

Sharpe wins 2022 GCCC Invitational



Tyler Sharpe accepts the prize winnings in the 2022 Green County Country Club Invitational Sunday.



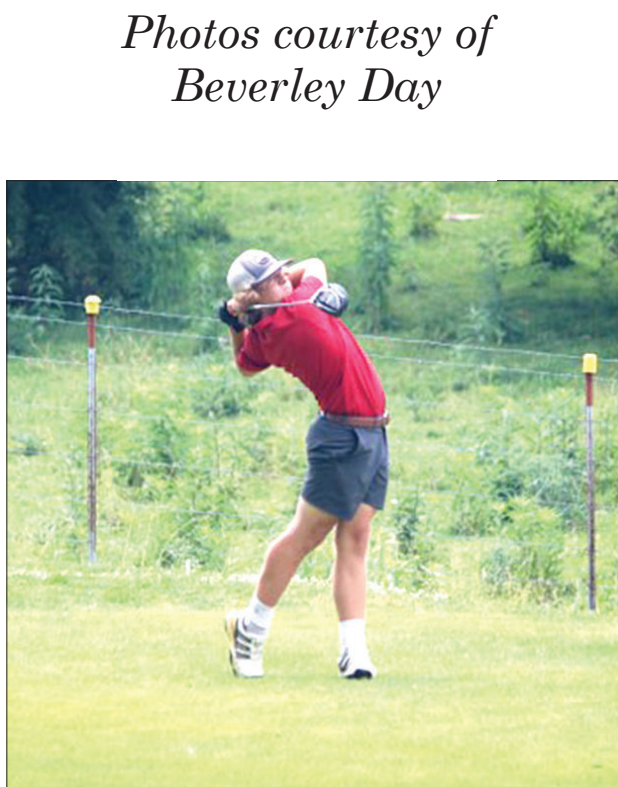
H. W. Nunn participated in the GCCC Invitational.



Grayson Bills placed second in the invitational.



Jack Henderson



Devin Day



Howard Moore

*Photos courtesy of
Beverley Day*

Young athletes' offseason training options

METRO CREATIVE CONNECTION

Summer vacation and holidays from school present opportunities for young athletes to take well-deserved breaks from their sports. However, staying in shape during the offseason can help athletes maintain their performance when a new season begins.

Many sports have clearly defined off-seasons, while others are a bit more vague. Complicating the issue even further is that some athletes play in multiple leagues. That means

they be committed to play for school teams, all-star teams or even travel teams. This can shorten, if not eliminate, traditional off-seasons.

According to the fitness experts at the International Youth Conditioning Association, all young athletes should have some form of an off-season. Time away from competition can be used to focus on improving movement patterns, building general strength and conditioning and recovery. Time off also gives the body and mind a break from the stress of competition.

But athletes need not spend an entire off-season resting on their laurels. Here are some off-season training tips that can ensure athletes recover without compromising their ability to perform once a new season begins.

- Emphasize new activities to avoid overuse injuries. Josh Adams, a certified strength and conditioning specialist with Children's Health Andrews Institute Sports Performance, says focusing on one sport all year can lead to overuse injuries. Opt for a new workout that's different from

your in-season workout routine. Doing so can strengthen other areas of the body and reduce risk for overuse injuries.

- Focus on new interests to avoid mental burnout. Young athletes can get stuck in a competitive groove, feeling that they have to win to be successful. The off-season can be used to provide a mental rest during which athletes can focus on interests other than sports.

- Emphasize aerobic training. The IYCA reports that most young athletes do not realize the vital role aerobics

play in building the stamina that powers high-intensity work intervals sports play often requires. Taxing the cardiovascular system helps deliver oxygen to working muscles and boosts performance. Athletes can spend the off-season cycling, running and swimming to benefit their bodies and give some muscles a break.

When it is time to return to competitive play, athletes won't need as much time to return to in-season status if they continue training during the off-season. According to Sports Fitness

Advisor, when a training stimulus is removed, physiological adaptations begin to revert to pre-training levels. By maintaining a fitness level training schedule that's between 50 and 60 percent of their in-season regimen, athletes can return to their sports with much less effort than if they were to start from scratch.

The off-season gives athletes a chance to back off of intense competition and training, but continue a fitness regimen that helps them get back into game shape more quickly when play resumes.

KAOS Softball



Photo submitted

KAOS 18U Softball Team had several big wins recently. Pictured are, front row, from left: Madi Richards, Lily Beard, Daylee Burriss, Bri Hayes, Bri Davis, Olivia Fields; Back: Jessica Beard, Jaylin Birdwell, Joey Fields, Allie Burriss, Skye Brockman, Brian Burriss, Aralyn Hoffert, Catie Church. Hazel Sharpe is absent from photo. Kaos defeated Crossfire 4-2, Renegades 9-3, Ky Heat 14-2, Ky Heat 2-0, Ky Intense Salute 4-0, East Ky Dirt Dobblers 3-1.

Greensburg Rotary Club

Upcoming Rotary Speakers

July 5th: Incoming Greensburg Rotary President Justine Landrum to speak on Rotary's goals and objectives for 2022-2023.

July 12th- Cow Day's Planning meeting

July 19th: Samuel Kessler (Mitchell Scholar, US-Ireland Alliance): As a descendant of Green County families, Samuel will discuss how he became a Mitchell scholar with the US-Ireland Alliance (one of the top four scholarships in the world) after working with the KY General Assembly to create solutions to move rural Kentucky forward.

Rotary meets at 12 noon each Tuesday at the Masonic Lodge on Main Street

For more information about Greensburg Rotary, call or text: Linda Martel at 270-734-5426

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ATHLETES!**