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The Home Teams

	TODAY	NEXT	UPCOMING
 Braves	at St. Louis 2:10 p.m. FSS/680-AM	at Baltimore Mon, 7:05 p.m. SS/680-AM	at Baltimore Tue, 7:05 p.m. SS/680-AM
 G-Braves	Charlotte 2:05 p.m. 97.7-FM	Durham Mon, 6:35 p.m. 97.7-FM	Durham Tue, 6:35 p.m. 97.7-FM

SS = SportSouth, FSS = Fox Sports South

On TV

Today

- CYCLING**
10 a.m. — 2015 Tour de France Final Stage, Sevres to Paris **NBCSP**
- GOLF**
Noon — Senior British Open Championship, final round, at Berkshire, England **ESPN2**
3 p.m. — PGA Tour, Canadian Open, final round, at Oakville, Ontario **CBS**
- MLB**
1 p.m. — L.A. Dodgers at N.Y. Mets **TBS**
2:10 p.m. — Atlanta at St. Louis **FSS**
8 p.m. — Detroit at Boston **ESPN**
- NASCAR**
3:30 p.m. — Sprint Cup Series: Jeff Kyle 400, at Indianapolis **NBCSP**
- PAN-AMERICAN GAMES**
1 p.m. — 2015 Pan American Games Men's soccer, men's volleyball, baseball, at Toronto From Toronto **ESPN**
- SOCCER**
2:30 p.m. — MLS: Orlando FC at New York City **FS1**
5 p.m. — MLS: Philadelphia at D.C. United **ESPN2**
8 p.m. — CONCACAF Gold Cup, championship, Mexico vs. Jamaica, at Philadelphia **FS1**
- SPECIAL OLYMPICS**
7 p.m. — World Games, at Los Angeles **ESPN2**
- VOLLEYBALL**
1 p.m. — FIVB, World Grand Prix, finals, at Omaha, Neb. **NBC**

Sports Calendar

- BASEBALL**
Ongoing through Aug. 15: Registration is being accepted, though space is limited, for 19 Sports of Northwest Gwinnett and Hall County's fall programs for boys and girls ages 3 to 18. Sessions are held at E.E. Robinson Park. Registration and more information available at www.i9sports.com or at 678-472-2142.
- Ongoing through Dec. 31:** Whitner Hitting Clinics are being held at Jack City Sports Center. The clinics are ongoing and cost \$75 for five weeks. To sign up, email jackcitybaseball@aol.com or call 770-633-0948.
- FLAG FOOTBALL**
Ongoing through Aug. 15: Registration is being accepted, though space is limited, for 19 Sports of Northwest Gwinnett and Hall County's fall programs for boys and girls ages 3 to 18. Sessions are held at Gary Pirkle Park and Rhodes Jordan Park. Registration and more information available at www.i9sports.com or at 678-472-2142.
- GOLF**
Ongoing through Aug. 15: Registration is being accepted, though space is limited, for 19 Sports of Northwest Gwinnett and Hall County's fall programs for boys and girls ages 3 to 18. Sessions are held at Sugar Hill Golf Club. Registration and more information available at www.i9sports.com or at 678-472-2142.
- LACROSSE**
Ongoing through Aug. 15: Registration is being accepted, though space is limited, for 19 Sports of Northwest Gwinnett and Hall County's fall programs for boys and girls ages 3 to 18. Sessions are held at the Atlanta Volleyball Academy. Registration and more information available at www.i9sports.com or at 678-472-2142.
- to 18. Sessions are held at Gary Pirkle Park. Registration and more information available at www.i9sports.com or at 678-472-2142.
- RUNNING**
Aug. 8: The 18th annual Dennis McCormick Memorial 5K Road Race, the only fundraiser for the Collins Hill cross country and track and field teams, will be Aug. 8. The 5K begins at 7:30 a.m., followed by the one-mile fun run at 8:15 a.m. The race begins in front of the high school campus, goes down Taylor Road, weaves through the Richland neighborhood and finishes on the high school stadium's track. Cost is \$25 for the 5K or \$10 for the fun run in advance, or \$30 for the 5K or \$15 for the fun run on race day. For more information, go to www.collinshillfxc.com. Registration also is available at www.active.com.
- SOCCER**
Ongoing through Aug. 15: Registration is being accepted, though space is limited, for 19 Sports of Northwest Gwinnett and Hall County's fall programs for boys and girls ages 3 to 18. Sessions are held at Gary Pirkle Park, Rhodes Jordan Park and Maranatha Christian Academy. Registration and more information available at www.i9sports.com or at 678-472-2142.
- VOLLEYBALL**
Ongoing through Aug. 15: Registration is being accepted, though space is limited, for 19 Sports of Northwest Gwinnett and Hall County's fall programs for boys and girls ages 3 to 18. Sessions are held at the Atlanta Volleyball Academy. Registration and more information available at www.i9sports.com or at 678-472-2142.

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get a flight to St. Louis," Snitker said late Friday night. "I'm sure that he thinks he's ready to go right now."

In fact, Freeman was en route to rejoin the major league team by early Saturday after going 2-for-4 with a homer and three RBIs in Florida during what turned out to be his lone rehab game Thursday afternoon.

The Braves had struggled offensively without Freeman, who is the team's only true power threat with 12 home runs.

Then Atlanta dealt Kelly Johnson and Juan Uribe to the New York Mets late Friday for a pair of pitching prospects, leaving the Braves even more limited offensively. Freeman went

Freeman



Atlanta Braves first baseman Freddie Freeman talks with starting pitcher Alex Wood (40) (Photo: Jason Getz-USA TODAY Sports)

a month without swinging a bat before finally getting in a full round of batting practice on Tuesday at Turner Field. "Now, it's just the waiting game," Freeman said before departing for Florida. "I've got to go through the

rehab process."

Freeman, who had played in 243 consecutive games before going on the disabled list, didn't experience any real relief until fluid was drained from his right wrist last week and he had two cortisone injections.

"Getting the fluid out of there, obviously that was the key," he said.

Now Perez is next in line to rejoin the Braves. Perez, though, worked only six total innings in his first two rehab outings because of pitch limits after being hit on the left foot by a line drive at Pittsburgh on June 26.

The 24-year-old right-hander struck out seven while allowing just two hits and a walk at Rochester on Tuesday, throwing 62 pitches.

For the Braves, Perez was 4-0 with a 2.88 ERA in 11 games, including eight starts. The native of Venezuela was 2-0 with a 1.33 ERA in five starts for the G-Braves before being promoted to Atlanta in May.

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last week Smoltz reflected on how nothing came easy to the former Atlanta Braves' star.

Struggling as a 20-year-old in Double-A is tough enough. Add getting traded by his hometown team into the equation and it's easy to understand how down John Smoltz was in the summer of 1987, when the Detroit Tigers traded the Michigan native to the Atlanta Braves in exchange for right-hander Doyle Alexander.

"I was having a miserable year," said Smoltz, who had a 5.68 ERA and almost as many walks (81) as strikeouts (86) at the time of the trade. "I didn't know which way was up. I didn't know what my future held and how I was going to get

out of this funk.

"And then the trade happened, and I just associated (it with a) bad year. This is bad if somebody doesn't want me."

Smoltz quickly emerged from his mental funk, though the results didn't initially improve. He posted a 6.19 ERA and walked 11 while striking out just five for the Braves' Triple-A affiliate. But he figured things out in a hurry after working in the Braves' instructional league with Leo Mazzone, who fixed Smoltz's mechanics and told him he'd be fine once he found some consistency with his stuff.

Smoltz reached the majors in 1988, when he recorded a 5.48 ERA in 12 starts. Over the next 11 seasons, he went 155-106

with a 3.29 ERA and 2,061 strikeouts and exceeded 180 innings pitched in every season but two, one of which was the strike-shortened 1994 campaign.

He might have made it look easy, but remaining on the mound was a constant battle for Smoltz, who battled chronic shoulder and elbow injuries while tinkering with his arsenal, which originally featured just a fastball and slider.

"Started working on a changeup and a split-finger, and every year it took time to get better and better," Smoltz said. "At least the idea was to get better and better in the process. Because I needed to.

"When I capture my career, there was not a stretch of like nine, 10 straight years where it was just

dominant and clicking. It was work every year."

Smoltz's elbow finally tore in spring training 2000, when he underwent Tommy John surgery. To minimize the stress on his arm, Smoltz returned as a closer in 2001 and notched 154 saves over the next four seasons. He moved back into the rotation as a 38-year-old in 2005 and led the National League in wins (16) and starts (35) while striking out 211 batters in 2006.

Smoltz will be the first Tommy John survivor to reach the Hall of Fame, as well as the first enshrined pitcher with 200 wins and 150 saves.

"My philosophy was 'I'll find a way,'" Smoltz said. "And the great pitchers always find a way."

Price

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Mark Price. "He was playing in a couple tournaments before, and I was playing in a tournament before as well. We just figured as long as we both were playing, we'll hit maybe one time if we can before the tournament and take it from there."

After signing up last minute and just one practice, the duo claimed the Southern Region Mixed Doubles title. Price attributed their success to the fact that their game styles matched up because of their lengthy heights and the years of training they have received from the same coach. The title win was all the more exciting because of the history behind it.

"I think it's very special for our coach Gery Gros-limond and for our tennis academy," Price said. "Just for us to kind of play together was very special and to have our families there watching because we've just known each other for so long. I feel like there isn't really anyone else I'd rather play with other than him because I feel like he knows my game, and I know him."

Price's partner for mixed doubles was not the only aspect of the event that was familiar for her. The location of the Southern Qualifier tournament at the Lifetime Fitness Center was a place that she had trained in high school — when she attended Wesleyan and graduated from the online Laurel Springs School. The opportunity to compete there brought back memories for her, as well as the people that she had the opportunity to compete against, and it ended with a big victory.

"It's very exciting because as a tennis player, the dream is to play in the U.S. Open," Price said. "I mean, it's the elite of the elite, and to advance to the National Playoffs, that's four matches. I've played a ton of matches in my life, and only four matches right now separate me from getting to play in the U.S. Open. I mean, that's a pretty crazy thing in itself to know that



Duluth's Caroline Price poses for a portrait at Atlanta Athletic Club tennis courts in Johns Creek. Price and her partner won the U. S. Open National Playoffs Southern Qualifier and hope to advance to the U.S. Open main draw. (Staff Photo: David Welker)

I'm that close to getting to play in Flushing Meadows in New York City."

Price has come a long way from the little girl who fell in love with tennis because of her older sister and eventually earned a full tennis scholarship to North Carolina. She will graduate from UNC in less than a month.

"I'm really sad that it's gone, but it's pretty incredible," Price said. "Getting that scholarship, the free ride to college, just kind of showed that all my hard work that I put in and sacrifices kind of paid off. It's such a privilege to get to play and represent a university like North Carolina. When you're in college, you're playing for so much more than yourself. You have eight other girls on your team, and you're representing the university."

As a tennis player, there was no time for Price to join a club or a sorority. Those eight other girls who made up the tennis team at UNC

became more than just her teammates. They became her best friends, her family.

"It was so much more than just a tennis team because you go through your ups and downs, and then you're training hard," Price said. "They were the only people to truly understand what you're going through. You create a bond with all these girls. I know I will have their backs and they'll have mine for the rest of my life. I'd say that's the greatest thing I'm taking from North Carolina."

Price's teammates have played a huge part in her unbelievable college experience at UNC. However, the fact that she has been able to play for three national championships is also a huge factor. She won two out of those three national championships, while competing at the most elite college level. Her favorite moment on the UNC tennis team came her senior year as captain.

"My junior year we lost

the national NCAA championships. It came down to my match, and I lost," Price said. "My teammates refuse to say that it was my fault, but I just took that as it was my fault because I was the last one on the court. Then, my senior year we were playing for the indoor national championship. I actually had the opportunity of clinching the match, so when I won my match, we won the indoor national championship. I'd say that was probably the most special moment, especially because I felt like I really let my team down the year before."

Price's career has taken her from playing in international tournaments in South America and the Caribbean in high school to UNC and now to professional tennis. Price plans to pursue a pro tennis career, so she will have no regrets later in life.

Her first tournament as a professional tennis player proved her future is bright as a professional athlete.

"The tournament in Charlotte was kind of like a testing tournament to see where I'm at compared to some other girls that are playing," Price said. "I won my first tournament, so God is really good to me. Ultimately, how I live my life is to glorify the Lord, and right now I feel like He gave me this talent of tennis. I'm trying my best to give it everything I've got and glorify Him through it."

With the U.S. National Playoffs Championships approaching Aug. 26-29, Price will practice regularly with Doverspike. She has scoped out the competition, and although the team that won it last year will be back for a chance again, Price is hopeful of a positive result.

"I'm looking forward to it because it's getting held at a WTA event, a women's pro event," Price said. "I just turned professional, so just getting to be around all the top professional girls tennis players and competing there with them will be amazing. I'm looking forward to seeing that and also just for the opportunity to get a locker in the U.S. Open."