

Sports

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Family legacy lives on through Allan Ross Fundamental Camp

By Todd Forrest
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Last month marked the 17-year anniversary of the untimely passing of Union County Head Basketball Coach Allan Ross.

Since then, Union County has had nine different mens basketball coaches, however, last summer, new head coach Casey Jones brought a change of culture to Panther basketball. The new coach made it clear early on that he was a Coach Ross disciple and he would model much of his coaching philosophy on the man who coached him for three years. So when Coach Ross' son Michael Ross came calling to resurrect the Allan Ross Fundamental Basketball Camp, Jones quickly jumped on board.

"It was really cool for Kevin (Hughes) and I to work with Michael in a camp that we attended and helped years ago," Coach Jones said. "Coach Ross was all about fundamentals and the apple didn't fall too far from the tree with Michael. He is all about fundamentals as well and this dad would be proud."

Last week, Union County Middle School opened its doors to the Ross camp, and there was no shortage of current and former players who were eager to assist. Ross (Class of 2008) was joined by his former Panther teammate Corey Garrett - Class of 2007, current Panther Assistant Coach Kevin Hughes - Union County Class of 1998, and Jones - Union County Class of 1999.

"I was fortunate enough to team up with the Union County men's basketball program to help run this camp," Michael Ross said. "The group that helped make this camp successful included members of the varsity and JV teams, as well as Coach Casey Jones and Coach Kevin Hughes. In addition to the team, Corey Garrett assisted in this camp as well as previous camps with me in the past. A big thank you to all those who helped make this a success and help teach the younger generation the fundamentals we tend to overlook in today's game."

Players from not only Union County, but Towns County and Hayesville NC took part in the three day camp that focused on passing, proper shooting form, rebounding, speed and agility, with the main priority being defense.

"During this camp we focused on the fundamentals we believe to be necessary in becoming better basketball players," Michael Ross said.



Michael Ross (left) was joined by former Panthers and current Panther players at the Allan Ross Fundamental Camp last week. Here Ross and rising seniors Tyler Odom (middle) and Lake Arnick (right) congratulate a camper during a rebounding drill. Photo/Todd Forrest

The camp ran for three days with a morning session for younger players and an afternoon session for the older players. Despite being limited to three, two hour sessions, Michael Ross talked about the growth he saw during the camp.

"Some of the highlights of this camp would have to be seeing some of the younger guys start to pick up on drills they have not been exposed to yet," Michael Ross said. "As camp went on you could see their confidence grow and the bond between campers strengthen through drills and competitions. As a basketball fan, like all of the instructors, I believe we were excited to see the campers having fun and learning to play the game. We hope they take home what they have learned and the next time we host a camp all their hard work at home is evident."

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Growing up the son and grandson of a basketball coach, Michael Ross was constantly

around basketball games and basketball camps, but his dad's camp has always held a special place in his heart. Now he is hoping to create positive memories for others through the Ross Camp and his Elite Level Training camps.

"This camp was very special for me because it allowed me to provide a great learning opportunity and fun experience that I was fortunate enough to experience growing up. It was definitely bittersweet but a true blessing."



Assistant Panther Basketball Coach Kevin Hughes conducts a drill during Thursday's afternoon session. Photo/Todd Forrest



Head Panther Basketball Coach Casey Jones (middle) and Ross' former Panther teammate Corey Garrett (pointing) instruct campers. Here Garrett is conducting a rebounding drill. Photo/Todd Forrest



Panther basketball players Chase Shook (left) and Lawson Baeninger were on hand to assist with the camp. Photo/Todd Forrest



The Ross camp wasn't only for Panthers as it brought in players from Towns County and Hayesville, NC. Photo/Todd Forrest

Godwin, Horinek awarded at banquet



Kacie Godwin (left) was named 'Most Improved' and Maddie Horinek was named 'Low Medalist' at last month's Union County High School golf banquet.

WELCOME TO THE PIT!

UNION COUNTY 2014 WRESTLING CAMP

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

TRAINING WILL INCLUDE THE FUNDAMENTALS OF:
THE NEUTRAL POSITION
THE REFEREE'S POSITION - TOP
THE REFEREE'S POSITION - BOTTOM
PLENTY OF LIVE WRESTLING

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

CAMP DIRECTOR: MICHAEL SMITH-FOOT
LOCATION: UNION COUNTY ELEMENTARY GYM

Detach this form and get it to your coach by May 17, 2014.
Name: _____ Entering grade: _____ County/School: _____
Parent/Guardian: _____ Phone: _____
Parent email: _____ Alt Phone: _____
Address: _____ City: _____ State: _____ Zip: _____

I have permission to participate in the Panther Wrestling Camp. I realize there is always the possibility of injury and will not hold any of the sponsoring parties liable in case of such. In case that I may not be reached in an emergency situation, I grant the camp director permission to make any necessary decisions relating to the physical safety and well-being of my child. I will accept all charges that are incurred.
PARENT SIGNATURE: _____ DATE: _____

For more information contact Bob Williams at bwilliams@ucschools.org or 706-400-2765
Make checks payable to UC Take-down Club
Form and payment can be mailed to Bob Williams, 46 Jones Road, Blairsville, GA 30512

What's happening!!

Union County Recreation

cool in the **pool**

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

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

ZUMBA
FLEX

Daily Classes are going on right now!!

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

TUCKER'S BASKETBALL CAMP

Union County High School

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

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

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

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

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