## UPCOMING ATHLETES



Ercel Abbott Jr



Featuring Preview

















Hello ... This is my story

I was on the verge of being diagnosed with Diabetes. I had a Blood sugar A1C level of 8.3 as of October of 2020 and weighed in at the high end of 255lbs. In order for me to keep my Commercial Drivers License (CDL) I had to get my A1C below 5.5. This could be achieved through medication. I am not the type to just rely of medication for treatments for anything. I asked the Doctor if there was any way for me to not be diagnosed with Diabetes just yet. I begged please give me 6 months to make a lifestyle change. He agreed to hold off for 6 months before entering my medical condition with the Governments Bureau of motor vehicles.

As of February with a lifestyle change and proper diet I had brought my Blood sugar down to be considered Pre Diabetes, but that was not good enough for me and would still require medication to control it.

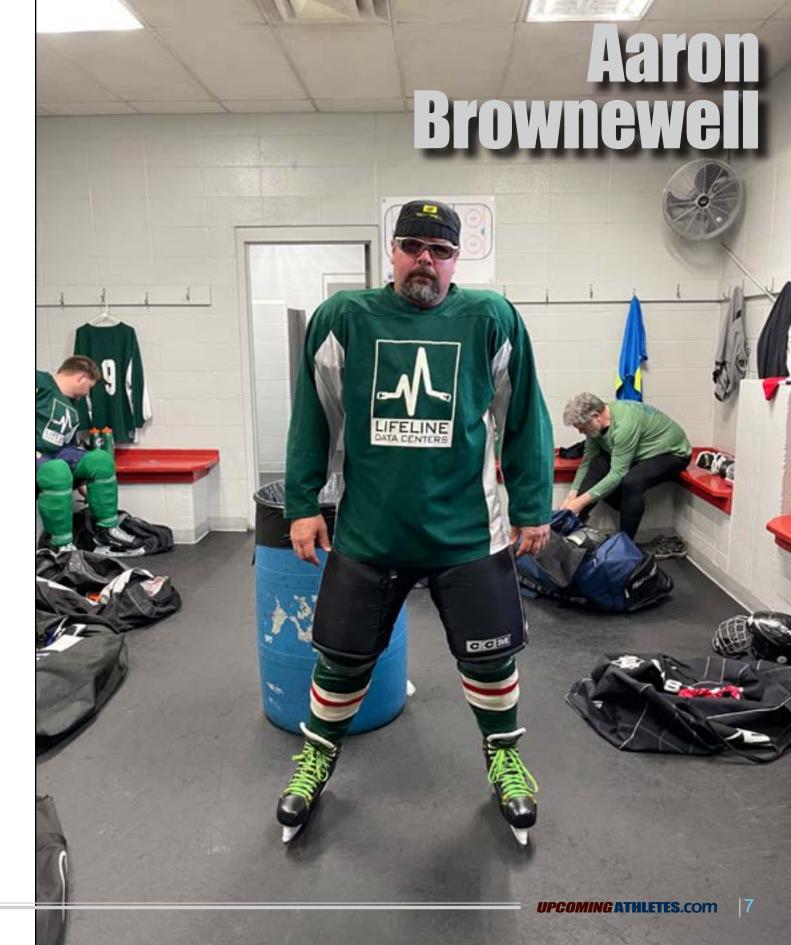
I have a friend that plays hockey in the adult league in Carmel In. He has been asking me to come play hockey for a while now. I had always turned him down because I had only been on figure skates at random public skates 3 times in my life of 48 years. This time he asked me to come play hockey was different because he had told me about the pure Cardio and Exercise that it takes to play the game. So in February I signed up for the Carmel In. D league spring season of hockey having never played before and very little skating experience.

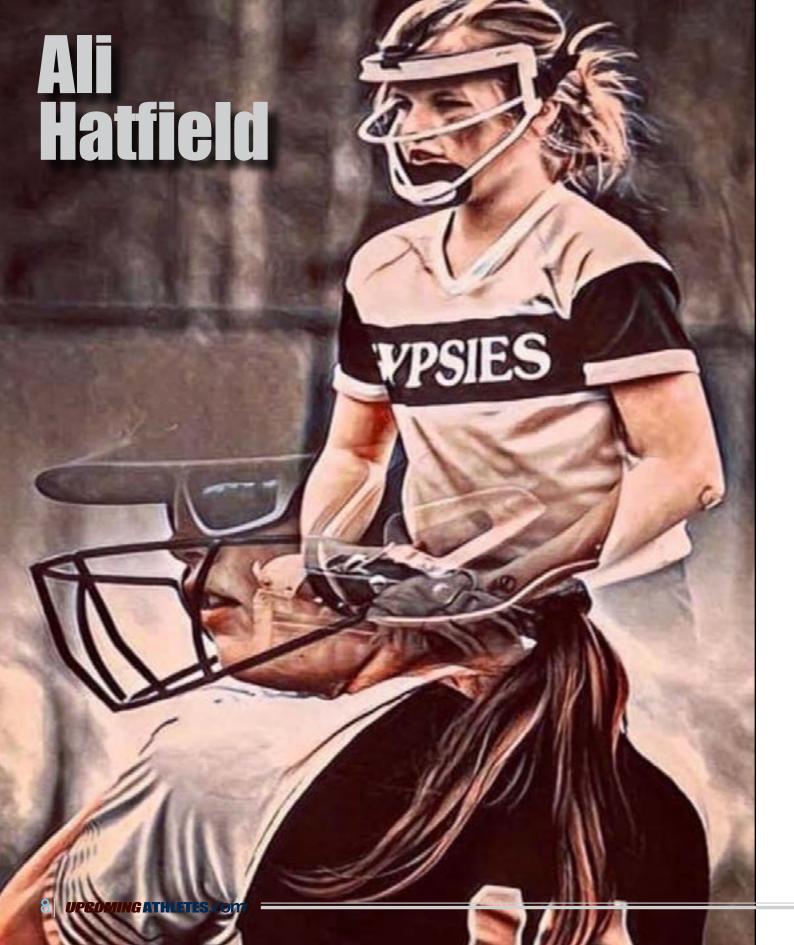
I played the entire spring season and have signed up for the summer season as well and am currently into our third game for that season. I managed to get my first goal in the spring season and 3 assists. I opened the summer season up with a score tying goal in our first game. I have been on the ice as much as possible with many stick n puck practices also if that's not available I go to the open skates and work on my form / balance there. I have also been able to learn more about the game through the LTPH program (learn to play hockey) with Coach Ryan Beck. I help out with keeping 50-100 kids on the ice learning to play hockey on Saturday mornings by doing the drills with them and a stand in coach . My goal is to continue to reach my level of fitness that I'm searching for and improve my hockey skills as it has made a huge change in my weight loss program. I'm proud to say that



through Playing Hockey and a healthy lifestyle I'm now down to a blood sugar level A1C below 5.5 the minimum required level for medication. This has been quite the challenge for me but through the









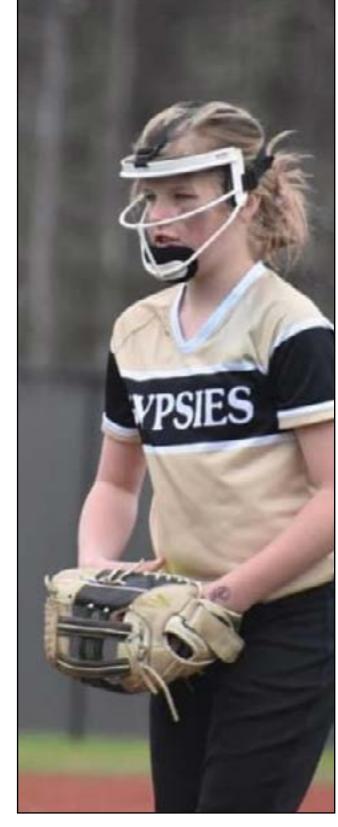


Ali fell in love with the game of softball at a very early age. She is a huge LSU Tiger softball fan she loved to watch Carley Hoover and now she has graduated she is all about Ali Kilponen who is a starter for the Tigers. So reading the beginning of this you can tell her dream is to someday wear the purple and gold. She knows it's one step at a

time to learn all the different pitches and when to use them. Ali is a hard worker and strives to get better. At five years old she and her teammates of our little town of Jena Louisiana won district and Sate and nearly won the world Texas winning by one run. Softball was definitely in her blood big time and there was no turning away from this

game . She was so into this sport travel ball was mentioned and that meant more softball and Ali was all in . She tried out for coach pitch softball team Voodoo and I'll never forget her running in the house hollering I made the team . She grew so much with this organization and Ali soaked all she could in . Then she played for the Patriots another coach pitch travel ball and again more was added to this young little girls dream. During all this time she was playing coach pitch she was taking pitching lessons. Ali (Cat) is now the starting bracket pitcher for her home town Jena Gypsies. She has already achieved so much in her short time of going live arm. She has pitched a total of four shut out games and in one tournament she pitched two shutouts with a total of 52 strikeouts for the weekend. Ali and the Lady Gypsies will be playing in Panama City Florida for world in July . Remember these group of girls and keep your eye out for # 12 Ali Cat Hatfield she will be something special and fun to watch for years to come.





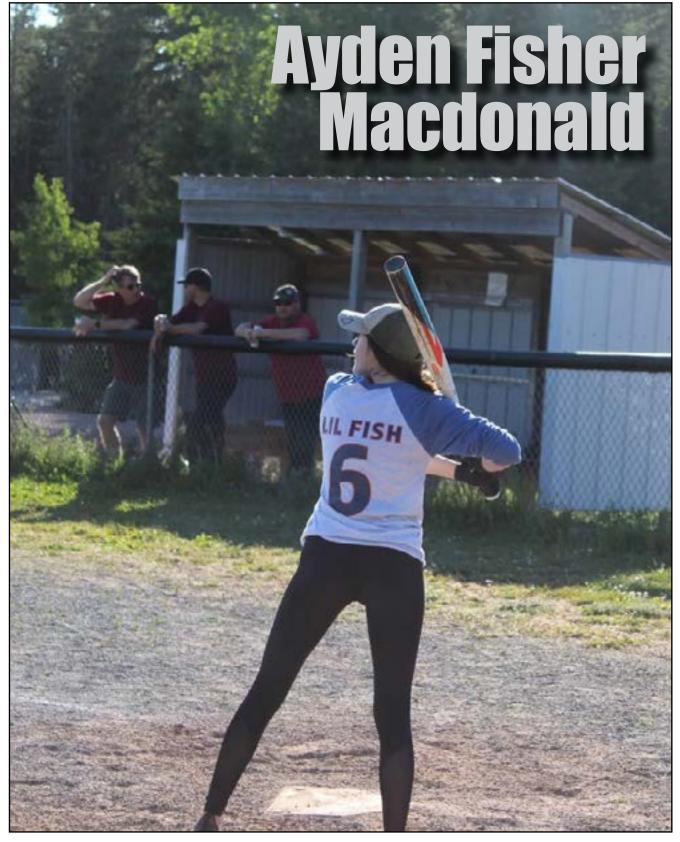
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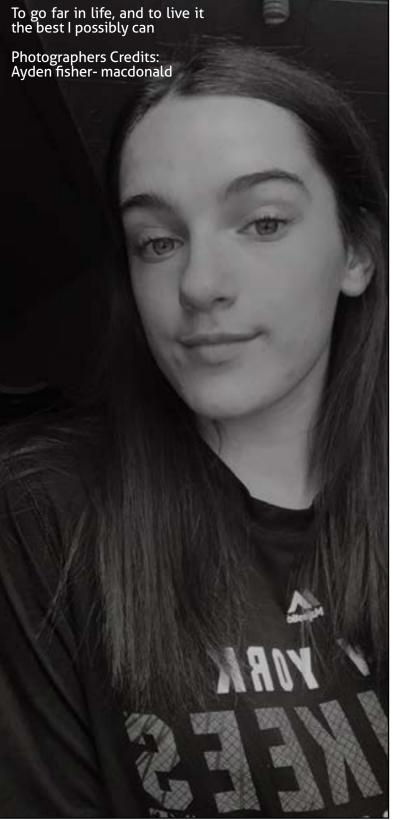












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Most athletes, at some point in their careers, arrive at poet Robert Frost's familiar "two roads diverged," and are faced with a choice of which path to take. Breigh Totten didn't exactly get that opportunity. The grass on her 'road less traveled' was among the freshest with a few more twists and turns along the journey.

Rather than navigate her path with caution, the three-sport varsity athlete overcame some of her adversities off the field in a flat-out sprint. A current member of varsity softball, basketball and soccer programs at Northgate High in Newnan, Totten wasn't guaranteed a career when she arrived at the school. Six different learning disabilities upped the level of difficulty on school work. Growing up, it meant using school

breaks, including the summer, for Carleigh Baker, who first saw Totten's girls varsity team in a challenging catching up while others were on the field competing. A passion for sports, however, kept Totten focused on maintaining her studies.

"I love sports and it drives me to be at my best even when I'm tired. I have always had to fight harder I want to be in school," she said. "Although I am not where I want to be yet, I still dedicate myself to my studies. I have not allowed these challenges to hold me back. As Totten found her stride while continuing to work in the classroom at Northgate High, it eventually created a mentality in all phases to go the extra mile while now playing both varsity and club-level sports in addition to maintaining her studies. She plays softball for the prestigious EC Bulléts program.

Totten earned a student-athlete of the week honor as a freshman. "If there is one word I can say about Breigh, it's that she is a 'do-er,'" said Northgate head softball coach

potential as her JV coach prior to a recent promotion and honoring her with the Coaches Award at year's

rises above and beyond to make sure they have anything, even if and be more dedicated to get where that means sacrificing something for herself," Baker added. "Her teammates and I continue to be inspired by her actions. Asking Breigh to do anything is a guarantee that it will be done to the best of her ability." As just a sophomore in 2020-21 Totten was among a handful of JV players that worked their way onto a varsity softball roster that reached the Georgia High School Association Elite 8 for the second straight year. She gained playing time both as a defensive replacement as well as a pinchrunner in key situations for a lineup classmates that were affected that returned a majority of starters during the fall. An immediate transition to basketball had Totten then taking on a new role as a starting point guard for Northgate's

region. "Breigh's outstanding work ethic and character is visible in everything she does," said head basketball coach Marcellous Johnson. That included stepping "Whenever someone is in need, she up in her local community in Coweta County when an EF4 tornado tore through downtown Newnan during the early morning hours of March 26. In the wake of the destruction were 300 homes and Newnan High School, which was forced back to online learning for the remainder of the calendar year.

> With classes canceled countywide for two weeks, Totten didn't hesitate while helping organize a collection site at Northgate High in a coordinated effort with the American Red Cross. Essential items were collected as she heard stories of elementary and middle school by the storm, some of which lost everything to the tornado's wrath. It produced full trailers of items that were transported from Northgate High to the downtown areas of





Newnan most affected by the storm and ripped 100vear old oak trees from their roots in an area referred to as "The City of Homes" Her efforts were captured by Atlanta TV news reports covering the strongest storm to hit Georgia in a decade and only the 10th EF4 tornado to hit Georgia since 1950. "Breigh demonstrated amazing character and leadership skills," said Johnson. "I cannot say enough about how she took the lead in the storm relief effort. Having outstanding athletes on your team is something all coaches dream of every year. However, when those athletes use their talents outside of athletics, it is just extra icing on the cake. " As relief items built up throughout the community, Totten kept thinking of ways to help the cause, designing a T-shirt used as an additional fundraiser effort.

When school resumed, she was back on the field for a Northgate High soccer team also on its way to the GHSA Elite 8. Totten split time in goal throughout the season while sharing a starting role. A selfless attitude was instilled prior to her career while volunteering her time with varsity programs as a middle school student,

acting as a team manager and working alongside athletic trainers. "I learned from coaches that allowed me to help. They knew I loved sports and gave me opportunities to participate," Totten said. "It is not always about leading on the court, field, or track but on the bench while waiting your turn to play."

Totten is hoping to get a chance to represent the United States through American International Sports Teams (AIST) in the summer of 2022 as part of a softball lineup headed to Italy. Her efforts both in sports and school work have now worked harmoniously in breeding success both on and off the field. "Sports push me to be my best in the classroom [and] I push myself academically so that I can play sports each season and into the collegiate realm as well," she said. Totten's efforts haven't gone unnoticed by her coaches, who see not just a student-athlete, but a young lady with a bright future beyond sports and school.

"Her work ethics and character will carry her far in life," Johnson said.





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We first started this back in March of 2019 he was 6 years old then. He fell in love with riding ever since I got my first motorcycle and he couldn't get enough of it. I then had a friend tell me about SFL Mini Gp an organization that teaches kids how to motorcycles. My wife and I decided to give it a try and he loved it. He had so much fun that day he couldn't stop talking about it. I purchased a used motorcycle and so started his racing journey. He loves racing with his friends and is constantly

pushing to get to another level. We new nothing about racing nor did we have the money to do it. But my wife and I needed to find something that he was good at and somewhere where he didn't have to deal with bullies. We are constantly learning how the racing world works and doing everything we can to provide the opportunity to race. He loves going fast especially dragging knee and elbow around corners.



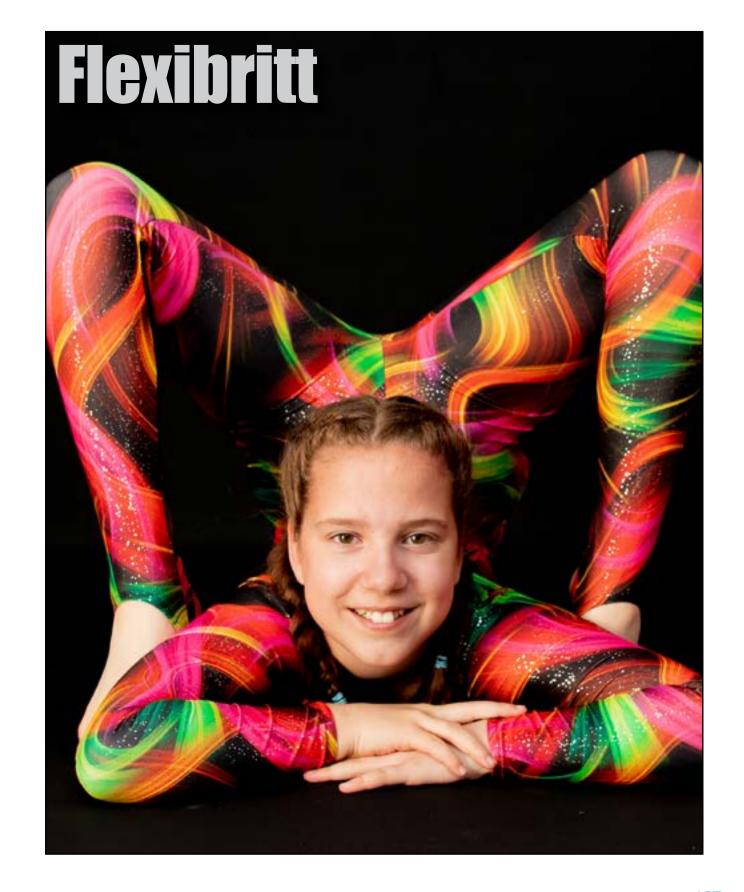












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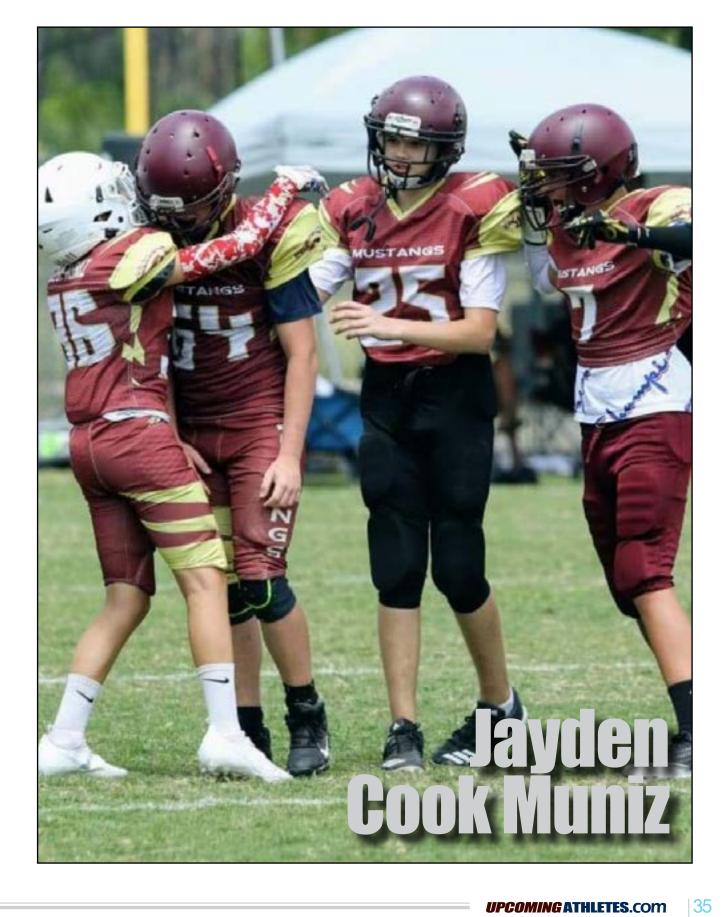


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My dreams have always been to get my family out of there struggles and make it to the NFL because how high I set my goals. I've wanted to go to the national but I've been a team leader for so long that it can't be me leading it has to be all of us leading and being role-models for the younger kids watching us get so high in are league beating all the challenges that are thrown at us. I've





Ever since I was little I loved hockey, maybe because I watched my dad play, I love the comradeship of utilizing every player to get the job done, I love to win, game winning goals are my specialty, a few of my achievements that I am proud of are-overcoming the hurdle of making a AAA team, getting player of the game when I was invited to play with an American elite team (Buffalo aces), and while playing up a year I scored 4 goals in one game to win the prestigious riverside tournament, I've played at the elite level for the last couple

of years and have truly enjoyed the competition, my dream is to further my hockey career as much as possible, for me that would be playing in the NCAA and possibly the NHL someday, when I'm not playing hockey I enjoy many other sports such as motocross, lacrosse, soccer, and most recently fishing. I am 16 yrs old and I am determined to live my dream:-)

Photographers Credits: Jayson mercier

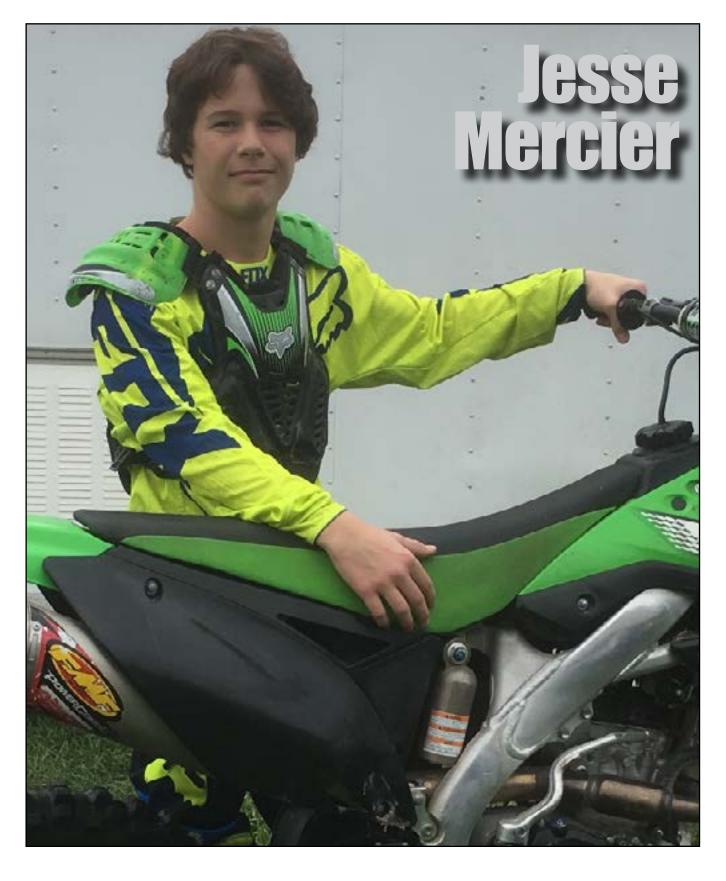
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Olivia is 12 years old and started her softball years off playing t-ball at the age of four. Through out her years, she's played for the 12u league St. Mary's school, which she also plays basketball and currently plays for the 12u and 14u travel ball. She started off playing first base and moved to her dream position of catcher. While playing her position, she works hard and gives 110% of herself. She's the first to arrive and last to leave. But it doesn't stop there, she practices for hours at home and works out to build up her strength and conditioning. Doing her best for the team is important to her and lead them to winning three tournament championships. As a catcher, she tries not to get discouraged and stays calm when the Umpire makes bad calls. She tries not to get upset when she makes a strike and stays positive knowing that he can hit it. She strives to keep herself focus and not to worry about things around her and to do her best. She over Palms all possible challenges by not letting negative thoughts get into her head. Her dream is to play for Auburn University and become one of the best college catchers in the world.







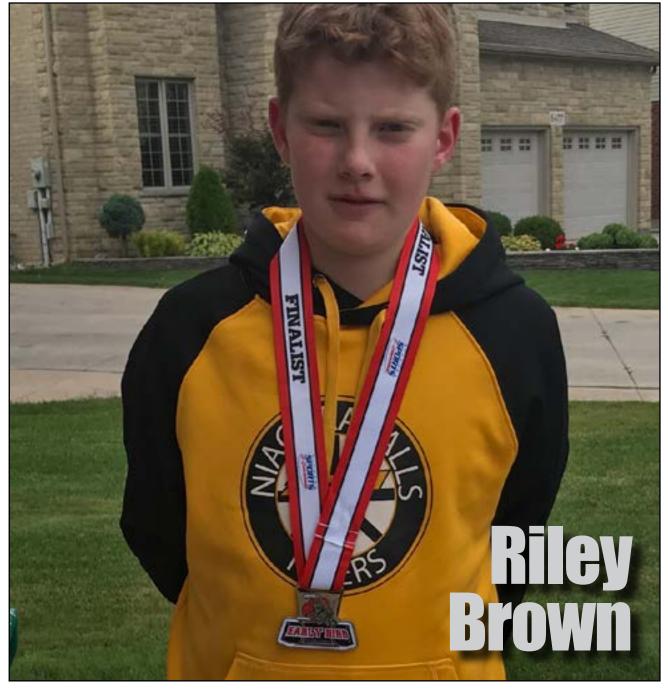


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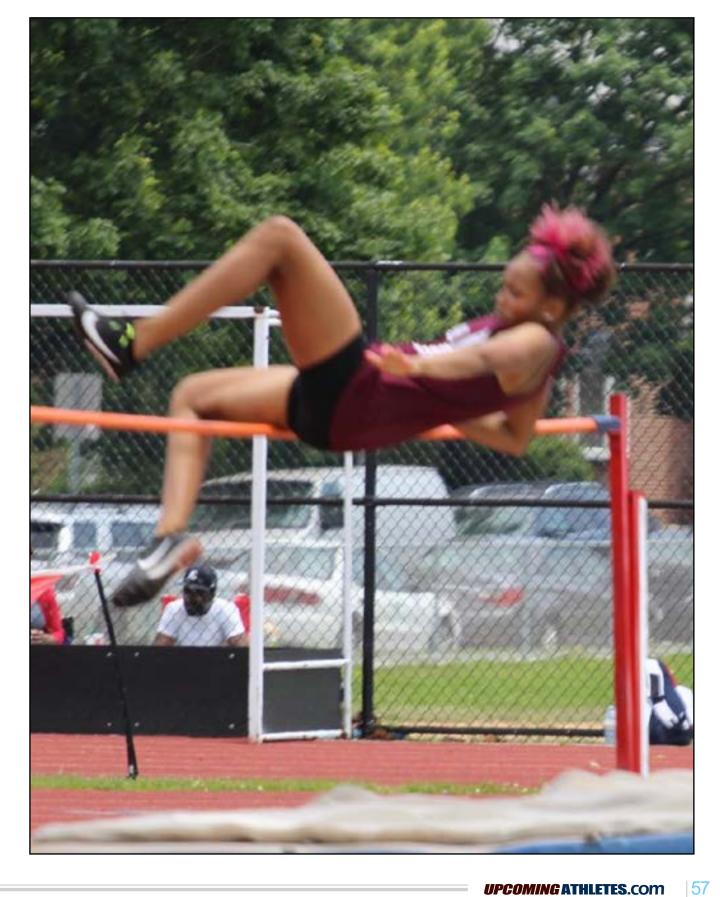


and gear. I trained all summer long to try out for a travel team and all my work paid off I made the A team I worked so hard that year and we finished the last in the league and I think I only won two games it was rough, I never let it discourage me I did training all season and the following summer and I improved so well. I even played summer league hockey with AA team I was so excited to be able to show my hard work had payed off when tryouts came along and the Aa coach who

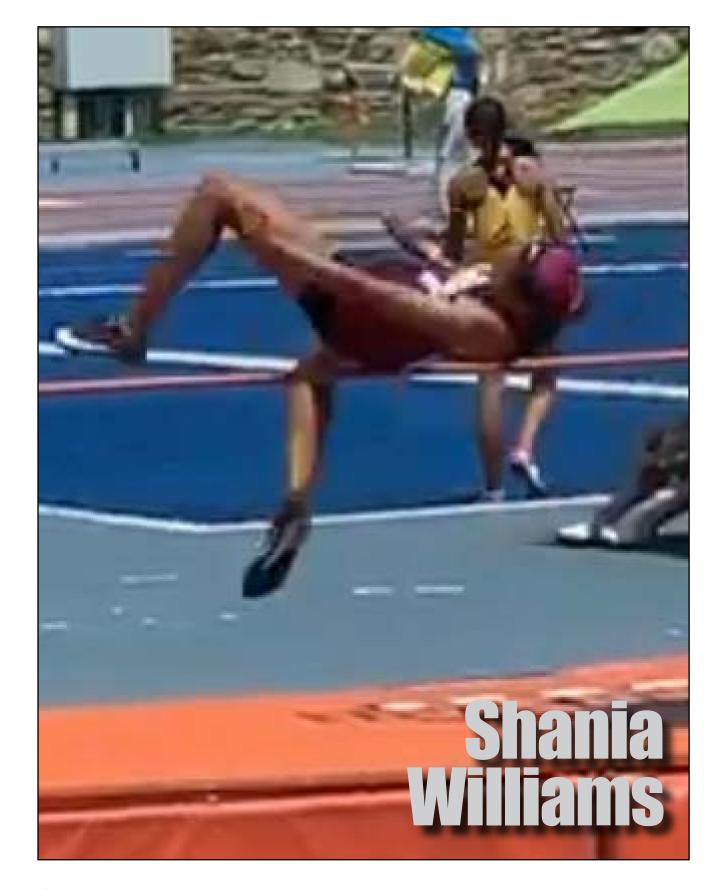
had been watching me the past couple years finally was ready to take me on the team. He told me he could see all the hard work that I had put into my game and he was proud to have me on his team. That season we won the provincial championships and I was so proud, I believe if you want something you have to work hard at all you do on and off the ice, I would like to learn now to ref younger kids games and I'm going to the NHL one day I won't ever give up on my dream!!







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Shania is entering her senior year of high school. She has been attending dance class training since she was 6 years old. God has blessed her with 2 special gifts, dancing and high jump(track & Field).

She won an award freshman of the year for doing an outstanding job as member of her high school track team and going to regional championships in 2019. Shania has danced at weddings, several

recitals youth events, liturgical ministry at her church and even funerals. COVID delayed some opportunities to New York and Los Angeles that she was accepted to in 2020 but she is continuously working hard, getting back on schedule to pursue her dance and track & field goals.

The best is yet to come!

Photographers Credits: Ourselves





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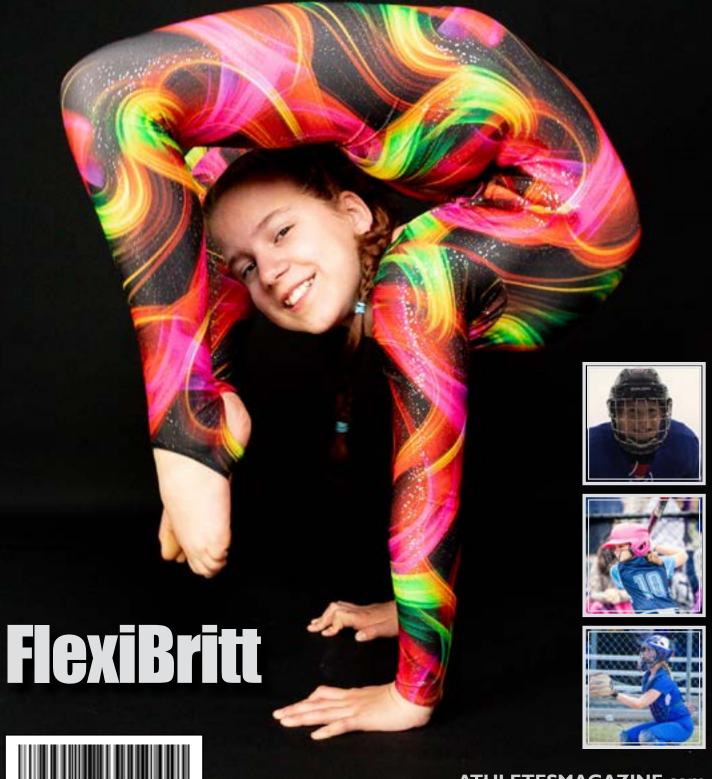


Shawn Hardin is a 8 year old 3rd grader from Gracemont, OK and is a member of Lawton Country Club. Shawn has been playing golf since the age of 4 and he has unparalleled passion for this wonderful game. Shawn started playing competitively at age 5 in US Kids tournaments and has been going nonstop ever since. Shawn has played in 51 local tournaments winning an outstanding 37 tournaments and finishing runner up in 13. He has won the Oklahoma Tour championship 5 times and the Wichita Tour Championship once. He is also a 2x State Invitational champion and has played in 3 regional championships with his best finish being a 3rd place finish in the Ozark regional championship. In Shawn's 3 years of playing competitive golf, he has accomplished so much in his young golf career and is continually pushing forward to much higher goals for the future. Some of his proudest moments include shooting an incredible 32 (-4) twice in local tournaments and qualifying for the US Kids World Championship in Pinehurst, NC all 3 years he has been eligible, he is currently ranked 35th in the world and is looking to improve on that, this upcoming July!

Shawn works hard every day on his game and is constantly practicing to perfect his craft. His strongest attributes all lie in his short game where he widely considered untouchable, one of the things he is continually working on improving is his driver play off the tee. Shawn has set many goals for this year as well as the future, some of which include placing in the top 10 this year in worlds and winning the Midwest and Oklahoma state invitationals. Some future goals he has set up for himself include winning Worlds and playing golf at the University of Oklahoma and eventually the PGA. Shawn has an amazing heart and pure passion and love for the game of golf. He works hard every day and in his free time when he isn't working on his golf game, he enjoys playing Fortnite and playing with his brother Kaden and sister Isabella. We want to also thank everyone for all the love and support they have shown us in this incredible journey following Shawn's dreams!



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