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July 2025 Edition



2025 PREVIEW

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The Southern Sports Edition was created to offer sports opinions from a southern perspective. The Southern Sports Edition offers some of the top sports minds and opinions from around the South. From coverage on High School Football to a beat on the Atlanta Braves, the Georgia Tech Yellow Jackets, SEC, ACC and all southern sports with actual southern opinions. The Southern Sports Edition is currently distributed all across Southeast Georgia and growing everyday.

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DUVAL SWAG

JACKSONVILLE JAGUARS PREVIEW

PAGE 4

by Michael Spiers

FLYING WITH THE WIND?

ATLANTA FALCONS PREVIEW

PAGE 6

by Kenneth Harrison

SWASH-BUC-LING

TAMPA BAY BUCCANEERS PREVIEW

PAGE 10

by Robert Craft

CAROLINA RESPECT

CAROLINA PANTHERS PREVIEW

PAGE 12

by Cameron Miller

TALL TEXANS

HOUSTON TEXANS PREVIEW

PAGE 16

by Colin Lacy

CROSSROADS

MIAMI DOLPHINS PREVIEW

PAGE 18

by Robert Craft

WHO DAT

NEW ORLEANS SAINTS PREVIEW

PAGE 22

by Michael Spiers

TITAN-ING UP

TENNESSEE TITANS PREVIEW

PAGE 24

by Colin Lacy

In This Issue...



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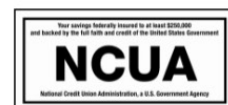
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DUVAL SWAG

Jacksonville Jaguars Preview By Michael Spiers



The Jaguars are officially entering a bold new chapter. I don't think it will be anything like what we've seen come out of Duval before.

This team is younger, faster, and more aggressive. Quarterback Trevor Lawrence remains at the center of it all.

The front office and coaching staff have made it clear that 2025 is all about getting the most out of their franchise QB.

The first major sign that things were changing came in the draft, when Jacksonville made waves by trading up to the No. 2 overall pick to grab Travis Hunter.

The rookie from the University of Colorado is an electrifying two-way star who's expected to line up at wide receiver and cornerback.

The move stunned just about everyone and showed exactly how head coach Liam Coen and new GM James Gladstone plan to run things: bold, fast, and with no fear.

Coen, just 39, brings an offensive style built around balance, speed, and play-action which are all designed to take pressure off Lawrence. He's paired with 29-year-old offensive coordinator Grant Udinski, who helped build high-powered attacks in Minnesota.

The idea for Lawrence is simple. Get the ball out quick, use the run game to set things up, and let Trevor cook.

To make it all work, the Jaguars made big changes to their offensive line, signing veterans like center Robert Hainsey and guard Patrick Mekari, and drafting Wyatt Milum to add depth. Lawrence may finally have adequate protection and should be able to get

the ground game going again.

Lawrence, now healthy after an injury-riddled 2024, has more help than ever. He's got Hunter as his new top target, second-year wideout Brian Thomas Jr. ready to explode, and free-agent pickup Dyami Brown bringing more deep speed.

The Jags added two rookies, Bhayshul Tuten and LeQuint Allen Jr., to the backfield. They both bring serious burst and either could push veterans Travis Etienne Jr. and Tank Bigsby for touches. Expect a steady rotation to keep defenses guessing.

Behind Lawrence, the quarterback room has also gotten smarter. Nick Mullens and John Wolford know this system well and can help Trevor with the transition. Rookie Seth Henigan might be a project, but the team sees potential there too.

On the other side of the ball, it's all new. Defensive coordinator Anthony Campanile has taken over a unit that struggled big-time last year. He's bringing a 4-3 system that leans on zone coverage and lets the front seven get after it.

Pass rushers Travon Walker and Josh Hines-Allen lead the way, with Arik Armstead moving inside where he's most comfortable.

Second-year tackle Maason Smith is someone the team's really excited about after flashing late last

season. Linebacker Foyesade Oluokun is back to anchor the middle, but the run defense has to get better.

In the secondary Tyson Campbell is the top guy, but he's got to stay healthy. Jourdan Lewis and Eric Murray bring veteran leadership, and rookie safety Caleb Ransaw could earn a starting spot.

And yes, I think Travis Hunter will get defensive snaps, too. Especially in key passing situations where his ball skills could help generate turnovers, something this team badly needs after finishing last in takeaways in 2024.

Special teams will be as solid as ever. Punter Logan Cooke and long snapper Ross Maticcik both made the Pro Bowl, and kicker Cam Little has a cannon for a leg. That trio gives Jacksonville one of the most reliable special teams units in the league.

Everything's different in Jacksonville this year, and that's a good thing. The Jags are faster, younger, and playing with some serious swagger.

If Trevor Lawrence can stay healthy and the new offensive pieces click, this team has a real shot to make noise and go after the AFC South crown.

With all of these changes and a new attitude, I can envision a 2025 season where the Jags could go 9-8 with a shot at the playoffs.

Buckle up, Duval! This could be fun.





FLYING WITH THE WIND?

Atlanta Falcons Preview By Kenneth Harrison



The Atlanta Falcons were 8-9 last season. They started 6-3, which was their best start since 2016. They looked like a playoff team before the wheels fell off.

Head coach Raheem Morris is looking to improve in his second season with the Falcons. Atlanta signed QB Kirk Cousins to a four-year, \$180 million contract in March of 2024.

They drafted QB Michael Penix Jr. (Washington) the next month in the NFL draft with the eighth pick. That move seemed like a head scratcher then but it may make more sense now.

Cousins started hot but his play got worse as the season progressed. The team had a four-game losing streak that was snapped in Week 15 against the Raiders.

Atlanta won the Monday Night Game 15-9. Las Vegas was 2-12 at that point and Cousins struggled so he was benched for Penix after that game.

Penix went 1-2 and both losses were in overtime. He has great potential but the success of this team will rely on him being above average.

"Michael is going to do great; he's going to have a great career," Cousins said of Penix. "He's off to a great start. He has all the tangibles and intangibles you need to be successful. I'm just here to support him as he needs it. But I also don't need to be in his ear so much that I'm another voice. I just want to be as supportive as I can, and he knows that."

The focal point of the offense is Pro Bowl RB Bijan Robinson. He had a breakout second year with 1,456 rushing yards, 14 rushing touchdowns,

61 receptions for 431 yards and a receiving TD.

"It's crazy. I don't even know how to explain it," Penix said. "If he touched the ball every play and the defense knew every play, he'd still make big-time plays. He's just that guy. He's that guy when you go to a little-league game, there's one kid who stands out who never gets tackled. He scores every time he touches the ball. That's him in the NFL, so think about that. He does unreal stuff I've never even seen. He's a special player, and as many times as we can get the ball in his hands, we're going to do it."

They also have a very good offensive line, led by Pro Bowl guard Chris Lindstrom. receivers Drake London and Darnell Mooney are one of the best duos in the league.

Kyle Pitts is the highest drafted tight end in history but he has not lived up to the hype. He disappears for entire games. Pitts has all of the measurables including size and speed. He's in the final year of his rookie contract and he has trade rumors around him that he could be dealt before the season begins.

"He's become more of a complete tight end, so to speak," Morris said. "It's just that it's always hard to accomplish the goals that everybody else wants for him."

The defense does not have any Pro Bowlers. The Falcons always struggle to rush the passer and they addressed that need in the draft. They drafted linebacker Jalon Walker (Georgia) with the 15th pick and defensive end James Pearce Jr. (Tennessee) with the 26th pick. Walker won the Dick Butkus Award in 2024.

I do not have high expectations for rookies but I think they can make an impact this season.

The season starts September 7th at home against Tampa Bay. I believe the Falcons will be 9-8 in 2025. If Penix plays great I think they will win an extra game.

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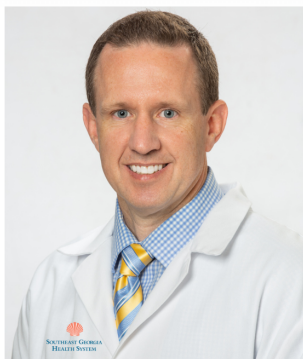
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Jason M. Dancy, MD

A board-certified physiatrist, Dr. Dancy specializes in physiatry, physical medicine and rehabilitation.

Summit Sports Medicine & Orthopaedic Surgery has offices in Brunswick, St. Simons Island and St. Marys.

To make an appointment with Dr. Dancy, call 912-466-7340.



A wise man once said that a bad day fishing is better than a day at the office. To make your “bad” sports fishing days even better, consider the advice of Jason Dancy, MD “Just like an athlete, deep-sea fishing requires strength, flexibility, coordination and stamina. You can significantly advance your skill and endurance by adding a few exercises to your daily routine.” As a physician specializing in physical medicine and rehabilitation (PM&R), Dr. Dancy helps people recover or improve their physical abilities and quality of life.

To build a strong body and more endurance, incorporate strength training into your workouts. “If done consistently, as little as 20 minutes of weightlifting gives you better mobility on the boat, while increasing stamina and strength,” Dr. Dancy says. “You don’t have to lift the heaviest weights; even lighter weights help. You can always add more weight as you progress.”

Stability training is a fisherman’s best friend. “A stable body adapts better to the boat’s movements, rough waves and slippery surfaces. Stability exercises focus on the core – the hip and lower back muscles that support balance and steadiness, and most can be done at home,” says Dr. Dancy. Try planks, squat jumps and balancing on one foot. Dr. Dancy also recommends using a stability ball. “Perform push-ups on the floor, then gradually progress to push-ups on the ball. You can also do sit-ups against a stability ball. Even if you just sit on the ball while watching TV, you improve stability,” Dr. Dancy adds.

These exercises not only enhance power and stamina, but also reduce muscle and joint strain, and help prevent injuries. From a fisherman’s perspective, the real payoff is greater success on the water. “Stability training creates a stronger core and better balance, both of which can help you land a fighting fish,” Dr. Dancy says.

To get the most from your workouts, consider working with an athletic trainer or sports medicine specialist. “They will demonstrate proper body mechanics and the most efficient, effective ways to reach your goals. The initial investment pays long-term dividends, both on the water and off,” Dr. Dancy says.

A long day on the boat demands a lot from your body. When back on shore, “A hot shower or better yet, a hot soak with Epsom salt, and stretching out tight muscles is recommended. Hopefully, you hydrated consistently, but you may still need to compensate for a day spent sweating in the sun. Drink electrolyte-infused sports drinks or water. Avoid caffeine and, although it’s a time-honored ritual to share a few beers while talking about ‘the one that got away’, don’t overdo it. Alcohol and caffeine only dehydrate you more,” Dr. Dancy adds.

Follow his advice and your body will bounce back quicker and will be ready for the next time the fish are calling!



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SWASH-BUG-LING

Tampa Bay Buccaneers Preview By Robert Craft



As the Tampa Bay Buccaneers prepare for their 50th season in the NFL, there's more than nostalgia in the air—there's anticipation.

Following a 2024 campaign that saw them clinch their third straight NFC South title, the Bucs are eyeing another playoff push behind a retooled roster, a familiar core, and one of the most intriguing schedules in the league.

Quarterback Baker Mayfield enters the season with a renewed contract and growing confidence as the leader of Tampa Bay's offense. Last season, Mayfield silenced critics after a 10-win season and a playoff victory.

He returns with trusted weapons in wideouts Mike Evans—still among the league's elite—and Chris Godwin, while dynamic second-year back Bucky Irving is poised to become a focal point in both running and passing.

Evans, chasing his 12th straight 1,000-yard season, could tie Jerry Rice for the most in NFL history—one of the many potential milestones in this golden-anniversary campaign.

The Bucs stayed busy in the offseason, aiming to solidify a defense that was inconsistent in 2024.

The headliner additions include linebacker Haason Reddick and rookie cornerback Benjamin Morrison, who are expected to boost the Buc's pass rushing and secondary

coverage.

On offense, Tampa drafted wide receiver Emeka Egbuka, giving Mayfield another explosive option.

One big change: offensive coordinator Liam Coen departed for a head coaching job and his replacement, Dave Canales, returns to Tampa after a stint in Seattle.

Canales' history with Mayfield from 2022 in Carolina could help smooth his transition.

The Bucs' 2025 schedule is balanced in terms of home and road games with a challenging midseason stretch that will define their season.

They open on the road against division rival Atlanta—a team with a new quarterback and playoff ambitions—followed by a Monday Night Football clash with the Houston Texans in Week 2.

The first big test comes in Weeks 4 through 7, when Tampa faces the Eagles, Seahawks, 49ers, and Lions—all playoff teams in 2024. This brutal gauntlet will test the depth and resilience of the roster.

Back-to-back road games late in the year at Buffalo and Los Angeles, followed by a short-week Thursday night matchup at home against the Falcons, make for a tricky stretch in Weeks 11–13. Fortunately, the Bucs enjoy a Week 9 bye that lands perfectly in the middle of the season, allowing recovery and strategic recalibration.

The NFC South remains wide open. The Saints, Falcons, and Panthers all made moves to improve in the offseason. The Bucs' path to another division crown will hinge on winning these three key matchups. They face all three rivals at least once in the season's final six weeks, including a season finale at home against Carolina that may carry major playoff implications.

Tampa Bay is scheduled for multiple prime-time games, including a Monday night at Detroit and a Thursday night against the Falcons. These nationally televised games reflect the team's rising reputation and offer a chance to showcase their stars to a broader national audience.

With nine to ten wins projected by most analysts, the Bucs are considered slight favorites in the NFC South. But if their offense gels under Canales, and the revamped defense can create turnovers—this team has the pieces to make a deeper postseason run.

As the Bucs celebrate their 50th year in the league, expectations are high. With Mayfield entrenched as the leader, Evans chasing history, and a hungry defense, the 2025 season promises fireworks in Tampa Bay.

If they survive the midseason and maintain divisional dominance, a fourth straight playoff appearance (possibly more) could cap off this golden anniversary in fitting fashion.





CAROLINA RESPECT

Carolina Panthers Preview By Cameron Miller



The Carolina Panthers are entering the 2025 NFL season coming off a mediocre 7-9 season and panthers fans seem to be filled with disappointment from recent failures, yet excited with a positive outlook in hopes they can change things around with what the team has done this offseason.

Since 2017, they'd stumbled through coaching swaps, heartbreaking finishes, and morale sapping losses, but as spring arrived in Charlotte, there was an unmistakable shift: young voices building chemistry on the practice fields, defensive reinforcements arriving in waves, and a confident quarterback ready to prove he belongs.

Bryce Young, the No. 1 overall pick back in 2023, now stands at the heart of this team. Year 3 isn't just another chapter, it's pivotal to the confidence of Young and this Panthers' team.

After a sophomore year that saw flashes of brilliance towards the end with three straight weeks of 20+ fantasy points and some late season magic—Young earned another opportunity at getting the starting job back.

Front office whispers have now confirmed young would be their guy going forward and that there would be no QB controversy in 2025.

Still despite the growth from Young, most have to believe the 2025 season is the make-or-break year for him. If he doesn't perform this year, I think the Panthers may have to once again become a team back on the market for a new starting quarterback.

The offense the Panthers

have constructed around him is very compelling. The front office added a plethora of new playmakers like Tetairoa McMillan, who they drafted in Round 1 of this past draft.

McMillan is believed to be a go to receiving target for Young right out of the gate. I'm excited to see how McMillan and Xavier Legette are going to pair up together and if they challenge each other to work harder for that #1 spot.

They also grabbed former Colorado Buffalo, Jimmy Horn Jr in the 6th round and signed former Las Vegas Raider Hunter Renfrow.

In the backfield they added Rico Dowdle and Trevor Etienne for some quality extra depth behind starter Chuba Hubbard .

Switching over to the defensive side of the ball, they had a tragic story of their own. The Panthers defense had a disastrous 2024 season, surrendering 534 points over the season, which was bad enough to put them as the worst in the NFL.

So, the Panthers went in and added some much needed muscle and skill to their defensive unit.

They brought in Tershawn Wharton and Bobby Brown III to fill up the interior of the D-Line, Patrick Jones II and rookie edge rusher Nic Scourton to bring some pressure off the edge, and brought in safety Tre'von Moehrig

They were able to extend Jaycee Horn with a four-year \$100 Million contract, which made him the highest paid defensive back in NFL history, while Mike Jackson also earned a contract extension of his own.

Even though they have these two guys locked down for some time now, there are still some voices out there saying their cornerback depth is still too "thin" especially in the nickel and strong safety spots.

But on a more positive note, Sharp Football Analysis ranked the

Panthers 2025 schedule as the 7th easier in the entire NFL. So maybe they can take advantage of the lack of difficult opponents and try to get some early season momentum started up.

Now with the preseason quickly approaching, the story almost feels cinematic.

They had a young promising QB with a statement to make, along with some new weapons to help him, a defense that was eager to shake off its embarrassment from last season, and a schedule that leaves fans to have a more optimistic outlook.

It seems like for this 2025 Panthers squad it isn't just about the statistics but about getting redemption and giving the Carolina faithful with what they've been waiting for.

When September 7 comes around and the Panthers take a trip down to Jacksonville for the season opener, I'm sure you can expect to see eager Panthers fans lined up to see how this 2025 season will kick off.

They're not there chanting for a Super Bowl banner, they just want to see stability, and competitive games to give them real hope at their first winning season since 2017.



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TALL TEXANS

Houston Texans Preview By Colin Lacy



The past two seasons at NRG Stadium in Houston have been electric under Head Coach DeMeco Ryans who took over the reigns of the franchise in January of 2023.

When Ryans took over, the Texans had just completed a 3-13 season in 2022 (with one tie as well).

Since taking charge of the team, Ryans has led the Texans to back-to-back 10-7 seasons while securing the NFC South Division titles in both the 2023 and 2024 seasons.

With that said, all the praise can't be directed at DeMeco Ryans (although a lot of it should be). Houston also secured the number two and three overall picks of the 2023 draft to bring in franchise quarterback CJ Stroud from Ohio State and former Alabama linebacker Will Anderson to answer many questions that had been around the organization for the previous years.

While the past two years have been great for Texans fans with Stroud taking the NFL by storm with almost 8,000 passing yards in his 1st two seasons in the NFL, the brass within the organization believes that the best is just coming to fruition.

That's some pretty tall words with Stroud and Ryans becoming the first quarterback/head coach duo in NFL history to win the division in each of their first two years together, but the organization made some key moves in the offseason to firm up some soft areas of the depth chart going into the 2025 campaign.

A familiar name around the Georgia area is headed to strap on the navy and red as the most recent transaction on the list for Houston is the free agent signing of Nick Chubb, the former Georgia Bulldog.

Chubb was drafted in 2018 to the Cleveland Browns and over the last seven seasons with Cleveland, Chubb has accumulated 6,843 rushing yards and 51 touchdowns.

The question mark around Chubb is health. Chubb has only played 10 games combined over the previous two years with the Browns with only 130 carries in two seasons because of various injuries.

That said, if Chubb can get his legs back underneath him (and healthy legs after battling knee and foot injuries) he is still an elite back in the NFL. Chubb is just one of ten active running backs with at least 6,500 yards and had 30 games of 100+ yards in the first 6 years before being hampered by injuries.

The Texans didn't pull the trigger on any huge names coming

out of the 2025 NFL Draft, but it was a busy few days for the front office.

General Manager Nick Caserio made seven trades of picks including trading away the 25th overall selection to pick up an additional 2nd round pick.

Caserio has made 20 trades of straight draft picks which is the most of all active GMs in the NFL. The Texans picked up a pair of second, third, sixth and seventh round selections to go along with a singular fourth rounder in this year's first year player draft bringing in a couple of wide outs with a second and third round pick.

The last two seasons have been a renaissance of football in Houston that hasn't been seen in the NFL in quite some time and the job that DeMeco Ryans, CJ Stroud and company have done is phenomenal, but that group isn't satisfied with the quick success, they have eyes sighted for a deep playoff run, and they believe it's coming much sooner than once thought.





CROSSROADS

Miami Dolphins Preview By Robert Craft



Entering Year 4, McDaniel finds himself in an NFL pressure cooker.

Historically, no Dolphins coach has survived a fifth season under owner Stephen Ross.

The last coach to last four full years was Dave Wannstedt back in 2004. In Miami's modern era, sustained tenure is a rarity.

McDaniel is now operating without the leash he once had: expectations are high, mess-ups won't be ignored, and patience is nearly gone.

After strong seasons in 2022 (9–8) and 2023 (11–6), Miami stumbled to an 8–9 finish in 2024 and missed the playoffs entirely.

That losing record was their first since 2019. The team claimed to have reset the culture in 2024, but veteran leadership admitted it was all surface-level.

Now McDaniel must convert talk into traction to avoid being labeled a coach whose first two seasons were a mirage.

Bradley Chubb shot down the façade of culture change, slamming it as half hearted. McDaniel himself admitted that players took advantage of leniency. Discipline must be rebuilt from scratch, and unless the coach enforces authority, the “good ole boy” vibe that alienated veterans won't recede.

Fan consensus and coaches agree: Miami hasn't been nasty in the trenches. General Manager Chris Grier's early 2025 picks leaned into beefier linemen, but critics remain skeptical of systemic solutions.

McDaniel must prove the line is more than draft window-dressing. Without a stout OL and identity, the offense sputters.

The franchise backed Tua Tagovailoa with a \$212 million extension, signaling full confidence. But injuries have persisted, including a concussion early in 2024, which cost him six games and hurt team momentum.

Tagovailoa must stay healthy and play smart. If he falters again, Miami's season will crumble, again.

Backup Zach Wilson has inspired no confidence with two interceptions and a pick-six in minicamp. Relying on a clearly unconvincing QB depth chart won't instill trust. McDaniel must manage Tua's workload and rally a pass-friendly unit.

Reports suggest veteran players—like Tyreek Hill and Calais Campbell—have soured on Miami; several have left in free agency.

Coach McDaniel's methods are partly blamed. If internal loyalty erodes further, he's left without support from within which remains grim sign in NFL coaching circles.

Kickoff in Spain: a bold international opener LOOSENS zero-sum stakes.

Division face-offs: rematches with Buffalo, New England, New York await — all hold huge implications.

Five games vs 2024 playoff teams (three at home). No excuses.

McDaniel's objectives: Playoff return: missing again is untenable. Win a playoff game: validation is overdue (last win was in 2000). Tough identity: beat better teams or risk being “bowl fodder”.

Fans believe playoff wins (especially versus quality opponents) dictate job security. A middling 9–8 season, even with improvement, may not suffice — especially if it lacks postseason success.

A Phinsider poll challenged fans: what's enough? Most answered similarly — win playoff games, dominate the division, or productive football culture. Mike McDaniel's fate isn't just tied to W-L; it's about dismantling the “soft” label and proving Miami can out-fight as well as out-play.

The front office showed faith — owner Stephen Ross publicly retained McDaniel and GM Grier after their disappointing 2024.

But that's pre-2025. Now the money, draft picks, and expectations are real. If the Dolphins flop again, a shakeup is almost certain.

Mike McDaniel inherited a burgeoning franchise in 2022, brought imaginative offense, and helped Miami climb out of a postseason drought. But that honeymoon ended in an 8–9 relapse, disjointed culture, and injuries.

If his squad fails to stay disciplined, win meaningful games, and show character under fire, this season is likely his last. For McDaniel and the Dolphins, this is a career crossroad.



JACKSONVILLE JUMBO SHRIMP

2025

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6 WOR 3:05PM	7	8 CLT 7:05PM	9 CLT 12:05PM	10 CLT 7:05PM	11 CLT 7:05PM	12 CLT 6:35PM
13 CLT 3:05PM	14	15 MEM 7:45PM	16 MEM 7:45PM	17 MEM 7:45PM	18 MEM 4:05PM	19 MEM 4:05PM
20 MEM 2:05PM	21	22 GWN 11:05AM	23 GWN 7:05PM	24 GWN 7:05PM	25 GWN 7:05PM	26 GWN 6:35PM
27 GWN 3:05PM	28	29 DUR 11:05AM	30 DUR 6:35PM			

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 DUR 6:35PM	2 DUR 6:35PM	3 DUR 6:35PM
4 DUR 1:05PM	5	6 SYR 7:05PM	7 SYR 12:05PM	8 SYR 7:05PM	9 SYR 7:05PM	10 SYR 6:35PM
11 SYR 3:05PM	12	13 NOR 6:35PM	14 NOR 6:35PM	15 NOR 12:05PM	16 NOR 6:35PM	17 NOR 6:35PM
18 NOR 1:05PM	19	20 MEM 7:05PM	21 MEM 7:05PM	22 MEM 7:05PM	23 MEM 7:05PM	24 MEM 6:35PM
25 MEM 6:05PM	26	27 GWN 7:05PM	28 GWN 7:05PM	29 GWN 7:05PM	30 GWN 7:05PM	31 GWN 6:05PM

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1 GWN 1:05PM	2	3 DUR 7:05PM	4 DUR 7:05PM	5 DUR 7:05PM	6 DUR 7:05PM	7 DUR 6:35PM
8 DUR 3:05PM	9	10 ROC 6:45PM	11 ROC 6:45PM	12 ROC 1:05PM	13 ROC 6:45PM	14 ROC 6:45PM
15 ROC 1:05PM	16	17 SYR 6:35PM	18 SYR 6:35PM	19 SYR 6:35PM	20 SYR 6:35PM	21 SYR 6:35PM
22 SYR 1:05PM	23	24 NAS 7:05PM	25 NAS 12:05PM	26 NAS 7:05PM	27 NAS 7:05PM	28 NAS 6:35PM
29 NAS 3:05PM						

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 CLT 7:04PM	2 CLT 7:04PM	3 CLT 6:05PM	4 CLT 7:05PM	5 CLT 6:35PM
6 CLT 5:05PM	7	8 NOR 7:05PM	9 NOR 7:05PM	10 NOR 7:05PM	11 NOR 7:05PM	12 NOR 6:35PM
13 NOR 1:05PM	14	15 ALL-STAR BREAK	16	17	18 GWN 7:05PM	19 GWN 6:05PM
20 GWN 1:05PM	21	22 DUR 6:35PM	23 DUR 6:35PM	24 DUR 6:35PM	25 DUR 6:35PM	26 DUR 6:35PM
27 DUR 5:05PM	28	29 COL 7:05PM	30 COL 7:05PM	31 COL 7:05PM		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1 COL 7:05PM	2 COL 6:35PM
3 COL 5:05PM	4	5 NAS 7:35PM	6 NAS 7:35PM	7 NAS 7:35PM	8 NAS 7:35PM	9 NAS 7:35PM
10 NAS 7:05PM	11	12 NOR 7:05PM	13 NOR 7:05PM	14 NOR 7:05PM	15 NOR 7:05PM	16 NOR 6:35PM
17 NOR 5:05PM	18	19 WOR 6:45PM	20 WOR 6:45PM	21 WOR 6:45PM	22 WOR 6:45PM	23 WOR 4:05PM
24 WOR 1:05PM	25	26 ROC 7:05PM	27 ROC 7:05PM	28 ROC 7:05PM	29 ROC 7:05PM	30 ROC 6:35PM
31 ROC 6:35PM						

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		2 CLT 6:35PM	3 CLT 6:35PM	4 CLT 7:04PM	5 CLT 7:04PM	6 CLT 5:35PM
7 CLT TBD	8	9 MEM 7:05PM	10 MEM 7:05PM	11 MEM 7:05PM	12 MEM 7:05PM	13 MEM 6:35PM
14 MEM 2:05PM	15	16 NOR 6:35PM	17 NOR 6:35PM	18 NOR 12:05PM	19 NOR 6:35PM	20 NOR 6:35PM
21 NOR 1:05PM						

OPPONENTS

CLT — CHARLOTTE KNIGHTS (CWS)
COL — COLUMBUS CLIPPERS (CLE)
DUR — DURHAM BULLS (TB)
GWN — GWINNETT STRIPERS (ATL)
MEM — MEMPHIS REDBIRDS (STL)

NAS — NASHVILLE SOUNDS (MIL)
NOR — NORFOLK TIDES (BAL)
ROC — ROCHESTER RED WINGS (WAS)
SYR — SYRACUSE METS (NYM)
WOR — WORCESTER RED SOX (BOS)

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WHO DAT?

New Orleans Saints Preview By Michael Spiers



The New Orleans Saints head into the 2025 season hoping to turn the page after a rough 5-12 finish last year.

The “Who Dats” had their worst record since 2005, and their first time at the bottom of the NFC South since 2008.

With that in the rearview, the franchise is kicking off a new chapter under former Eagles offensive coordinator Kellen Moore, who takes over as head coach after Dennis Allen was let go midway through last season.

Moore steps into a situation full of question marks. The Saints actually started 2024 hot, going 2-0 while putting up over 40 points in both games, but things quickly unraveled with a seven-game skid.

Quarterback Derek Carr showed some progress in his second year but missed seven games with injuries and decided to retire this offseason.

Rookie Spencer Rattler didn’t do much to steady the ship, and the team turned around and spent a second-round pick on Tyler Shough, a talented but injury-prone QB out of Louisville who will have a shot to start Week 1.

Alvin Kamara is still the focal point on offense, but he’s heading into his ninth season and starting to show signs of wear, even if his efficiency ticked up slightly.

The Saints added rookie Devin Neal and veteran Clyde Edwards-Helaire to the backfield, though neither

seems like a long-term answer.

Chris Olave, who missed half the season with concussions, is still the go-to receiver. They added some veteran help with Brandin Cooks and Donovan Peoples-Jones, and tight ends Juwan Johnson and Foster Moreau are back to give the passing game some stability.

Taysom Hill, meanwhile, is recovering from a torn ACL and turns 35 this year, so it’s unclear how much more he can give in his trademark utility role.

The offensive line was a big problem last year. With Ryan Ramczyk now retired, first-round pick Kelvin Banks Jr. will have to step into a key role right away. Erik McCoy is back at center and still a bright spot, but the rest of the line is a patchwork with injury concerns and question marks. Former Charger Will Clapp moves to left guard, and Banks is going to be tested from the start.

Defensively, things can only improve. The Saints were 30th in total defense, and near the bottom against the run.

Cameron Jordan is clearly past his prime, and while Bryan Bresee (7.5 sacks) and Chase Young (5.5 sacks) had moments, the team still doesn’t have a true difference-maker off the edge. Demario Davis continues to

produce, but at 36, he can’t be counted on forever.

At linebacker, Pete Werner continues to be a steady presence and rookie Danny Stutsman brings size, but needs improvement in pass coverage.

The secondary took some serious hits with the exits of Marshon Lattimore and Paulson Adebo. Kool-Aid McKinstry, a promising pick from 2024, and Alontae Taylor are the likely starters at corner, but there’s not much depth behind them.

Safety help comes in the form of veterans Justin Reid and Terrell Burgess, plus rookie Jonas Sanker, who’s smart but not the most athletic.

The Saints have one of the weakest strengths of schedule for 2025, and they have new leadership in place, so maybe there’s a chance for some improvement.

Major questions remain, especially at QB, on the offensive line, and in the pass rush.

Kellen Moore’s first season feels more like a building year than a playoff push. At this point, New Orleans looks closer to competing for the No. 1 pick in the 2026 draft than challenging for the NFC South crown.

As much as it pains this Saints fan to say it, 5-12 may be the best New Orleans can hope for.





TITAN-ING UP

Tennessee Titans Preview By Colin Lacy



Heading into the 2025 season, there may be more buzz around the Tennessee Titans than there has been since Steve McNair was calling shots.

Second year Head Coach Brian Callahan led the Titans last season to a 3-14 record after the Mike Vrabel tenure ended in Nashville following the 2023 season.

There has been a ton of turnover in players, coaches, front office, and virtually every aspect of the team since the three straight playoff seasons from 2019-2021 under Vrabel and quarterback Ryan Tannehill.

The biggest addition to the Titans heading into the 2025 season is the man who heard his name called first in this year's NFL Draft.

Cam Ward was selected first overall by the Titans in the 2025 NFL Draft and ever since the expectations have only been exceeded.

Everyone saw what Cam Ward can do on the field in his final collegiate season for the Miami Hurricanes and through all of the pre-draft workouts, but the biggest news coming out of the Titan's OTAs have been the dedication, work ethic, and leadership that Ward has already built in Nashville and inside the building.

One of the first illustrations of this is at the press conference after signing his rookie contract, Titans (formerly Oilers) Hall of Famer Warren Moon spoke with a glowing endorsement by allowing Ward to wear his number "1" that had been retired by the franchise since 2006.

"I have a lot of respect for this young man right here," said Moon who started his pro career in the CFL with the Edmonton Eskimos. "A lot of our journey is similar as far as all the things he was told throughout the journey about not being good enough, nobody wanted to give him that great opportunity. But he just kept fighting, kept working, kept showing leadership, perseverance, and here he is today, the No. 1 overall pick in the National Football League draft. So that's the reason why I wanted to be here to let him know how proud of him I am. As far as the number and everything is concerned. I wore the number 1 for a lot of various reasons, and I wore it for a long time, starting back to 1976 when I was in college. I think I wore it very honorably for the Houston Oilers organization to the point to where I created a Hall of Fame career for myself. Now, I'm part of the Tennessee Titans family. My Houston Oilers jersey will probably never be worn again, I hope it won't. But the Tennessee Titans jersey is going to be worn by Cam, and Cam will be starting a new freshness in this organization to kind of revitalize it and get it back to where it was a number of years ago, one of the more successful organizations in the league. So, I am excited to see what he is going to do

with his legacy wearing this number, and I am proud of the things I did to establish my legacy with the time I wore that number."

All of the hype that has followed Cam Ward has created a buzz around the team, but does that translate to wins? Only time will tell.

Another key part of the equation that failed the Titans last year was the offensive line. Brian Callahan has been known as an O-Line guru in all his stops in football and has been a huge point of emphasis in the off-season.

The Titans not only brought in a couple of veterans to the mix but also are getting several linemen back from injury, especially Lloyd Cushenberry at center that was riddled with injuries last season.

In the shadows of the construction of the new stadium across the parking lot from Nissan Stadium, that will open in 2027, the Titans are trying to make an enormous step forward in 2025, and I truly believe that with Cam Ward and additions like veteran receiver Tyler Lockett and others, the Titans will be in playoff contention in year one of the rookie phenom and look to settle back as a force in the AFC South for years to come!



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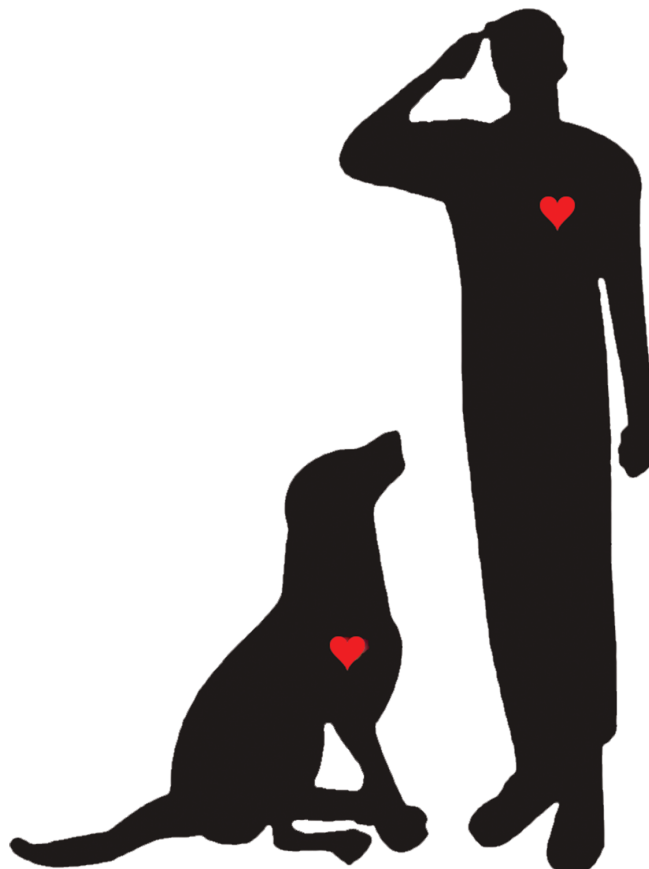


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