NCHSAA Athletes of the Year Named at Annual Meeting

RALEIGH—Megan Zullo of Farmville Central High School and Kendric Burney of Southwest Onslow High School have been named winners of the 2006 Athlete of the Year awards by the North Carolina High School Athletic Association (NCHSAA).

These are the top athletic awards given by the NCHSAA to honor the most outstanding male and female high school athletes in the state. They were presented at the Fletcher Opera Theatre in the Progress Energy Center for the Performing Arts during the NCHSAA’s Annual Meeting.

Both of the winners were nominated and selected by a special panel of media representatives from across the state. They were each presented with the Pat Best Memorial Trophy, named for the former Goldsboro High principal and president of the NCHSAA who died unexpectedly in 1988.

“We congratulate these fine student-athletes on their great achievements during their high school careers,” said Charlie Adams, executive director of the NCHSAA. “Both have tremendously impressive credentials along the lines of the previous outstanding winners of this award, and we certainly wish them the best in the future.”

Kendric is one of those three-sport rarities who excelled at football, basketball and baseball at Southwest, starting for four years in all three sports. In football, he was a three-time all-conference selection, was Most Valuable Player in the 2004 state championship 2-A game and then chosen for the Shrine Bowl this year. He started at quarterback and also played defensive back for the Stallions, who had a 53-6 varsity record during his career. He is also the school career interception leader with 24.

He led Southwest in scoring in basketball, pumping in 15.4 points per game, and was a three-time all-conference pick in that sport. Burney has also led the Southwest baseball team in hitting the last two seasons and is currently batting over .500 this spring with five homers and 15 RBI. He can couple that with a 6-1 pitching record and a sparking earned run average of 1.72.

Burney has signed to play football at the University of North Carolina and will also play baseball for the Tar Heels.

Zullo has also been a three-sport star at Farmville, in volleyball, basketball and track. She was Eastern Plains Conference Player of the Year in both volleyball and basketball this year and last spring participated on two regional championship track relay teams, one of which was second in the state. She earned all-conference honors in both volleyball and basketball four times each.

The Farmville star scored 2,326 points during her basketball career as Farmville posted a 102-14 slate in that sport during her four years. She averaged 21 points, six rebounds, eight assists and five steals a game as a senior and was MVP of the state 2-A championship game won by Farmville.

She will be furthering her career at North Carolina State University, where she has signed to play basketball.

This is the 21st year in which awards have been given to the top overall male and female athletes. Previous winners of the award include:

**NCHSAA ATHLETES OF THE YEAR**

**Winners of the Pat Best Memorial Trophy**

- **1985-86** Pam Doggett, Dudley
  - Patrick Lennon, Whiteville
- **1986-87** Andrea Stinson, North Mecklenburg
  - Robert Siler, Jordan-Matthews
- **1987-88** LeAnn Kennedy, Trinity
  - Chester McClockton, Whiteville
- **1988-89** Danyel Parker, Clinton
  - Ethan Albright, Grimsley
- **1989-90** Karen Davis, Forbush
  - David Inman, Terry Sanford
- **1990-91** Christy Cagle, Hayesville
  - Mike Kendall, Albemarle
- **1991-92** Wendy Palmer, Person
  - Rusty LaRue, Northwest Guilford
- **1992-93** Holly Hill, Southwestern Randolph
  - Tyrone Westmoreland, South Iredell
- **1993-94** Jamie Parsons, Millbrook
  - Brian Roseboro, T.Wingate Andrews
- **1994-95** Aedrin Murray, Chatham Central
  - Na Brown, Reidsville
- **1995-96** Shea Ralph, Terry Sanford
  - Titcus Pettigrew, West Forsyth
- **1996-97** Jackie Houston, Kings Mountain
  - Tyrell Godwin, East Bladen
- **1997-98** Clifeteana McRiver, East Duplin
  - Julius Peppers, Southern Nash
- **1998-99** Anna Tharrington, Southern Nash
  - Nick Maddox, A.L. Brown
- **1999-2000** Courtney Willis, Terry Sanford
  - Manny DeShauter, Brevard
- **2000-01** Molly Pyles, Hendersonville
  - Derrelle Mitchell, R.J. Reynolds
- **2001-02** Katrelle Armwood, Durham School of Arts
  - A.J. Davis, Northern Durham
- **2002-03** Anna Evans, Lumberton
  - Drew Williamson, Cummings
- **2003-04** Eva Baucom, Forest Hills
  - Jim Ollis, Polk County
- **2004-05** Jessie Sims, West Henderson
  - Terrell Hudgins, Rocky Mount
- **2004-05** Megan Zullo, Farmville Central
  - Kendric Burney, Southwest Onslow

Over 140,000 athletes compete in the NCHSAA’s 21-sport program.
First-Ever Clary Medal Winners Named For North Carolina High School Athletic Association

CHAPEL HILL—Nicole Harris of North Wilkes High School and Bradley Hardee of South Caldwell High School have been named the recipients of the first-ever Clary Medals awarded by the North Carolina High School Athletic Association.

The two outstanding student-athletes were recognized at the NCHSAA’s Annual Meeting at the Progress Energy Center for the Performing Arts in Raleigh.

The Clary Medal is made possible through the generosity of the Eddie and Jo Allison Smith Family Foundation through the NCHSAA Endowment. It will annually recognize an outstanding male and female student-athlete who will each receive a $1,000 scholarship to further his or her education at the college level.

To be eligible for the award, a student must be a senior at an NCHSAA member school, participate on at least two athletic teams, maintain at least a 3.2 cumulative grade point average on a 4.0 scale, and demonstrate excellence in athletic participation, extra-curricular activities and community service.

Hardee is a straight-A student who is ranked in the top ten of his class. He has participated in football, basketball, baseball and wrestling during his varsity career. A two-time football captain, he has earned 10 varsity letters and earned all-Northwestern Conference honors three times in football and twice so far in baseball.

In addition to his athletic and academic achievements, he has traveled with members of his church on foreign mission trips and has worked with Habitat for Humanity and South Caldwell Christian Ministries. He is a member of the Fellowship of Christian Athletes and has served as president of his school’s student council.

Harris has been a three-sport athlete at North Wilkes, running cross-country as well as playing basketball and softball. She has previously achieved all-Wilkes County recognition in softball.

An honor roll student, Nicole is also a member of the Latin Club, Future Farmers of America and a leader on the PATH (Peer Athlete Team Helpers) team, which mentors younger student-athletes, in addition to holding down a couple of part-time jobs.

The award is in memory of Wilburn Columbus Clary, a member of the NCHSAA Hall of Fame who was an outstanding coach and game official. He served as the executive secretary of the old Western North Carolina High School Activities Association from 1948 through 1977, when its schools joined the NCHSAA.

Clary was also the first collegiate football official to be inducted into the National Football Foundation and College Hall of Fame.

“Both Brad and Nicole are exemplary citizens and student-athletes,” said Charlie Adams, executive director of the NCHSAA. “They are outstanding selections for the first Clary Medals, which we believe is fast becoming one of the top awards the NCHSAA can present to a student.”

Great Friend Of NCHSAA Retires From East Carolina

GREENVILLE—A great friend of the North Carolina High School Athletic Association is retiring.

Dr. Jimmie Grimsley of East Carolina University is retiring after 39 years of service to ECU. He graduated from East Carolina in 1966, received a masters’ there in 1967, and has been there continuously except for a year in residence at the University of Georgia to complete his doctorate.

Grimsley, who was born in Wilson and was the youngest of eight children, coached tennis and soccer at ECU among his many roles, which also included the official clock operator at ECU football and men’s and women’s basketball games. He has been director of graduate studies at ECU in addition to his teaching duties.

He has been very involved with the NCHSAA, including working with the highly successful Eastern Regional basketball tournament there. Jimmie has previously been honored by the Association's Student Services program and an annual baseball tournament in Greenville, the Jimmie Grimsley Hot Stove Baseball Tournament, honors him.

Dr. Grimsley is quoted as saying something that relates perfectly to the work of the NCHSAA member schools as well: “Students are the main reason we are all here. My motto is 'never underestimate the power of a kind word or deed. We never know when something of a simple nature might have a life-changing effect on a student'. It happens every day!”

Vann Pennell, principal at South Brunswick High School and vice-president of the NCHSAA who had been a student of Dr. Grimsley's, was among the speakers for the occasion.
Carolyn Rogers, Hal Capps Win Toby Webb Award
For North Carolina High School Athletic Association

CHAPEL HILL—Carolyn Rogers of Perquimans High School and Hal Capps of Western Alamance High School are the recipients of the first-ever Toby Webb Coach of the Year Award given by the North Carolina High School Athletic Association.

The two outstanding coaches were honored at the NCHSAA’s Annual Meeting at the Progress Energy Center for the Performing Arts in Raleigh.

The Webb Award is made possible through the generosity of gifts from individuals and companies through the NCHSAA Endowment and will annually recognize an outstanding male and female coach. To be eligible for the award, a coach must be nominated by school personnel at the NCHSAA member school where he or she coaches, to have coached for a minimum of 10 years, and have made major contributions to the success of high school athletics at the school, in the community and beyond.

Rogers has been at Perquimans for 35 years and has coached for 25, including 19 as a head coach in various sports. Her primary sport has been volleyball, which she has coached 16 seasons and had earned nine conference championships.

She has been a strong supporter of the NCHSAA’s Student Services programs, participating in the Student Athletes Summer Institutes (SASI) as well as Coach-Captain Retreats. For many years at Perquimans she has served as the advisor to student groups Students Against Destructive Decisions (SADD) and Students Using Responsible Guidelines to teach drug Education (SURGE). She is also a charter member of the Perquimans High School Hall of Fame.

Capps has been coaching for 22 years, including 14 as a head coach at Western, twice as long as any other grid coach in the 44-year history of the school. He is best known for building Western’s outstanding football program, with two trips to state championship games and five visits to regional finals. He served on the North Carolina Shrine Bowl coaching staff in 2001 and will be the head coach of the West team in the North Carolina Coaches Association East-West all-star game this summer. He has also coached track, golf and lacrosse.

He is the school’s Fellowship of Christian Athletes advisor and a regular speaker at area churches. Capps also heads the Western Alamance STARS program, which puts him in contact with elementary and middle school students.

The award is in honor of Toby Webb, a member of the NCHSAA Hall of Fame who was an outstanding coach as well as a principal and superintendent. He helped turn Albemarle into a football power and posted a brilliant 103-18-6 mark as a head coach there.

Northwood Baseball Coach Honored At Special Ceremony

PITTSBORO—Veteran head baseball coach Ron Horton of Northwood High School was recognized at the final regular-season game of the 2006 season for his Chargers.

Horton, who is in his 34th year of coach of the Chargers baseball program, was honored with the Northwood baseball field being named in his honor.

The coach has built the facility into one of the finest one in the region and won in which the community takes a lot of pride. The masonry class at Northwood built the dugouts with donated bricks and lights have been erected as well.

Horton has won close to 400 games during his tenure at Northwood.
NCHSAA Board of Directors Makes Some Changes During Spring Meeting

RALEIGH—The North Carolina High School Athletic Association Board of Directors held its semiannual board meeting at the Sheraton Raleigh Hotel earlier this week, and there were a number of agenda items that were discussed.

As is customary, the first day of the Board meeting was devoted almost all day to committee work, during which the Board divided into those groups. The committees include policy and student services, sports, review and officiating, and finance and personnel. Then the second day of the meeting includes action items when the Board convenes and takes action on committee recommendations.

Here are some of the highlights of the Board meeting:

- placed the following schools which had applied and been accepted into membership and paid the appropriate fees into conferences for 2006-07: North Carolina School of Science and Math into Mid-State 1-A/2-A; Ardrey Kell into Southwestern 4-A; Holly Springs into Greater Neuse 4-A; Panther Creek into Tri-Seven 4-A; Jesse Carson into North Piedmont 3-A; Central Academy of Technology into Rocky River 1-A/2-A; Challenger of Catawba County will be independent; Winston-Salem Preparatory, currently an independent, will not be placed into a conference in this odd year of realignment since the conference in which it sought membership did not accept it

- as a response to a study of playoff formats and wild cards in the new realignment, basketball, volleyball, baseball and softball brackets will expand to a 64-team predetermined bracket, and soccer will go to 64 in the classifications where the numbers warrant filling the bracket. This will eliminate byes but have no effect on length of playoffs. In the expanded brackets, automatic berths will go to 50 percent of the conference members (drop the fraction for these purposes), plus one, and brackets will be completed with wild cards. Dual team wrestling and dual team tennis will use the new wild-card format and the 05-06 brackets

- wild cards will now be determined by order of finish in the conference (in a particular classification) and then winning percentage. A fifth-place team with a better winning percentage would not jump over a fourth place team in that same conference for wild card purposes.

- the three-whistle system for officiating which has been used in soccer will be eliminated and officiating will return to the diagonal system

- approved a change in yellow card tracking for players in soccer; maintain regular season tracking as is, but once brackets are released for playoffs, yellow cards are reset to zero. With three yellow cards in playoffs, a player is suspended for next game; five total yellow cards means player is out for remainder of playoffs

- approved change for seeding in football; if school finishes first in its part of a classification in a split conference, it is seeded as a number one and not actually where it finished overall in the conference

- an adjustment was made in football individual participation as a two-year experiment. An “eight-quarter” rule was approved with specific stipulations for extra player participation.

- in emergency or “lack of depth” situations, freshman and/or sophomore junior varsity football players will be allowed a maximum of eight quarters per season of “on the field” play as a varsity football player. This is an allowable exemption from the rule counting dressing for a game as participation in a varsity contest and will enable a junior varsity player to be available for emergency or lack of depth participation in the varsity contest. The intent of the rule is to give coaches some alternatives for junior varsity players to continue to gain valuable game experience at the junior varsity level and still be available as a backup player in the varsity game. Several conditions will have to be met and appropriate forms filled out if a coach elects to utilize this option.

- a change was made in preseason football workouts from a sports medicine committee recommendation: for the first three days of official practice, allowable equipment would now be shorts, T-shirts and helmets (no shoulder pads); next three days with shoulder pads added, then three days in full equipment with contact allowed

- volleyball will now have same scheduling limitations as baseball and softball, four matches may be played in a week on four separate days if the fourth is on a non-school day; schools may still play four in three days

- the Board noted its concern that ejections in just about every sport have increased for this year. Football is about the same (99 in 2004, 98 in 2005) but others are up, including men’s soccer (from 84 to 121), men’s basketball (from 21 to 32), women’s basketball (from 8 to 12), wrestling (from 29 to 37), baseball (from 12 to 21) and women’s soccer (from 3 to 10).

Former NCHSAA Athlete of Year Has Professional Number Retired

CHARLOTTE—A former North Carolina High School Athletic Association Athlete of the Year has had her number retired by a professional franchise.

Andrea Stinson has been honored by the Charlotte Sting of the Women’s National Basketball Associaton by being the first player in franchise history to have her number retired. Her jersey is in the rafters in the new Charlotte Bobcats arena, which is also home to the Sting.

Stinson was a star athlete at North Mecklenburg High School and was the second winner of the NCHSAA’s Athlete of the Year Award, back in 1986-87. She scored 2,128 points during her prep basketball career.

She went on to star at North Carolina State University, where she earned all-American honors, and then had an outstanding professional career.
Awards Given By Triangle Chapter For Football

DURHAM—Jerry McGee, executive director of the North Carolina Athletic Directors Association, has received a prestigious honor. McGee was named the Distinguished American Award by the Triangle Chapter of North Carolina of the National Football Foundation and College Hall of Fame.

The presentation was made at the chapter’s annual banquet, held this year on the campus of North Carolina Central University.

McGee had great experience as a football coach at both the high school and collegiate levels. A former football standout at Duke, McGee was head football coach and athletic director at Edenton Holmes from 1962 through ’65, where he coached a couple of unbeaten state championship teams. Then he enjoyed a stint at the collegiate level, coaching at Kansas State, Southern Illinois, East Carolina and Duke.

In 1976 he took over as head football coach and athletic director at Northeastern High School in Elizabeth City and wound up serving on the coaching staffs of both the Shrine Bowl and the North Carolina Coaches Association East-West all-star game. He was at Northeastern from 1976 through ‘81 and then served as the district athletic administrator for the Elizabeth

NCHSAA Standouts Earn Gatorade State Player of Year Honors

CHICAGO—Two North Carolina High School Athletic Association basketball players have been honored by Gatorade. Gatorade, in partnership with Scholastic Coach and Athletic Director magazine, names State Players of the Year in a variety of sports all 50 states and the District of Columbia.

William Graves of Dudley High in Greensboro is the North Carolina boys’ basketball player of the year while Jessica Breland of Bertie won the corresponding girls’ award.

Graves, who was the Most Valuable Player in the NCHSAA state 3-A basketball championship won by the Panthers, is a two-time all-state and three-time all-conference selection. The 6-6 swingman averaged around 25 points per game, 10.5 rebounds and 3.3 assists per outing.

He also is an excellent student with a 3.3 GPA and 1300 on the SAT. He will be attending the University of North Carolina in the fall.

Breland is a 6-3 senior who averaged 23 points, 10 rebounds and eight assists this season. She is a four-time all-conference and three-time conference player of the year who also plays volleyball and runs track.

She is a student with a 3.0 GPA who will also attend North Carolina in the fall.

Rashanda McCants of Asheville was the 2005 Gatorade Player of the Year among women in North Carolina while Dudley’s Kevin Swinton earned the male honor.

The Gatorade Player of the Year program recognizes one winner in each of the 50 states and District of Columbia in football, baseball, volleyball, softball and for both men and women in soccer, basketball and track and field. Each state winner, selected by a panel of sport-specific experts in conjunction with a national media advisory board, is chosen based on his or her outstanding accomplishments on and off the field of play. In addition to athletic performance, award criteria include the achievement in the classroom and overall character.

NCHSAA Preferred Vendor Offers Services To Schools

CHARLOTTE—One of the North Carolina High School Athletic Association’s preferred vendors has developed a new program for schools.

It’s becoming increasingly difficult for schools and other organizations to purchase, install and maintain much needed equipment for athletic departments and other community groups. Sports Image – NC will help to provide programs that will allow schools and other groups to acquire this equipment free of charge.

Sports Image is a sports marketing company with its corporate offices located in Franklin, OH. Sports Image is tailored towards assisting high schools and small colleges obtain equipment and revenue that they cannot otherwise afford. They are endorsed by several athletic and coaches’ associations and have helped over 500 high schools and colleges nationwide. You can view more information about their program at their website: www.sportsimageinc.com.

The new North Carolina regional office will be headquartered in Charlotte where Timothy L. Watley will serve as the regional district manager of North Carolina. “We plan to roll out this much needed program at the fastest rate possible in order to accommodate the strong need for this type of funding by our schools and other community organizations” said Watley.

Any school interested in the Sports Image programs should contact Watley at Sports Image – Corporate 1-888-207-9820, at Sports Image – NC 1-877-261-9284, or via email at tim@sportsimageinc.com

The company’s mission statement is “partnering businesses with schools and organizations across the country in an effort to provide equipment and revenue for their programs.”
DON'T FORGET THE WEB SITE! Check out the North Carolina High School Athletic Association’s site at www.nchsaa.unc.edu for all sorts of important information, including updated regional assignments and locations in several sports and the latest brackets.

Eight Coaches Earn Homer Thompson Sportsmanship Awards From NCHSAA

CHAPEL HILL—Eight “coaches who make a difference” by virtue of their exemplary sportsmanship were honored by the North Carolina High School Athletic Association at the NCHSAA’s Annual Meeting at the Progress Energy Center for the Performing Arts in Raleigh.

The coaches were selected for the Homer Thompson Memorial Eight Who Make a Difference award. The award is named in honor of the late Homer Thompson, the long-time Winston-Salem Parkland coach and member of the NCHSAA Hall of Fame.

“It is fitting that Homer Thompson’s name be affixed to an award about coaches who make a difference,” says NCHSAA executive director Charlie Adams, “for Homer certainly did make a difference in the lives of many and truly was an outstanding role model.”

The winners were chosen by a special committee based on nominations from the member schools. They received a plaque from NCHSAA assistant executive director Mark Dreisbich as part of the Association’s student services program.

Coaches receiving this honor for 2005-06 include the following:

East Bladen head women’s basketball and softball coach Patty Evers
Alexander Central head football coach and athletic director Tom Harper
Pasquotank head men’s basketball coach and athletic director Robert Woodley
Bishop McGuinness head women’s basketball and assistant softball coach Brian Robinson
South Stanly head softball, assistant football and assistant basketball coach David Poplin
Gastonia Ashbrook head wrestling, assistant football and women’s track coach Billy Eccles
Hendersonville head football coach B.J. Laughter
Davie County head men’s basketball coach Mike Absher

Each school had the opportunity to nominate one of its coaches for this award. “These coaches provide excellent role models with their positive approach,” says Adams.

GlaxoSmithKline, a long-time supporter of the NCHSAA, underwrites the recognition for high school coaches, along with the NCHSAA’s annual Sportsmanship Awards to member schools.

In Memoriam

This is information of which the NCHSAA has been made aware since the publication of the last Bulletin. We appreciate all those who share information with us for the benefit of our membership

Dr. Henry VanSant

FAYETTEVILLE—Long-time coach and administrator Dr. Henry VanSant, 70, died suddenly in mid-March.

A native of Hampton, Va., Vansant had been both a high school and college head football coach as well as an athletic administrator at East Carolina University.

During his career, he served as head coach at Scotland, Fayetteville Seventy-First and Greensboro Grimsley, compiling an overall mark of 39-24-2. At the collegiate level, he led the football programs at both Guilford College and Lenoir-Rhyne College. He also served as an assistant at James Madison University and for eight years was an assistant coach at East Carolina.

VanSant was a graduate of East Carolina, where he was a three-year football letterman, and earned his doctorate from the University of Alabama.


Gary Blackmon

FOUR OAKS—Gary Blackmon, a teacher and coach at South Johnston High School, died suddenly in late March.

Blackmon was the head softball coach at South Johnston and had been coaching that sport for 14 years. He was a graduate of the old Benson High School, which later was consolidated into South Johnston.
Durham High School Awards Displayed With Historic Picture

CHAPEL HILL—Some additional pieces of high school athletic history have been preserved at the North Carolina High School Athletic Association.

Durham High School, which has a great heritage in both athletics and academics, is well known in North Carolina prep circles for its remarkable 73-game men’s basketball winning streak from 1938-40. Many consider it to be the best basketball team ever in North Carolina, and a picture of that outstanding team has a prominent spot in the NCHSAA offices, part of the Association’s extensive memorabilia collection.

Durham High School had a rich heritage not only of athletics but scholarship,” said Hunt. “We know the importance of Durham High School athletics in the community and what it meant to us as players. In its heyday, Durham High was a great school and we took it upon ourselves to find some of the trophies that would go with this photo. We know that these awards will be in good hands here, and we’re proud to present it in memory of this team and the entire Durham High School program.”

Adams noted, “In order to have a bright future, we need to know where we’ve been. We wanted to be able to highlight and remember the past in high school athletics. Durham High School was the epitome of what a school should be, both academically and athletically, and this basketball team was arguably the finest high school team ever to play in our state. We appreciate this opportunity to display this award to honor the heritage and tradition at Durham as part of our collection.”

Former athletes at Durham, who played a variety of sports there, shared stories about their experiences and also toured the building to look at the complete display of artifacts.

That Durham basketball team included such notables as Horace “Bones” McKinney, Bob Gantt and the Loftis brothers. Gantt was a leading scorer who went on to be an all-American at Duke.

Former athletes at Durham High School gather in the Board room at the Simon F. Terrell Building in Chapel Hill to commemorate the placement of a plaque in the building honoring former NCHSAA executive director Simon Terrell as well as the loaning of some championship trophies for display. (NCHSAA photo by Karen DeHart)
RALEIGH—Coaches, administrators and media representatives were among those receiving awards at the North Carolina High School Athletic Association’s 2006 Annual Meeting.

The event was held at the Fletcher Opera Theatre at the Progress Energy Center for the Performing Arts and came the day after the spring meeting of the NCHSAA’s Board of Directors has concluded.

The Association annually presents these statewide awards in several different categories, all based on those “who have done the most for high school athletics” rather than a single accomplishment or having an outstanding win-loss record. All state winners are previous regional award winners, and the regional awards are actually voted on by school administrators and coaches in the respective regions.

The awards are named in memory or in honor of outstanding individuals in each category, three of whom are current members of the NCHSAA Hall of Fame. The state winners for 2006 include:

- **Doris Howard Female Coach of the Year:** Eva Patterson-Heath of Red Springs is one of the state’s veteran female coaches who has worked in a variety of sports. She has coached cross country and track, coaching both men’s and women’s teams in those sports, in addition to women’s basketball. She has earned over 400 career victories in basketball and also enjoyed a stint as athletic director at Red Springs.

- **Harvey Reid Male Coach of the Year:** Burton Cates of Eastern Randolph is one of North Carolina’s most successful football coaches. A graduate of Graham High School and Mars Hill College, Cates has made Eastern Randolph a perennial football power and has won over 200 games during his career as a head football coach. He also serves as Eastern Randolph’s athletic director.

- **Dave Harris Athletic Director of the Year:** Vicki Hamilton of the Charlotte-Mecklenburg schools is a member of the NCHSAA Board of Directors and active in the city-county athletic directors organization. She became the Charlotte-Mecklenburg athletic director in 1994, the first female in that position in the state. She has been a teacher and coach at both the high school and collegiate levels and joined the Charlotte-Mecklenburg schools as a principal back in 1977.

- **Bob Deaton Principal of the Year:** Jimmy Tillman of Wilson Fike has had an outstanding career in education. A graduate of UNC-Wilmington, Tillman earned his master’s at East Carolina and was a successful teacher and coach at Rosewood, Lucama, Beddingfield and Southwest Edgecombe. He coached in both the Shrine Bowl and East-West games. He also officiated high school basketball and softball for almost 20 years and worked a state softball championship. He has been principal at Fike since 1998 and active with the NCHSAA.

- **Bob McRae Superintendent of the Year:** Ed Sadler of the Gaston County schools has a tremendous background in both athletics and school administration in a career of over 35 years in education. He is a graduate of North Caroline Central, earned his masters’ degree at UNC Charlotte and doctorate at UNC-Chapel Hill. He served for over a decade as the superintendent of the Gaston County schools and was president of the NCHSAA during the 2003-04 academic year.

- **Tim Stevens Media Representative of the Year:** Dan Biser, sports editor of the Whiteville News Reporter, has done an terrific job covering high school athletic, making that a point of emphasis for his paper. A native of Beaumont, Texas, Biser is a graduate of North Texas State and resides in Hallsboro. He has spent over 20 years with the Whiteville paper and has also worked for the Tampa Tribune and for three years was prep editor of the Wilmington Star News. He has earned several North Carolina Press Association awards for writing.

- **Elton Hawley Athletic Trainer of the Year:** Mary Broos, a Thomasville native and East Carolina graduate, has been one of the leaders in sports medicine in North Carolina. She has been head trainer at Guilford College for its intercollegiate athletic program since 1978 and was the first women inducted into the North Carolina Athletic Trainers Association Hall of Fame. She worked on the training staff of the 1984 Summer Olympics. Broos also served 12 years on the Davidson County Board of Education, including four as chairperson.

In terms of background of the award’s names, here are some highlights:

- **Doris Howard** of Fayetteville was one of the state’s most successful female coaches during a 41-year career at Hope Mills, Central and Cape Fear High Schools, winning 533 games in basketball, and is in the NCHSAA Hall of Fame.

- **Harvey Reid,** also an NCHSAA Hall of Famer, is the state’s all-time winningest basketball coach with over 800 victories, most of which came at Wilson Fike.

- **Dave Harris** was the athletic director of the Charlotte-Mecklenburg schools from 1967 to ’91 after an excellent football coaching career, primarily at Harding. He was a charter member of the NCHSAA Hall of Fame.

- **Bob Deaton** was one of the state’s outstanding high school principals during a long career in education, primarily at Winston-Salem R.J. Reynolds, and was president of the NCHSAA in 1977-78.

- **Bob McRae** is the former superintendent in Randolph County after a long career at Kings Mountain and was president of the NCHSAA in 1997-98. He has served as chair of the Realignment Committee as well as in other NCHSAA capacities.

- **Tim Stevens** is the long time prep sports editor at the Raleigh News and Observer and has been recognized nationally for his work covering high school athletics.

- **Elton Hawley** is a native of Dunn who for many years was the athletic training coordinator for the Charlotte-Mecklenburg schools. He was the initial inductee into the North Carolina Athletic Trainer Association Hall of Fame.
Planned Giving—A Powerful Tool

By KAREN DEHART
NCHSAA Director of Development

High school athletics have touched us all in a positive manner, as evidenced by the commitment we feel and the time and efforts expended to provide young men and women with opportunities to grow through sport and learn life skills that extend beyond their respective high school sports careers. Through an effortless and generous act, North Carolinians can help support these vital activities and the young adults who participate in them.

Through the North Carolina High School Athletic Association Endowment Fund, tax-deductible contributions will provide the Association the opportunity to help young men and women long after many of us have left the scene. Several ways of giving are in place now while a planned giving program is currently being created and will soon be implemented.

Giving opportunities that currently exist include:

• Cash gift—This gift may be designated ‘In Honor’ of ‘In Memory’ of a special person in your life.
• Pledge—You may pledge an amount to be paid over the course of three to five years. NCHSAA staff will remind you when pledges are due and you decide when you would like to make your annual gifts (i.e. annually, semi-annually, quarterly, monthly).
• Stock—You may transfer stocks to the NCHSAA through a special account set-up for this purpose.

Upon the start of the 2006-07 school year, a planned giving program will be available. The North Carolina High School Athletic Association, working in concert with Wachovia Securities, will offer the following planned giving options:

• Charitable Remainder Trust: Assets are donated to and held in trust; upon donors passing, NCHSAA Endowment Fund receives assets.
• Charitable Lead Trust: Income goes to NCHSAA Endowment Fund and upon donor’s passing, assets return to donor’s family or other designated beneficiary.

• Pooled Income Funds: Allows donor to receive tax benefits from the donation.

No matter what method you decide best fits your philanthropic goals, the North Carolina High School Athletic Association staff and Board of Directors greatly appreciate your support and investment in promoting high school athletics. The life lessons taught through healthy, safe, and fair athletic programs positively impact the lives of our youth and assist in their overall educational development.

Questions: Contact Karen M. DeHart, Director of Development at 919-962-0293 or via email at kmdehart@email.unc.edu. Your investment makes a difference and will do so into perpetuity.

State Athletic Directors Meet At Asheville For 35th Annual Conference

ASHEVILLE-The North Carolina Athletic Directors Association concluded a very successful state conference in late March at the famous Grove Park Inn.

A record number of athletic directors attended the 35th annual event organized by the NCADA. More than 400 people were in attendance, including 285 athletic directors, up from last year’s 214.

One of the highlights, as always, was the induction of the newest members of the NCADA Hall of Fame. They included Cheryl Brewer, Mac Morris and Phil Weaver.

Vicki Hamilton of the Charlotte-Mecklenburg schools was named the 2006-07 Athletic Director of the Year and also earned the National Interscholastic Athletic Administrators Association (NIAAA) State Award of Merit.

Dave Rothwell of the Statesville-Iredell school system received the President’s Award, and BraveHeart Awards were presented to Mike Manis of Avery County, Lyndon Brown of Cape Fear, and Mick Stoker of Seventy-First. Elton Hawley, long-time advocate of sports medicine and a certified athletic trainer from Charlotte, was named the winner of the NCADA Distinguished Service Award.

A Lifetime Achievement Award was presented to Chuck Carter, executive director of the North Carolina Independent Schools Association.

Three people were nominated from North Carolina for national awards. They included Roy Turner of Southeast Guilford for a National Federation Citation, Rusty Lee of Greensboro Page for an NIAAA Distinguished Service Award, and former NCHSAA staff member Kaye Koenig for an NIAAA Distinguished Service award out of field.

The athletic directors heard from a variety of outstanding speakers during the course of the conference.

One of the major sessions at the conference is always an update from the North Carolina High School Athletic Association, and deputy executive director Que Tucker and executive director Charlie Adams provided that information. Assistant executive director Mark Dreipelbis did a session about steroid use.

State Award Winners Display Hardware

NCHSAA photo by John Bell
NCHSAA Coach-Captain Retreat Attracts Students From Across State

RESEARCH TRIANGLE PARK—The North Carolina High School Athletic Association held its spring 2006 Coach-Captain Retreat in March, the 23rd in a series of successful events.

The event, part of the Association’s Student Services program, was held at the Radisson Governors Inn and attracted students from all over North Carolina.

Retreat teams include student-athletes who will be captains or leaders of their athletic squads in the coming year, a coach from the school and a parent representative. They are designed to promote the concept of “teamwork.” Issues such as leadership development, alcohol, tobacco and other drugs, violence prevention strategies and academic success are addressed at these retreats, the first of which was held in the spring of ’95.

The retreats are designed to help student-athletes define leadership qualities, identify key issues that affect them, learn to communicate effectively with other students and adults about these issues, and then to understand what captains can do to use their influence to prevent problems and promote healthy lifestyles.

Coach-Captain retreats are organized and administered by NCHSAA assistant executive director Mark Dreidelbis and student services assistant Chiquana Dancy.

“Student Services is the ‘value-added’ division of the NCHSAA,” said Dreidelbis. “The Coach/Captain Retreat emphasizes the responsibility of student-athletes to take their leadership skills and implement programs promoting positive life skills and total development through athletics to both their school and community. Having the opportunity to develop these initiatives and assist in their implementation is what Student Services is all about. Our programs do make a difference and create winners for life.”

Facilitators included the following NCHSAA Student Services Trainers: Mike Brown, retired athletic director from the New Hanover County schools and president of B&M Associates; P.J. Taylor, former coach at Williamson High and safe and drug free schools coordinator for the Martin County Schools; Patrick Gunn, a former teacher and coach at Topsail High School; Teresa Coleman, athletic director and coach at West Bladen; Faye Corbin, a teacher and coach at Hope Mills South View; and Susan Cox, athletic director at Perquimans High School.

Teams always conclude their retreat experience by developing an action plan, something that can be taken back and executed in their local school. Among the components of the action plan are bulletin boards in the school, public service announcements for the school intercom, a community service project, a newsletter for student-athletes and other school/community ideas generated by the team itself.

In addition to the staff, there were 137 participants in the retreat, with a total of 94 student-athletes and 43 adults attending. The adult total included 26 coaches, representing a total of 20 different schools, and 17 parents of athletes.

Teams at the retreat represented the following schools:


Several Changes Made In National Wrestling Rules

INDIANAPOLIS—A change in the overtime procedure and an increase of 10 pounds in the 275-pound weight class are among the revisions in high school wrestling rules for the 2006-07 season.

A total of 14 rules revisions were approved by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee at its March meeting in Indianapolis. The rules changes were subsequently approved by the NFHS Board of Directors.

After successful experimentation in several states last year, a potential of one additional minute was added to the overtime period. Beginning next season, if no score occurs in the sudden-victory period, the 30-second tiebreakers will take place. Scoring in these two tiebreakers will be conducted as in a regular match. If the score remains tied at the conclusion of the two tiebreakers, one additional 30-second period will be conducted, with the first person scoring declared the winner. If no points are scored, the offensive wrestler wins the match.

Previously, only one 30-second tiebreaker was conducted after the one-minute overtime period. The new rule provides for one additional 30-second tiebreaker and another 30-second period if the score remains tied after the tiebreakers.

For the first time since 1987, the limit on the heavyweight class was increased from 275 to 285 pounds. Jerry Diehl, assistant director of the NFHS and rules committee liaison, said student-athletes are bigger than they were when the limit of 275 pounds was established 19 years ago. He said the committee made the change to encourage additional high school athletes to compete in wrestling.

In other rules revisions, the committee altered Rule 6-6 regarding the correction of errors. Beginning next season, any other than bad time and positioning) must be corrected prior to the start of the next period. For the correction to be made during the last period, it must be corrected prior to the wrestler/coach leaving the mat area. Previously, changes could be made after the match or within 30 minutes of the completion of a dual meet.

The definition of when a match begins was revised in Rule 5-18-2. Beginning next season, a match (in dual matches) begins when the proper wrestler reports to the scorer’s table. Previously, by definition, a match started with the action of the first period. Diehl said the committee made this change to support the current interpretation of penalizing a wrestler who reports to compete and is improperly equipped.

A total of 14 rules revisions will take effect next season, along with the landmark weight-management guidelines approved last year by the committee for implementation in 2006-07.
Scholar-Athlete Winners Named By North Carolina High School Athletic Association

CHAPEL HILL—Over 13,000 individual awards have been given by the North Carolina High School Athletic Association to student-athletes for their achievements in the classroom as well as on the playing court or athletic field.

The NCHSAA made the awards in its Scholar-Athlete program, which includes recognition of varsity teams which attain certain grades as well as individual athletes.

Individual Scholar-Athletes attained at least a 3.5 grade point average for the semester in which he or she competed. The award is based on first semester grades for fall and winter sports and second semester grades for spring sports, and the school submits the nomination form verifying the grade point average on behalf of the athlete or team.

For the fall semester of 2005, a total of 7,021 student-athletes were nominated by NCHSAA member schools and qualified for this award.

In the team division, a varsity team earns Scholar-Athlete recognition by attaining a 3.1 aggregate GPA on a straight 4.0 scale for that designated semester. The school receives a certificate from the NCHSAA honoring the accomplishment and each member of the squad receives a certificate. A total of 459 varsity teams and 6,708 individual athletes from across the state achieved this distinction.

A minimum of five individuals is necessary to constitute a team, and all team members must be included in figuring the team GPA. The team achieving the highest grade point average in the state in its particular sport and submitting its application by the appropriate deadline receives a plaque commemorating that achievement.

Greensboro Page captured top honors in four different sports while South Rowan and Ashe County each had two teams to earn a state award.

“We are very proud of the achievements of the students involved in our Scholar-Athlete program,” said Charlie Adams, executive director of the NCHSAA. “We think this is definite proof that we have a tremendous number of athletes that are playing sports and also succeeding in the classroom.”

NCHSAA SCHOLAR-ATHLETE TEAM AWARD WINNERS
Fall and Winter Sports (Fall Semester 2005)

Alexander Central Football 3.260
Burns Volleyball 3.950
South Point Men’s Cross Country 3.888
Page Women’s Cross Country 3.958
Page Women’s Golf 3.887
Page Women’s Tennis 3.882
Union Pines Men’s Soccer 3.617
South Rowan Wrestling 3.406
South Rowan Women’s Basketball 3.680
North Rowan Women’s Swimming 3.813
A.L.Brown Men’s Swimming 3.708
Ashe County Cheerleading 3.650
Ashe County Men’s Basketball 3.540
White Oak Women’s Indoor Track 3.675
West Forsyth Men’s Indoor Track 3.574

NCHSAA Hall of Fame

The newest members of the North Carolina High School Athletic Association Hall of Fame were officially inducted into the Hall during the ceremonies on the Friday Center. The inductees include, from left, Tim Brayboy, Mike Raybon, Mrs. Thomas McQuaid representing her late husband, Jim Burch and Dick Knox.
**Mayo Sets Records For Women; Dead Heat In Men’s Standings**

CHAPEL HILL—Gabby Mayo of Southeast Raleigh set three new state records in three events to power her school to top honors in the women’s competition at the Eddie Smith Field House on the campus of the University of North Carolina in the 20th annual North Carolina High School Athletic Association state indoor track and field championships.

Mayo was named the Most Valuable Performer in the women’s championship as she set new marks in the 55, the 55 hurdles and the 300. Her performance led a dominant Southeast Raleigh team to 97 points, 34 ahead of defending champion Charlotte Harding University with 63. Apex was back in third at 29, followed by Durham Jordan with 28 and Raleigh Athens Drive with 22.

Karjuan Williams of New Bern had a huge night to lift his Bears into a dead heat with Winston-Salem R. J. Reynolds to share the team title. Williams, the men’s MVP, won both the 300 and the 500 and ran on a pair of state relay champions in the 1600 and 3200 relays.

New Bern and R.J. Reynolds each had 50 points, with Asheville T.C. Roberson in third with 31. Garner was fourth with 30 and Raleigh Sanderson fifth with 22.

Roberson’s Josh Morgan was a double winner, taking top honors in both the 1000 and the 1600.

**Southeast Guilford’s Godsoe Dominates, But Catholic Sweeps 3-A Team Titles**

RALEIGH—Eugene Godsoe of Southeast Guilford continued domination of his events in the North Carolina High School Athletic Association state 3-A swimming and diving championships at the Willis Casey Aquatic Center on the campus of N.C. State University.

Godsoe was named the Most Valuable Performer of the meet as he broke both of his own NCHSAA state 3-A records in the 100 butterfly and the 100 backstroke in winning both of those events for the fourth consecutive year.

His individual effort wasn’t enough, however, to offset the depth of the Charlotte Catholic teams, who swept to victory in both men’s and women’s competition.

Catholic earned the men’s crown with 234 points, ahead of Southwest Guilford’s 177.5 in second place. Kings Mountain was third with 145, followed by Northwest Cabarrus with 129 and Hickory St. Stephens with 127.

In the women’s competition, Catholic had won the last four 1-A/2-A championships, but easily retained its title despite moving up to 3-A in the new realignment.

Catholic scored 335 points in the women’s meet to 168 for runner-up St. Stephens. Asheville T.C. Roberson was third with 155, with Mooresville fourth (127) and R-S Central fifth (118).

Margaret Bardin of Burlington Williams was the women’s MVP, setting a new 3-A mark in the 50 free and earning All-American consideration in both the 50 and 100.

**Records Fall In State 4-A Swimming And Diving Championships**

CHAPEL HILL—Records fell by the bunches on in the North Carolina High School Athletic Association state 4-A swimming and diving championships at the Casey Aquatic Center on the North Carolina State University campus.

The depth by the Charlotte Providence women and the Raleigh Enloe men proved to be too much for the competition to overcome as they each captured team titles.

It was Enloe’s eighth consecutive NCHSAA state 4-A men’s team title while the Providence women won their third straight state championship and eighth in the last nine years.

Raleigh Enloe rolled up 344 points en route to victory, with South Mecklenburg in second with 231. Chapel Hill was third with 200.5 points, followed by Cary at 176.5 and East Chapel Hill with 160.

In women’s competition, Providence scored 271 points to 237 for runner-up Chapel Hill. Raleigh Enloe was third with 210, while Raleigh Leesville Road fourth was at 177 and South Mecklenburg fifth at 152.

A number of state records were shattered in the meet, with more than half the events seeing new marks. South Mecklenburg’s Ricky Berens was among the top performers by setting new standards in both the 200 individual medley and the 100 butterfly. His time of 47.33 seconds broke his own state record of 48.13 established last year and was just two-tenths of a second off the national high school record.

Raleigh Enloe’s Charlie Houchin set new records in both the
Beats Shelby 68-65 In 2-A
Cummings Wins 5th Crown, North Stokes For 1-A Crown

Smith was the MVP of the women’s meet.
by over two seconds for the Raleigh Athens Drive swimmer.
2:01.08 in the 200 individual medley broke the existing record
women’s 50 free at 23.68 seconds, and Kirsten Smith’s time of
Fox, who was later an Olympian.

Kaleigh Gomes of Providence won the 100 free in state-record
time and also swam a leg on the victorious 200 free relay four-
some, which set a new state record.
The diving was held on Friday night, and in men’s competi-
tion freshman Nick McCroy of East Chapel Hill was the winner
with an all-time record score of 601.90, almost 100 points
ahead of the previous mark.

Wallace-Rose Hill Downs North Stokes For 1-A Crown

CHAPEL HILL—Michael Evans came off the bench to pour in
23 points, including hitting five of seven from three-point
range, to lead Wallace-Rose Hill to a 78-58 triumph over North
Stokes for the North Carolina High School Athletic Association
state 1-A men’s basketball championship at the Smith Center.

Evans was named the Wendy’s Most Valuable Player for his
efforts.
Wallace-Rose Hill improved its record to 28-2 and won its
first hoop title since 1998, when it captured the 2-A crown.
North Stokes finished 29-3.

Wallace led 40-38 at the half and then outscored the Vikings
19-6 in the third quarter to take command. The Bulldogs
owned a commanding 50-28 edge on the boards and forced 26
North Stokes turnovers. In addition, Wallace-Rose Hill did a
great job sharing the basketball, with 19 assists on 27 baskets.

Jalil Peterson scored 13 points while Corey Rhodie and Nate
Irving had 10 apiece for the winners. Seth Johnson had 16
points and Andrew Steele 12 for North.

Other post-game awards: Most Outstanding Players: Andrew
Steele, North Stokes; Corey Rhodie, Wallace-Rose Hill.

Cummings Wins 5th Crown, Beats Shelby 68-65 In 2-A

RALEIGH—Burlington Cummings won its fifth North
Carolina High School Athletic Association state men’s basketball
title since 1999 as the Cavaliers downed Shelby 68-65 in the
2-A title game at Reynolds Coliseum.

Dwight Jones was selected as the Wendy’s MVP with his 24-
point, 16-rebound effort for Cummings.
Cummings led 40-31 at halftime but Shelby rallied to
forge a 48-46 lead at the end of three quarters. A lay-up by
Jones with 2:24 left to play finally put the Cavaliers ahead to
stay.
Omar Green had 15 points and Quentin Stewart scored 10
for the Cavs, who ended their season at 29-1 overall. Shelby
was paced by Darryl Montgomery’s 23 points while Ed Gullatte
added 18.

The Golden Lions ended the campaign with a 25-3 record but
hurt themselves by only hitting eight of 18 foul shots.

Other post-game awards: Most Outstanding Players: Omar
Green, Cummings; Ed Gullatte, Shelby.

Dudley Defeats Concord In 3-A Championship Battle

CHAPEL HILL—North Carolina-bound recruit William Graves
poured in 28 points and grabbed eight rebounds to lead
Greensboro Dudley to a 79-75 victory over Concord in the
North Carolina High School Athletic Association state 3-A
men’s basketball championship at the Smith Center.
Graves, who also grabbed eight rebounds, had two steals and
blocked a shot, was selected as the Wendy’s MVP.

Dudley never trailed in the game but could never put away
the pesky Spiders. The Panthers won their third NCHSAA bas-
ketball crown in their fifth title appearance since 1996 and fin-
ished their season 27-4, while Concord wound up 25-6.

Rashawn Polk added 22 points and pulled down 10 rebounds
for the Panthers while Robert Johnson scored 14. Concord had
four players in double figures, led by Danny Nieman’s 21 and
Lance Lewis with 17 points and eight boards.

Other post-game awards: Most Outstanding Players: Danny
Nieman, Concord; Rashawn Polk, Dudley.

Wakefield Nips North Meck At Final Seconds In 4-A Thriller

RALEIGH—Scott Brooks scored on a lay-up with 7.2 seconds
to go and Raleigh Wakefield held on to nip defending champion
North Mecklenburg 45-43 before a large crowd at Reynolds
Coliseum for the North Carolina High School Athletic Association
state 4-A men’s basketball crown.

Wakefield won for the 27th time in 31 games and captured its
second NCHSAA title in the last three years.
Darius Johnson-Odom scored 16 points for the Wolverines
and was selected as the Wendy’s Most Valuable Player for the
championship.
The game was tied five times and no more than four points
ever separated the two clubs.
Wake Forest-bound Jamie Skeen led the Vikings (23-7 over-
all) with 20 points and nine rebounds.
Wakefield senior center Darren Allen blocked a North Meck
shot in the final seconds to preserve the victory.

Other post-game awards: Most Outstanding Players: Darius
Johnson-Odom, Wakefield; Jamie Skeen, North Mecklenburg.

Bishop McGuinness Beats Southeast Halifax 54-31

CHAPEL HILL—Both teams had very difficult shooting days
but Bishop McGuinness of Kernersville went on to defeat
Southeast Halifax 54-31 in a battle of unbeaten for the North
Carolina High School Athletic Association’s state 1-A women’s
basketball crown at the Smith Center.
Bishop McGuinness finished the season with a 31-0 mark while Southeast, in its first title appearance ever, wound up 23-1.

Katheryn Lyons of Bishop McGuinness, who has verbally committed to play at Maryland, was named the Wendy's MVP with 17 points, eight rebounds, three assists, three steals and a couple of blocked shots.

Both teams had a horrible first half shooting, making less than 15 percent of their field goal attempts each, but Bishop outscored Southeast 19-9 in the third quarter to take command.

Sarah Foroudi added 17 points for the victorious Villains while Candice Harrison led Southeast with 17 points and April Whitaker pulled down 18 rebounds.

Southeast wound up shooting just 17.2 percent from the floor for the contest.

Other post-game awards: Most Outstanding Players: Candice Harrison, Southeast Halifax; Maggie Ronan, Bishop McGuinness.

Farmville Central Nips Salisbury In Overtime

RALEIGH—The Zullo twins did the primary damage as Farmville Central edged Salisbury in overtime 56-55 for the North Carolina High School Athletic Association state 2-A women's basketball championship at Reynolds Coliseum.

Kimberly Zullo led Farmville with 20 points, including six three-pointers, which tied an NCHSAA women's final record. Megan, who was selected as the Wendy's MVP, had 17 points, five rebounds, a whopping 12 assists and three steals.

Crystal Smith's lay-up off a Megan Zullo pass at the buzzer lifted the Lady Jaguars (24-3) to their first women's hoop title. Salisbury ended the season at 27-3.

The Lady Hornets got 21 points from Ashley Watkins and Saybah Sammy scored 13 and pulled down a whopping 19 rebounds.

Salisbury had the biggest lead at seven, 36-29, entering the fourth quarter, but stormed back to take the lead. A pair of foul shots by Stephony Newkirk of Farmville with four seconds left in regulation tied the score and sent it into OT.

Other post-game awards: Most Outstanding Players: Ashley Watkins, Salisbury; Kimberly Zullo, Farmville Central.

Beddingfield Stays Unbeaten With Victory Over Fred T. Foard

CHAPEL HILL—Beddingfield completed a perfect 30-0 season by winning the North Carolina High School Athletic Association state 3-A women's basketball championship with a 64-53 victory over Fred T. Foard of Catawba County at the Smith Center.

Jacobia Lucas hit 10 of 14 field-goal attempts and scored 23 points to lead the way for Beddingfield and earn Wendy's MVP honors. It was the Wilson's school first state title in the 28-year history of Beddingfield.

Beddingfield led 27-26 at the half and 46-40 after three quarters, taking advantage of icy Foard shooting in the second half as the Lady Tigers hit just six of 37 shots from the field in the final 16 minutes.

Jami Safrit had 18 points for Foard and Dominique Powell had 13 points. Foard, which advanced through the tournament as a wild-card team, ended the year at 29-4.

Other post-game awards: Most Outstanding Players: Jami Safrit, Fred T. Foard; Jacquia Winstead, Beddingfield.

South Mecklenburg Downs Apex To Capture 4-A Title

RALEIGH—South Mecklenburg's size advantage proved to be too much for Apex as South scored a 60-53 victory in the North Carolina High School Athletic Association's state 4-A women's basketball championship at Reynolds Coliseum.

South, with players at 6-1, 6-2 and 6-4 inside, had a 41-28 edge in rebounding but could never put the scrappy Apex team away. South led just 26-25 at halftime but outscored Apex 20-7 in the third quarter before withstanding the Lady Cougars' final run.

Joy Cheek had 22 points for South to earn Wendy's MVP honors while Betsy Horowitz and Erica Williamson each had 13 for the winners, who finished 26-3. Kim Durham of Apex led all scorers with 24 punts and hit nine of 10 at the foul line.

Apex suffered just its second loss in 30 outings. The Lady Cougars shot just 33.3 percent from the floor for the contest.

Other post-game awards: Most Outstanding Players: Kim Durham, Apex; Erica Williamson, South Mecklenburg.

2006-2007 NCHSAA STATE RULES CLINIC SCHEDULE

**Soccer**

Northeastern - 2 p.m. July 8
Holmes H.S. - Edenton
WNCOA - 7 p.m. July 24
A-B Tech - Asheville
Eastern Plains - 4 p.m. July 30
J.H. Rose H.S. - Greenville
Metrolina - 6:30 p.m. July 31
Providence H.S. - Charlotte
Blue Ridge - 11 a.m. August 5
Hickory H.S.
Eastern - 6 p.m. August 13
Jacksonville H.S.
Southeastern - 6 p.m. August 7
Fayetteville Christian School - Fayetteville

**Triumph**

Triangle - 7 p.m. August 7
Hillyer Memorial Church - Raleigh
Piedmont - 6:30 p.m. August 20
W. Guilford H.S. - Greensboro

**Tennis**

ENCOA - 9 a.m. July 15
Hunt H.S. - Wilson
Northeastern - 2 p.m. July 15
Holmes H.S. - Edenton
WNCOA - 3 p.m. July 16
A-B Tech - Ferguson Auditorium - Asheville
Outer Banks - 6 p.m. July 16
Elizabeth City Parks and Recreation Dept.

**Basketball**

Piedmont - 6 p.m. July 20
Newton-Conover H.S. - Newton
Coastal Plains - 1:30 p.m. July 22
White Oak H.S. - Jacksonville
Mountain West - 3 p.m. July 23
Smoky Mountain H.S. - Sylva
Southeastern - 11 a.m. July 29
Sanford H.S. - Fayetteville
Cape Fear - 1:30 p.m. July 29
Trask H.S. - Rocky Point
Metrolina - 7:30 p.m. July 31
Providence H.S. - Charlotte
Tri-County - 6 p.m. August 7
S. Granville H.S.
**2006-2007 NCHSAA STATE RULES CLINIC SCHEDULE - CONTINUED**

**Football**
- 6:30 p.m. July 24
  - Smoky Mountain H.S. - Sylva
- 6:30 p.m. July 25
  - A.B. Tech - Asheville
- 6:30 p.m. July 26
  - E. Burke H.S. - Connelly Springs
- 6:30 p.m. July 27
  - Atkins H.S. - Winston-Salem
- 6:30 p.m. July 31
  - Douglas Byrd H.S. - Fayetteville
- 6:30 p.m. August 1
  - E. Duplin H.S. - Beulaville
- 6:30 p.m. August 2
  - J.H. Rose H.S. - Greenville
- 6:30 p.m. August 7
  - Vance H.S. - Charlotte
- 6:30 p.m. August 8
  - Garner H.S. - Garner

**Wrestling**
- Piedmont - 2 p.m. October 15
- Ragsdale H.S. - Jamestown
- Central - 3 p.m. October 15
- Kannapolis Middle School
- Mountain - 7 p.m. October 16
- AB Tech - Simpson Building lecture room
- Southeastern - 7 p.m. October 23
- Douglas Byrd H.S. - Fayetteville
- Eastern - 3 p.m. October 29
- King's Barbeque - Kinston
- Triangle - 7 p.m. October 30
- Leesville Road H.S. - Raleigh
- Northwest - 6 p.m. October 31
- S. Caldwell H.S. - Hudson

**Baseball**
- Western Piedmont - 1 p.m. January 6
- American Legion Post - 100 Pink St. Cherryville
- ALCO - 7 p.m. January 15
- Graham Recreation Center - Graham
- Outer Banks - 2 p.m. January 17
- Holmes H.S. - Edenton
- East Carolina - 6:30 p.m. January 17
- Kinston H.S. - Kinston
- North State - 1:30 p.m. January 21
- High Point University
- Southeastern - 4 p.m. January 21
- South View H.S. - Hope Mills
- Cape Fear - 3 p.m. January 21
- Laney H.S. - Wilmington
- Jacksonville - 4 p.m. January 21
- White Oak H.S. - Jacksonville

**Swimming**
- 3 p.m., October 29
  - Asheboro H.S. - Asheboro
- 3 p.m., October 29
  - Enloe H.S. - Raleigh
- 3 p.m., October 29
  - Hoggard H.S. - Wilmington
- 3 p.m., October 29
  - Kinston H.S. - Kinston
- 3 p.m., October 29
  - Murphy H.S. - Murphy
- 3 p.m., October 29
  - Riverside H.S. - Durham
- 3 p.m., October 29
  - St. Stephens H.S. - Hickory
- 3 p.m., October 29
  - TC Roberson H.S. - Asheville
- 3 p.m., October 29
  - Vance H.S. - Charlotte
- 3 p.m., October 29
  - Washington H.S. - Washington
- 3 p.m., October 29
  - Western Guilford H.S. - Greensboro

**Softball**
- ALCO - 8 p.m. January 15
- Graham Recreation Center - Graham
- Outer Banks - 4 p.m. January 17
- Holmes H.S. - Edenton
- Durham - 2 p.m. January 21
- Northern Durham H.S.
- Southeastern - 2 p.m. January 21
- South View H.S. - Hope Mills
- North State - 2:30 p.m. January 21
- High Point University
- Cape Fear - 4 p.m. January 21
- Laney H.S. - Wilmington
- Jacksonville - 2:30 p.m. January 21
- White Oak H.S. - Jacksonville
- Triangle - 2 p.m. January 28
- Middle Creek Community Service Center - Raleigh
- Mid-State - 2 p.m. January 28
- Eastern Randolph H.S. - Ramseur
- Down East - 2 p.m. January 28
- South Central H.S. - Winterville
- ENCOA - 3 p.m. January 28
- Fike H.S. - Wilson
- Western Piedmont - 3 p.m. January 28
- Newton-Conover H.S. - Newton
- Northwest - 3:30 p.m. January 28
- Atkins H.S. - Winston-Salem
- Mountain West - 3 p.m. January 28
- Smoky Mountain H.S. library - Sylva
- WNCOA - 6:30 p.m. January 29
- A-B Tech - Asheville
- Metrolina - 6:30 p.m. February 1
- Vance H.S. - Charlotte
- Twin City - 7:30 p.m. February 5
- Edgewood Baptist Church - Winston-Salem
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- Summit Hospitality Group, Ltd.

**BRONZE SPONSORS**

- Carolina Back Institute
- Resilite

**DONORS**

- cheer & ltd CLARK
- Always
- Carolina Panthers
- glaxosmithkline

**AFFILIATE**

- AMERICAN Advantage Marketing Group, Inc.
- GSK
- Mort's, Inc.
  - Trophies-Plaques-Awards

**HOST CITY SPONSORS**

**PREMIER**

- **SUMMIT HOSPITALITY GROUP, LTD.**

**TOURNAMENT**

- **GOLD SPONSORS**
  - Carolina Panthers
  - Gatorade
  - Marines
  - Summit Hospitality Group, Ltd.

**HOST**

- Greensboro Sports Commission

**ASSOCIATE**

- Wilmington Chamber of Commerce
- BlueCross BlueShield Association

**COMMUNITY**

- **OUTBACK STEAKHOUSE**
  - No Rules. Just Right

**FRIEND**

- Capital Broadcasting Corporation

**2005-06 Endowment Fund Corporate Donors**

- BB&T

**Official NCHSAA Merchandiser**

- MSP Martin Screen Prints

**2005-06 NCHSAA Preferred Vendors**

- Daktronics
  - Precision Time
  - Sports Image Inc.