



ABOUT TFS ATHLETICS

The mission of TFS athletics is to develop GREAT character, competence, and competitiveness, to host GREAT events, and to create a Season of Significance. TFS participates in the Georgia High School Sports Association (GHSA), and offers 14 different competitive sports: baseball, basketball (boys & girls), bass fishing, cheerleading, cross country (boys & girls), eSports, golf (boys & girls), precision rifle, soccer (boys & girls), softball, swimming, tennis (boys & girls), track & field (boys & girls), and volleyball. TFS has varsity, junior varsity, and middle school teams that play most of these sports. Many home games are broadcast live and available to watch on the [NFHS Network](#).

HEAD COACH

Lowell Hamilton – Varsity

lowell.hamilton@tallahulahfalls.org

Lowell Hamilton is a former McDonald's All-American and a key part of the University of Illinois' Final Four run in 1989. In his first 2 years over the TFS girls program, he led the team to its first-ever Elite 8 and first-ever outright region title, followed by a playoff run the next season. He has 23 wins over 2 seasons. He also guided the TFS JV boys program to an undefeated record in 2020-21.



GIRLS BASKETBALL

— TALLULAH FALLS SCHOOL —

ACCOMPLISHMENTS

The girls basketball program at TFS has had great success. There is a varsity, JV, and middle school team.

The varsity team has made 5 straight state playoff appearances, advancing to the second round (Sweet 16) 3 times, and the Elite 8 in 2021-22 for the first time. Since the 2015-16 season, the program has won 111 games. 5 players have scored 1,000 or more points, and the Lady Indians have been ranked in the top-10 in the state in 5 different seasons. The team won the regular season region championship in 2020-21 and the overall title in 2021-22. The middle school team won the Tri-County championship in back-to-back seasons and went undefeated in 2020-21.

COLLEGE-BOUND PLAYERS

The basketball program prepares athletes to be able to play at the next level. 4 players have gone on to play at the collegiate level, including Denika Lightbourne ('23) at the DI level (Dayton).

FACILITIES & TRAINING OPPORTUNITIES

The basketball teams play home games inside the Student Activity Center, located on the middle school campus. The center includes an indoor track, as well as a fitness area and a half-rock climbing wall. The season runs from November through March, and all athletes have access to TFS weight rooms/fitness centers, and two practice gyms during the season and off-season.

