

The Five Rings of Georgia

A joint publication of the Georgia State Games and the Georgia Sports Foundation

Summer Issue

June 2006

Get Ready, Get Set, Go!!!

The 16th annual Georgia State Games Championships are finally here. The 2006 Championships will descend upon the Greater Metro Atlanta Area July 7-16, providing an excellent opportunity to experience wholesome family fun and entertainment for all ages while offering amateur athletes the occasion to compete in an exemplary Olympic style sporting event.

As these Championships are modeled in the spirit of the Olympic games, they display the many talents and skills offered on and off the field by Georgia residents.

The 2006 Georgia State Games Championships are open to all Georgia residents without regard to age or athletic ability. While there are no restrictions on the number of events that a participant may enter, participation is limited to Georgia state residents that submit an official entry form no less than two weeks prior to their event(s) of interest.

To request an official 2006 Georgia State Games Championships entry form or for more information, visit www.georgiagames.org or call (770) 528-3580.

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2006 Championship Dates

<u>Sport</u>	<u>Dates</u>
Archery	July 15
Badminton	July 9
Baseball- Adult	July 20-23
Baseball-Youth (Rec. All-Star)	July 14-16
Baseball- Youth (Travel & HS)	July 7-9
Basketball- Boys'	July 7-9
Basketball- Girls'	July 14-16
Bowling	July 8-9
Boxing	July 8-9
Cycling- Criterium	July 9
Cycling- Road Race	July 8
Diving	July 15-16
Equestrian	July 22
Fencing	June 9-11
Gymnastics- Artistic	June 10-11
Judo	July 8
Lacrosse	July 15-16
Racquetball	July 7-9
Road Race (Run for Life)	August 5
Roller Hockey	July 13-16
Rowing	July 22
Rugby	July 15
Shooting- Air Rifle	July 9
Shooting- Air Pistol	July 9
Shooting- 5m BB Rifle	July 8
Shooting- Western 3 Gun	July 8
Shooting- .22 Benchrest	July 9
Shooting- Skeet & Trap	July 7-9
Shooting- Sporting Clays	July 7-9
Softball- Adult	July 14-16
Softball- Youth	July 14-15
Swimming- Open Water	July 8
Swimming- Youth (Rec.)	July 15
Table Tennis	July 15-16
Taekwondo	July 22
Team Handball	May 6
Tennis- Adult	July 13-17
Tennis- Youth	July 10-14
Track & Field- Open / Masters	July 16
Track & Field- Youth	July 14-15
Volleyball- Outdoor	July 15-16
Weightlifting- Olympic	July 15
Weightlifting- Powerlifting	July 15
Wrestling	July 7-9





The Southeast Set to Continue the Challenge

July 27-30 marks the dates for the Inaugural Southeast Sports Festival scheduled to take place in Birmingham, Ala. This regional sporting festival, exemplary of the Olympic games, encompasses 11 states (Ala, Fla, Ga, Ky, Miss, N.C., W.Va, Tenn, S.C., La, Ark) and ten sporting competitions (Archery, Basketball, Baseball, Bowling, Fencing, Figure Skating, Gymnastics, Softball, Taekwondo, and Track & Field).

As these events are designed to offer amateur athletes an "environment where all state game [participants] can come together and competitively compete" said Southeast Sports Festival PR Director Eric Engelbarts, they also "afford amateur athletes the incentive to train and participate in a statewide multi-sport event annually."

While athletic participation for this festival is solely restricted to athletes that participate in their respected state games, both intern and volunteer opportunities are open to all.

To register for the 2006 Southeast Sports Festival, visit www.SoutheastSportsFestival.org.

Grant Opportunities

The Community Foundation For Greater Atlanta, Inc. is currently accepting applications for their Competitive Grants Program 2006-2007. The grant program ranges from \$5,000- \$25,000 focusing in the areas of Arts& Culture, Community Development, Education & Youth Development, Health, and Human Services. For more information, applications, and application deadlines and requirements visit www.atlcf.org or call 404-688-5525.

The Robert W. Woodruff Foundation, Inc. is currently offering grant opportunities to qualified tax-exempt public charities located and operating in Georgia. The principal giving interests are focused on program areas in elementary, secondary, higher education; health care; and education human services.

For more information call 404-522-6755 or email fdns@woodruff.org.

10-Year Anniversary of the Centennial Olympics

It has been ten years since the Centennial Olympics last graced the hearth of Atlanta.

Although the star-studded event is long gone the memories continue to reign loud and clear in the minds of those old enough to have previewed the event.

In honor of such a momentous milestone, the city of Atlanta, will host the AVP Pro Beach Volleyball Tour July 6-9 at the Atlantic Station, the USA Junior Olympic Girls Volleyball Championships June 28- July 5 at the Georgia World Congress Center, the US Fencing Summer National Championship June 30-July 9 at the Georgia World Congress Center, and the USA Taekwondo Junior Olympics July 6-9 at the Georgia Dome.

Each event is expected to bring in millions in local economic impact dollars to the Georgia economy for this year while drawing great attention to Atlanta's sports programs and foundations.

As the city of Atlanta works hard to make the 10-year Centennial Olympic Celebration a huge success, city officials are working hard to bring other sporting events of this caliber to the hearth of Georgia's sports land.

Calling All Volunteers

Volunteers for the 2006 Georgia State Games Championships are greatly needed. As volunteers are essential for the success of every organization, the Georgia State Games are looking to make this years festivities a huge success with the help of Georgia's brightest groups and individuals.

As a 2006 Championships volunteer, individuals/groups will have the opportunity to develop and improve their "power skills": leadership, communication, resource development, problem solving, coaching/mentoring, and public speaking in addition to receiving a meal and a 2006 volunteer T-shirt in appreciation for your time and efforts.

While volunteers are needed for all 45 of the Georgia State Games Championships, basketball, swimming, track & field, and cycling are in need of the most volunteer attention.

Volunteer positions include but are not limited to:

- Medical Volunteers (MD's, EMT's, Paramedics, Nurses, PA's, ATC's)
- Massage Therapists
- Sports Volunteers
- Volunteer Supervisors
- Score Keepers
- Course Marshals
- Security
- Media Relations
- Hospitality
- Operations
- Logistics
- Results Assistants

For more information visit www.georgiagames.org or call Jeff Zachman at



Philanthropic Opportunities: Big & Small

Each year the Georgia State Games must raise over \$250,000 just to operate. This is accomplished in many different ways: Corporate Philanthropy, Sponsorships and Donations of products and services, Individual Donations, Programs Fees, Advertising, Grants, Fund Raising Events and more. Visit our website to find out more about the Georgia Games Sponsorship program at www.georgiagames.org.

MAKE A DIFFERENCE **GIVE NOW**

Sponsor Showcase

One of the major support mechanisms of the Georgia State Games are our Corporate Sponsors.

Kennesaw State University plays host to our state headquarters and has been a vital link to our successful operations. The link between KSU, whose athletic department has recently moved up to NCAA Division I, abundant educational outreach and internship placement opportunities has been a successful match with the Georgia Games.

Milner Document Products has been a long time supporter of the Games and the official office machine sponsor for many years. Their top-level equipment and highly qualified staff have been instrumental in providing the highest level of the behind-the-scenes support.

The people at **Cotton Graphics** have met every need we could ask for in designing and producing our apparel needs. Each year they have continued to develop high level artwork that keeps our attention and receives great reviews from all of our athletes. Visit Cotton Graphics for all of your apparel needs, and tell them Eric sent you.

Coke has been very helpful in working with us to make sure that our beverage needs are met by willingly donating many athletic beverages. Their help and support has helped to ensure great success for our program.

Marietta Power has become a major part of our organization's financial backbone. With their help and participation our program has been given new life with longevity.

Wish List

Are you a generous soul with a giving heart who feels like granting a "wish" to further the work of the Georgia Sports Foundation. Please contact us at 770-528-3580 to make a kind donation. We are very grateful for whatever donations people can donate to us, and we will be happy to provide you with a receipt for your tax records. Thanks in advance.

- **A 15-Passenger Van (good condition)**
- **A 15+ ft. Box Truck (good condition)**
- **Corporate Sponsors**
- **Individual Sponsors per Sport**
- **Financial Donations**
- **Commercial Grade Printing Services**
- **Banners and Signs**
- **Volunteer Meals**
- **Digital Cameras**
- **10' x 10' Pop Up Tents**
- **Field Lining Machine and Paint (all colors)**
- **Basic Medical Supplies**
- **Pipe and Drape**
- **Baseballs- Tournament Level**
- **Basketballs- Tournament Level**
- **Electronic Portable Scoreboards**
- **Hotel Rooms**
- **Retail Marketing Space**

Call 770-528-3580 for more details!

It's Not To Late to Participate

As the end of the 2006 District Sports Festival draws near there are still 17 local sporting events awaiting your participation

Event Date	Event	Location	Host Agency	Contact Phone
6/10/06	Mayor's Fishing Rodeo	Lock-n-Dam Road	Augusta Recreation & Parks Dept.	706.796.5025
6/10/06	Fishing Derby	Deer Lick Park	Douglas Co. Parks & Rec.	770.920.7132
6/10/06	Diving	Moose Moss Aquatic Center	Moultrie-Colquitt County Parks & Rec	229.890.5478
6/12/06	Adult Small Sided Soccer	Allen Creek Soccer Complex	Hall County P & L/ Gainesville R & Pm	229.890.5429
6/17/06	Horseshoes	Troup County Senior Center	Troup County Parks & Rec	706.883.1681
6/17/06	Youth Swimming	Jim Buck Goff Pool	Moultrie-Colquitt County Parks & Rec	229.890.5429
6/24/06	Basketball Free Throw Contest	Blackshear Basketball Complex	City of Savannah	912.651.6781
6/25/06	Bike Ride	New Savannah Bluff Lock and Dam Park	Augusta Recreation & Parks Dept.	706.796.5025
6/26/06	Cheerleading Camp/Competition	Allen Temple Arena	City of Savannah Leisure Services	912.351.3852
6/27/06	Adult & Junior Tennis	Longwood park Tennis Center	Gainesville Parks & Recreation	770.532.9900
7/13/06	Bocce	Troup County Senior Center	Troup County Parks & Rec	706.883.1681
6/26-7/2	Tennis Tournament	Cooper Creek Tennis Center	Corta	706.317.4136
6/22/06	Tennis	Lost Mountain Tennis Center	Cobb County Parks & recreation	770-528-8525
6/12/06	Tennis	Butts County Community Center	Butts Co, Parks & Recreation	770-775-8228
6/17/06	Swimming	City of Gainesville	Gainesville Parks & Recreation	770.532.9900
6/24/06	Women's Softball	Gordon Park	Albany Recreation & Parks	229-430-5222





Olympic Style Internship Opportunities Available

The Georgia State Games, Georgia Sports Foundation, and the Southeast Sports Festival have tremendous opportunities for collegiate students to build upon their academic skills and classes through semester long internships.

The Georgia Games internship program has a long history, and interns have come from as far away as California, Maine, and Germany to experience our internship program.

A wide array of internship positions are available for undergraduate and graduate students offering excellent opportunities to build your resume while gaining work experience. We offer more than 75 different majors the opportunity for an internship position, with the most popular being :

- ◆ **Sports and Recreation Management**
- ◆ **Event Management**
- ◆ **Public Relations**
- ◆ **Communications / Journalism**
- ◆ **Marketing / Business**
- ◆ **IT Management**
- ◆ **Public and Non-Profit Administration**

We are currently accepting internship applications for the fall and winter semesters of 2007. Paid positions, college credit, and housing stipends are available; all positions are located at our office in Kennesaw, Georgia. Go to www.georgiagames.org to apply or for more information call the Georgia Games at (770) 528-3580

2006 Georgia State Games Interns



Denita Smith, originally from Charlotte N.C., is a graduate English student at North Carolina Central University in Durham, NC. In May of 2004 she received her B.A. in English with a concentration in Journalism from NCCU and later interned as a Staff Photographer with the New York Times through their Second Annual Student Journalism Institute held in New Orleans, La. Though she has held various internships and student positions advocating social change/ justice, she is extremely interested in the field of Communications. With her overriding pursuit to obtain a Doctorial degree in the Philosophy of Communication, Denita believes her experience with the Georgia Games Commission as a Public Relations Summer Intern to be invaluable, as she becomes a Communications Professional.



Melanie N. Manning is a Sports Management graduate student at California University of PA. Hailing from New York, Melanie received her B.A. in Psychology from Reinhardt College in Alpharetta, Ga. where she actively participated in the Social Science Club. Upon completing her Master's degree, Melanie plans to pursue an operations position with the National Football League.



Taura Hatney is a native of Augusta, Ga., and a 1997 graduate of Winston-Salem State University in Winston-Salem, N.C., where she received a B.S in Therapeutic Recreation. After working for several years, in 2002 Taura enrolled in the Sports Management Master's of Science program at the United States Sports Academy in Daphne, Ala. Among Taura's many accomplishments is her recent completion of an eight-month internship with the Atlanta Spirit, LLC in the area of Group Sales. Upon receiving her M.S. in the fall of 2006, Taura hopes to obtain an experience building position in sports management.



Ken Nguyen was born in San Diego, Calif., and grew up in Peachtree City, Ga. He is currently attending Kennesaw State University in Kennesaw, Ga., pursuing a B.A. in Sociology. Upon receiving his degree in May of 2007, Ken plans to attend Law School.



Originally from Budapest, Hungary, Petra Nagy is a rising senior at Wingate University in Wingate N.C., majoring in Sports Management with a minor in French. While at WU, Petra has participated in many student led organizations including WU Women's Basketball as captain, the French club as president, and the WU 2003-04 Basketball Camp as a coach while maintaining a 3.7 GPA. Upon receiving her B.S. in May 2007, Petra plans to attend graduate school with hopes of later becoming a Sports Event Planner for the Olympic Committee.



Jeff Zachman, a competitive athlete on both the state and national levels, is a native of Lilburn, Ga. In 2003, Jeff graduated from Parkview High School and is currently a rising senior at Duke University in Durham, N.C., where he is majoring in Political Science. Upon completing his undergraduate studies, Jeff plans to attend law school with an emphasis in Corporate Law. As an intern, Jeff finds his experience with the Georgia State Games to be most rewarding in his efforts to better the experiences of Georgia athletics.



Laura Beattie will graduate in the fall of 2006 with a Master's of Science in Sports Management from Northern Illinois University in DaKalb, Ill. She is also a 2004 graduate of Aquinas College in Grand Rapids, Mich., with a B.S. in Sports Management. As a former athlete, it is Laura's goal to become a sports professional with an emphasis on either Event or Business Management.



Emily Feagin is a rising senior at Valdosta State University in Valdosta, Ga., majoring in Business Management. Upon receiving her B.A., Emily plans to obtain valuable work experience at an event planning company occasioning her the opportunity to later own her own business specializing in stationery and monogramming. Among the many campus organizations in which Emily is involved, she is a loyal member of Alpha Delta Pi Sorority where she assiduously services the organization and her community in truth and honor.



Amy Newman is a senior Sports Management major at Campbell University in Buies Creek, N.C. Upon receiving her B.S. in the fall of 2006, Amy plans to pursue a career in the sports industry.



Bryan Campbell is a 2006 graduate of Georgia Southern University in Statesboro, Ga., with a B.S. in Sports Management and minoring in both Business Administration and Marketing. While at GSU Bryan participated in a host of campus clubs and organizations including Tau Kappa Epsilon Fraternity, the Sports Management Majors Club, and the American Marketing Association (AMA). Outside of school, Bryan has held various internship positions that have



Senate Bill 474 Passed But Withdrawn from the House



On Feb. 22 Senate Bill 474 Georgia Student Health and Fitness Act passed with a 42-7 vote but was later withdrawn from the House for consideration.

Bill 474 proposed to reduce child obesity by regulating elementary and secondary education through the establishment of school health advisory councils to serve as advisory bodies to local boards of education on health, physical education, and nutrition.

As this bill propositioned to establish strict requirements for physical education instruction for students in kindergarten through grade eight, it also lobbied for a wide range of supplemental health, physical activity, and nutrition programs to be provided on school property beyond the confines of the traditional school day.

Sponsored by Senator Joseph Carter (R-Tifton), Bill 474 also necessitated local school boards of education to adopt and implement a coordinated school health program.



Who will be the Biggest Loser?

The 2006 Lighten Up Georgia will soon come to an end finally exposing the biggest loser among the different teams.

Since March, several teams (composed of up to ten members) have been competing in a friendly competition to see which team would have the highest percentage of total team weight loss due to healthy, appropriate diet and physical activity and/or accumulated activity in the form of miles traveled (walked/run).

This year's competition has proven to be extremely beneficial in voicing the fight against obesity.

Weight Loss Facts

- Obesity is the second leading PREVENTABLE cause of death in the U.S., after smoking. More than 300,000 excess deaths are blamed on obesity every year.
- Obesity is associated with over 30 medical conditions including: Diabetes II, Heart Disease, Gallbladder Disease, Stroke, High Blood Pressure, Cancer of the breast, prostate and colon.
- Obese children are more likely to have asthma, orthopedic problems, sleep apnea, hypertension and psychological issues.
- Overweight adolescents are 70% more likely to be overweight or obese as adults. That number increases to 80% if the child has one or more overweight or obese parents.



Physical Activity Calorie Use Chart

The chart below shows the approximate calories spent per hour by a 100-, 150- and 200- pound person doing a particular activity.

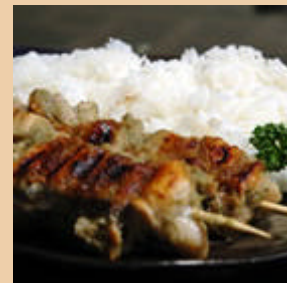
(American Heart Association)

Activity	100lb	150lb	200lb
Bicycling (6mph)	160	240	312
Bicycling (12mph)	270	410	534
Jogging (7mph)	610	920	1230
Jumping rope	500	750	1000
Running (5.5 mph)	440	660	962
Running (10 mph)	850	1280	1664
Swimming (25 yds/min)	185	275	358
Swimming (50 yds/min)	325	500	650
Tennis singles	265	400	535
Walking (2 mph)	160	240	312
Walking (3 mph)	210	320	416
Walking (4.5 mph)	295	440	572

Healthy Eating Recipe

Jamaican Jerk Chicken

- 6 skinless, boneless chicken breast halves—cut into chunks
- 4 limes, juiced
- 1 cup water
- 2 teaspoons ground allspice
- ½ teaspoon ground nutmeg
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 2 teaspoons dried thyme
- 1 teaspoon ground ginger
- 1 ½ teaspoons ground black pepper
- 2 tablespoons vegetable oil
- 2 onions, chopped
- 1 ½ cups chopped green onions
- 6 cloves garlic, chopped
- 2 habanero peppers, chopped



Directions:

1. Place chicken in a medium bowl. Cover with lime-juice and water. Set aside.
2. In a blender or food processor, place allspice, nutmeg, salt, brown sugar, thyme, ginger, black pepper, and vegetable oil. Blend well then mix in onions, green onions, garlic and habanera peppers until almost smooth.
3. Pour most of the blended marinade mixture into bowl with chicken, reserving a small amount to use as a basting sauce while cooking. Cover, and marinate in the refrigerator for at least 2 hours.
4. Preheat an outdoor grill for medium heat. Brush grill grate with oil. Cook chicken slowly on the preheated grill. Turn frequently, basting often with remaining marinade mixture. Cook to desired doneness.



Become a Good Coach

It goes without saying that a coach is one of the most influential people in a young athlete's life and therefore should truly understand how to communicate with his/her players in a way that generates results. Because the idea of coaching is both an art and a science which leads to guidance, inspiration, and empowerment, an effective coach has the ability to help the athlete to realize his/her true potential.

Coaching Tips

- **Know the Sport**—Have an in-depth understanding of the sport from the fundamental skills to advance tactics and strategy. While planning for the season, be sure to know the progressive nature of training adaptation, know the rules, and provide a simple, structure environment for athletes to succeed.
- **Seek Out New Information**—Continue to learn and develop new training techniques.
- **Be a Motivator**—Positively and enthusiastically motivate your players about the game while inspiring them to believe in themselves.
- **Know the Athletes**—Be aware of individual difference in athletes. Pay attention to the player's emotions, strengths and weaknesses.
- **Be an Effective Communicator**—Learn to communicate will while exuding credibility, competence, respect, and authority. Be able to explain ideas clearly. Set defined goals, give direct feedback, and reinforce the key messages.
- **Be a Good Listener**—Be a compassionate ear and welcome the player's comments, questions, and input. Be flexible and use player feedback to modify the training plan if necessary.
- **Be Disciplined**—Clearly state a code of conduct up front and adhere to it.
- **Lead by Example**—Adhere to the same rule(s) expected of the players. Listen and respect the players.
- **Display Commitment**—Display a clear commitment to looking out for the best interest of the individual players.

Researching Athletic Scholarships

When researching athletic scholarships it is very important to remember that timing and athletic ability are key for receiving the scholarship(s) of your choice.

Because this type of scholarship is extremely competitive, it is strongly recommended that an athlete start preparing for his/ her athletic scholarship search as early as his/her first year in high school.

Some helpful tips for searching for athletic scholarships include:

Attending recruiting camps for your specific sport.

Expressing interest in an athletic scholarship to your coach.

Making a highlight tape of one of your best games.

Speaking with the coach for your sport at the College/ University of your interest

\$500 SportsToSchool College Scholarship!

Amount of Scholarship Award: \$500

Application Deadline: The entry deadline is February 27, 2007.

Application Requirements/Description: Entrants must be enrolled in high school as a freshman, sophomore, junior, or senior during the 2006-2007 school year. Entrants must participate in athletics and wish to pursue their sport(s) in college.

Citizenship and Residency: You are not required to be a US citizen or a US resident in order to be eligible to apply for this scholarship.

Complete the online application found below, including a one-paragraph description of how sports play a positive role in your life.

The entry deadline is February 23, 2007, and the winner will be notified on March 23, 2007.

<http://www.sportstoschool.com/scholarship.html>



Feed Your Muscles

Over the years there has been a surge of weight loss and body defining techniques meant to curve appetites and construct the perfect body. Although on the outside, these dietary techniques did their jobs of making the body more acceptable to the eye, secretly on the inside they were depriving the body of the very food that it needs to survive a strenuous workout regiment.

In order to build lean healthy muscles it is very important to follow a solid muscle-strengthening program in addition to taking in an adequate amount of the right kind of calories: carbohydrate, protein, fat, and water.

Carbohydrate is the predominate energy source for strength training. When stored in the muscles, carbohydrate becomes glycogen, which supplies energy to the body for a short, intense burst of power. Once the glycogen has been depleted, your energy level will drop causing you to have to stop exercising.

It is recommended that strength trainers consume at least 500-600 grams of carbohydrates per day to keep muscle glycogen stores high.

Because protein is the basic foundation for building strong and healthy muscle tissue, strength trainers should consume more than non-exercisers. The average strength trainer should consume about 90-115 grams of protein per a day for a 140-pund athlete and 128-164 grams for those weighting 200 pounds.

Although fat does not seem like a necessity in terms of building a lean and healthy body, fat is however an essential nutrient once all carbohydrate and protein needs have been met. As the body requires a small amount of fat to remain healthy, less than 30% of your total daily calories should come from unsaturated fat.

In addition to proper eating, drinking the proper amount of water while strength training allows the body to replace fluids that are lost during exercise. Because it is strongly recommended that you are well hydrated before, during, and after working out, strength trainers should drink 2 cups of water 2 hours before exercise, 4-8 ounces of water every 15-20 minutes during exercise, and 16 ounces of water after exercise.

Strength training helps to set the foundation for a leaner and healthier body and as a result should not be taken lightly. Always remember to feed your body because it will only put out what you out into it.

The Cobb Cup Results are In

The 2006 Cobb Cup Tournament , historically the largest youth handball tournament in the USA, was held on Saturday May 6 at Mt. Paran Christian School in Kennesaw, Ga., was a great success.

This year's event featured numerous elementary teams in the team division and a number of high school teams in the club division.

Each team played extremely hard making this year's event a high scoring year in Cobb Cup history.

Team Names	Ranking
<u>Fourth Grade - Boys</u>	
Hollydale Hoots 4B	Gold
Mt. Paran Christian School Eagles 4B	Silver
Hightower Boy Scouts 4B	Bronze
<u>Fourth Grade - Girls</u>	
Hoots 4G	Gold
MPCS 4G	Silver
<u>Fifth Grade - Boys</u>	
Hollydale Hoots 5B	Gold
Hightower Chiefs 5B	Silver
Mtn View Blue 5B	Bronze
<u>Fifth Grade - Girls</u>	
Mtn View Blue 5G	Gold
Hollydale Hoots 5G	Silver
Mt. Paran Christian School Eagles 5G	Bronze
<u>High School Club Division</u>	
Draper Boys & Girls Club	Gold
East Cobb Boyz	Silver
Grady High School	Bronze



Normar Garciaparra Does it Again

Former Georgia Tech athlete, Normar Garciaparra has rejoined the game of baseball with the Dodgers.

Garciaparra started his career in the minor leagues in Sarasota, Trenton, Pawtucket, Boston, and then finally to the Chicago Cubs where he finished his 10th big league season last summer.

April 22 marked a new date in history for Garciaparra as he rejoined the lineup with the Dodgers just after an early rib cage injury.

As Garciaparra begins to reacquaint himself with the art of baseball, he looks to still be on the game's elite hitters.

Paralympics

Lovejoy and Lamback to Take the Lead

U.S. Paralympics Swimming Elite Team member Curtis Lovejoy (Atlanta, Ga./City of Atlanta Dolphins) broke his own American Record, and set a new PanAmerican record, in the 200-meter Freestyle during the GTAC Open Disability Swimming Meet, held May 27-28 at Eastern Michigan University in Ypsilanti.

His time of 5:13.34 in the Men's S2 classification took more than 10 seconds off the previous mark, which he set a year ago at the 2005 U.S. Paralympics Swimming National Championships.

Among others receiving medals were National Team member Lantz Lamback (Augusta, Ga./Aiken-Augusta Swim League).

Team USA finished the competition with a total of six medals, two gold and four bronze.

Georgia's Olympic Athletes

Garrett Hines

2002 Olympian four-man silver medallist; was fourth in the two-man with driver Todd Hays

- 1998 Olympian finishing fifth in the four-man 10th in the two-man with driver Brian Shimer
- 2000 World Championships was fourth in four-man and sixth in two-man
- Won a silver medal at the 2003 World Championships; announced his retirement
- Teamed up driver Todd Hays to win the two-man and four-man events at the U.S. National Trials in October 2001
- 2000 Brakeman Push Championships winner
- Missed bronze by 0.02 seconds in four-man event at the 1998 Olympic Winter Games
- Played football and ran track at Southern Illinois University...graduated in 1992 with a degree in biological science...then attended a bobsled tryout camp
- Participated in the Army's World Class Athlete Program, which is based at Fort Carson near Colorado Springs, Colo.
- Named the 1998 Armed Forces Athlete of the Year



USA Luge

It's Not His First Time

On Saturday, June 10 Dwight Bell of Atlanta, Ga., was elected president of the USA Luge by acclamation during the association's annual meeting.

Although Bell's 2006 election is quite new, he is by no means a stranger to the position or organization. Starting in 1989, Bell held the position for nine years during which the USA Luge savored its first taste of Olympic success, scoring silver and bronze medals in the 1998 Olympic doubles competition.

Among Bell's many accomplishments is the position that he held during the 2002 Winter Games as United States Olympic Committee's Chef de Mission.



Georgia is Well Represented

Canoe/Kayak

Following the Sprint US Team Trails held on the Otay Reservoir in Chula Vista, California from April 28-30, the Flatwater Sprint Senior National Team named Tim Hornsby and Morgan House both of Gainesville, Ga., as members of the Men's Kayak team and Emily Mickle of Gainesville, Ga., as a member of the Women's Kayak team.

Both teams will represent the United States on a European tour, which includes World Cup competition and training with coaches Nathan Luce and Guy Wilding.

Basketball

The invitations are final; both the women's and men's USA U18 National Teams have decided which of the nations top 18-and -unders will be given the opportunity to compete for one of the 12 positions on the 2006 USA U18 National Team that will look to defend the United States' title at the 2006 FIBA Americas U18 Championships.

Among those invited for the women's team were Georgia athletes Kelley Cain (St. Pius X H.S.), Nikitta Gartrell (Benjamin E. Mays H.S.), Christy Marshall (A.E. Beach H.S.), Andrea Mingo (Marist H.S.), Maya Moore (Collins Hill H.S.), and Porsha Phillips (Redan H.S.). Invited to the men's team were Georgia athletes Chris Allen (Meadowcreek H.S.), James Hickson (Southwest Atlanta Christian), and Gani Lalwal (Norcross H.S.).

The Georgia Institute of Technology's head coach Paul Hewitt has been named to serve as one of the assistant coaches for the USA's 2006 FIBA Americas U18 Championship for Men Team, along with others.

Fencing

Despite their defeat on the last day of the 2006 Junior & Cadet World Championships, U.S. cadet women's saber fencers showed great strength and effort in dominating their event.

As the team was able to bring home three bronze, one silver, and four gold medals in Under-17 (Cadet) events and gold and bronze medals in Under-20 (Junior) events in addition to one team medal, Jackie Jacobson of Dunwoody, Ga., was among the team winners earning both bronze (Cadet) and gold (Team) medals.

Bowling

Although the Cardinal Lanes have grown quite accustomed to success at the United States Bowling Congress Open Lanes Champion over the past five years, this year's competition held in Corpus Christi, TX concluded with an unfamiliar result.

As the team finished in Classified Team just below their fourth place record from last year, they managed to still qualify for the top 10.

Competing in the Classified Division in doubles were Kirby Lomax of Gainesville, Ga., Samuel Murray of Toccoa, Ga., and in singles Daryle Leal of Augusta, Ga.

Rugby

All-time caps leader Patty Jervey of Atlanta, Ga., has been named as one of the 26 members to compete on the 2006 USA Rugby Women's National Team.

Jervey, entering her fifth Women's Rugby World Cup, will represent the United States at this year's Women's Rugby World Cup, Aug. 31-Sept. 17 in Edmonton, Alberta.

Along with Jervey on the 2006 World Cup team is Kate Cox of Smyrna, Ga, Heather Hale of Atlanta, Ga., Pat Neder of Smyrna, Ga. In addition to Kristen Aerts and Brenna Costello on reserves from the Atlanta Harlequins.

Judo

On Saturday March 25 nearly 300 junior athletes competed in the USA Judo Middle and High School National Championships held at the Holiday Inn Select and Convention Center in Tinley Park, Ill.

As this year's championship proved to be one of the most exciting non-Olympic events, it also showed to be one of the most competitive with nearly all of the top-ranked juniors in attendance.

Competing in the 2006 Championship in the High School Women 57kg division was Jillian Roman of Snellville, Ga., from Brook Wood High School.

Shooting

The trap event of the 2006 Shotgun Spring Selection Match concluded on Saturday March 11 at the Hill County Shooting Sports Center in Kerrville, Texas.

The Spring Selection Match is the second of two matches used to determine the U.S. Shotgun Team going to the ISSF World Shooting Championships in Zagreb, Croatia, July 22- Aug. 5. The scores from the first two matches will be added together to calculate the top three open and junior men's and women's competitors in each event.

Competing in these events is Terri DeWitt of Fort Benning, Ga., who finished with a 226 in the fall and a 229 in the spring.

If chosen, DeWitt could be one of 30 athletes to represent the U.S. in the shooting championships.



It's Time to Register

With less than two months remaining, the 23rd annual Run for Life is vastly approaching. Presented by the Georgia Sports Foundation, this event will take place on Saturday Aug. 5 at the Roberts Business Center located at 1590 Vaughn Road in Kennesaw, Ga.

"The Run for Life is a fun and educational event for all ages and skill levels designed to help fight childhood obesity" says Amy Newman, Run for Life Coordinator." Through this event we are hoping to see a decrease in child apathy and an influx in health morale that will matriculate from one generation to another."

There is an estimated 2,000 people expected to participate in this year's festivities.

Awards will be given in 14 different age categories followed by an after-race party that will encompass goods from Einstein Bagels, Williams Brothers BBQ, Coca-Cola, and Cotton Graphics in addition to free T-shirts and massages.

To register visit www.active.com or for more information please contact Amy Newman at 770-528-3584.

Events

10 k Run

5k Run

5k Health Walk

1 Mile Fun Run

Tot Trot

RUN FOR LIFE

