

JANUARY 2021

LAKE COUNTRY SPORTS



**THE 2020 MORGAN
COUNTY SPIKEDOGS**



Best Version Media

Expert Contributors

To learn more about becoming an expert contributor, contact Cathy Clark at cclark@bestversionmedia.com or 404-580-6656.



Banking

Bank of Madison
Bob Bell
Assistant VP, Loan Officer
706-342-1953
bankofmadisonga.com



Chiropractic

Town and Country Chiropractic
Dr. Vanessa Pizza
706-438-1314, Madison
762-220-1144, Lake Oconee
triplettchiropractic.com



Insurance

State Farm Insurance
Ed Freeman
706-438-1590
madisonsfagent.com



Outdoor Living

Old Hudson Plantation
Neal & Nancy Bush
705-467-9345
oldhudsonplantation.com



Pest

Bughouse Pest Control
Dennis Mitchell
706-453-0140
bughousepestcontrol.com



Real Estate

ReMax Lake Country
Sandra Shurling
706-454-7777
remax.com

JANUARY RECIPE

Bread Pudding with Vanilla Sauce

From Carey Station Provisions

INGREDIENTS:

- 3 eggs, beaten
- 1 cup sugar
- 2 tablespoons light brown sugar
- ¼ cup butter
- ½ teaspoon ground cinnamon
- 10 slices hearty farmhouse-style bread toasted and cubed
- 1 cup raisins
- ½ cup light brown sugar
- 1 tablespoon all-purpose flour
- 1 pinch ground cinnamon
- 1 egg
- 1 ¼ cups whole milk
- 1 pinch salt
- 1 tablespoon vanilla extract

DIRECTIONS:

1. Preheat oven to 375 degrees. Grease a 2quart baking dish
2. In a mixing bowl, whisk 3 eggs, white sugar, 2 tablespoons of light brown sugar, ½ teaspoon of cinnamon, ¼ cup butter and 3 cups of whole milk together, and gently stir in the bread cubes and raisins. Lights spoon the mixture into the prepared baking dish.
3. Bake in a preheated oven until browned and set in the middle, 50-55 minutes; cover the dish with foil after 30 minutes to prevent excessive browning. Let the pudding stand for 10 minutes before serving.
4. For Vanilla sauce, whisk ½ cup of light brown sugar, the flour, a pinch of cinnamon, 1 egg, 2 tablespoons melted butter, 1 ¼ cups of whole milk and salt together in a saucepan until smooth. Heat over medium heat, whisking constantly until thickened and the sauce coats the back of the spoon, about 10-12 minutes. Stir in the vanilla extract. Pour sauce over warm bread pudding or serve on the side in a bowl.

Prep Time: 15 min
Cook: 1 hour
Servings: 8
Calories: Doesn't matter



Best Version Media

Feedback/Ideas/Submissions:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of the previous month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas, and photos to: cclark@bestversionmedia.com.

HOA Submission Information

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, owners' association sections at no cost to the HOA or the residents.

Important Numbers

Greene County Government.....(706) 453-7716
Greene County Sheriff's Office(706) 453-3351
Morgan County Government Office (706) 342-0725
Morgan County Sheriff's Office(706) 342-1507
Putnam County Government Office (706) 485-5826
Putnam County Sheriff's Office(706) 485-8557

Content Submission Deadlines

Content Due	Edition Date
January 10.....	February
February 10.....	March
March 10.....	April
April 10.....	May
May 10.....	June
June 10.....	July
July 10.....	August
August 10.....	September
September 10.....	October
October 10.....	November
November 10.....	December
December 10.....	January

Any content, resident submissions, guest columns, advertisements and editorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, ratepayers or homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party. © 2021 Best Version Media. All rights reserved.



CATHY CLARK
Publisher

WELCOME TO 2021, LAKE COUNTRY SPORTS FANS!

Like the warriors they are, the athletes and coaches of the lake area soldiered on through the past twelve months, navigating the pitfalls and perils that permeated 2020 and performing impressively all the way.

This month's feature - the Morgan County Volleyball team - perfectly personified that tenacity, turning in an incredible season that ended with a trip to the state championship finals. We speak to Head Coach Kathleen Goodwin and the team's co-captains for a little insight as to what made this team so special.

And though our readers have grown accustomed to seeing us award Coach of the Month and Athlete of the Month honors, less frequently have we awarded a Team of the Month - but the Gatewood Shotgun Team's barnstorming series of victories and impressive showings made them more than worthy of that designation! And is it any wonder that the team's coach, Jacob Fried, was our choice for Coach of the Month? Talk about on-target!...

Another rarity this issue: the Athlete of the Month award was split between two athletes! Sisters Georgia and Piper Bosart both distinguished themselves so tremendously that we couldn't choose between them (and we didn't want to fuel any sibling rivalries).

There's more, of course...in a bustling athletic community like the Lake Country, there always is! The momentum of the sports scene may have been slowed to some degree over the past year, but it's returning - stronger than ever, to hear the participants tell it. And as always, we salute our magnificent sponsors, who stuck with us over a tough twelve months, and stand behind us as we eagerly tackle the next twelve!...

Glad to have you here in 2021, folks. We think it's going to be an awesome ride!...

★ cathy clark

Publication Team

Publisher: Cathy Clark
Content Coordinator: Joe Choynski
Designer: Katie Lawrence

Advertising

Contact: Cathy Clark
Email: cclark@bestversionmedia.com
Phone: 404-580-6656

Gatewood Wins 3rd State Championship

By Cathy Clark

It's time for another Ring! On December 11, The Gatewood Gators pulled off the 3-Peat by defeating Brentwood 34-14 in the GISA AA Football State Championship!! Congratulations Gators!



ATHLETES of the MONTH

Compiled by Joe Choynski



PIPER BOSART
LAKE OCONEE ACADEMY

You were nominated for being awesome! How does that make you feel?

I feel really honored to be nominated, especially with my sister for a sport we both grew up with and love.

Where do you go to school/where do you work?

I go to school at Lake Oconee Academy and work at PJ's Coffee of New Orleans as a barista in the off season.

What do you like to do outside of your sport?

Cook healthy meals and bake for family and friends. My specialties are definitely my homemade cookie recipes.

When you close your eyes and dream about your future, what does that look like?

As of now, I see myself graduating from Auburn University with a major in Journalism, on track to be either a sports reporter or magazine writer.

Ask someone in your family to pick one word to describe you. Who did you pick and what word did they use?

Mom: "joy, because you are a happy and peaceful soul and love to make others happy". Dad: "selfless, because you genuinely care about the wellbeing of those around you".



As an athlete, what is a rule you live by?

All in or all out.

How would you describe your personality?

Bubbly and friendly, maybe a little weird.

What is your favorite snack food?

Blackberries or watermelon.

Favorite pregame song to listen to?

"That Way" by Lil Uzi Vert

Do you have a pregame ritual you always do?

Georgia and I always have to blast a couple songs in the parking lot before we get out of the car and get ready for the game.

What is the best piece of advice you received from a coach or mentor?

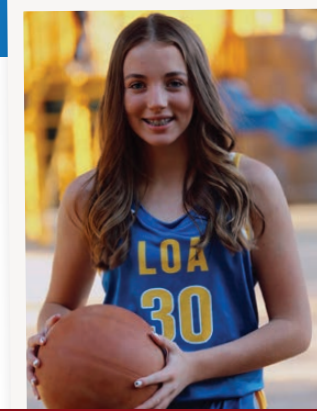
My dad, who was my first ever basketball coach, told me to play basketball not because I want to impress people or just because I am tall, but play because I love it and I know I can grow from it.

Describe a mistake you made while competing and how you overcame it.

My first major basketball mistake was in fifth grade, when I made a shot in the other team's basket. We ended up losing the game by one point. My teammates extended grace, and I realized that the only way I could better myself was to give myself grace and press on.



ATHLETES of the MONTH



GEORGIA BOSART
LAKE OCONEE ACADEMY

You were nominated for being awesome! How does that make you feel?

I am honored to be nominated for this, as I am a freshman and a first year student at LOA.

Where do you go to school/where do you work?

I am a freshman at LOA.

What do you like to do outside of your sport?

Outside of playing basketball I love to play a lot of golf, go shopping, and travel.

When you close your eyes and dream about your future, what does that look like?

When I think about my future and where I want to go I want to go to college in the south because I love the weather and continue my athletic career.

Ask someone in your family to pick one word to describe you. Who did you pick and what word did they use?

I asked my mom for one word to describe me and she came up with the word fierce. She chose this word because I am ultra competitive and will not accept defeat. She said I keep my mindset strong and always believe in bettering myself. She said how I block everything else out, and use my court vision during the game shows my fierce spirit.

As an athlete, what is a rule you live by?

A rule that I live by as an athlete is what you do when no one is watching, shows up when everyone is watching. My game wouldn't be where it is if it weren't for all the extra hours I have spent in the gym.

How would you describe your personality?

I would describe my personality as extroverted. Outside of sports and school, I love to hang out with my friends and be with people.

What is your favorite snack food?

My favorite snack food is Chick-fil-a fries with their sauce.

Favorite pregame song to listen to?

My favorite pregame song to listen to is "Crank That" by Soulja Boy.

Do you have a pregame ritual you always do?

My sister and I have jam sessions in the car before every game to get going.

What is the best piece of advice you received from a coach or mentor?

The best piece of advice I have received from a coach is remembering how important body language is for the team. Body language shows your confidence on the floor and shows a characteristic of being a leader.



Town and Country
Chiropractic
Dr. Vanessa Pizza

GET YOUR HEALTH ALIGNED
IN THE *New Year* WITH OUR
NEW PATIENT SPECIAL:

20% off
IN JANUARY 2021

HAPPY *New Year* FROM
TOWN AND COUNTRY CHIROPRACTIC.

NEW LAKE OCONEE LOCATION!

MADISON
255 North Main St, Ste C
Madison, GA 30650
706-438-1314

LAKE OCONEE
1051 Park Drive,
Greensboro GA 30642
762-220-1144

Boat Works
OUTBOARDS, I/O'S, PARTS AND STORAGE

706-752-0018
mboat@bellsouth.net
boatworkslakeoconee.net

2540 Parks Mill Road, Buckhead, GA 30625

JALISCO
MEXICAN GRILL

JALISCO #2 IS NOW OPEN!

GREENSBORO
1100 Parkside Main, Suite 101
706-999-3530

MILLEDGEVILLE
2400 North Columbia St., Suite A-11
706-413-3166

Jim Boyd & Associates, Inc.

By Esther Peters, CPIA, CPSR, CIC • Agency Manager, Jim Boyd & Associates, Inc.



2020 was quite a year! COVID-19 quarantined us in our homes; we worked, went to church, attended school from home. We were around our family way

more than we have in years but our pets sure did enjoy it! And then just as soon as some things started to get back to normal our founder, Jim Boyd suddenly died September 2020. He was our leader and our mentor, and he trained us well. Leaving us suddenly was a shock but he had prepared us for this day. We are mending our hearts for the loss of this great man and friend and we pledge to continue this great business he loved so much.

Jim Boyd started the insurance agency in 1970; And I joined the team as a file clerk in 1985, while still in high school. I did not grow up thinking 'I want to be an insurance agent, but it was the best thing that ever happened to me. Insurance is a relationship business; I enjoy meeting people and finding out how I can help them. I knew that I wanted a local professional job where I could help my neighbors, and Jim Boyd & Associates fit the bill perfectly. I became a partner in the agency in 1999.

Our office has a group of honest, loyal, and hard-working people that enjoy helping clients find the best insurance coverage for their needs, all at competitive prices.

Being an Independent Agency, we represent over 20 companies, and we issue policies in states throughout the country. It's important to us that our clients understand insurance and purchase the coverage they need from the best insurance companies in the business. We are there to help them with the policy coverages, billing and claims processes. Our agency has a great team of 14 agents who love to help others. The powerful sense of camaraderie and mutual respect among the JBA team is one of the ingredients that makes their agency different from any other. We are an employee owned agency, and it shows with the care and concern each one has. We strive to be the best in the business.

We have the best technology available to help give the best service to our clients, but also are a little old school by having a live person answer the phone when you call our office during business hours. No recordings or push a button or extension to get help. Yes, we answer the phone and return phone calls promptly; it's the personal touch we like and give to others. We have a great website (JimBoydAgency.com) where you can request a quote, make a payment or find emergency claim contacts.



Our team members all live and work in the area. You can come in our office and sit down and talk to one of our associates face to face, or we'd be happy to come to your home or business and meet with you. Or it can all be done via phone, email, electronic signatures and virtual team meetings — whichever way is most convenient and comfortable for you. We are here to serve you and give you the best insurance coverage with the best service in the industry!

We wish you and your family a Wonderful and Blessed New Year!

INSURING YOUR FUN!

OFFERING INSURANCE WITH \$1,000,000 LIABILITY PROTECTION FOR AMATEUR & PROFESSIONAL TEAMS

Just a few questions and we can provide you with a quick easy quote! Contact Esther Peters: esther@JimBoydAgency.com or 706-342-2411



120 E. Washington Street, Madison, GA 30650
706-342-2411 • www.JimBoydAgency.com



COACHES • OFFICIALS • SPORTS INSTRUCTORS • SCHOOL ATHLETE ACCIDENT MEDICAL • CAMPS • CLINICS • VENUES • ATTRACTIONS • ENTERTAINMENT EVENTS

THE 2020 20 morgan county spikedogs



By Joe Choynski - Photos by Ryan Folk

STRIVING against the unprecedented string of misfortunes and hurdles that marked 2020, the Morgan County High School Spikedogs produced a stellar season of top-rate volleyball, one that culminated in a battle for the 3A State Championship last month. There were a slew of remarkable performances turned in along the way, as evidenced by a glittery 36-6 record, including an unblemished 10-0 ledger in area play.

According to Head Coach Kathleen Goodwin, the camaraderie and team spirit displayed by this year's roster were the keys to performing so well under less-than-ideal circumstances. "Last year was an interesting year," she says. "Morgan County High School did not graduate a single senior. 9 of the 12 girls on the roster this year were returning varsity," she explains. "Many of the girls have been playing

together for years. From middle school to club, the team bond was very deep, and it showed on the court and off."

"A lot of us girls have been playing together since middle school," says senior co-captain Brooke Butler, All-Area Player of the Year and GCVA All-State 1st Team. "All 6 seniors, except McKenzie Larate, have been playing together since 8th grade. Once we got to high school we were split between varsity and JV, but our junior year we were all on the same team again."

Some new team additions proved instrumental as well. In addition to the existing nine returning varsity players, the team was rounded out by three new members: Addy Christian, Amiya Brown, and Ansley Shultz. "We also wound up inviting three more JV players to join the varsity team in the postseason," adds Goodwin.

But the new faces didn't end with the players. "Paige (Hilsman, Varsity Assistant Coach) and I were both new to the team," Goodwin relates. "But it became quickly apparent that this team is really special. There is real trust there, and trust is an element that cannot be overlooked in a sport like volleyball. As a new coach, finding my place in this team was centered around that trust bit: they had to trust me as much as they trusted each other, and I think by the end they did."

A native of Oconee County, Goodwin is a UGA grad with a Master of Arts in Education from the University of Colorado at Boulder. She later moved to Missoula, Montana, for her husband's graduate program; while there, she helmed the Zootown Volleyball Club and worked as 9th-grade coach at Missoula's Sentinel High School. "I was thrilled to secure a job teaching English and coaching at Morgan when I returned to Georgia," Goodwin effuses. "But I had never coached at the varsity level before this year; it was intimidating. I did not want to let the team down."

"I won't lie, I was nervous having another new coach come in this year," admits Butler. "Especially considering our first meeting was over Facetime! But I couldn't have asked for a



better coaching staff to come in."

"Coach Kat is truly one of the best coaches out there," adds fellow and senior co-captain Spikedog Anna Cox, also a member of the All-Area 1st Team and 3A All-State Honorable Mention recipient. "She's made us better people, and better teammates."

Goodwin is humble about her role in the team's success, preferring to credit the team, assistant coach Hilsman and JV coach Jamie Williams. But her spectacular efforts have by no means gone unnoticed; she was named one of 2020's "Thirty Under-30 High School Coaches" by the American Volleyball Coaches Association.

Though the team was already long on talent and experience, the Spikedogs' brilliant season did not come without a great

amount of sacrifice and discipline. "We balanced volleyball fundamentals with more specific skills based on position," explains Goodwin. "We conditioned where necessary, though not overly. Half the battle is physical, the other half is mental; the latter is the harder side to train. So I tried to integrate drills that pushed the mental side of the girls' game, and use those as a teaching moment for game play."

"We mixed it up at practices a lot," describes Butler, "with

a very strict training routine with our pepper partners. ("Peppering" is a fast back-and-forth drill used by volleyballers for training and warmups.) And whatever drill we were doing, we really pushed ourselves."

Beyond the hard work, there were also a number of intangibles that contributed to creating such a formidable squad. "They were the perfect blend of natural athletic ability, dedication, hard work, and camaraderie," admires Goodwin. "You have to have all those qualities to succeed at the level they succeeded this season. I think what makes them unique overall is how much they genuinely love playing together. One example that comes to mind is when, after 6 weeks of daily games and practices, I cancelled a Friday practice; they were all disappointed! I held an open gym instead, and 10 of the 12 varsity players were there. It is a testament to their love of the game, and their love for one another."

"We have a chemistry that no other team has," affirms Cox. "I believe that's what makes us want to play better and stronger; we always look forward to practice, and we always play our hearts out. We started out this season with three main goals: one, to grow as a team and come out stronger than last year; two, to win regionals; and three — the big one!



— go all the way to state. I'm so proud to be able to say right now that we have accomplished all three."

"I was watching them in their last week of practice," recalls Goodwin. "And I had two realizations: first, they were one of fourteen volleyball teams in the entire state who were still practicing, which was amazing; and second, that they weren't sick of each other — they were still having fun and wanting to play. From day one to the end, they didn't fight or bicker, and instead they enjoyed each other. They found the joy every day...and that's something every coach dreams of."

"I've never been on a team like this before," smiles Butler. "It's truly one of a kind. I'd describe it as a family: we are truly best friends on and off the court. There's an energy among us, one that makes us want to work

harder when we step into the gym."

Goodwin enthusiastically agrees.

"This group was fun to be around," she grins. "Their energy and positivity was infectious, and they were always laughing. I think coaches get the chance to coach a group like this only a handful of times in a career...I'm still a little dazed that I got to coach them my first year at Morgan."



SHARE YOUR STORIES

Do you know any local student athletes, coaches or teams who deserve some recognition? Tell us why! Visit our website to submit your articles and videos so we can feature the go-getters and MVPs in your neighborhood.



SUBMIT YOUR STORY TODAY!

BVM SPORTS: ONE PLACE. ALL SPORTS.



DOWNLOAD THE BVM SPORTS APP ON YOUR MOBILE DEVICE

JOIN US ON SOCIAL MEDIA



RE/MAX LAKE COUNTRY



Sandra Shurling Broker/Owner

404-643-7324 (cell)

SandraShurling@remax.net

office: 706-454-7777

1070 Salem Walk / Greensboro GA 30642

final record: 36-6
area record: 10-0 (didn't drop a set)
all-area team:

- Brooke Butler (Player of the Year)
- Anna Cox (All-Area 1st Team)
- Addy Christian (All-Area 1st Team)
- Emma Silvey (All-Area 1st Team)
- Makenzie Pitzer (All-Area 1st Team)
- Presley Hill (All-Area 1st Team)
- GCVA 3A All-State Team
- Brooke Butler (All-State 1st Team)
- Anna Cox (Honorable Mention)

SHOUT OUT TO MR. RICHARD

"There is a special member of our volleyball family who often gets overlooked, and that is our bus driver Richard Howard. Mr. Richard, as we all call him, is the heart of this team. Every match, home or away, he brings his cooler filled with waters and sports drinks, and he does this on his own dime. He wears a shirt that says "Spikedogs #1 Fan," and no t-shirt in the world is truer than that. He sent flowers when one of our seniors was out because of COVID quarantine protocols. He is a special man!" - Coach Goodwin



MISSION ACCOMPLISHED

By Doug Connelly, Morgan County Athletic Director

If you ask high school coaches why they decided to teach and coach, there would likely be several common responses. One of the top answers would almost assuredly be, to impact the lives of young people. And if they were being honest, most would say to compete and win. Coaches should not be ashamed to place high value on both of those things. The problem arises when a coach loses sight of the true mission, and begins to adopt a win at all costs mentality.

For the past 14 seasons, Morgan County has been blessed with a football coach who proved that a focus on positively impacting kids through the game of football can be done while also running a successful program. The on-field success is easily quantified by Malone's 83 career wins, nine playoff appearances, and two region championships.

The impact on kids does not provide that type of immediate feedback, but instead takes time. It is easily seen when former players return to a game and simply want to catch up with "coach." Or it's noted when a person unexpectedly runs into him, and a smile instantly hits their face. And it's proven by the record number of likes, shares and appreciative comments on the athletic department's recent announcement of his stepping down as coach.

Bill Malone showed us that putting kids first does not come at the expense of winning and success. In fact, he proved that by focusing on positively impacting players, success will follow on a deeper level. For that, we say thank you Coach!



Thank you, Coach Malone



By Bob Bell,
Assistant VP, Loan Officer, Bank of Madison

I was fortunate enough to have the opportunity to play under Coach Bill Malone for four years at Morgan County High School. My senior year was Coach Malone's first season as head football coach, and people in our community were talking about how the 2007 season would be a "down" or rebuilding year for our football program. Despite this negativity, Coach Malone led us with an intense and positive attitude. He made us believe in ourselves, and he got the most out of our abilities. Coach Malone's first football team ended up being region runner up with comeback victories over rivals Greene County and Washington-Wilkes. Not too shabby for a rebuilding season!

As a senior captain on the football team, I remember Coach Malone calling myself and one of my teammates into the coach's office one afternoon. Coach Malone went on to explain to us that being a leader comes with great honor but also sacrifice for the good of others. He then proceeded to

tell us that he had volunteered us for a new program called Leadership Morgan. This program was made up of individuals and business leaders within our community with the purpose to gain a better understanding of our role as community leaders. In Leadership Morgan, we examined our strengths and weaknesses as leaders along with the challenges that Morgan County faced to make our community a better place. This was the nudge that I needed to learn what it meant to be a servant leader. There is no doubt that Coach Malone greatly influenced my career choice to "Bank with Home Field Advantage," join various civic organizations, and serve on the Morgan County Touchdown Club.

Oftentimes, a football coach is measured by their win - loss record. For me, the measure of a football coach is how his players feel about him when he decides to step away from the game. I speak on behalf of your players by saying "Thank You Coach Malone!" You taught us to be men of high character, hard workers, loving husbands, devoted fathers, and servant leaders. You will always be our Coach!

TEAM OF THE MONTH

Gatewood Clay Target Team

Compiled by Joe Choynski/Photos by Billy Palmer and courtesy of Jacob Fried

When was this team first formed?

2013

As athletes, what are some rules the team lives by?

Rule 1 - Nothing comes before safety. Rule 2 - Respect for: firearms, fellow athletes, coaches, parents and officials. Rule 3 - Control: We cannot control some things. like weather, shooting venue, who we are squadded with from other teams, equipment malfunctions, etc. BUT we can control ourselves — and our shotguns. Self control and muzzle control are paramount

How would you describe this team?

Fully dedicated — it is an expensive sport. A sport that anyone can excel in who is willing to put in the time and rounds through the gun. These kids at all age levels with make you smile and make you proud when you watch them shoot. From the moment they step into the shooting box to the time they step out, all you see is methodical thinking and self control that a large amount of adults do not have.

The shooters have to want it, the parents have to support it.

FAMILY OWNED AND OPERATED



OLD HUDSON
Plantation

AUTHORIZED DEALER
CESAR GUERINI BERETTA

TRAP SHOOTING-
2 FIELDS
SKEET SHOOTING-
2 FIELDS
TWO SPORTING
CLAY COURSES
TWO 5 STANDS
AVAILABLE
VISIT OUR PRO SHOP
CORPORATE &
PRIVATE EVENTS
WELCOME

Relax, entertain, or unwind under our covered pavilion

706-467-9345
www.oldhudsonplantation.com
Neal & Nancy Bush, Owners / 299 Skeet Lane, Sparta, GA 31087

and the coaches have to coach it.

A big life skill is taught in this sport. You are only going to get out of it what you put into it. Give a “so-so” effort and you’re going to have so-so scores. Like in life, school, work, parenting and marriage: if you put in so-so, that’s what you going to get. BUT give it 100%, and that’s what you’ll get back.

What makes this team unique?

All coaches are volunteers, which means no one is there for a paycheck; we are there for the kids. We do not have starters, 2nd string, A team, B team, etc....we have one team. Anyone can be the top shooter any day, all they have to do is put in the work and stay focused on what they are doing. All shooters have an equal opportunity to excel in this sport: show up, listen to your coach, ask questions when you need to, and put the round through the gun.

Tell us about the team’s coach.

Jacob Fried - Head Coach, assisted by Rich Lingle, Greg Lundy, and John Wojtas.

Describe some of the team’s training routine.

We practice twice a week, usually shooting 100 rounds min at each practice. The first month of practice we don’t even look at broken targets; we are focused on training for safety and training of form. Not for one minute to we take our eye off the safety aspect of this sport, but we eventually start dialing in the shooters and perfecting their shot, which turns into targets broken.

What are some of the team’s greatest accomplishments?

7-time back-to-back state champions for varsity, and first time middle school and varsity have won state the same year. Both accomplishments set GISA history. For the past several years, many graduating senior shooters have gotten college scholarships to Emmanuel, Alabama, and Georgia College.

What does the team hope to accomplish in the coming year?

Stay safe, keep winning, and make history!

Favorite pregame song to listen to?

Sorry...no music while shooting!...

Favorite post-game food to celebrate with?

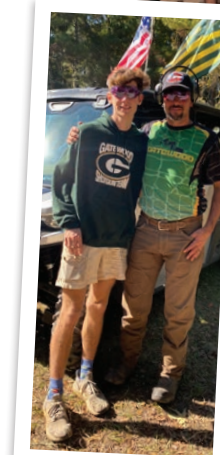

A huge catered meal after the state championship, which usually includes, bbq, chicken, ribs, stew, mac and cheese, green beans, corn — and of course lots of desserts!



VARSITY (left to right): Coach Jacob Fried, Jake Gailey, Luke McNeill, Gavin Fried, Bryce Johnson, Drake Tingler, John Callaway, Tanner Waddell, Case McMichael, Coach Rich Lingle



MIDDLE SCHOOL (left to right): top row - Coach John Wojtas, Coach Jacob Fried, Carson Huffer, Wyatt Wojtas, Parker Holle, Lawrey Benner, Bryson Elwer
Front row - Reagan Prance, Carson Lingle, Jase Swafford, Lake Ferman, Blake Daniel, Carson Fried, John Wallace Thompson, Coach Greg Lundy, Jackson Lundy, Coach Rich Lingle

Home & Auto go together. Like you & a good neighbor.

Ed Freeman, Agent
159 S Main Street
Madison, GA 30650
Bus: 706-438-1590
ed.freeman.e3vm@statefarm.com

Some things in life just go together. Like home and auto insurance from State Farm®. And you with a good neighbor to help life go right. Save time and money. **CALL ME TODAY.**



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
State Farm County Mutual Insurance Company of Texas, Dallas, TX
State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX

1601976

Lake Oconee Rental

Eatonton, Georgia

706-484-0496

645 Old Phoenix Road, Eatonton GA 31024
www.LakeOconeeRental.net
LakeOconeeRental@bellsouth.net

Mon-Fri 7:30 AM- 5:00 PM / Sat 7:30 AM- 1:00 PM



JACOB FRIED
GATEWOOD SHOTGUN TEAMS

Compiled by Joe Choynski

Describe your proudest coaching moment.

WOW! Too many to name just one, and your magazine is not big enough to publish all of them. BUT teaching a child how to use a firearm and respect what it can do, both bad and good, and knowing that they understand what you just taught them. That is something to be proud of. Coaches and Parents are to be proud of the kids, not the win (that's just a bonus).

Name a person who inspired you to play/coach this sport.

My oldest son Gavin Fried. This sport was not an option when I was in school, and being able to give my kid and other kids an opportunity that we didn't have was a no-brainer.

Please describe most memorable games/tournaments/championships your team has won.

Just this year the GISA divided the sport into AA and AAA divisions. Before that, we competed against every shooting team in GISA, and we always come out on top. It didn't matter how big the school was, or how many shooters they had; we always came out #1, and that's something to be proud of.

Anything else you'd like to add?

I have 2 boys that shoot now: Gavin, a junior in high school, and 7th-grader Carson. I couldn't be prouder of them as a coach and a dad. Both of their scores helped bring victory to both teams at state this year. My wife

Jeanell and I have two more boys, Easton and Dawson; they are very eager to get their day to shoot for Gatewood. One of my favorite things about this sport is the opportunity it gives anyone a chance to be that top shooter in the spot light. You don't have to be able to run 40yards in 4 seconds or throw a ball 90 mph or jump 10 feet in the air...you just have to learn to shoot, and we can teach you that. Watching brothers and sisters compete on the same team is lots of fun also. And a fair amount of time, some of the girls out shoot the boys.

What legacy do you hope to leave as a coach?

I want to be the coach that made a positive impact in their life. Whether it be how to handle a firearm, or how to help a fellow athlete solve a problem, or to display self control in a situation.

...but continuing to win a few more state championships would be nice also!...



What team do you coach?
Gatewood shotgun teams (Varsity and Middle School)

How long have you been coaching and what is your background in this sport?

I have been coaching for 5 years. I started as the middle school head coach when our family moved to the lake from Macon. I took over both teams last year when Clara and Danny Copelan retired because their son Arron graduated and went on to college at Emmanuel on a shooting scholarship. I didn't do it all myself last year, and I never do any year; it takes a team of coaches to coach a successful team of shooters. Last year I partnered with long time coach Teena Garland, mother of Baylor Garland, who graduated from Gatewood last year and went to Alabama on a shooting scholarship. Both Teena and Clara — along with many others — taught me a lot real fast. Absolutely amazing people, and we will remain friends for life.

What one or two things the team does in training that are keys to their success?

Dedication and commitment from day one, when the season starts. And SAFETY SAFETY SAFETY.

Coach Jacob is a proud supporter of all Lake Country sports, as evidenced by the Gatewood scoreboard advertisement for his company, F5 Detailing and Restoration.

Imagine a Community Without Frantic Families

By Patrick Lencioni, founder and president, The Table Group



Parents are the CEOs of their families, and families are more important than companies. Yes, I am confident that both of those statements are true. And so, it stands to reason that parents should go about planning and organizing their home life with at least as much strategic clarity as a CEO runs his or her business.

Unfortunately, most of them don't. I certainly didn't. And the cost of this is greater than we know, for our families, our children, our marriages, and even our communities.

Fortunately, it doesn't have to be that way. Imagine you, your family, and your community, being calmer, more intentional and more peaceful. Imagine not having to worry about whether your son makes the travel squad of the underwater lacrosse team, or whether your daughter takes advanced placement astrophysics during her junior year of high school, or whether you should have bought that lake house while interest rates were low like your neighbors did.

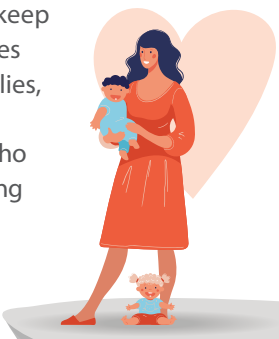
Theodore Roosevelt once said that "comparison is the thief of joy," and it is so easy for parents and families to lose their joy when they are tempted to compare their lives to the people next door, down the street or in the next pew over at church. The key to avoiding this is to get clear—really clear—about who you are and what matters most to you, and then making decisions with confidence, knowing that you're living true to yourselves regardless of what others are doing. That is the purpose of my book, The Three Big Questions for a Frantic Family.

I discovered the model for the book years ago. By day I was, and still am, a consultant to CEOs. By night I'm a husband and father. One evening I came home, and innocuously said to Laura, my wife: "If my clients ran their companies the way we run this family, they'd go out of business." Feeling like I was criticizing her, Laura objected, and I reminded her that it was as much my fault as hers. In fact, I was more at fault because I spent my days helping others create clarity and strategy, and I did virtually nothing in that area at home. So I adapted the work I did for corporations for families and came up with The Three Big Questions.

What this entails is actually simple. In just an hour over dinner, parents can have a discussion that provides a basic but critical level of family clarity. By asking and discussing a few key questions, they can identify the values that guide the behavior of the family, the basic principles that create the strategy for the family, and the single greatest priority for the family over the next few months. By carving out just 15 minutes each week,

they can review those things and make whatever decisions and adjustments are necessary to keep things smooth and on track. The book provides real-life examples from different kinds of families, from those with young kids to empty-nesters. It's a fictional story about a husband and wife who discover the model, but the most important thing about the book is this: it really works.

Additional Assets:
www.tablegroup.com/download/frantic-family-model/



Patrick Lencioni was named in Fortune magazine as one of the "ten new gurus you should know." His passion for organizations and teams is reflected in his writing, speaking and executive consulting. He is the author of eleven best-selling books.

Madison Car Care
TIRES AND AUTO REPAIR
SERVING THE AREA SINCE 1980!
1040 Confederate Road • Madison, GA 30650
706-342-4774

PRIME
Concrete Design
Providing All Of Your Residential & Commercial Needs Including:
Metallic Epoxy Floor • Decorative Concrete • Concrete Resurfacing
Jonathan Pruitt - Owner
912-381-4456

LET BUG HOUSE PROTECT YOUR HOUSE



- FREE Inspections
- 24-Hr or Less Response Time
- Financing Available
- Locally Operated

Greensboro/Eatonton
706-510-0431
Madison
706-510-0560
Toll Free
706-622-6302

www.bughousepestcontrol.com



WILDLIFE REMOVAL • CRAWL SPACE ENCAPSULATION



MOLD REMEDIATION

PLUMBING. HEATING. AIR.
coleman services has you covered.



706-347-4350

WWW.COLEMANSERVICESCSRA.COM

