information, please visit www.GALAXREF.com or email recruit@galaxref.com.

Atlanta Peachstate Football Officials Association. High School Football Officials needed. We are in need of people who want to officiate high school football in the Atlanta Metro area. No experience is necessary. We have weekly training sessions. For more information go on our web site www.apfoa.com or call Keith @ 678.592.1194.

ATLANTA SPORTS COUNCIL

Chick-Fil-A Bowl. Dec. 31, 2011. Georgia Dome. For tickets, call 404-444-4444. To reach the Atlanta Sports Council call 404-586-8510 or visit www.atlantasportscouncil.com.

MISC.

Club Sport. Club Sport opens registration for summer leagues on May 1st with league play beginning in June. Club Sport is Atlanta's recreational sports and social group with over 10,000 participants each year on 1200 teams in 120 leagues. Each season Club Sport offers leagues in flag football, softball, soccer, sand and indoor volleyball, basketball and more. Club Sport is where Atlanta comes to play! For more information about Club Sport, upcoming events, photos or interviews with the owner, please contact Rich Alvarez at 678-994-0793 ext. 818 or visit www.usclubsport.com.

GOKickball "Atlanta's Premier Social Experience". Providing social, co-ed adult kickball leagues throughout metro-Atlanta centered around having a good time, meeting new people, and playing recreational games of kickball at local parks. Registration is open now for summer season. Join the fun! For more information and to register, go to www.gokickball.com/atlanta.

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BULLDOG BEAT

STEPHEN BLACK



NCAA gives Jones green light; another Dawg makes watch lists

Linebacker Jarvis Jones – and the rest of the Bulldog Nation – received good news from the NCAA on Tuesday. The sophomore from Columbus was told he didn't violate NCAA rules when an administrator in the Columbus parks system provided benefits to him in 2009. Jones, at the time, was preparing to attend the University of Southern California, where he had signed to play out of high school. Since, Jones transferred to Georgia and has been preparing to start at outside linebacker this season after sitting out last year due to transfer rules.

"I appreciate the work of our compliance office for its time and effort in providing a thorough, comprehensive report and I'm thankful for the timely manner in which the NCAA reviewed and evaluated all the facts to

reach a decision," said head coach Mark Richt in an official release. "We're ready to move on with preparations for our season opener."

MAD STORK AWARD ...

Senior defensive end DeAngelo Tyson has been named to the Ted Hendricks Award Watch list. The trophy is given to the nation's top defensive end. Former Georgia star David Pollack won the award twice and is the only two-time winner.

Last season, Tyson started 12 of 13 games and had four tackles for loss. He set a career-high with 16 tackles against Georgia Tech last year. The Statesboro native is one of three SEC players on the 35-man list and has also been named 2011 preseason second-team All-SEC by the coaches.

PICTURE DAY ...

The annual Fans' Picture Day will take place Saturday in Athens at Reed Plaza near Sanford Stadium. Players, coaches and, yes, Russ the mascot, will be there to sign autographs and take photos with fans. Football players and head coach Mark Richt will be there to sign between 3 p.m. and 5 p.m., while other Georgia sports teams will be signing between 1 p.m. and 3 p.m.

Due to recent issues regarding student-athlete autographs around college athletics, no outside items can be brought to Picture Day. The UGA athletic department will provide fans with two free schedule posters to be signed by players and coaches.

Black can be reached at sblack@scoreatl.com.

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TECH TALK

THOMAS WATSON



Camp heats up; Lyons impresses and Lee pushes Washington

It is over a week into Georgia Tech's pre-season practice, and more than a few players have already drawn praise from head coach Paul Johnson. The Yellow Jackets had their first of four two-a-days on Aug. 8 and Preston Lyons made an impression.

"Preston is a better runner than people give him credit for," Johnson said. "He is actually one of the better athletes on the team. If you go by 40-time, vertical jump and all that stuff, he's actually a really good athlete. People look at him and don't give him enough credit." The senior B-Back will be replacing Anthony Allen. Every B-Back in Paul Johnson's tenure has gained over 1,200 yards, so Lyons will have big shoes to fill.

VAD IMPRESSES ...

Another player that has already caught the coach's eye is true freshman Vad Lee. The back-up quarterback is grasping the intricacies of the most crucial position in an option offense.

"He's actually light years ahead of where I thought he would be. In four days with footwork and understanding what we want to accomplish, he can do it," Johnson said.

Lee's preparation before arriving to The Flats was another encouraging sign for Johnson.

"I know that he studied our offense before he got here," said Johnson. "He spends every spare minute watching tape and studying. He wants to play. We will do what gives our team the best chance to win though. That is the bottom line. If he is ready to play, he will play. If he's not, he won't."

It will take an incredible camp for Lee to

leapfrog Tevin Washington before the first game Sept. 1. Washington led the team to a 1-4 record after Joshua Nesbitt broke his arm, but he has impressed coaches throughout spring and pre-season camp with his toughness and leadership.

Washington played through spring practices, fresh off of knee surgery and hadn't yet regained his quickness. By all accounts, Washington is playing up to speed now.

"He has had a good camp. I think that he is playing with a little more confidence and is healthy. We are excited about what he is going to do," Johnson said.

The competition could get interesting as the season rolls on and Lee learns to become more comfortable in the system.

Watson can be reached at 404-256-1572.

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The British Open. Augusta hosts the Masters yearly, while Atlanta has hosted both the US Open and PGA Championship.

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SCORE
SCOTT ST. LIFER


New performance program geared to help youths with nutrition, exercise

Starting at the end of this month, the Marcus Jewish Community Center of Atlanta will begin a new performance program to help enrich the physical well-being of the community's youth who are between the ages of eight and 17. The new program, the MJCCA Youth & Teen Performance Program, offers three varieties of programs for the youth: boot camp, spinning and running programs. All three focus on different ways to increase athletic capabilities and strength, promoting the importance of healthy nutrition, proper stretching, core conditioning, technique, pacing and goal setting.

"[The overarching goal of the program is] to get them active, to help them increase their level of fitness for their sport of choice," stated Laura Johnson, the director of the program.

FOOD PYRAMID ...

In order to stress the significance of healthy nutrition, the program uses the newly face-lifted food pyramid, MyPlate. Unveiled in June by first lady Michelle Obama, the new MyPlate works as a simpler mean to express the impor-

ance of nutrition. Instead of a pyramid, MyPlate resembles a plate with fruit, vegetables, grain and protein with a smaller side of dairy.

Nutrition worksheets are used in addition to using MyPlate to help display the value of nutrition. The worksheets help display results of having a poor meal before a workout, and they teach participants the difference in a good workout and how their body should feel. The goal is to have participants know how food is broken down into categories and how the categories are utilized in the body for fitness and energy.

"It is not about dieting or counting calories or weight loss. I do not want to focus on that with the kids," said Johnson. "It is more of just general knowledge...It is basic understanding of the nutrition."

WORK IT OUT ...

The MJCCA Youth & Teen Performance Program also enhances participants' physical health through the use of exercises and core conditioning. The exercises help build

strength within the participants' core muscle groups and give them a full body workout. Riding bicycles and doing pushups and planks are some examples of how the participants receive a full core workout.

This only works as the principle for the programs. Each program in particular actually focuses on different aspects of fitness through the techniques.

"Each individual program has a different focus," said Johnson. "The running [program] would be a lot of running form, pacing, proper breathing and technique, proper running stretches, and goal settings so it is not competition amongst your peers. It is more for yourself and that would carry over for spinning and boot camp as well."

In order to have participants reach their goals, they are split up into groups based on their athletic ability to maximize their physique rather than age. This helps improve the children's athletic attributes without slowing down or having to speed up for people on different skill levels.

"Some kids come in at an already active level, and they would be doing things at their level versus the kids coming in that are not in any sports and are just learning the basics," remarked Johnson.

However, some groups are intermixed with participants of different skill levels to help participants teach each other. This may give children the advantage of seeing how a more advanced participant works, and it gives the advanced participant more practice through teaching intermediate and novice athletes.

The boot camp, spinning, and running programs begin on Aug. 18, 21, and 22 respectively. They run once a week for seven weeks and an hour each meeting. The spin class meets on Sundays from noon to 1 p.m., the running program is on Monday, and the boot camp is on Thursday, with both taking place between 4:30 p.m. and 5:30 p.m.; the running program and boot camp act as school programs for the participants.

St. Lifer can be reached at 404-256-1572.

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