



Cook, Logan Named NCHSAA Athletes Of The Year At Annual Meeting

CHAPEL HILL — Hailey Cook of Hendersonville High School and T.J. Logan of Northern Guilford High School have been named winners of the 2013 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 Dean E. Smith Center on the University of North Carolina campus during the NCHSAA's Annual Meeting.

Both of the winners were selected by a special panel which includes 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.

"On behalf of our Board of Directors and the entire membership of the NCHSAA, we congratulate these outstanding student-athletes on their tremendous achievements during their high school careers," said Davis Whitfield, commissioner of the NCHSAA. "Both have extremely impressive credentials which are in the same vein as previous winners of this award, and we certainly wish them well in their future pursuits."

Logan has been a standout throughout his Northern Guilford career in football, basketball, and outdoor track. In football, he helped lead the Nighthawks to three consecutive NCHSAA state championships, including rushing for a whopping 3,146 yards during the fall and earning Most Valuable Player honor in the 2012 state championship game with 510 yards and eight touchdowns. He was the Mid-State Conference Player of the Year in football.

In basketball, he was a three-time all-conference selection and runner-up for Conference Player of the Year honors. He scored 15.5 points per game, grabbed 4.8 rebounds an outing and handed out 6.1 assists. He is the defending NCHSAA 3-A champion in the 200 meters and was the state runner-up last year in the 100 meters. In competition this spring, his times are better in both events.

He will be attending the University of North Carolina on a football scholarship.

Cook has had a remarkable high school career as a star in volleyball, indoor track and field and



(NCHSAA photo by John Bell)

NCHSAA Athletes of the Year With Awards: T.J. Logan of Northern Guilford (L), Hailey Cook of Hendersonville

outdoor track, with state championship performances in all three. In volleyball, she was a two-time Western Highlands Conference Player of the Year, a four-time all-conference player, and was the Most Valuable Player in the NCHSAA state 1-A volleyball championship match, leading Hendersonville to the title over Raleigh Charter. She had 343 kills on the season.

During the indoor track season, she won the shot put individual championship in the 1-A/2-A/3-A meet for the second consecutive year. On the outdoor side, she has won both the shot put and the discus in the 1-A championships for three consecutive years, and her current throws are right at the top of all performances in all classifications, including first in the state in shot and second in discus. She has been her conference Field Event Performer of the Year in all four of her high school seasons and has set new conference meet marks in both the shot and discus.

She will continue her athletic and academic career at Western Carolina University next fall on a track scholarship.

This is the 28th year in which awards have been given to the top overall male and female athletes.

About 200,000 athletes compete in the NCHSAA's 23-sport program. ★

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 McGlockton, 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 McKiver, East Duplin Julius Peppers, Southern Nash
1998-99	Anna Tharrington, Southern Nash Nick Maddox, A.L. Brown
1999-2000	Courtney Willis, Terry Sanford Manny DeShauteurs, Brevard
2000-01	Molly Pyles, Hendersonville Derrele 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
2005-06	Megan Zullo, Farmville Central Kendric Burney, Southwest Onslow
2006-07	Gabby Mayo, Southeast Raleigh Dee Bost, Concord
2007-08	Jannetta Robinson, Pender E.J. Abrams-Ward, Thomasville
2008-09	Ali Ford, Freedom Tyler Shatley, East Burke
2009-10	Leah Mackley, Pender Kareem Martin, Roanoke Rapids
2009-10	Courtney Melvin, East Bladen Romar Morris, Salisbury
2011-12	Lindsay Simpson, Franklin Tevin Hester, Granville Central
2012-13	Hailey Cook, Hendersonville T.J. Logan, Northern Guilford

Millbrook, Jones Senior Receive Major Awards At NCHSAA Annual Meeting

CHAPEL HILL—Two major awards were presented to schools at the North Carolina High School Athletic Association Annual Meeting at the Smith Center on the University of North Carolina campus.

Millbrook High School in Raleigh is the seventh annual winner of the Exemplary School Award while Jones Senior High School is the winner of the 2013 Sportsmanship Award.

The awards are given as a cooperative venture among the NCHSAA, the North Carolina Coaches Association and the North Carolina Athletic Directors Association. In addition to a trophy and a banner for display at the respective schools, each school received a \$1000 cash award.

The Exemplary School Award recognizes the top overall school in the state in terms of the "total program," including but not limited to athletic success, scope of athletic opportunities offered, facilities, community interest and involvement, academics and the like.

Millbrook is one of the largest schools in the state with a very diverse group of students. Academically it is very strong, with its International Baccalaureate World School Magnet program (IB), and many Millbrook athletes take IB, advanced placement or honors courses. The school has even created an Athletic Honors Society.

Millbrook offers 32 sports programs and has expanded that to include such things as ninth grade men's basketball and junior varsity wrestling. Several sports have instituted a no-cut policy to ensure maximum participation. The Millbrook Maniacs student cheering section is large and very supportive, and Millbrook has also won the Cap Eight Conference Wells Fargo Cup the last two years while the women's basketball team is a two-time state champion.

In addition, almost all athletic teams perform community service projects, and the

booster club has helped with recent improvements to facilities such as new scoreboards and sound systems.

The sportsmanship honor is designed to recognize a school that has been ejection free, has a plan to promote and implement good sportsmanship, is welcoming to visiting fans, makes appropriate accommodations for officials and their own fans demonstrate good sportsmanship.

Jones Senior has long promoted sportsmanship and the results are impressive, as the school has been ejection free for six years.

The school utilizes the saying, "Sportsmanship is not just about how students play on the field, but also about how students live their lives." To that end, coaches stress sportsmanship in preseason meetings and throughout the year, and they hold student-athletes to higher standards. The school has instituted mandatory drug testing for its athletes and has developed special academic policies, including a GPA standard for athletes and mandatory tutoring for those who don't reach the standard. Failure to participate in the remediation also means sitting out games.

Jones athletes also know that if they are disruptive in class, one of the first people contacted is their coach, which means that they will not be on the field or court in the next game. The school notes that these policies and the emphasis on sportsmanship have created an atmosphere in which student-athletes really want to demonstrate appropriate behavior.

"Millbrook and Jones Senior have set themselves apart during the 2012-13 academic year by earning these prestigious honors," said Davis Whitfield, NCHSAA commissioner. "We applaud their commitments in the areas of sportsmanship and overall excellence."

Greenville Rose won the inaugural Exemplary School award in 2007 while North



(NCHSAA photo by John Bell)

Millbrook Earns Exemplary Award



(NCHSAA photo by John Bell)

Jones Senior Gets Sportsmanship Award

Duplin was the Sportsmanship winner. In 2008, Watauga took the Exemplary School while Asheboro earned the Sportsmanship honor, and in 2009 Fayetteville Jack Britt was the Exemplary School with Hendersonville winning the Sportsmanship award. The 2010 winners were Charlotte Myers Park for the Exemplary School and Raleigh Sanderson for Sportsmanship, and in 2011 Salisbury captured the Exemplary award while South Lenoir was the Sportsmanship winner.

Weddington won the Exemplary award a year ago while Perquimans earned the Sportsmanship honor. ★

North Carolina Athlete, Coach Writes Book

A well-known North Carolina athlete and now head women's basketball coach has written a book that could be of interest to coaches at NCHSAA member schools.

Charlotte D. Smith, currently the women's head basketball coach at Elon University, has written a sports devotional. Smith is the former All-American and two-time All-ACC player who made the game-winning shot in the 1994 NCAA championship that gave North Carolina its first and only women's basketball title.

The book is entitled *When Coaches Pray—A Guide for Every Minute of the Game of Life*.

Smith, who won an ESPN ESPY for Best Female College Basketball Player in 1995, also starred in the ABL and WNBA for 10 years and was an

assistant coach at North Carolina for nine seasons before taking the position at Elon.

"I love to do Bible study on the road with my team," says Smith. "I just started accumulating a lot of writings, and just in my career as a coach, I really started to see the need for coaches to be empowered and coaches to be reminded of why we coach." Smith, who knows the struggles of players, coaches and people in general, shares stories on and off the court in a devotional format that will help coaches grow in their faith and also give coaches material to share with their team to help them grow, as well.

The book is currently available on Amazon.com. The foreword was written by former N.C. State star and NBA standout David Thompson. ★

Sandy Martin, Eddie Rivers Named Toby Webb Award Winners For NCHSAA

CHAPEL HILL—Sandy Martin of Providence High School in Charlotte and Eddie Rivers of Forest Hills High School in Marshville are the recipients of the eighth annual Toby Webb Coach of the Year Awards given by the North Carolina High School Athletic Association.

The two outstanding coaches were recognized at the NCHSAA's Annual Meeting on at the Smith Center on the campus of the University of North Carolina.

The Webb Award is made possible through the generosity of gifts from individuals and companies through the NCHSAA Endowment and annually recognizes 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.

Sandy has been in education for almost 30 years, 18 at the high school level, with three years at West Charlotte and 15 at Providence. She has been a head coach in both cheerleading and tennis but is best known for her involvement in swimming.

Her teams have won 15 state swimming championships, men and women combined, and many regional titles, but she has always worked to better the sport across the Charlotte area as well as the state. A number of high school teams share the pool at Providence, and she has also

mentored young head coaches and has organized swim technique clinics to help teach swimmers at other schools. She has served as the meet director of the NCHSAA Western Regional event for several years.

Sandy has also been active with the American Red Cross for almost 15 years, training hundreds of students to become lifeguards.

Eddie "Pop" Rivers has been at Forest Hills for 29 years, coaching junior varsity volleyball for four seasons, women's varsity basketball for three, serving as the offensive coordinator for varsity football for 18 years, but varsity softball every year. He was instrumental in the establishment of the North Carolina Softball Coaches Association, to advocate for the sport, and served as president of the organization from 2004 to 2010.

Inducted into the North Carolina Softball Hall of Fame in 2010, Eddie has also helped to establish a website and conduct a coaches' poll to rank softball teams, and to get softball included in the State Games under the auspices of North Carolina Amateur Sports. He has also worked with area recreation departments to coach younger athletes in softball and basketball.

He is also active in his church, teaching Sunday school for 30 years and also singing in the choir as well as being involved in the Fellowship of Christian Athletes at Forest Hills.

"Sandy and Eddie are dedicated professionals who epitomize in many ways the role of coaches and the far-reaching impact they have," said NCHSAA commissioner Davis Whitfield. "They



(NCHSAA photo by John Bell)

Sandy Martin of Providence (L), Eddie Rivers of Forest Hills Display Toby Webb Awards

are most deserving of this recognition and receiving the prestigious Toby Webb Award is a credit to their service and dedication to young people."

The awards are given 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. ★

NCHSAA Student Leadership Conference Big Success

CHAPEL HILL—The North Carolina High School Athletic Association's first annual Student Leadership Conference was a big success.

The one-day conference was held in mid-April at the Koury Convention Center in Greensboro.

The event was designed to help student-athletes further develop their understanding of positive leadership and gain knowledge and skills to assist them in effectively leading their peers.

A total of 119 individuals registered for the event. That included 97 student-athletes from across North Carolina, representing 44 different NCHSAA member schools, and 22 adults, including coaches, athletic directors, other school administrators or parents.

Presentations were made by NCHSAA staff, including commissioner Davis Whitfield, deputy commissioner Que Tucker and assistant commissioner Mark Dreibelbis. Also presenting were Brenton Sumler, coordinator of leadership and development for student-athletes at Appalachian State University; Barbara Carlton, lead drug and violence prevention specialist for the Alamance-Burlington school system; and Teresa Coleman of the Bladen County schools, who has worked with the Student Athlete Summer Institutes and the NCHSAA's Coach-Captain Retreats for years.

Kwain Bryant of Charlotte, a program developer and training specialist with Empowerment Exchange, and Stephen Bargatz, director of student

services for the Tennessee Secondary School Athletic Association (TSSAA), were the keynote speakers.

The Student Leadership Conference was hosted by the NCHSAA Student Athlete Advisory Council under the direction of Chiquana Dancy, assistant director for student services with the NCHSAA.

"We are very pleased with the results of our first statewide Student Leadership Conference," said Whitfield. "We believe the conference offered insights and experiences in areas such as leadership, substance abuse prevention, conflict resolution, positive coach-athlete relationships, time management, and careers in athletics. We remain committed to helping the student-athletes who participate in our programs in a variety of ways, not just on the playing court or field." ★

UPDATING SCHOOL INFORMATION—

Schools are urged to keep this information current throughout the year to make sure email notices go to the appropriate personnel, so if you have changes, please make sure you make the appropriate adjustments in your school information on line with the NCHSAA.

Recipients Named For Seventh Annual Golden Whistle Merit Awards

CHAPEL HILL—Four outstanding individuals from the world of high school officiating have been honored with an award for lifetime achievement.

Ted Jackson of Raleigh, Ron Buckner of Fort Mill, SC, Tim Brayboy of Cary and Vierl Banks of Winston-Salem are the recipients of the seventh annual Golden Whistle Merit Award, created in a partnership among the North Carolina High School Athletic Association (NCHSAA), the North Carolina Coaches Association (NCCA) and the North Carolina Athletic Directors Association (NCADA).

Criteria for the award include demonstrating leadership, performance, service and training for the betterment of officiating, possessing officiating abilities emulated by fellow officials, being regarded as a person of integrity and character, and a minimum of 10 years of experience as an active official.

They were presented their awards at the NCHSAA Annual Meeting at the Smith Center in Chapel Hill.

This year's recipients of the Golden Whistle Merit Award include:

Ted Jackson: Jackson began officiating in 1961 and retired in 1995, having officiated football, baseball and basketball for the NCHSAA, the NCAA, and in junior college. But football is where he made his mark. A recipient of the Triangle Officials Association Distinguished Service Award, he has devoted himself as a clinic leader for both high school and college officials for over 25 years. Jackson officiated four NCHSAA state championship games and was an Atlantic Coast Conference official for 28 years. He also worked more than 15 bowl games, the Army-Navy Game, has been the replay official for ACC Championship games and also the 2009 BCS National Championship Game replay official.

Jackson has received the ACC Commissioner's Award and served as the President of the ACC Football Officials Association.

Ron Buckner: Buckner has had a distinguished officiating career in both football and basketball. His career began in 1970 and his work on various committees and leadership resulted in him becoming president of the Western North Carolina Officials Association. He was selected to work the 1977 NCHSAA East/West All-Star Game, the 1978 Shrine Bowl, and both the 1985 and '90 NCHSAA football state championship games.

Buckner's collegiate career includes stints in the ACC and the Southern Conference from 1979-2002. He served as rules chief and referee chief and was selected to work the 1997 NCAA



(NCHSAA photo by John Bell)

Golden Whistle Award Winners, from left, Ted Jackson, Ron Buckner, Tim Brayboy, Vierl Banks

Division I-AA National Championship Game, the NCAA Division III National Championship Game, and earned an NCHSAA Distinguished Service Award both in 1998. He remains active as an observer and evaluator at the high school and college level.

Tim Brayboy: Brayboy gave over 40 years of service as a game official, clinic leader and mentor for officials. He has contributed to the positive growth of countless officials, and his efforts have enabled him to be enshrined in the Halls of Fame of the University of North Carolina at Pembroke, the North Carolina Athletic Directors, and the NCHSAA.

Brayboy has worked six high school football state championship assignments and eight basketball state championships. In addition, he has officiated the North Carolina Coaches' Association East/West All-Star games in both football and basketball, and the Shrine Bowl of the Carolinas. He worked 14 years as an on-field official in the Southern Conference. He has worked diligently to afford opportunities for young officials from diverse backgrounds.

Vierl Banks: The career for Banks ran from 1966-2006 in high school and college. Having been selected to work NCHSAA state championship and East/West All-Star assignments, he also worked as an official on the rosters of the CIAA, ACC, Southern Conference, Eastern Athletic Conference, MEAC and the Eastern Intercollegiate Athletic Conference. He has served as a coordinator of officials, assistant coordinator of officials, and is widely respected for his observations and evaluations of basketball officials at both the high school and college level.

Currently he serves the Triad Basketball Association, the CIAA and the South Atlantic Conference as a neutral observer. He has worked the USA Olympic Tryouts and was inducted into the CIAA Officials Hall of Fame in 2010.

"These four are truly representative of excellence and leadership in officiating," said Mark Dreibelbis, supervisor of officials for the NCHSAA. "We are extremely proud to honor these individuals who have demonstrated sacrifice and commitment." ★

Basketball Rules Changes Address Allowance Of Head Coaches On Court

INDIANAPOLIS—Head coaches in high school basketball will be allowed to come onto the court in an effort to break up a fight or keep a situation from escalating. Previously, the head coach could only enter the court if beckoned by an official.

This revision to Rule 10-4-5 was one of five rules changes approved by the National Federation of State High School Associations (NFHS) Basketball Rules Committee at its April meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

While the head coach and his/her assistants must continue to ensure that players remain on the bench during a fight, the committee agreed that the presence of the head coach on the court could be instrumental in preventing the situation from escalating, and the coach also could assist game officials in controlling the situation.

“By removing the requirement of the head coach being beckoned onto the floor by the officials, it should result in a more expedient resolution of the situation and restoration of order,” said Theresia Wynns, NFHS director of sports and officials education. “The change also will allow the officials a greater opportunity to assess appropriate penalties by being able to observe the situation because of the increased assistance the head coach(es) will provide by their presence.”

In other changes, the rules committee approved the use of electronic devices during the game in certain instances. Rule 1-19 now will allow a coach to take advantage of electronic devices for use in coaching and gathering statistics.

Teams, however, cannot use electronic equipment for voice communication with players on the court, and the use of electronic audio and/or video

devices are not allowed to review a decision of the contest officials.

In an effort to thwart the use of leg-compression sleeves for non-medical reasons, the committee added leg-compression sleeves to the requirements of arm-compression sleeves in Rule 3-5-3.

Leg-compression sleeves shall be white, black, beige or a single solid school color; shall be the same color for each team member; must meet the logo requirements in Rule 3-6; and must only be worn for medical reasons.

The final rules change approved by the committee for the 2013-14 season will permit a single, visible manufacturer's logo/trademark/reference on the team jersey, not to exceed 2¼ square inches with no dimension more than 2¼ inches. The manufacturer's logo may be located no more than 5 inches below the shoulder seam on the front of the jersey, or 2 inches from the neckline on the back of the jersey, or in either side insert.

Wynns said this change will bring basketball in agreement with other NFHS sports rules and allow the use of a single manufacturer's logo on the jersey of the playing uniform.

In addition to these rules changes, the committee approved a new defensive tip signal that will be added to the Basketball Officials Manual. This signal will be given by the official when the ball enters the backcourt as a result of contact with the defensive player.

Basketball is the second-most popular sport for girls and third-most popular for boys at the high school level, according to the 2011-12 High School Athletics Participation Survey conducted by the NFHS, with 435,885 girls and 535,289 boys participating nationwide. The sport ranks first in school sponsorship of girls and boys teams with 17,768 schools sponsoring the sport for girls and 18,099 sponsoring the sport for boys. ★

NCHSAA, JDL Fast Track Extend Partnership For Three More Years

WINSTON-SALEM—JDL Fast Track has announced that it is continuing its partnership with the North Carolina High School Athletic Association (NCHSAA) to host its indoor track and field championships.

JDL Fast Track hosted the 2013 championship meet and the new agreement will keep the meet in Winston-Salem for the next three years.

“We are excited about JDL Fast Track continuing to be a championship venue for the North Carolina High School Athletic Association, because a venue of this caliber has created a wonderful experience for our student-athletes,” said NCHSAA commissioner Davis Whitfield. “This is a beautiful state of the art facility that will continue to be a tremendous home for our indoor track and field championships. We look forward to a continued relationship with the facility and all those who have expressed an interest in hosting our events.”

Whitfield also noted that a number of coaches from member schools had praised the facility after their teams had a chance to compete there.

“We are extremely pleased that the NCHSAA has elected to extend our relationship to host the indoor state track and field championships for three more years. We strive to provide the best

possible experience for the athletes, coaches and spectators, and the fact that they have renewed for three more years says a lot about the feedback they received from their members,” said Craig Longhurst, facility director of JDL Fast Track.

The NCHSAA indoor state track and field championships is part of a growing list of high school, college, youth and masters championships coming to JDL Fast Track. In 2014, JDL Fast Track will also host the NCAA Division II Indoor Track and Field Championships as well as several NCAA conference championships.

JDL Fast Track is quickly becoming one of the premier indoor track and field facilities in the southeast. The privately owned, dedicated indoor track and field facility, which opened in January 2012, houses a 200-meter oval track with a Mondotrack FTX surface—the same surface that was used at the 2012 Olympic Games in London. Field event areas include two pole vault runways, two long/triple jump runways, one high jump apron and one throws area.

The facility also includes a 100-meter warm-up track, office and meeting-room space, a training room, and hospitality suites for coaches' or conference officials' meetings at large events. ★



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The NCHSAA is pleased to bring you an expanded *Bulletin*, with more news and information for the membership.

State Award Winners Honored At 2013 NCHSAA Annual Meeting

CHAPEL HILL—Coaches, administrators and media representatives were among those receiving awards next at the North Carolina High School Athletic Association 2013 Annual Meeting.

The event was held at the Dean E. Smith Center on the campus of the University of North Carolina at Chapel Hill.

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 won-loss record.

The awards are named in memory or in honor of outstanding individuals in each category, five of whom are current members of the NCHSAA Hall of Fame. The state winners for 2013 include:

- **Doris Howard Female Coach of the Year: Sherry Norris of Chapel Hill High School** is one of the state’s top coaches in both volleyball and basketball. She eclipsed the 500-victory mark as a head women’s basketball coach during the 2012-13 season and is the all-time leader in volleyball with a whopping 710 wins, with state championships in both sports. She has coached at Chapel Hill for 36 years and is a National Board Certified Teacher who has taught elementary physical education throughout her career. Sherry has coordinated the Jump Rope for Heart event at Seawell Elementary for many years, raising thousands of dollars for the American Heart Association.

- **Harvey Reid Male Coach of the Year: Mike Lambros of North Davidson High School** is the all-time leader in victories in softball in state history, with 743 entering the 2013 season. He is in his 33rd year of coaching at North Davidson and has also coached wrestling, track and football in addition to softball. His softball team won the 2010 NCHSAA state 4-A championship with a perfect 33-0 mark, and has finished second seven times to go with 14 appearances in the final four. He was recently voted into the North Carolina Fastpitch Coaches Association Hall of Fame and in 2012 earned induction to the Davidson County Sports Hall of Fame.

- **Dave Harris Athletic Director of the Year: Charles Simmons of Hertford County High School** is a graduate of East Rutherford High School and attended Louisburg Junior College before graduating from UNC-Pembroke. He has been teaching and coaching in Hertford County since 1980 and has been the athletic director since 1990. As a men’s head basketball coach, he has earned over 500 victories and has been conference Coach of the Year 14 times. He served a term on the NCHSAA Board of Directors from 2005-09 and has also served as president of both the North Carolina Athletic Directors Association and the North Carolina Coaches Association. Charles received an NCHSAA Award of Merit in 1995.

- **Bob Deaton Principal of the Year: Robert Hurley of Roanoke Rapids High School** is a long time educator with 34 years of experience. He has been the principal at Roanoke Rapids for four years, after serving as principal at Pamlico for two years, at Northern Nash for 15, and Southeast Halifax for a year. He also has extensive coaching experience at the high school level, including in football, basketball, golf and soccer, serving as head soccer coach at Hoggard for five years, an assistant football coach at Jacksonville for 10 and also coached varsity basketball there. He was the Roanoke Rapids Graded School District Principal of the Year in 2012.

- **Bob McRae Superintendent of the Year: Randy Bledsoe of the Elkin City Schools** has been superintendent there since 2008, following three years as principal at Greene Central and 10 and a half years as principal at Charles B. Aycock. He was a teacher and coach at both High Point Central and Aycock before going into administration. Bledsoe is a graduate of East Surry High School and High Point College, with his master’s and doctorate



2013 Winners of State Awards

(NCHSAA photo by John Bell)

from East Carolina. He has chaired a special committee this year studying non-traditional schools in the NCHSAA and is current chairman of the High Point University Alumni Association.

- **Tim Stevens Media Representative of the Year: Langston Wertz of the Charlotte Observer** has been with the Observer for 25 years, and part of his beat has always been high school athletics during his tenure there. He also has covered college sports, professional sports, golf and technology for the paper. A 1984 graduate of West Charlotte and a 1988 graduate of UNC, he has been in charge of coverage of Mecklenburg County athletes since fall of 1989 and took over primary coverage of the high schools in the newspaper’s coverage area, now 133 in two states, in 1993. He has covered more than 200 NCHSAA state championship finals in multiple sports.

- **Elton Hawley Athletic Trainer of the Year: Janna Fonseca of Carolina Family Practice and Sports Medicine** is the head trainer there, serving in that role since 2006, and oversees the sports medicine program, including community outreach and in-house sports medicine care, for the 11-provider practice. She earned her undergraduate degree at Southwest Missouri State in 2002 and a masters in educational administration for the University of Nebraska, where she was the athletic trainer for the Cornhusker women’s basketball team. She has served as an athletic trainer at Creighton and was the team trainer for the USA Baseball’s 18U team in the Pan American Games. Fonseca has also worked at a number of NCHSAA state championships.

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

Continued on next page

Hoke County Coach Wins Courage Award From NCHSAA

CHAPEL HILL—A veteran baseball coach was honored by the North Carolina High School Athletic Association at its 2013 Annual Meeting with the NCHSAA's A.J. "Tony" Simeon Courage Award.

Mike Ray of Hoke County High School received the Courage Award at the Smith Center at the Annual Meeting.

The Courage Awards are designed to honor individuals who, despite adversity, have demonstrated exemplary character and performance and, as a result, have been an inspiration to all those involved with the programs of the North Carolina High School Athletic Association. They are named in honor of NCHSAA Hall of Famer Tony Simeon, a long-time coach at High Point Central.

Ray, who is an exceptional children's teacher at Hoke County, developed a limp a couple of years ago that he attributed to "old age and a bad knee." But when it began to worsen, he had it checked and it was diagnosed as amyotrophic lateral sclerosis (ALS), a progressive neurodegenerative disease also known as Lou Gehrig's disease. He has had to coach from the dugout this season using a walker.

Ray grew up in Louisville, Kentucky, and attended the University of Kentucky before completing his undergraduate work at the University of North Carolina at Pembroke. An Army veteran of 22 years, Ray served in Desert Storm and then retired in 1999 from the armed services and starting teaching and coaching at Hoke. He became the head baseball coach in 2008.

Athletic director Gary Brigman says of his baseball coach, "What is so amazing is that Mike gets prepared for school every day, he is never late and has not missed a complete day of work, even when he has to go to his doctor. I have not seen a depressed day from him and it is amazing."

Brigman also noted that support, not just from the Hoke County team and fans, but from opposing teams and coaches, has been amazing. The baseball coaches in the conference have started a campaign to fight ALS and each time Hoke plays a conference opponent on the road, a check has been presented in honor of coach Ray to fight ALS.

"Coach Ray is truly inspirational and exemplifies what is great about high school athletics," said Davis Whitfield, commissioner of the NCHSAA. ★



Mike Ray of Hoke County Gets Award From Commissioner Davis Whitfield

(NCHSAA photo by John Bell)

State Awards continued from previous page

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, as a member of the National High School Sports Hall of Fame.

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. ★

CELEBRATING 100 YEARS



**HONORING THE PAST,
EMBRACING THE PRESENT
AND SHAPING THE FUTURE**

Forfeits No Longer Affect Wrestler's One-Day Limit

INDIANAPOLIS—Effective with the 2013-14 season, forfeits in high school wrestling will no longer count toward a wrestler's daily match limit. Currently, wrestlers are limited by rule to five matches in one day.

This change in Rule 1-4-2 was one of five rules changes made by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee at its recent meeting in Indianapolis. The changes were subsequently approved by the NFHS Board of Directors.

"The limit on the number of matches permitted in any one calendar day was established as a safeguard to prevent any wrestler from undo fatigue, thus increasing the possibility of injury," said Dale Pleimann, chair of the NFHS Wrestling Rules Committee and former assistant executive director of the Missouri State High School Activities Association. "Since there is no fatigue or exertion involved with accepting a forfeit, the committee felt that it was not necessary to count forfeits in the match total for any wrestler."

In other revisions, the committee altered Rules 1-1-4 and 10-1-2 to allow the use of electronic devices for video recording and review by the wrestler or coach unless prohibited by the

state high school association. Also, the use of electronic devices that enables communication between a coach and athlete during a match is still prohibited (Rule 4-3-6).

In Rule 4-5 regarding weigh-ins, the committee approved a new article concerning wrestlers who have been approved to wear an artificial limb. Rule 4-5-9 states that the wrestler must weigh-in with the artificial limb if he or she chooses to wrestle with it on. In addition, once the wrestler has weighed in while wearing the artificial limb, it cannot be removed during competition.

With these revisions, competitors who have been approved by their state associations to wear an artificial limb have the option to wear or not to wear the artificial limb during competition, but must weigh-in accordingly.

"The concern was that if a wrestler weighed-in with an artificial limb (and) then decided to remove the artificial limb for the match, the wrestler's weight without the artificial limb might not qualify the wrestler for that weight class," Pleimann said. "The changes require that if the wrestler weighs-in with an artificial limb, then the wrestler shall wear the artificial limb when competing."

The committee approved an addition to Rule 5-1-1 that allows for bad time if a wrestler is not given the choice of position after a two-point stalling penalty. In addition, Rule 6-6-2d was approved and adds "after a two-point stalling penalty" as an instance when an error occurs in positioning wrestlers that would result in canceled points during bad time.

In other revisions approved by the committee, Rule 4-2-1 states that starting with the 2014-15 season, if a hair cover is worn by a wrestler, it shall be attached to the ear guards. The intent of this rule change is to help maintain continuous action during competition.

"The Rules Committee feels that the sport of high school wrestling is in very good shape and, therefore, made only a few minor changes to the rules for the 2013-14 season," Pleimann said.

Wrestling is the sixth-most popular sport for boys at the high school level with 272,149 participants in 10,407 schools during the 2011-12 season, according to the NFHS Athletics Participation Survey. In addition, 8,235 girls were involved in wrestling in 1,441 high schools. ★

Sportsmanship Recognition For NCHSAA Student-Athletes As "Heart Of A Champion" Winners Honored

CHAPEL HILL—A total of 22 student-athletes from North Carolina High School Athletic Association member schools were honored for their outstanding sportsmanship as winners of "Heart of a Champion" recognition.

The sportsmanship recognition is part of the program offered by the NCHSAA Student Services Division and is sponsored by the North Carolina Farm Bureau Mutual Insurance Company. Mark Dreibelbis, NCHSAA assistant commissioner, and assistant director for student services Chiquana Dancy administer the program.

Each of the NCHSAA member schools had the opportunity to nominate one male and one female student-athlete for the recognition. The students must have participated in at least one varsity sport or activity, including cheerleading, during the 2012-13 school year, have not been ejected from any contest, and must have demonstrated outstanding citizenship and sportsmanship during their high school careers. The students filled out an application questionnaire and then a school official, such as the principal or athletic director, also provided an evaluation.

The students were honored at a luncheon on Saturday at the Radisson Governors' Inn in the Research Triangle Park.

"We are proud of the achievements of this select group of student-athletes," said NCHSAA commissioner Davis Whitfield. "With recognitions such as these, we are continuing our emphasis on sportsmanship and the important lessons high school athletics teach." ★

North Carolina Farm Bureau Heart of a Champion 2012-13 Honorees:

Student Athlete	School	Nominator
Timothy Bell	Jesse Carson	Todd Bell
Zachary Broadway	West Stanly	Wendy Tucker
Jessica Bunce	Butler	Janet Prevatte
Seth Carter	Clyde Erwin	David Ball
Jennifer Dagenhart	West Iredell	Mark Weycker
Erica Driver	Corinth Holders	Don Andrews Chase Ferrell
Devan Fincher	West Stanly	Wendy Tucker
Megan Gilligan	North Wilkes	Michael Greene
Clara Hilton	Woods Charter	Elizabeth Crumb
Patrick Hunter	North Iredell	Nick Tomlin
Haley Jackson	West Rowan	Todd Bell
Zach Jarrett	Hickory	Tom Harper
Katie Mathewson	Hickory	Tom Harper
Carlos Medina	Butler	Janet Prevatte
Michelle Murphy	NW Guilford	Jennifer Knoll
Kyle Perschy	Woods Charter	Graeme Stewart
Lawson Ray	Terry Sanford	William Yeager
Brooke Redmond	North Iredell	Nick Tomlin
Natalie Rhew	Clyde Erwin	David Ball
Lindsey Triplett	North Wilkes	Michael Greene
Thinh Truong	Hickory	Tom Harper
Ze Yang	West Iredell	Mark Weycker

The National High School Sports Record Book can be purchased from the National Federation of State High School Associations.

A number of North Carolinians are among the national record holders. More information is available at (317) 972-6900.

Clinton, Northeast Guilford Students Earn NCHSAA's Seventh Annual Pat Gainey Student Scholarships

CHAPEL HILL—The North Carolina High School Athletic Association has announced the winners of a special award established in the name of the late Pat Gainey.

Jamison Kidd of Clinton High School and Jacob Watkins of Northeast Guilford High School have been named this year's winners of the Gainey Student Scholarship Award. They were honored at the NCHSAA Annual Meeting at the Smith Center on the University of North Carolina campus.

The award is in memory of Gainey, a native of Dunn who recorded a outstanding record in women's basketball at a couple of different stops during his coaching career and was a great supporter of women's athletics. His overall record at Pamlico was an incredible 93-6 in women's basketball and he also coached outstanding baseball teams there. He then moved to Taylorsville, where he coached from 1955-64. His women's basketball teams won five Western North Carolina High School Activities Association titles and at one point recorded 54 consecutive wins and an amazing 140 straight conference victories. His overall women's basketball mark was 358-57. He was inducted into the NCHSAA Hall of Fame in 2007.

The Gainey Student Scholarship Awards are available to NCHSAA member schools in counties having a poverty rate of 20 percent or more for children 17 and under. Student scholarship recipients can be either female athletes or male baseball players meeting the established criteria.

Kidd has played four years of women's soccer at Clinton, earning a couple of all-conference designations. A talented artist and dancer, she plans to continue her education and her soccer career at Mount Olive College.

At Clinton, Kidd is a member of the Beta Club, the Key Club and the Fellowship of Christian Athletes while serving as senior class vice-president. She also has volunteered in the community frequently, including working at a local hospital and with Special Olympics.

Watkins has been an excellent baseball player at Northeast Guilford, pitching for the Rams and also playing second base. He earned all-conference honors as a junior. Although his father tragically died of lung cancer and he had assume a number of duties in his home, he still has found time to coach a recreational basketball team for several years and also volunteers as a reading tutor at a local elementary school.

A member of the Beta Club and National Honor Society at Northeast, Watkins plans to study exercise science in college.

The award is made possible by a gift from Gainey's daughter, Mrs. Berry Jo Gainey Shoen,



(NCHSAA photo by John Bell)

Gainey Winners Jamison Kidd of Clinton (L), Northeast Guilford's Jacob Watkins (R) with Berry Jo Shoen, daughter of the late Pat Gainey

who currently resides in Port Townsend, Washington.

"This award is a wonderful tribute to the legacy of Pat Gainey and all that he did for high school athletics throughout his career," said NCHSAA commissioner Davis Whitfield. "Jamison and Jacob are outstanding representatives of the attributes that Pat embodied and emphasized." ★

Breaststroke Rule Simplified In High School Swimming

INDIANAPOLIS—High school swimmers in the breaststroke event will now be permitted to execute a single butterfly kick on the start or turn at any time prior to the first breaststroke kick.

"It was extremely difficult for officials to observe and consistently judge the initiation of the arm stroke on the start and turns," said Becky Oakes, NFHS director of sports and staff liaison to the Swimming and Diving Rules Committee. "The committee wanted to provide consistency for the swimmers as to when the butterfly kick is permitted and the observation by the officials across all lanes for a legal or illegal use of the butterfly kick. Swimmers may now use the butterfly kick in the location that best benefits the individual swimmer before the breaststroke kick."

This change and five other rules revisions were approved by the National Federation of State High School Association (NFHS) Swimming and Diving Rules Committee at its most recent meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

As new construction and modifications to facilities occur, the committee altered Rule 2-7-2b to allow the installation of new track-style starting blocks with wedges.

In another change, competitors will no longer be asked to step down from the starting platform if an illegal suit is discovered. The race will be conducted and the swimmer in violation shall be disqualified at the conclusion of the heat.

"Having swimmers step down from the platform prior to the start of a race is not the most desired way to enforce a penalty," Oakes said. "It is awkward for the swimmers to get up and down from the platform, and it may disrupt the focus of the other swimmers who are within the rules."

In keeping up with technology, the committee voted to add a section concerning electronic devices. Rule 3-5 allows team personnel to use electronic devices to transmit or record information about a competitor's performance. The rule does not allow for devices to be used as a form of communication with a competitor while he or she is swimming or diving.

"It addresses the advances we have seen in technology," Oakes said. "The technology, if used properly, can be a good coaching aide."

The lone change made to the diving section of the rules book was the addition of Rule 9-7-4e, which clarifies straight-body position for the flying somersault dives (1 and 1½). ★

Eighth Annual Clary Medal Winners Listed For NCHSAA

CHAPEL HILL—Paige Robertson of Creswell High School and Joel Newton of Person High School are the recipients of the eighth annual Clary Medals awarded by the North Carolina High School Athletic Association.

The two outstanding student-athletes were recognized at the NCHSAA's Annual Meeting on at the Dean E. Smith Center on the campus of the University of North Carolina at Chapel Hill.

The Clary Medal is made possible through the generosity of the Eddie and Jo Allison Smith Family Foundation through the NCHSAA Endowment. It annually recognizes an outstanding male and female student-athlete, who will each receive a \$2,000 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.

Robertson has been an excellent three-sport athlete at Creswell, competing in volleyball, basketball and softball. She has earned all-conference honors in all three sports during her career and has served as captain of all three teams. She was the Tideland Athletic Conference Softball Player of the Year in 2012.

She has excelled academically while serving as president of the Creswell chapter of the Future Farmers of America. She has been very active at Zion's Chapel Church of Christ in Roper and has been on mission trips to Ecuador and Peru. Robertson plans to continue her education and will also be a college athlete at Mid-Atlantic Christian University in Elizabeth City.

Newton has played linebacker for the Person football team and catches for the baseball team, playing both sports for four years.

The Person student-athlete has been a four-year member of the Key Club, president of the newly formed Pep Club, and is a member of the National Honor Society. An active member of Clement Baptist Church, Newton is an Eagle Scout and has volunteered with a number of charities, including Samaritan's Purse. He is undecided on his choice to attend college.

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 of these award winners are exem-



(NCHSAA photo by John Bell)

Creswell's Paige Robertson (L), Joel Newton of Person Recognized As Clary Medal Winners

plary citizens and student-athletes," said Davis Whitfield, NCHSAA commissioner. "Paige and Joel are outstanding selections for the Clary Medals, one of the top awards the NCHSAA can present to a student." ★

Eight Coaches Earn Homer Thompson Sportsmanship Awards

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 Annual Meeting.

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. The awards were first given in 1993.

"Homer Thompson's name is affixed to this award because he certainly did make a difference in the lives of many and truly was an outstanding role model," said NCHSAA commissioner Davis Whitfield.

The winners were chosen by a special committee based on nominations from the member schools. They will receive a plaque as part of the Association's student services program.

Coaches receiving this honor for 2012-13 include the following:

Region 1: Mickey Drew, former head baseball coach, Camden High School, now athletic director at Perquimans

Region 2: Michael McKeel, head baseball and assistant football coach, West Craven High School

Region 3: Jason Tudryn, head football coach, Carrboro High School

Region 4: John Sylvester, junior varsity basketball coach, Cape Fear High School, Fayetteville

Region 5: Darlene Joyner, head women's basketball and volleyball coach, Northwest Guilford High School

Region 6: Al Andrew, head men's basketball and golf coach, Albemarle High School



(NCHSAA photo by John Bell)

2013 8 Who Make A Difference Winners

Region 7: David Craft, head baseball coach, Hickory High School

Region 8: Heather Claussen, head volleyball and women's golf coach, Polk County High School

Each school had the opportunity to nominate one of its coaches for this award. "These coaches are excellent role models who provide support and encouragement to our young people," says Whitfield.

The North Carolina Farm Bureau Mutual Insurance Company underwrites the recognition for high school coaches. ★

Fourth Annual Adams Scholarship Winners Named For NCHSAA

CHAPEL HILL—Hayden Rudd of Pinecrest High School and Robbie Tomasic of Durham Jordan have been named winners of the fourth annual Charles Adams Endowed Scholarships awarded by the North Carolina High School Athletic Association.

The two outstanding student-athletes were recognized at the NCHSAA's Annual Meeting on at the Dean E. Smith Center on the campus of the University of North Carolina at Chapel Hill.

The scholarships are made possible through the generosity of donors to the fund in honor of the long-time NCHSAA executive director, who retired in 2010 after 42 years with the organization. He was inducted into the NCHSAA Hall of Fame in 2009 and is also the only North Carolinian ever to serve as president of the National Federation of State High School Associations.

Rudd has competed in three sports at the varsity level all four years at Pinecrest, including cross country, indoor track and field, and outdoor track and field. She earned multiple all conference honors in both cross country and outdoor track and has served as co-captain of all three teams for two years.

A member of student government for four years as well as current president of the Interact Club, she has attended the North Carolina Governor's School and taken Advanced

Placement courses throughout her high school career. She is also active in Special Olympics, serving as co-director of the Moore County spring Special Olympics.

She will continue her education at Furman University in Greenville, S.C.

Tomasic is an outstanding wrestler who earned over 100 career victories and qualified three times for the NCHSAA state championships in three different weight classes. During his junior season, he suffered a knee injury a week before the regionals and had surgery, but was able to rehab and compete just seven days after the operation.

He has taken Advanced Placement and honors courses throughout his career at Jordan and plans to attend the University of North Carolina at Greensboro, looking to study kinesiology and exercise science.

One scholarship award annually recognizes a male wrestler in memory of Charlie and Sue's son Scott, who was the first individual wrestler from Chapel Hill High School to compete in the state wrestling championships. One goes to a female cross-country runner in honor of Charlie's daughter Michelle Adams Szwajkun, who participated in cross country at Chapel Hill and ran on the 1984 state championship team. Each recipient receives a \$1,500 scholarship to further his or her education at the college level.



(NCHSAA photo by John Bell)

**Adams Scholarship Winners Included
Hayden Rudd of Pinecrest (L),
Robbie Tomasic of Jordan**

"We are pleased to honor Charlie and his family with these scholarship awards and are proud of the accomplishments that these recipients have achieved," said Davis Whitfield, commissioner of the NCHSAA. ★

Webb's Isaiah Hicks Is N.C. Gatorade Player Of The Year

CHICAGO—In its 28th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, has announced Isaiah Hicks of J.F. Webb High School as its 2012-13 Gatorade North Carolina Boys Basketball Player of the Year. Hicks is the first Gatorade North Carolina Boys Basketball Player of the Year to be chosen from Webb.

The Gatorade award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the court, distinguishes Hicks as North Carolina's best high school boys basketball player. Hicks joins an elite alumni association of past state boys basketball award winners, including Dwight Howard (2003-04, SW Atlanta Christian Academy, Ga.), Chauncey Billups (1993-94 & 1994-95, George Washington HS, Colo.), Jason Kidd (1991-92, St. Joseph Notre Dame HS, Calif.), Paul Pierce (1994-95, Inglewood HS, Calif.) and Chris Bosh (2001-02, Lincoln HS, Texas).

The 6-foot-8, 210-pound senior power forward led the Warriors to a 27-5 record and the North Carolina High School Athletic Association state championship this past season. Hicks averaged 22.9 points, 12.9 rebounds, 5.6 blocks, 1.8 steals and 1.3 assists per game. A McDonald's High School All-American Game selection, he shot 58 percent from the field, 41 percent from 3-point range and 66 percent from the free throw line.

Hicks amassed 34 points, a championship-game record 30 rebounds and seven blocks in a 73-70, title-clinching overtime victory against Statesville, capturing NCHSAA championship game Most Valuable Player

honors. He also participated in the adidas Nations Global Championships and NBPA Top 100 Camp this past summer.

Hicks has maintained a B average in the classroom. In addition to volunteering on behalf of community service initiatives in association with his church, he has donated his time to "Team Meghan," a fundraising effort to benefit 11-year-old Oxford native Meghan Bunn's battle against brain cancer.

"Coaching against him is a nightmare," said Wilton Baskett, head coach of rival Northern Vance. "He's 6-foot-9, but moves as gracefully as a point guard. A lot of times bigs are more stationary, but he's shooting 3's, getting assists, making mid-range jumpers and dunking off the rim without bringing it down. He's phenomenal. I was just telling people, 'Graduation is June 8, and June 9 will be one of the happiest days of my career, because Isaiah will be gone, and now we'll have a chance.'"

Hicks has signed a national letter of intent to play basketball on scholarship at the University of North Carolina starting this fall. ★

UPCOMING EVENTS AND DEADLINES

can always be found on the right side of the home page of the NCHSAA website, a helpful calendar function for member schools.

www.nchsaa.org

Central Academy Coach Wins North Carolina Spirit Of Sport Award

CHAPEL HILL—Tad Baucom, the head football coach at Central Academy of Technology and Arts in Monroe, is the third annual recipient of the North Carolina Spirit of Sport Award presented by the North Carolina High School Athletic Association.

The NCHSAA is participating in the “Spirit of Sport Award” program sponsored by the National Federation of State High School Associations. It was established to recognize those individuals who exemplify the ideals of the positive spirit of sport that represents the core mission of education-based athletics.

The award is given in recognition of a specific act or an activity of longer duration. Nominees can be a coach, athletic administrator, trainer, student-athlete or any others associated with the school’s athletic program. Baucom’s efforts was recognized at the NCHSAA Annual Meeting at the Smith Center on the campus of the University of North Carolina.

Baucom has been involved in high school athletics since 1978 and has coached at Topsail and Monroe, among other stops. He is currently coaching both football and track and at Central Academy.

Central Academy was playing in its second NCHSAA playoff game in school history against Mount Airy during the 2012 season. According to the nomination information, Baucom and his players had heard about a special needs student who was a member of the Mount Airy team but rarely played. Mount Airy players had even indicated to the Central players to “take it easy and don’t hurt him” if he got in the game.

Baucom had a different idea. Although his team was out of time outs and down 34-14 late in the contest, he asked the officials to stop the game when the player entered the game. Baucom told his team to let the player score without his knowing they were doing so, and then signaled to the Mount Airy bench to give the player the ball. The player in question got the ball and scored on the next play.

Davis Whitfield, NCHSAA commissioner, said, “Coach Baucom’s selfless act speaks volumes to the kind of person he is and the values that we believe are embodied by the spirit of sport. This is a great choice for the award.” ★



(NCHSAA photo by John Bell)

NCHSAA Spirit of Sport Winner Football Coach Ted Baucom (center) of Central Academy

In Memorium

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.

PAUL CURLEE BARNES

ARCHDALE—Paul Curlee Barnes, who had been a successful high school coach at one point, passed away early in May.

Born in Stony Point, NC, Barnes spent his youth at Barium Springs Home for Children and went on to attend Catawba College on a football scholarship.

He coached at the old Allen Jay High School, coaching football for 10 years and also coaching women’s basketball. His football teams posted a record of 77-13. He left coaching and teaching for a while, working at Highland Cotton Mills as well as Burlington Industries. He returned to coach at Trinity High School as well as serving as athletic director.

Barnes also was active for many years at his church, the Archdale Friends Meeting.

CHARLES “BABE” HOWELL

SYLVA—Charles “Babe” Howell, a member of the North Carolina High School Athletic Association Hall of Fame, died in early May at the age of 84 after a period of declining health.

Howell enjoyed a career as one of the state’s most successful high school football and baseball coaches in a 40-year coaching career.

Born in Monroe and a graduate of Western Carolina University, Howell spent 24 years at Sylva-Webster High, which later was

consolidated into Smoky Mountain. Counting eight years as a head coach in Georgia, Howell had an overall career record of a whopping 301-121-6, which at the time was the top mark in North Carolina history, and a total of five NCHSAA state championships. Howell was 198-78-6 during his stint at Sylva-Webster and Smoky Mountain. He also coached at Avery County.

He also had one of the top baseball records in state history, amassing an amazing 618 victories, and won state crowns in that sport in 1974 and ‘77.

A former president of the North Carolina Coaches Association, Howell also served as both a head coach and assistant in the East-West all-star game in Greensboro. ★

Green Hope Standout Named Gatorade North Carolina Girls Soccer Player Of The Year

CHICAGO—In its 28th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, has announced Alexis Shaffer of Green Hope High School as its 2012-13 Gatorade North Carolina Girls Soccer Player of the Year. Shaffer is the second Gatorade North Carolina Girls Soccer Player of the Year to be chosen from Green Hope.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Shaffer as North Carolina's best high school girls soccer player.

The state's returning Gatorade Player of the Year, the 5-foot-8 senior forward and midfielder has led the Falcons to a perfect record and the

NCHSAA state 4-A championship. Shaffer scored 39 goals, recording multiple points 16 times. A two-time Youth All-American selection and a 2012 High School All-American honoree by the National Soccer Coaches Association of America, Shaffer led her club team, the Capital Area Soccer League Chelsea Ladies 94, to back-to-back Elite Club National League national championships.

Shaffer has maintained a 3.95 GPA in the classroom. She has volunteered locally as part of a fundraising campaign to benefit cancer research, as a youth soccer coach and on behalf of the Special Olympics.

"Alexis is an incredible athlete who is extremely creative and crafty," said Bobby Peterson, head coach of Green Hope. "She is so quick with the ball that it gives her the ability to change the game."

Shaffer has signed a National Letter of Intent to play soccer on an athletic scholarship at the University of Virginia this fall.

The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by the Gatorade high school sports leadership team in partnership with USA TODAY High School Sports, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Two-time winner Shaffer joins Gatorade North Carolina Girls Soccer Players of the Year Nicole Danford (2007-08, Green Hope), and Nicole Panek (2006-2007, Mount Tabor) among the state's list of former award winners.

For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners and the announcement of the Gatorade National Player of the Year, visit www.gatorade.com/poy. ★

AAA Scholar-Athlete Winners Named For Fall, Winter In NCHSAA Program

CHAPEL HILL—Over 28,000 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 AAA Scholar-Athlete program, which includes recognition of varsity teams which attain certain grades as well as individual athletes.

Individual AAA 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 2012, a total of 13,374 student-athletes were nominated by NCHSAA member schools and qualified for this award.

In the team division, a varsity team earns AAA 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 a whopping 910 varsity teams and 14,901 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 ap-

plication by the appropriate deadline receives a plaque commemorating that achievement.

Edenton Holmes and Valdese Draughn each had two team winners.

The top three teams in every sport will receive a cash award from AAA for their achievement, to be used in their athletic program.

"We are extremely proud of the achievements of the students involved in our AAA Scholar-Athlete program," said Davis Whitfield, NCHSAA commissioner. "This demonstrates that we have a large number of athletes that are playing sports and also succeeding in the classroom."

NCHSAA AAA SCHOLAR-ATHLETE TEAM AWARD WINNERS

Fall and Winter Sports (Fall Semester 2012)

John A. Holmes	Cheerleading	3,780
John A. Holmes	Women's Tennis	3,940
Highland Tech	Football	3,480
West Davidson	Men's Basketball	3,520
South Point	Men's Cross Country	3,690
Patton	Indoor Track	3,710
Crest	Men's Soccer	3,610
Draughn	Men's Swimming	3,725
Draughn	Women's Golf	3,850
North Henderson	Volleyball	3,849
Tuscola	Women's Basketball	3,840
East Rowan	Women's C Country	3,840
West Wilkes	Women's Indoor Tk	3,780
Clayton	Women's Swimming	3,770
North Moore	Wrestling	3,600

Former South View Softball Coach Honored By School

HOPE MILLS—Former South View High School head women's softball coach Eddie Dees has received an important honor.

Dees, one of the state's most successful coaches in softball during a 25-year coaching career, was recognized as the softball field at South View was officially dedicated as Eddie Dees Field in ceremonies before South View hosted Fayetteville E.E. Smith.

During his time at South View, Dees saw his teams posted a tremendous 538 victories against just 144 losses and earned 18 conference championships. South View also won the North Carolina High School Athletic Association state 4-A championship in 1993.

The former South View coach was in the inaugural class of the North Carolina Softball Coaches Association Hall of Fame and is also a member of the Fayetteville Sports Club Hall of Fame.

He has also served as the mayor of the town of Hope Mills. ★

NCHSAA Board Of Directors Take Numerous Actions At Spring Meeting

CHAPEL HILL—The North Carolina High School Athletic Association Board of Directors completed its spring Board meeting at the NCHSAA offices with a number of major actions.

“The Board had a number of very difficult issues to address,” said Davis Whitfield, commissioner. “We had a very challenging and comprehensive agenda, and, in the end, the Board was thoughtful and made decisions that it felt was in the best interests of all member schools.”

A new statewide transfer policy for athletics was passed by the Board.

- After initial entry into ninth grade and absent a bona fide move as provided in the Residence section in the NCHSAA Handbook:
- a student transferring from a member school to another member school within the same local educational agency (LEA) must sit out 365 days for athletic participation. The LEA may create criteria for immediate athletic eligibility for transfers within the LEA.
- a student transferring from a member school in one LEA to another member public school in another LEA (without a bona fide change of residence) must sit out 365 days for athletic participation. Exceptions for immediate athletic eligibility for transfers from one LEA to a different LEA will be heard by a special NCHSAA Transfer Committee.

Another of the major items has to do with boundary criteria for non-traditional schools which don't have traditional boundaries.

- A student is eligible at any school upon initial entry into ninth grade. After initial entry into ninth grade, transfer and boundary criteria shall apply as follows:
 - Student shall live in the county where non-traditional school is located, or student shall live within 25-mile radius of the non traditional school as measured by NCHSAA designated computer program; or student is member of parochial church and submits authorized pastor verification form;

Other items included:

- Eliminated NCHSAA share of gate in first round playoff games (one dollar surcharge stays) in all sports but football and men's and women's basketball, which will leave more revenue for participating schools
- Recommend ticket price adjustments for playoffs, after surveying schools and seeing what is charged at regular season season; all sports except cross country, swimming and diving and individual wrestling will see increase
- Will offer two deadlines for membership applications, November 1 and April 1; to change date for Declaration of Intent for participation in realignment to window from October 15 to November 1 every four years;

- Change requirement for NCHSAA standard contract from mandatory to recommended; contract will have some revised language
- Recommendation to continue to seed basketball, add women's and men's soccer for seeding for next year; look at potentially adding other sports during realignment period 2013-17.
- Change in qualifying standards for women's golf; in 1A/2A and 3A must average 55; 4A would have to average 50. Include minimum of five nine-hole matches for determining average
- Adjustment in wrestling calendar, to end one week earlier due to facility conflict at Greensboro Coliseum for 2013-14 championship, shortens season by one week
- Approved five new regional supervisors of officials covering a variety of sports
- Approved using three officials in all lacrosse playoff games, starting next year
- Among Sports Medicine Advisory Committee recommendations approved:
 - Cheerleading will be governed the same as all other NCHSAA sports as it relates to health and safety (Return to Play form, for example)
 - Recommend that all cheerleading coaches take NFHS Fundamentals of Coaching Cheerleading (or other comparable course that addresses health and safety)
 - Up to date physicals shall be required of all students participating in summer workouts
 - Approved recommendation that at least one member of each sport/activity staff should take and pass NFHS First Aid for Coaches course (or American Red Cross course), be CPR/AED certified, and be present at all games/practices/contest
 - Encourage host school of an event with three or more participating teams must have LAT/certified first responder on site at all times during the event
- Made an adjustment for an NCHSAA member school to seek conference membership in the future; school must field an established minimum number of sports each year as follows: six per school, three men and three women, including at least two in each sport season, with one male and one female sport in each season
- 6011 coaches in North Carolina have received national certification from the National Federation since May 2012 ★

North Carolina, South Carolina Split Carolinas Classic Basketball Games In Myrtle Beach

MYRTLE BEACH—The North Carolina women and the South Carolina men took victories in the 2013 Carolinas All-Star Basketball Classic at Myrtle Beach High School.

The North Carolina team rallied from an 11-point second half deficit to prevail by 76-67 in overtime over their counterparts from South Carolina in the women's game. In the men's contest, North Carolina had a phenomenal rally before falling by 99-90.

The women's game was tied at 67-all at the end of regulation but North Carolina blanked South Carolina 9-0 in the extra stanza. North Carolina was led by MVP J'Kyra Brown of Rocky

Mount with 19 points, including 16 after half-time. Ashley Williams of Green Hope scored 11, including hitting some key free throws down the stretch, and Amanda Coffey of Northern Guilford scored 10 for the winners. Teri Rogers of Eastern Alamance pulled down 14 rebounds.

The team from the Tar Heel state was down by 23 points in the men's game before putting together an amazing 25 unanswered points. North Carolina trailed 71-48 with 13:17 left to play and raced to a 73-71 lead just 5:19 later.

However, South Carolina responded with a 16-4 run of its own to take command.

For North Carolina, Hoke's Tarique

Thompson and Isaiah Hicks of Oxford Webb led the team with 15 points each. Hicks had scored 34 points and grabbed 30 rebounds just a week earlier to lead Webb to the NCHSAA state 3-A championship.

Tyrone Outlaw of Person posted a double-double with 13 points and 10 rebounds, while Concord's Darren Black tied the Carolinas All-Star Classic record with eight assists.

The North Carolina Coaches Association and their counterparts from South Carolina are involved with these all-star games. ★

More Scenes from NCHSAA Annual Meeting



◀ Commissioner
Davis Whitfield

NCHSAA President
Dr. Stewart Hobbs ▶



◀ Juan Austin of Wells
Fargo Receives Tradition
Award

Retirees Recognized for Service
Included Bobby Guthrie (L),
Frank Maennle ▼



Mike Brown (center) Receives
Commissioner's Choice Award For
Years In Student Services ▼



▲ Student Athlete Advisory
Council Representative Paige
King of Eastern Alamance



(NCHSAA photos by John Bell)



WOMEN'S BASKETBALL

Bishop McGuinness Rallies To Edge River Mill

RALEIGH—Bishop McGuinness (25-7) staged an amazing comeback to capture its eight consecutive NCHSAA state title as the Villians downed River Mill Academy 57-52 for the North Carolina High School Athletic Association state 1-A women's basketball championship at Reynolds Coliseum.

The Villians trailed by 11 in the fourth quarter and came storming back. Bishop, which had an 8-6 on the season at one point but finished 25-7, was just six for 25 from behind the arc, but made its final three three-pointers.

Julia Brown was named the Kay Yow MVP with 17 points and 14 rebounds, while Cameron Nieters and Tia Cappuccio contributed 12 points apiece for the winners.

River Mill, in its first ever state title game, got 17 points from Lenaira Ruffin as the Jaguars finished 28-4 overall. River Mill dressed only seven players for the game and every player played at least 11 minutes, with six of them breaking into the scoring column.

Post Game Awards: Most Outstanding Player, River Mill: Lenaira Ruffin; Most Outstanding Player, Bishop McGuinness: Cameron Nieters; Kay Yow MVP: Julia Brown, Bishop McGuinness.

Kinston Defeats Pisgah To Take 2-A Championship

CHAPEL HILL—Lydia Rivers scored 13 points, grabbed nine rebounds and blocked a whopping nine shots—all of the blocks in the first half—as Kinston downed Canton Pisgah 51-40 for the North Carolina High School Athletic Association state 2-A women's basketball championship at the Smith Center.

Kinston (27-4) won its first ever women's NCHSAA basketball title.

Jada Faison added 13 and Monique Lofton scored 11 for the winners, who fell behind 6-0 and 9-2, failing to score for almost the first six minutes of the game.

Brooklyn Allen and Sheridan Pressley each scored 13 for Pisgah (26-7).

Pisgah shot just 21.2 percent from the floor in the first 16 minutes as Rivers completely controlled the middle and wound up shooting just 29.8% from the floor for the game, including one of nine from behind the arc.

Post Game Awards: Most Outstanding Player, Pisgah: Brooklyn Allen; Most Outstanding Player, Kinston: Jada Faison; Kay Yow MVP: Lydia Rivers, Kinston.

Harding University Repeats, Beats Chapel Hill in 3-A

RALEIGH—Abrea Harris scored 11 points, grabbed 12 rebounds and handed out six assists to earn Kay Yow MVP honors as Harding won its second straight state title, defeating Chapel Hill 56-52 for the North Carolina High School Athletic Association state 3-A women's basketball championship at Reynolds Coliseum.

Brianna Hamrick led the winners with 16 points and Myicha Drakeford contributed 11 as Harding completed the season with a 24-4 record and a

19-game winning streak.

Chapel Hill (30-2) was down by 12 in the first half but battled back to take the lead midway through the third quarter. Then Harding put together a run to lead 39-34 after three quarters.

Jamella Smith and Catherine Romaine each scored 14 for the Tigers, who shot just 20.6% from the floor in the first half and 28.8% for the game.

Harding became the first Charlotte-Mecklenburg school to win back-to-back women's state basketball championships and ended the season on a 19-game winning streak to finish 24-4 overall.

Post Game Awards: Most Outstanding Player, Chapel Hill: Catherine Romaine; Most Outstanding Player, Harding University: Brianna Hamrick; Kay Yow MVP: Abrea Harris, Harding University.

Millbrook Captures 3rd Straight Crown, Beats Greensboro Page 62-56

CHAPEL HILL—Briana Day tallied 16 points, grabbed nine rebounds and had three steals to earn her second consecutive Kay Yow MVP award as Millbrook held off Greensboro Page 62-56 for the North Carolina High School Athletic Association state 4-A women's basketball championship at the Smith Center.

Millbrook won its third straight state title and finished the season 33-0, the only women's varsity team in the state to finish the season without a loss.

The balanced Wildcats offset a great performance by Paris Kea of Page, who scored 31 points, 20 in the second half, and was a perfect nine for nine from the charity stripe.

Millbrook never trailed in the contest and led by as many as 11 early in the second half, but the Wildcats could never really put page away. Mykia Jones added 15 points for the state champs while Alex Tomlinson scored 11 and Ryan Flowers had 10 points to go with seven rebounds and two assists.

Post Game Awards: Most Outstanding Player, Page: Paris Kea; Most Outstanding Player, Millbrook: Ryan Flowers; Kay Yow MVP: Briana Day, Millbrook.



MEN'S BASKETBALL

Winston-Salem Prep Takes Second Straight State Crown

RALEIGH—Winston-Salem Prep won its second consecutive North Carolina High School Athletic Association state 1-A men's basketball championship with a 53-41 victory over Rocky Mount Prep at Reynolds Coliseum.

Winston-Salem Prep (32-1) won its used excellent team balance and strong defense en route to the victory. Mike Hughes of W-S Prep earned the Charlie Adams MVP award for the second consecutive year, with 12 points and seven rebounds. Raekwon Harney also scored 12 and Aaron Lipscomb 10 for the winners.

Deshawn Freeman led Rocky Mount Prep with 15 points but W-S Prep played great defense, holding the Jaguars to 0 for 17 from beyond the arc and 28 percent shooting from the field for the game.

Rocky Mount Prep, in its first NCHSAA state championship ever, finished the season with an overall record of 24-4. Jacob Barrett with 11 points was the other Rocky Mount player in double figures.

Post Game Awards: Most Outstanding Player, Rocky Mount Prep: Deshawn Freeman; Most Outstanding Player, W-S Prep: Coye Simmons; Charlie Adams MVP: Mike Hughes, Winston-Salem Prep.

Kinston Outduels Cuthbertson For Second Straight Year in 2-A

CHAPEL HILL—For the second straight year, Kinston edged Cuthbertson by three points for the North Carolina High School Athletic Association state 2-A men's basketball title.

This time the Vikings scored a 56-53 victory in action at the Smith Center after beating Cuthbertson in Reynolds Coliseum in the 2012 title game 58-55.

Kinston won its ninth NCHSAA crown and finished the season with a 28-2 record in head coach Perry Tyndall's first year at the helm.

Denzel Keyes led the way for the Vikings, earning Charlie Adams MVP honors with 18 points and nine rebounds, while Brandon Ingram and Josh Dawson scored 12 apiece.

Shelton Mitchell paced Cuthbertson, which had beaten Kinston in the HighSchoolOT.com holiday tournament earlier in the season, with 22 points, leading all scorers. No more than seven points ever separated the two teams.

Cuthbertson finished the season with a 29-4 record.

Post Game Awards: Most Outstanding Player, Cuthbertson: Shelton Mitchell; Most Outstanding Player, Kinston: Josh Dawson; Charlie Adams MVP: Denzel Keyes, Kinston

Hicks Leads Webb To Victory In State 3-A Championship Game

RALEIGH—Isaiah Hicks, a McDonald's All-American headed to the University of North Carolina, had an incredible performance, pouring in 34 points and grabbing an amazing 30 rebounds to lead Webb (27-5) to its first NCHSAA men's basketball crown.

Webb took a dramatic 73-70 overtime victory over Statesville and Hicks earned the Charlie Adams MVP award. The 30 rebounds was the most ever documented in a men's state championship game.

Webb led most of the way before Statesville came storming back, aided by the great play of Breon Borders with 26 points and nine rebounds. The Warriors had held a 14-point lead with 1:35 to go in the third quarter.

Webb, with a substantial size advantage, held a 58-41 edge on the boards, but hurt itself with 27 turnovers. Mitron Terry had 14 points, seven assists and seven rebounds for the winners.

Statesville ended the season with a 25-4 record. JaQuan Warren added 17 points for the Greyhounds.

Post Game Awards: Most Outstanding Player, Statesville: Breon Borders; Most Outstanding Player, Webb: Mitron Terry; Charlie Adams MVP: Isaiah Hicks, Webb.

Olympic Finishes Unbeaten Season With Win Over Raleigh Broughton

CHAPEL HILL—Deriece Parks dropped in 19 points and C.J. Jackson added 17 as Olympic finished the first unbeaten season for any NCHSAA men's team since 2005 in earning the North Carolina High School Athletic Association state 4-A men's basketball championship.

The Trojans held on to beat Raleigh Broughton 56-53 in the title game in the Smith Center to end the year with a 29-0 mark, but it wasn't easy.

Broughton scrapped back from a nine-point deficit with 1:56 to go in the third quarter, but missed a three-pointer in the game's final second that would have tied it. Olympic led most of the way, with the biggest lead nine late in the third quarter, but the Caps kept battling back.

Olympic hit eight for 20 three-pointers, but Broughton enjoyed a 30-14 advantage in points in the paint.

Devonte' Graham had an outstanding game for Broughton with 23 points, seven rebounds and six assists, and James Hemphill added 13 points. B.J.

Gladden had a game high nine rebounds for Olympic to go with nine points.

The Caps finished a 27-6 campaign.

Post Game Awards: Most Outstanding Player, Broughton: Devonte Graham; Most Outstanding Player, Olympic: B.J. Gladden; Charlie Adams MVP: Deriece Parks, Olympic.



MEN'S TOURNAMENT TENNIS

Hendersonville's Fuqua Takes 1-A Crown, Elkin Pair Wins Doubles

CARY—Jacob Fuqua of Hendersonville rolled to a straight set victory to win the singles championship in the North Carolina High School Athletic Association state 1-A men's tennis championships at the Cary Tennis Center.

Fuqua defeated Dylan Cuddington of Rosewood 6-2, 6-1 in the title match after losing only four games in four sets in his two opening-day victories.

Cuddington had survived a long three-set match in the semifinals against John Latimer of Misenheimer Gray Stone Day to move into the championship.

Macy, the singles winner a year ago and runner-up in both 2010 and '11, teamed this time with Ryan Schell of Elkin in doubles and the Buckin' Elks duo won the championship in a tough three-setter. Macy and Schell defeated Kevin Weckworth and Sam McLaughry of Kernersville Bishop McGuinness 4-6, 6-3, 7-5 for the title. The Elkin team had advanced to the championship match by losing only one game in four sets in a pair of Friday victories.

Weckworth had been a part of the last two doubles championship teams at 1-A, teaming with a different partner each year to earn the title for Bishop McGuinness and making his third straight trip to the finals.

NCHSAA 2013 MEN'S 1-A STATE TENNIS CHAMPIONSHIPS Cary Tennis Center

SINGLES—CHAMPIONSHIP

Jacob Fuqua (Hendersonville) def. Dylan Cuddington (Rosewood) 6-2, 6-1.

DOUBLES—CHAMPIONSHIP

Tyler Macy-Ryan Schell (Elkin) def. Kevin Weckworth-Sam McLaughry (Kernersville Bishop McGuinness) 4-6, 6-3, 7-5.

Championship Matches Over Quickly In 2-A Tennis

CARY—After three long rounds on the opening day in the North Carolina High School Athletic Association state 2-A men's tennis championships at the Cary Tennis Center, the finals were over pretty quickly.

Both the singles and doubles titles were decided in less than an hour.

In singles, Shelby's Marshall Parker sprinted past freshman Brian Freiburghouse of Carrboro 6-0, 6-0 to win the championship, the first singles crown for a Shelby player since 2003.

Parker went through the field in the state tournament easily, losing only three games in his eight total sets. Freiburghouse survived a tough three-set match in the quarterfinals and then won the last match of the evening on Friday over Carrboro's Max Fritsch to advance to the finals.

A Newton-Conover team won the 2-A doubles championship for the fourth year in a row. John Tate and Tyler Barrymore of the Red Devils defeated Bobby Decker and Eli Hile of Black Mountain Charles D. Owen 6-3, 6-0, for the title.

Tate teamed with Ryan Lampe to win the doubles championship last year.

NCHSAA 2013 MEN'S 2-A STATE TENNIS CHAMPIONSHIPS **Cary Tennis Center**

SINGLES—CHAMPIONSHIP

Marshall Parker (Shelby) def. Brian Freiburghouse (Carrboro) 6-0, 6-0.

DOUBLES—CHAMPIONSHIP

John Tate-Tyler Barrymore (Newton-Conover) def. Bobby Decker-Eli Hile (Black Mountain Charles D. Owen) 6-3, 6-0.

Cardinal Gibbons Takes Titles In NCHSAA 3-A Tennis

BURLINGTON—Raleigh Cardinal Gibbons players won both the singles and the doubles championships in the North Carolina High School Athletic Association state 3-A men's tennis championships at the Burlington Parks and Recreation Tennis Center.

Robert Kelly of Gibbons scored a straight-set triumph over Charlotte Catholic's Riley Brosnan in the finals 6-1, 6-2, after ousting Lenoir Hibrten's Paul Hogan in the semifinal round. Kelly had a great tournament, dropping only seven games total in winning his four matches and eight sets.

In doubles, the team of Matt Galush and Noah Constantine of Cardinal Gibbons won the championship by 6-2, 6-1 over Concord's B.J. Beecher and Ryan Harvey. The Gibbons team beat the Weddington duo of Steven Denny and Sahil Vasa 6-2, 6-1 in the semifinals earlier in the day.

Then the spirit of sportsmanship that often shows itself in high school athletics came to the forefront. The Concord and Charlotte Catholic doubles teams, which had really battled in a morning semifinal, decided that they wanted to eat lunch together after the championships were over. But they went looking for a place where they could play ping pong against one another before they sat down to eat.

NCHSAA 2013 MEN'S 3-A STATE TENNIS CHAMPIONSHIPS **Burlington Tennis Center**

SINGLES—SEMIFINALS

Riley Brosnan (Charlotte Catholic) def. Austin Allen (Asheboro) 6-0, 2-6, 6-3; Robert Kelly (Raleigh Cardinal Gibbons) def. Paul Hogan (Lenoir Hibrten) 6-2, 6-1.

SINGLES—CHAMPIONSHIP

Kelly (Cardinal Gibbons) def. Brosnan (Charlotte Catholic) 6-1, 6-2.

DOUBLES—SEMIFINALS

B.J. Beecher-Ryan Harvey (Concord) def. Nick Russo-Drew Connery (Charlotte Catholic) 6-4, 6-4; Matt Galush-Noah Constantine (Raleigh Cardinal Gibbons) def. Steven Denny-Sahil Vasa (Weddington) 6-2, 6-1.

DOUBLES—CHAMPIONSHIP

Galush-Constantine (Cardinal Gibbons) def. Beecher-Harvey (Concord) 6-2, 6-1.

Stachowiak Wins All-Wake County Singles Final; R.J. Reynolds Duo Captures Doubles Crown

RALEIGH—Freshman Nick Stachowiak of Apex Middle Creek won an all-Wake County singles final in the North Carolina High School Athletic Association state 4-A men's tennis championships on Friday at the Millbrook Exchange Park.

Stachowiak defeated Bo Boyden of Raleigh Wakefield 6-1, 6-2, to win the title. Stachowiak had won all three of his matches in straight sets and lost only five games in six sets on Friday. The tournament played three rounds on Friday with the threat of inclement weather on Saturday.

It was the fifth year in a row that a Wake County school had produced either the state 4-A men's singles champion or runner-up.

The Winston-Salem R.J. Reynolds team of Jack Riazzi and Paul Yamane earned the doubles crown, beating the Raleigh Millbrook pair of Chris Mahan and John Karlawish by 7-5, 6-3.

Riazzi and Yamane made it to the 2011 4-A doubles finals but lost to a Millbrook team in that one, and last year Yamane and Chad Hoskins of R.J. Reynolds teamed to win the doubles crown.

NCHSAA 2013 MEN'S 4-A STATE TENNIS CHAMPIONSHIPS **Millbrook Exchange Park**

SINGLES—CHAMPIONSHIP

Nick Stachowiak (Apex Middle Creek) def. Bo Boyden (Raleigh Wakefield) 6-1, 6-2.

DOUBLES—CHAMPIONSHIP

Jack Riazzi-Paul Yamane (Winston-Salem R.J. Reynolds) def. Chris Mahan-John Karlawish (Raleigh Millbrook) 7-5, 6-3.



MEN'S GOLF

Owen Leads Bishop McGuinness To Title In 1-A Men's Golf

CHAPEL HILL—Tanner Owen of Kernersville Bishop McGuinness led wire to wire to capture the individual title in the 16th annual North Carolina High School Athletic Association state 1-A men's golf championships at the Chapel Hill Country Club.

Owen, who was fourth in the individual standings a year ago, had a two-under 70 on the opening day to open up a four-shot advantage, then had a 73 on the final day for a 143 total, good for a six-shot margin over runner-up Dylan Kennedy of West Montgomery.

McKenzie Barringer of Durham Voyager Academy was third at 151, and then Blake Fiest of Lake Norman Charter won a playoff on the second extra hole to take fourth over Jonathon Davis of Bishop McGuinness, both of whom had 152 scores in regulation.

The course was set at par 72 and 6,619 yards for the NCHSAA event.

Bishop McGuinness, the defending team champion which won by a whopping 52 shots a year ago, took top team honors by 36 strokes this time. The Villains' 306 total on the final day gave Bishop a 611 final score, ahead of Lake Norman Charter with 647. East Surry was third with 650 and Riverside-Martin placed fourth at 655.

The best four of six individual scores counted toward the team total.

A total of 84 golfers began play in the two-day tournament.

Hefner Wins Individual Crown, Leads Newton-Conover To Victory In 2-A Golf

SOUTHERN PINES—Alex Hefner of Newton-Conover won the individual championship and led his team to its first state golf title in the 28th annual North Carolina High School Athletic Association state 2-A men's golf championships at the Lingle Golf and Country Club.

Hefner had a one-under par 70 on the first day and combined that with a one-over par 72 for a 142 total, two shots ahead of Kaleb Morton of Carrboro, who had the best round of the second day with a 71 for a total of 144. Maiden's Thomas Lilly and Salisbury's Eric Edwards tied for third at 147, five shots back.

The course was set at par 71 and 6,600 yards for the NCHSAA championship.

Newton-Conover had the only sub-300 team score on the first day of play, and the Red Devils held on with a 312 on the final day to record a 611, four shots ahead of runner-up North Lincoln. Shelby was third with 627 and Salisbury, the defending team champ, was in fourth with 632.

A total of 84 golfers began play in the two-day tournament.

Long Wins Crown, Leads Forestview To Team Championship In 3-A Golf Tournament

FOXFIRE VILLAGE—Will Long of Gastonia Forestview had a blistering 66 and raced to victory by a single shot in the 28th annual North Carolina High School Athletic Association state 3-A men's golf championships at the Foxfire Golf and Country Club.

Long, the individual runner-up a year ago, had a 36-hole total of 140, good for a one-shot win over Nick Stafford of Belmont South Point after entering the day tied for eighth, six shots off the pace. Stafford had a 69 in the final round to move up to second from fourth after the first day.

Long has signed to continue his career at Auburn University.

First-day leader Bryce Hendrix of Greenville D.H. Conley had a 74 in the final round to go with an opening 68 to finish at 142, in a tie for third with South Rowan's Davis Richards. Richards had one of the five sub-par rounds on Tuesday with a 69.

The championship was held on a par 72 layout set at 6,591 yards for the NCHSAA event.

Defending team champion Forestview made it two titles in a row, led by Long and Will Blalock, as the Jaguars blew it open with a 285 score in the final round. Forestview tallied a 582 score for the tournament, 22 shots ahead of runner-up Burlington Williams have holding just a four-shot lead over the field after day one.

Waxhaw Marvin Ridge placed third at 614 and Charlotte Catholic, the second-place team after 18 holes, and Belmont South Point tied for fourth at 616.

The best four of six individual scores counted toward the team total.

Prior to 1986, all NCHSAA schools competed for a single title in an open tournament. Play went to three classifications in 1986 and then to four classes beginning with the 1998 tournaments.

A total of 84 golfers began play in the two-day event.

East Chapel Hill's Griffin Rolls To Victory In NCHSAA 4-A Golf; Pinecrest Wins Team Title

PINEHURST—Ben Griffin of East Chapel Hill fired a five-under 67 on the final day to roll to a convincing victory in the individual portion of the 77th annual North Carolina High School Athletic Association state 4-A men's golf championships at Pinehurst number eight.

Griffin, who tied for 10th in last year's tournament and won it all in 2011, entered the final day three shots ahead for the field and wound up with a great 36-hole total of 135, nine under par. It was the best-ever 36-hole score in the separate 4-A tournament and the third lowest total ever in an

NCHSAA championship since World War II.

There was a playoff for the runner-up spot, with Trey Guy of Fayetteville Terry Sanford beating defending champion Stephen Saleeby of Raleigh Broughton with a birdie on the first playoff hole to take second. Both Guy and Saleeby had 144 totals in regulation, with Guy firing a four-under par 68 on the final day.

There was also a playoff for fourth, with Phillip Oweida from Charlotte Myers Park knocking in an eagle on the first playoff hole to win over Seth Gandy of Cornelius Hough. Both golfers had 36-hole totals of 145.

The championship was contested on a par-72 layout set at 6,698 yards for the NCHSAA event.

Southern Pines Pinecrest and Myers Park finished in a deadlock for the team championship and had to go to a playoff as well. A birdie by Zack Martin of Pinecrest on the first playoff hole was the difference as the two teams finished with identical 36-hole scores of 591. Pinecrest had a team total of 19 on the playoff hole and Myers Park had all pars for a total of 20.

Hough was third at 597 and defending team champion Raleigh Broughton was fourth at 598.

A Wake County school had won the men's 4-A team golf title 18 times in the last 27 years, including the last four in a row. Pinecrest was the last non-Wake County school to win, taking the title in 2008.

A total of 84 golfers began play in the two-day tournament.

Sweet's Final-Second Goal Lifts Apex To Dramatic Men's Lacrosse Title Over Lake Norman 12-11

CARY—Senior attack man Derek's Sweet dramatic goal in the final second lifted Apex to a 12-11 triumph over Lake Norman for the North Carolina High School Athletic Association's state men's lacrosse championship.

Sweet had four goals to lead the Cougars to the exciting win, their first state championship in two trips to the NCHSAA final, and finished the season with 49 goals. Luke Sieber had the assist on the game-winner, which came with one second on the clock.

Apex junior goalkeeper Tyler Nesbitt, who came up big several times and was credited with nine saves, was named the Most Valuable Player of the championship.

Lake Norman held a 7-3 lead at the half. The Wildcats got four goals apiece from senior attackman Austin Grassey and senior midfielder Eddie Hendrickson.

Apex finished a 19-2 season while Lake Norman, the defending state champion, was 20-4. Both teams have participated in postseason play with in all four years the NCHSAA has offered a lacrosse championship.

The lacrosse state championships are currently conducted as an "open" tournament, with all classifications competing for a single crown.

Holman Leads East Chapel Hill To Victory In NCHSAA Women's Lacrosse Championship

CARY—Senior Sydney Holman scored five goals and added four assists to lead East Chapel Hill to a 15-13 victory over Charlotte Catholic in the North Carolina High School Athletic Association's fourth annual state women's lacrosse championship at WakeMed Soccer Park.

Holman was named the Most Valuable Player of the championship match as the Wildcats won their first NCHSAA women's lacrosse title and finished 17-2 overall. East finished the season on a 12-game winning streak.

East held an 8-6 advantage at the half before Catholic scored the first three goals after intermission to take the lead and set the stage for the Wildcat rally.

Holman, who tallied 13 goals in the East semifinal victory over defending state champion Cary Green Hope, unofficially ended the season with 128 goals, the most in NCHSAA history.

Catholic, in the finals for the third time in the tournament's four years, ended the campaign 17-3 overall. The Cougars lost to Green Hope in last year's final.

The lacrosse state championships are currently conducted as an "open" tournament, with all classifications competing for a single crown.



OUTDOOR TRACK AND FIELD

Monroe Women, Heide Trask Men Win Team Titles: Cherryville's Friday Sets 3 1-A Track Records

GREENSBORO—Reneazia Collins won three individual events and anchored a victorious relay team to lead Monroe to a convincing team victory in the North Carolina High School Athletic Association state 1-A women's track and field championships at the Irwin Belk Track at North Carolina A&T State University.

Collins won the 100-meter high hurdles, the 200, the 400 and anchored the winning four by 200 relay team as Monroe more than doubled the score of its nearest rival. Monroe tallied 103 points to 42 for runner-up Winston-Salem Prep, while West Wilkes was third with 40. Community School of Davidson finished fourth with 35.5 points and Kenersville Bishop McGuinness was fifth with 33. A total of 48 teams scored in the women's meet.

Collins shared the Most Valuable Performer honors with Malia Ellington of Community School of Davidson. Ellington also won three individual titles, including the 800, 1600 and 3200, breaking a 20-year old state 1-A mark in the 1600 that was previously held by Karen Godlock of Polk County. Ellington's winning time of 5:01.37 shattered the old mark by over four seconds.

Hailey Cook of Hendersonville, who last week was chosen as the NCHSAA Female Athlete of the Year for all classifications, won both the shot put and discus and shattered the discus state 1-A mark by more than seven feet.

In the men's meet, Trentavis Friday of Cherryville had perhaps his best Friday ever, winning three events and setting new state 1-A marks in all three to grab the men's MVP award. Friday swept to victory in the 100, 200 and 400 meters.

But the overall team strength of Rocky Point Heide Trask earned Trask its first men's track team championship, with 66 points to 50 for runner-up Mitchell. Trask got first-place finishes by Wesley Porter in the shot, Joshua Smith in the discus and Ethan Bichof in the 300 meter hurdles.

Two-time defending champion North Rowan was third with 46 points, followed by Monroe (37) and the North Carolina School of Science and Math with 33.3. There were 51 teams scoring points in the men's meet.

Tucker Leads Cedar Ridge To Men's Title; Morken Paces Carrboro To 3rd Straight Crown

GREENSBORO—Senior A.J. Tucker of Hillsborough Cedar Ridge won both the 1600 and 3200 events to help lead his Red Wolves to their second consecutive men's team championship in the North Carolina High School Athletic Association state 2-A men's track and field championships at the Irwin Belk Track at North Carolina A&T State University.

Hillsborough Cedar Ridge held on to edge Burlington Cummings in the team standings 63-59, followed by Carrboro (35), North Lincoln (34) and Greene Central (32). A total of 47 schools scored points in the men's meet.

Isaiah Moore kept his Cummings team in the hunt all day and was selected as the Most Valuable Performer in the men's championship. He was a double winner, taking top honors in the long jump and the 110 high hurdles, while finishing second in both the high jump and the 300 hurdles.

Carrboro senior Scott Peretin grabbed a pair of first-place finishes, winning both the shot and the discus, and senior James Drummond from Lexington set a new record in the 200 with a blistering time of 21.23 seconds.

In the women's meet, Carrboro and High Point Andrews were tied for the team lead with 61 points entering the final two events, but the Jaguars pulled away to take the title for the third consecutive year. Carrboro finished with 77 to 61 for second place Andrews, followed by Waxhaw Cuthbertson (55.5), Cummings (45) and a tie for fifth between South Iredell and Swansboro at 31 apiece.

There were 49 schools scoring points in the women's championship.

Senior Grace Morken led the way for Carrboro, winning both the 800 and the 1600, setting a new state 2-A mark in the 800 at 2:16.71 and capturing first place the 1600 for the third consecutive year. She also anchored the winning four by 400 relay for the Jaguars.

The High Point Andrews four by 100 relay team set a new state record for the classification in a time of 48.27, breaking a nine-year old mark, and the meet MVP was a part of that quartet. Nora McKiver, a senior who ran a leg on the record-setting relay, also broke her own 2-A state record in the 300 hurdles in 42.70 in addition winning the 100 high hurdles and finishing second in the 200.

Senior Paisley Simmons ran anchor on that victorious 400 relay and also won a pair of individual championships for Andrews in the sprints, at 100 meters and 200 meters. Liz Wood of Cuthbertson tied the women's 2-A pole vault record by clearing 10 feet, six inches.

West Davidson's Callie Wynn broke the oldest existing 2-A mark, shattering the 3200 record by almost six seconds in 11:12.28. The old mark was held by Diana Henderson of North Henderson and set back in 1999.

Catherine Armstong of SouthWest Edgecombe surpassed records in the shot put and discus for female wheelchair athletes, while Bryce Floyd of South Lenoir broke standards in the same events in the men's competition in addition to the 200 meters.

T.J. Logan Leads Northern Guilford To 3-A Track Title; Berry Takes Women's Team Crown

GREENSBORO—T.J. Logan won a pair of individual events and anchored a victorious relay team to pace Northern Guilford to the team title in the North Carolina High School Athletic Association state 3-A men's track and field championships at the Irwin Belk Track at North Carolina A&T State University.

Logan, who is headed to the University of North Carolina on a football scholarship, last week had been named the winner of the Pat Best Memorial Award as the 2013 NCHSAA Male Athlete of the Year, and he certainly lived up to his billing. He captured the 100 in a winning time of 10.65 seconds, won the 200 in 21.61, and then anchored the winning four by 100 relay team which broke the tape in 41.99 seconds. He was named the Most Valuable Performer of the men's championships.

Northern Guilford tallied 57 points to 45.50 for county rival Northeast Guilford in second. East Henderson followed in third with 43 points, with Waxhaw Marvin Ridge (34.50) in fourth and Hickory (31) in fifth. There were 53 men's teams tallying points in the meet.

LeAndre McGill and Gary Woosley led Northeast to its second place finish. McGill won the 400 and ran a leg on the victorious four by 400 relay team, while Woosley helped the Northeast cause by taking first in the triple jump.

In the women's meet, Charlotte's Berry Academy used its strength in the relays to run to the team championship. Berry won both the four by 100 and four by 200 events while placing third in the four by 400, finishing the day with 51 points to 46 for runner-up West Carteret.

West Carteret's Blake Dodge earned the women's MVP award as she led her team to a second-place finish and set some records as well. She established new 3-A marks in both the 800 (2:13.23) and the 1600 (4:59.35) and also ran a leg on the record-setting four by 800 relay team. Dodge was also the MVP in the state indoor championships earlier this year.

Fayetteville Westover placed third in the standings with 43 points, followed by Jacksonville (41) and Western Alamance (38.5). A total of 51 schools scored points in the women's meet.

Qizeah Jackson of Fayetteville Westover had a great meet with three individual championships, taking first place in the 100, 200 and the high jump, and running a leg on the quartet that won the final event, the four by 400 relay.

Knightdale Wins Third Straight State 4-A Track Crown, Southeast Raleigh Overcomes Wakefield For Women's Title

GREENSBORO—Knightdale capped off its third consecutive North Carolina High School state 4-A men's track and field team championship with a record-setting performance in the four by 400 relay at the Irwin Bell Track at North Carolina A&T State University.

Knightdale scored 68 points to 51 for runner-up Fayetteville Terry Sanford and won the final event of the day in spectacular fashion, setting an NCHSAA all-classification record in the four by 400 meter relay by more than a second, in 3:12.87, and breaking a mark set way back in 1987 by Durham Hillside by over a second. The record setting team included Henry Kiedy, Bernard Freeman, Marcell Johnson and Marquavious Johnson, and Marquavious Johnson also won the 400.

Terry Sanford produced the two double winners on the men's side, with sophomore Philip Hall taking first in both the 800 and 1600 while junior Jahmaal Daniel was the champion in both the 100 and 200. Hall was named the Most Valuable Performer in the men's meet, as he also ran a leg on the four by 800 relay team which finished fifth.

Charlotte Mallard Creek placed third with 40 points, followed by East Chapel Hill (34) and Jamestown Ragsdale (32). A total of 60 schools scored points in the men's meet. There were 49 schools scoring in the women's meet.

In the women's championship, Southeast Raleigh snapped Wakefield's string of state team titles at three, winning the crown for the first time since 2009. Southeast tallied 89 points to 82 for Wakefield, followed by Winston-Salem Parkland with 58 points and then a three-way tie for fourth among Raleigh Broughton, Asheville T.C. Roberson and Apex with 35 points apiece.

Senior Tiana Patillo of Wakefield was the women's MVP as she won the 400, finished second in the 200, third in the 100, and ran a leg on the four by 400 relay that placed fourth.

Breanna Warren of Western Guilford took top honors in both the shot and the discus, and three Parkland relay teams finished first, winning the four by 100, four by 200, and the four by 400.

The four by 200 quartet of Myshale Spigner, Katilin Sherman, Ebony Williams and Erin Morrison--including three sophomores and a junior--set an NCHSAA all-classification record in a blistering time of 1:37.83. Three of those four also sprinted their way to the 1600 meter relay title in another all-classification record, breaking the tape in 3:47.70. The Parkland four by 100 team tied the existing 4-A mark in 47.22.

Wakefield's Kristen Lee soared 13 feet even in the pole vault, setting another all-classification mark.



MEN'S DUAL TEAM TENNIS

Millbrook Wins 4-A Title Over R.J. Reynolds In 5-4 Match

GREENSBORO—Raleigh Millbrook stopped the Winston-Salem R.J. Reynolds bid for a fourth consecutive North Carolina High School Athletic Association state 4-A men's dual team tennis championship with a hard-fought 5-4 decision.

The match began at the Burlington Tennis Center on outdoor courts and five of six singles were completed before the rain came. The finals then moved indoors to the Piedmont Indoor Tennis Center.

The number-two doubles was the final match completed and proved to be the margin of victory as Logan Weber and Austin Cobb of Millbrook beat Nick McDaniel and John Kretzschmar 10-3 to clinch the state title.

The teams split the six singles matches, with three of them going to the tiebreaker after split sets.

Millbrook was making its fourth trip to the championship but first since 2009 when it beat R.J. Reynolds in the final. Millbrook finished the season 19-3 while Reynolds wound up 20-5 in dual matches.

Cardinal Gibbons Rolls Past Charlotte Catholic In 3-A

DURHAM—Raleigh Cardinal Gibbons had little trouble in rolling to its third consecutive North Carolina High School Athletic Association state 3-A men's dual team tennis championship, blanking Charlotte Catholic 5-0 at the Sheffield Indoor Tennis Center on the campus of Duke University.

The match had originally been scheduled for the Burlington Tennis Center outdoors but was moved due to rain.

Gibbons won the five completed singles matches in straight sets, led by Robert Kelly and Matt Galush and the number-one and number-two singles. Both completed their seasons unbeaten in singles play, and Kelly won the NCHSAA 3-A singles crown earlier.

The victorious Crusaders won their seventh dual team title in two different classifications and finished the season with a perfect 26-0 mark. Charlotte Catholic wound up 14-3.

Shelby Completes Perfect Season, Beats Carrboro For 3-A Title

GREENSBORO—Shelby's Golden Lions completed a perfect 21-0 season en route to the North Carolina High School Athletic Association state 2-A men's dual team tennis championship, beating Carrboro 5-3 in action at the Piedmont Indoor Tennis Center.

The match had originally been scheduled for the Burlington Tennis Center outdoors but was moved due to rain.

Shelby, the defending champ, won four of the six singles and then took first and third doubles to earn the championship. Marshall Parker, who won the state singles championship last weekend, won at the number-one singles and teamed with Miles Poage to take the number-one doubles. It was Shelby's fifth NCHSAA men's dual team tennis title in five appearances in the championship.

Carrboro, which got singles wins from Jacob Zinn and Paul Flournoy in the fifth and sixth positions and then saw those two team to win the third doubles, ended the season with a 20-2 record.

Elkin Beats NCSSM 5-1 To Capture 1-A Championship

BURLINGTON—Elkin took five of the six singles matches and rolled to a 5-1 triumph over Durham North Carolina School of Science and Math in the North Carolina High School Athletic Association state 1-A men's dual team tennis championship at the Burlington Tennis Center.

Tyler Macy and Ryan Schell, which won the state 1-A doubles title earlier, swept their matches and number-one and number-two singles, respectively, to get the Buckin' Elks going.

Elkin won a state men's dual team tennis title for the eighth time in eight trips to the championship, but its first since 2004. The Buckin' Elks finished a perfect 18-0 while NCSSM wound up 17-2 overall.



LACROSSE

Sweet's Final Second Goal Lifts Apex To Dramatic Men's Lacrosse Championship

CARY—Senior attackman Derek's Sweet dramatic goal in the final second lifted Apex to a 12-11 triumph over Lake Norman for the North Carolina High School Athletic Association's state men's lacrosse championship at WakeMed Soccer Park.

Sweet had four goals to lead the Cougars to the exciting win, their first state championship in two trips to the NCHSAA final, and finished the season with 49 goals. Luke Sieber had the assist on the game-winner, which came with one second on the clock.

Apex junior goalkeeper Tyler Nesbitt, who came up big several times and was credited with nine saves, was named the Most Valuable Player of the championship.

Lake Norman held a 7-3 lead at the half. The Wildcats got four goals apiece from senior attackman Austin Grassey and senior midfielder Eddie Hendrickson.

Apex finished a 19-2 season while Lake Norman, the defending state champion, was 20-4. Both teams have participated in postseason play with in all four years the NCHSAA has offered a lacrosse championship.

The lacrosse state championships are currently conducted as an "open" tournament, with all classifications competing for a single crown.

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Holman Leads East Chapel Hill To Victory In Women's Lacrosse

CARY—Senior Sydney Holman scored five goals and added four assists to lead East Chapel Hill to a 15-13 victory over Charlotte Catholic in the North Carolina High School Athletic Association's fourth annual state women's lacrosse championship at WakeMed Soccer Park.

Holman was named the Most Valuable Player of the championship match as the Wildcats won their first NCHSAA women's lacrosse title and finished 17-2 overall. East finished the season on a 12-game winning streak.

East held an 8-6 advantage at the half before Catholic scored the first three goals after intermission to take the lead and set the stage for the Wildcat rally.

Holman, who tallied 13 goals in the East semifinal victory over defending state champion Cary Green Hope, unofficially ended the season with 128 goals, the most in NCHSAA history.

Catholic, in the finals for the third time in the tournament's four years, ended the campaign 17-3 overall. The Cougars lost to Green Hope in last year's final.

The lacrosse state championships are currently conducted as an "open" tournament, with all classifications competing for a single crown.



WOMEN'S SOCCER

Lake Norman Charter Outlasts Raleigh Charter In Overtime In State 1-A Women's Soccer Final

RALEIGH—Lake Norman Charter outlasted Raleigh Charter 6-3 in overtime in a wild back-and-forth North Carolina High School Athletic Association state 1-A women's soccer championship game at Dail Soccer Field at North Carolina State University.

There were four goals in the regulation 80 minutes and then six goals in overtime, including three in the space of five minutes in the first extra stanza.

Both teams scored within about 30 seconds of the first overtime, with sophomore forward Erin Iknayan, who was named the championship match Most Valuable Player, getting her second goal of the game to put Lake Norman Charter up 3-2. But moments later Rachel Hammond of Raleigh Charter knocked home a penalty kick to tie it again.

Madeline Iknayan scored in the 85th minute to put Lake Norman Charter back in front 4-3, and six minutes later a long shot by Rachel Quest of the Knights made it 5-3. Then Riley Kane scored her 21st goal of the season with less than two minutes to go in the second OT for the final tally.

Both teams had a couple of scoring opportunities in the first 40 minutes, but failed to capitalize as the first half was scoreless.

Then Lake Norman Charter broke the ice in the 47th minute when Kane tallied with a great individual effort, as the junior forward's left-footed shot found the back of the net.

But seconds later, after the ensuing kickoff, junior midfielder Alexa Dreyer of Raleigh Charter lofted a shot high over the keeper to even the score at 1-1.

The Phoenix then took a 2-1 advantage in the 59th minute as Dreyer delivered a beautiful cross to senior forward Ilana Green, who slammed it home to put Raleigh Charter ahead.

But Lake Norman Charter responded to deadlock the game at 2-2, which is the way the regulation 80 minutes ended. Erin Iknayan knocked in the equalizer in the 73rd minute.

Raleigh Charter was in the finals for the third time, winning the title in 2007 and making its first visit to the finals since 2009, while Lake Norman Charter played for the title for the first time. Lake Norman Charter wound up 19-3-3 overall while Raleigh Charter went 20-2.

The Raleigh Sports Consortium serves as the primary host city partner for the women's soccer championship, along with the Raleigh Convention and Visitors Bureau.

Green Hope Blanks Hough 2-0 To Earn State 4-A Women's Soccer Championship

RALEIGH—Cary Green Hope capped a perfect season and blanked Cornelius W.A. Hough 2-0 to win the North Carolina High School Athletic Association state 4-A women's soccer championship before a large crowd at Dail Soccer Field at North Carolina State University.

Green Hope avenged a loss in last year's final, as it was a rematch of last year's state 4-A title match in which Sarah Moon scored two goals in the final 11 minutes to lift Hough to a 2-1 victory over Green Hope.

Senior forward Alexis Shaffer, who scored the initial goal of the game and had an excellent all-around performance, was named the championship Most Valuable Player.

Green Hope took a 1-0 lead in the 33rd minute when Shaffer took the ball down the right side, wheeled back to the left and fired a left-footed shot into the back of the net for her 39th goal of the season. The Falcons had the better of play for most of the first half.

In the second half, as Hough pressed forward in the final minutes, Green Hope junior midfielder Kenley Sigmon found the ball in space, dribbled through a couple of defenders and then buried a shot for the 2-0 margin with 6:34 remaining.

Senior keeper Lisa Armstrong recorded the shutout in goal, with seven saves.

Green Hope completed a perfect 28-0 season and has not lost since its defeat in last year's state championship game. Hough finished the year 21-3 overall and had a seven-match win streak snapped.

Hough was in the finals for the second straight year in just the third year of the school's existence.

The Raleigh Sports Consortium serves as the primary host city partner for the women's soccer championship, along with the Raleigh Convention and Visitors Bureau.

Cardinal Gibbons Rolls Past St. Stephens In State 3-A Women's Soccer Championship

RALEIGH—Christina Gibbons scored a pair of goals to lead Cardinal Gibbons to a 3-0 victory over Hickory St. Stephens for the North Carolina High School Athletic Association state 3-A women's soccer championship at Dail Soccer Field at N.C. State University.

Gibbons, a Duke signee who scored five goals in a playoff game against Burlington Williams earlier in the playoffs, was named Most Valuable Player of the championship match.

The Crusaders exerted heavy pressure in the first 20 minutes and tallied just 2:08 into the contest when all-American Morgan Reid found the back of the net. Then Cardinal Gibbons made it 2-0 in the 11th minute with a two on one that resulted in a goal by Gibbons.

In the 60th minute, Gibbons dribbled down the right side and then tucked it into the left corner of the net for a 3-0 advantage.

The Crusader defense, with senior Kristen Twomey in goal, recorded its 18th shutout in 25 games. Twomey had five saves as Gibbons outshot St. Stephens 20-9.

Cardinal Gibbons finished the season 22-2-1 and played for the NCHSAA

women's soccer championship for the fourth time, winning its second state crown. The Crusaders won the 2-A title in 2007 and now have an amazing 38-6 record in state playoff competition in the last eight seasons. St. Stephens made its first appearance in the championship and the Indians ended the campaign 21-4-2.

The Raleigh Sports Consortium serves as the primary host city partner for the women's soccer championship, along with the Raleigh Convention and Visitors Bureau.

Swansboro Blanks South Iredell 3-0 To Win 2-A Championship

CARY—Swansboro's Tylor Ring scored two goals and assisted on a third to lead the Pirates to a 3-0 triumph over South Iredell in the North Carolina High School Athletic Association state 2-A women's soccer championship game at Dail Soccer Field.

Ring, a freshman forward who opened the scoring in the 14th minute and then scored the final goal of the match, was selected as the championship match Most Valuable Player.

Swansboro led 1-0 at intermission after Ring's first goal, with Brenna Kate Grass assisting, and then in the 56th minute sophomore Kimberly Moore scored her 40th goal of the season off an assist from Ring for a 2-0 advantage.

In the final minutes, with South Iredell pushing forward, Ring got a breakaway, took the ball down deep into the box and scored in the 71st minute to salt away the victory.

Swansboro finished the season with a 23-5-1 record and won its final 10 matches, including outscoring its foes 30-0 in six state playoff matches. The Pirates should also be good in years to come with only two seniors in the starting lineup.

South Iredell suffered its third loss in 25 outings.

Swansboro was in the finals for the third time in the last five years and sixth overall, with the Pirates winning state crowns in 2006, '09 and '10. South Iredell made its first appearance in the championships after knocking off previously unbeaten East Bend Forbush 1-0 in the regional round.

The Raleigh Sports Consortium serves as the primary host city partner for the women's soccer championship, along with the Raleigh Convention and Visitors Bureau.

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