



Dodge, Johnson Named NCHSAA Athletes Of The Year At Annual Meeting

CHAPEL HILL — Blake Dodge of West Carteret High School and Marquavious Johnson of Knightdale High School have been named winners of the 2014 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 on Thursday.

Both of the winners were selected by a special panel that 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."

Johnson has been an amazing four-sport athlete, earning 14 varsity letters during his career. In football, he is the two-time Greater Neuse Conference Offensive Player of the Year, leading Knightdale to its best record in school history during his senior season as the Knights went 12-2. He accumulated nearly 2,000 yards in total offense, running for 18 touchdowns and throwing for 11 and also catching three touchdown passes.

In basketball, he averaged five points per game and was Knightdale's back-up point guard while earning the state championship in indoor track in the 500 meters both this year and last. In fact, he has been a part of seven state championship track teams, indoor and outdoor, and won the individual 400 meters crown outdoors last spring while also participating on the relay team that set a new four by 400 state record. He's been a key member of five relay teams that have captured state championships and has also been successful competing nationally, considered one of the top prep 400



(NCHSAA photo by John Bell)

NCHSAA Athletes of the Year Marquavious Johnson of Knightdale and Blake Dodge of West Carteret

meter runners in the entire country.

He will be attending East Carolina University on a football scholarship.

Dodge has had a remarkable high school career as a star primarily in track and field and cross country. Amazingly enough, this student-athlete has won 14 different individual state championships and is the three-time Most Valuable Performer in the state 3-A outdoor track and field championships.

She is the current NCHSAA state 3-A record holder in both the 800 and the 1600 meter runs and ran a leg on the record-setting four by 800 meter relay team at West Carteret in last year's championships. She also holds three state records in indoor track. She has earned all-American honors in both indoor and outdoor track and in addition to all that is a member of the women's soccer team.

She will attend the University of North Carolina at Chapel Hill on a prestigious Morehead-Cain scholarship. Blake is currently fifth in her academic class and is the student body representative on the school's leadership board.

This is the 29th 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
2011-12	Hailey Cook, Hendersonville T.J. Logan, Northern Guilford
2012-13	Blake Dodge, West Carteret Marquavious Johnson, Knightdale

Recipients Named For Eighth Annual Golden Whistle Merit Awards

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

Bill Cheek of Raleigh, Jack Embree of Asheboro, Larry Leatherwood of Waynesville and Jeter McKinley of Kannapolis are the recipients of the eighth 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:

Bill Cheek: A native of Roseboro, Cheek has been an outstanding high school and collegiate basketball official for over 30 years. Among the collegiate conferences in which he has worked are the Central Intercollegiate Athletic Association (CIAA), Southern, and Mid-Eastern Athletic Conference (MEAC), and he received numerous conference tournament, championship finals and other postseason games during his career.

But he has continued to work at the high school level, with numerous NCHSAA regional and state championship assignments. He has served on the Triangle Basketball Officials Association's Board of Directors, Review Committee, and now serves as clinic leader.

Cheek, who attended Charles E. Perry High School in Roseboro and then North Carolina Central University, has also worked the Special Olympics World Summer Games in Greece in 2011 and in China four years prior to that.

Jack Embree: Embree, from Asheboro, has had a distinguished officiating career in wrestling with leadership and service for over 40 years, including middle school, high school and collegiate levels of competition. He has officiated in 20 NCHSAA state wrestling tournament championships and seven NCHSAA dual team finals, and also serves as the wrestling rules interpreter for the Central Wrestling Officials Association.

Embree has been selected as one of 12 officials to work the national High School Dual Team Championships at the Disney Duals, and has also been chosen to work the Tournament of Champions in Columbus, Ohio, one of the largest amateur wrestling events in the nation. He was recently inducted into the North Carolina Wrestling Hall of Fame.

He is a graduate of Ramseur High School and attended Appalachian State University and the University of North Carolina at Greensboro.

Larry Leatherwood: Leatherwood began officiating in 1972 and has completed his 42nd year with the Western North Carolina Officials Association. His stellar career has included football, basketball for 41 years, and baseball, as he has worked six NCHSAA football championships, three basketball finals and five NCHSAA baseball state championship series.

Leatherwood also has the distinction of being the only person to



(NCHSAA photo by John Bell)

Golden Whistle Winners (from L) Bill Cheek, Jack Embree, Larry Leatherwood and Jeter McKinley with NCHSAA's Mark Dreibelbis

work in two Shrine Bowl of the Carolinas football games. His impressive collegiate career includes time as a Southern Conference football official, from 1978-95, then 10 seasons in the Southeastern Conference before returning to the Southern Conference for an additional seven years. He worked a total of 337 intercollegiate football games, including 15 postseason assignments.

Leatherwood attended Waynesville Township High School, received his bachelor's degree from Wake Forest in 1967 and then his masters from Tennessee. His Ph.D is from George Peabody School for Teachers in 1982.

Jeter McKinley: McKinley, a native of Kannapolis where he attended W.R. Odell High School, started officiating intramural basketball in college in the 1950's. From there, he wound up joining the Metrolina Athletic Officials Association in football and basketball in 1976 and then later added baseball, soccer and softball to his resume.

However, as valuable as McKinley was as an active official on the field or court, his real impact on officiating has come after he left that role in 1999. He has been a clinician, trainer and evaluator in football, basketball and baseball, and is known as an expert in game rules, training and mechanics. He has served as a mentor for many officials and an ambassador for officiating in a variety of sports.

McKinley holds college degrees from South Carolina and the University of North Carolina at Charlotte.

"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." ★

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.

Freedom, Princeton Receive Major Awards At 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.

Freedom High School in Morganton is the eighth annual winner of the Exemplary School Award while Princeton High School is the winner of the 2014 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 receives 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.

Freedom High School in Burke County is an ethnically, socially and economically diverse school that successfully brings together those on the higher end of the social and economic spectrum, a large number of students on free and reduced lunch and a large exceptional children’s program while also sending students to Ivy League schools and the service academies, all part of the “Patriot Nation.”

The school has a great tradition in athletics, winning the state 3-A men’s basketball title this year in the Smith Center with a huge following from Morganton, but also winning state championships in golf, volleyball and women’s basketball in recent years, advancing in the soccer playoffs and winning the conference football championship this year.

Freedom also has an outstanding band program, regularly winning Grand Champion trophies in competition, a Math Team that has competed on the national level, a top Drama Department and an award winning Art Department, to name a few. The Anchor Club has been named the top Anchor Club in North Carolina several times, all part of the “total program.” The school has also committed its student-athletes to sportsmanship and accountability.

Princeton, a small 1-A school in Johnston County, says that its athletic program is based on the foundations of “integrity, honor, class, dignity, sportsmanship, team and love of family.”

Athletic director Marty Gurganus notes, “Like any competitive school we desire to win. But winning in itself is not enough. We want to win with integrity and if we happen not to win we want to be gracious in defeat. Our slogan is ‘Princeton Pride—A Way of Life.’ Princeton Pride is not just a slogan but those words represent who we are. It is the way we feel and the principles we live by.”

Sportsmanship is vitally important at Princeton, beginning with the coaching staff and extending through the athletes and fans. Princeton states that “sportsmanship is about honoring each other and our opponent, along with the officials who help bring order to each event.”

The school instructs its cheerleaders to cheer for their teams and never against the other team, and instructs its cross country runners while out on the trail if an opponent is hurt and needs someone to care for them, then caring for them is more important than crossing the finish line.



Exemplary School Winner Freedom

(NCHSAA photo by John Bell)



Sportsmanship Winner Is Princeton

(NCHSAA photo by John Bell)

“Freedom and Princeton have set themselves apart during the 2013-14 academic year by earning these prestigious honors,” said Davis Whitfield, NCHSAA commissioner. “We applaud their commitments in the areas of sportsmanship and overall excellence.” ★

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..

Ninth Annual Clary Medal Winners Named For NCHSAA

CHAPEL HILL—Meg Keeter Fletcher of West Brunswick High School and Alexander Bruce White of Maiden High School have been named the recipients of the ninth 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 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.

Fletcher has been an excellent athlete at West Brunswick, competing in varsity swimming, soccer and outdoor track. She basically holds all of the school's records in swimming and served as captain of both the swimming and the women's soccer team, where she played goalkeeper. She earned all-conference honors in both swimming and soccer.

She has excelled academically, ranked number one in her class with a 4.833 grade point average, and performs in the West Brunswick

Show Choir. Meg has also been tremendously involved in civic and church activities, including serving as chairman of service projects for the Interact Club at her school, which helped organize a golf tournament and purchased toys for Operation Santa Claus. She has also participated in the Relay for Life and several outreach projects at New Beginnings Community Church.

Meg will enroll at the University of North Carolina at Chapel Hill in the fall.

White has been a varsity football player for three years, with two years as a varsity basketball player and track and field athlete. He was a two-time all-conference selection in football, playing linebacker and tight end as a senior, served as captain of the basketball team as a junior and was the MVP of last year's track squad.

An outstanding student, he holds a 4.75 grade point average and has received a number of academic honors at Maiden. He has been involved in a variety of community service projects, including the Special Olympics and as a volunteer buddy at the Conover School for special needs children. He was chosen as a Carolina Panthers' Community Captain for his service.

Alex has been accepted at Harvard University, where he will start school in the fall and also plans to play football.

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



(NCHSAA photo by John Bell)

Clary Medal Winners Meg Fletcher (L) and Alex White (R) with Chris Smith, grandson of W.C. Clary

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

Millbrook, Chapel Hill Students Capture First Place In Inaugural NCHSAA Scholar-Athlete Essay Contest

CHAPEL HILL—Patrick Butler of Millbrook High School in Raleigh and Elise Matera of Chapel Hill High School have won top honors in the inaugural NCHSAA Scholar-Athlete essay contest.

The NCHSAA Scholar-Athlete program, presented by the North Carolina National Guard, is one of the Association's most popular voluntary programs and recognizes excellence in the classroom as well as on the playing court or field.

As part of the program, the NCHSAA offered the essay contest for the first time, with student-athletes submitting a 400-word essay answering the question "What Makes A Scholar-Athlete?" with one male and one female winner being chosen from the pool of entries. There were over 40 submissions representing 26 different high schools across the state, and the winners receive an 8 GB iPod Nano and a gift pack from the North Carolina National Guard.

Butler is a junior tennis player at Millbrook while Matera is a junior who participates in women's cross country as well as track and field at Chapel Hill.

Matera noted in her essay that "far from the dumb jock or the unpopular nerd, the scholar-athlete is a striking shade of grey on the spectrum of stereotypes; two seemingly unlikely parts joined together by a hyphen, a determination to succeed and a love to learn."

Butler said that "academics are always the first priority, but sports are also very important. They enable a scholar-athlete to experience collaborating, strategizing and succeeding with others on a team. Athletics offer life lessons and knowledge that cannot be obtained from academics alone."

"We received a tremendous response from our student-athletes regarding the inaugural NCHSAA Scholar-Athlete Essay Contest and are excited about the future of this competition," said NCHSAA commissioner Davis Whitfield. "Congratulations to both Elise and Patrick, as they did a wonderful job with their submissions."

The next NCHSAA Scholar-Athlete essay contest will occur in the fall of 2014. ★

5th Annual Adams Scholarship Winners Announced For NCHSAA

CHAPEL HILL — Julia Skelton of Tuscola High School in Waynesville and Andrew Wanovich of Jack Britt High School in Fayetteville have been named winners of the fifth 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 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.

Skelton has participated in cross country, indoor track and field, outdoor track and field and swimming during her career at Tuscola, with the 1500 meters her primary event in track.

Julia has compiled a 4.52 grade point average, serving as vice-president of the Math Club and earning a spot in the National Honor Society while taking a host of Advanced Placement and honors courses. She has been involved in a variety of church and community activities and even helped spearhead a successful drive to raise money for new uniforms for the women's cross country track and field team at her school.

She will continue her education at the

University of North Carolina at Chapel Hill.

Wanovich is an outstanding wrestler who qualified three times for the NCHSAA state championships and has served as captain on the Britt wrestling team, which for the last two years finished second in the state dual team championships.

The outstanding Jack Britt student-athlete has a 4.71 grade point average as part of his school's Integrated Systems Technology Academy, a selective engineering-based academy. He is a member of the Key Club, National Honor Society and Military Appreciation Club and is a member of his church youth group.

He plans to attend North Carolina State University and the College of Engineering at NCSU.

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.

"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. ★



(NCHSAA photo by John Bell)

Winners of Adams Scholarships Julia Skelton and Andrew Wanovich

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

CHAPEL HILL—A total of 15 student-athletes from North Carolina High School Athletic Association member schools have been 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 2013-14 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 Fairfield Inn and Suites in Durham.

"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 2013-14 Honorees

Student Athlete	School	Nominator
Mark Bedard	East Gaston	Tom Adams
Jared Buddington	Cedar Ridge	Jennifer Pepin
Drake Buxton	Enloe	Bob Anderson
Kiana Davis-Hill	Albemarle	Joanne Hesley, Eric Davis
Rahshaun Elliott	Rocky Mount	Michael Gainey
Martha Farrell	Woods Charter	Graeme Stewart
Sarah Hinson	N. Nash	Patricia Haggerty
Ben Hodges	Clyde Erwin	David Ball
Jac'quez Jackson	W. Rowan	Todd Bell
Tommy Johnson	Woods Charter	Jim Malone
Natalie Kerley	W. Iredell	Buck Gatton
Molly Kerr	Clyde Erwin	David Ball
Maria Meyer	N. Wilkes	Dave Haynie
Rebecca Parker	W. Rowan	Todd Bell
Payton Shuford	W. Wilkes	Buck Gatton

NCHSAA Board Of Directors Makes Changes At Meeting

CHAPEL HILL — The North Carolina High School Athletic Association Board of Directors completed its spring Board meeting on Wednesday at the NCHSAA offices.

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

Among some of the items which were approved:

- approved dropping pod system for seeding for 1-A schools
- approved football mercy rule: if point differential reaches 42 or more by halftime or any point thereafter, game will resort to running clock with timeouts after scores or when called by teams, or will be terminated by mutual agreement
- approved basketball mercy rule: if score reaches 40 point differential at halftime or thereafter, game will resort to a running clock, including administration of free throws or all other dead ball situations, except for timeouts called by coach
- approved a 23-match regular season limitation for volleyball
- approved state association adoption to allow conferences to have shoot-outs in regular season soccer games after the two 10-minute overtime periods
- approved 2015 and 2016 football calendar, with August 1 date for beginning practice
- accepted incident and penalty report
- accepted ejection report, noting that fighting is down with ejections for fighting last year at 209, currently 145
- approved change to use now a different course for those ejected or disqualified: “any student-athlete who is ejected or disqualified from a contest is required to complete the NFHS Sportsmanship course before being eligible to return to competition.”
- increased minimum eligibility standard for officials on tests to score of 75; current standard is set at 65
- changed ejection/disqualification reporting protocol; athletic directors will no longer be required to submit report of ejection or disqualification, but will be required to send in confirmation email of receipt for that report; effective date would be August 1
- approved new regional supervisors of officials: Robin Forehand of Northeastern Volleyball Association, Steve Morgan of Northeastern Soccer Association, Charlie Jenkins of Southeastern Wrestling Association
- approved fine for non-compliance with concussion management course requirement, approving \$500 fine per game for coaches who do not meet the mandate to take the NFHS concussion course or equivalent course
- incentive of one dollar per presale ticket sold by member schools back to the schools themselves for state championship football and basketball
- approved recommendation from swimming and diving advisory committee that referee and two stroke and turn judges be required for meeting using six or fewer lanes; a referee and three stroke and turn judges would be required for meetings using more than six lanes
- approved the NCHSAA implementing two year pilot program in basketball to assess administrative technical foul to offending team for non-compliance with uniform rule code; second year of program will assess direct technical foul to head coach for more comprehensive enforcement of uniform rule code
- approved regulation that licensed athletic trainers or first responders are required for all wrestling competitions
- approved that all testers/measures be certified and validated prior to start of wrestling season (skinfold measurer/hydration tester)
- change in weekly limitation in wrestling to include a quad meet in item 6 of the weekly limitations; it would read “one dual, one tri, or one quad plus one multi team event”
- changed timeline for coaches to complete NFHS Fundamentals of Coaching Course to “prior to the first playing date of the sport he or she coaches”; instead of the “60-day window”, effective August 1, 2014
- dressing for game or practicing: recommend change in Handbook to “dressing and being in the designated team area”...also add that “athletes who are disqualified or ejected during a contest will remain in the team area for supervision.”
- for individuals who qualify to regional or state individual playoffs: “schools that have individuals qualifying to the regional and/or state individual playoffs, after the regular season is over for the team (for the sport of wrestling, once individual regional seeding is completed), may work out or scrimmage one-on-one against students from another school where competition is not available at their own school. The number is limited to one partner for each qualifier advancing, whether from their own school or another school.” ★

KEEP CHECKING THE WEB SITE!

Check the North Carolina High School Athletic Association's site daily at

www.nchsaa.org

for all sorts of important information, including updated regional assignments and locations in several sports, the latest brackets and up-to-the minute sports news.



North Carolina High School Athletic Association, Inc. **BULLETIN**

Published at Chapel Hill, N.C. by the
North Carolina High School
Athletic Association

Box 3216,
Chapel Hill, North Carolina 27515

Editor: Rick Strunk

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

State Award Winners Honored At 2014 NCHSAA Annual Meeting

CHAPEL HILL—Coaches, administrators and media representatives were among those receiving awards at the North Carolina High School Athletic Association 2014 Annual Meeting.

The event was held for the Dean E. Smith Center on the campus of the University of North Carolina at Chapel Hill the day after the spring meeting of the NCHSAA's Board of Directors has concluded.

The Association annually presents these statewide awards in several different categories, all based on those "who have done the most for high school athletics" rather than a single accomplishment or having an outstanding 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 2014 include:

- Doris Howard Female Coach of the Year: Patty Evers of East Bladen High School has coached women's basketball for almost 20 years, the last 12 at East Bladen after coaching at Tar Heel, and has had her basketball team in the finals on several occasions in a couple of different classifications. She has been involved with Special Olympics as a volunteer coordinator and has also taken student-athletes to the NCHSAA Student-Athlete Summer Institute (SASI) for over a decade. She has led the school's Fellowship of Christian Athletes as well as the DREAM team that has tutored, mentored and started reading programs at area elementary schools, and has also been an excellent volleyball game official. She is a former winner of the NCHSAA's Toby Webb Award.

- Harvey Reid Male Coach of the Year: Phil Padgett of Southwest Onslow High School has distinguished himself as a high school coach in a number of sports, including baseball, golf, basketball and football, with his most outstanding achievements coming coaching football. He has headed the SW Onslow football program since 1988 and has compiled over 250 wins while winning four state championships in football (2000, '03, '04, '12) and 14 conference championships. He also served as the Southwest baseball coach for nine seasons, leading the Stallions to seven conference crowns and two consecutive berths in the NCHSAA state championship series. He was named to the "100 To Remember" NCHSAA list of coaches for the centennial celebration.

- Dave Harris Athletic Director of the Year: David Ball of Clyde Erwin High School is a graduate of Clyde A. Erwin High and Western Carolina with a master's from Western Carolina as well. Currently a teacher and athletic director at Erwin, he has been very active in the North Carolina Athletic Directors Association, holding a number of offices, and served as president of the organization for 2011-12. Ball also currently serves on NCHSAA Board of Directors. He was named to the "100 To Remember" NCHSAA list of administrators for the centennial celebration.

- Bob Deaton Principal of the Year: Jason Curtis of Cardinal Gibbons High School in Raleigh is principal at a school with over 100 years of history, and has served in that capacity since 2006 after holding the assistant principal title and then was on the faculty before that. Prior to going to Gibbons, he was the head volleyball coach and teacher at Archbishop Mitty High School in San Jose, CA. Not only is he principal at Gibbons, but serves as the moderator for the Surf Club at the school. He has played a vital role in the NCHSAA's Education and Athletics Committee. Curtis is a graduate of Santa Clara University and earned his master's at Marymount University in Arlington, Va.

- Bob McRae Superintendent of the Year: David Jones of Henderson County is the superintendent of a 23-school district that is the county's largest employer. He has been very active in NCHSAA activities, includ-



(NCHSAA photo by John Bell)

Winners of NCHSAA state awards, first row from left, Phil Padgett, Patti Evers and David Jones; back row, David Ball, Jason Curtis, Charles Curcio and Dr. James Scifers.

ing serving on the Education and Athletics Committee as well as a stint on the Realignment Committee. He has been superintendent in Henderson County since 2010 after holding a number of jobs in the system for the 13 years prior to that. He has also been a middle school principal and was a teacher and coach at Edneyville High School, where he led the men's basketball team to a state championship. He is a graduate of Mars Hill College with a master's and education specialist degrees from Western Carolina.

- Tim Stevens Media Representative of the Year: Charles Curcio of the Stanly News and Press is in his second stint as sports editor there, serving since 2008 and has covered high school athletics extensively, including a number of state championship events involving Stanly County schools. He is the host and play-by-play voice for Stanly County's Monday Night Football which he has done for 11 years. He has also been the public address voice of Pfeiffer University sports, Carolina Speed indoor football and the Charlotte Checkers hockey team. He is a graduate of Hayesville High School and then went to Pfeiffer University, where he earned a degree in journalism in 1997.

- Elton Hawley Athletic Trainer of the Year: Dr. James Scifers of Western Carolina University is a professor of athletic training at the Cullowhee schools. Scifers joined the WCU faculty in 2003 and is a former president of the North Carolina Athletic Trainers' Association. He served as founding director of WCU's athletic training program from 2003 until 2010, associate dean of the College of Health and Human Sciences from 2008 until 2009 and director of the School of Health Sciences from 2009 until 2013. He holds a bachelor's degree from East Stroudsburg University in Pennsylvania, master's degree in physical therapy from Emory University,

Continued on next page

and doctorate in orthopedic physical therapy from the University of Maryland-Baltimore. He won WCU's highest teaching honor, the Chancellor's Distinguished Teaching Award, in 2006.

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

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

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

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

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

Bob McRae is the former superintendent in

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

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

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 have been 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. Each honoree received the award at the Smith Center.

"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 2013-14 include the following:

Region 1: Chris Ross, athletic director and former head baseball coach, Ayden-Grifton High School

Region 2: Chris Mueller, head cross country and head track and field coach, White Oak High School, Jacksonville

Region 3: Jennifer Pepin, head cross country and track and field coach, Cedar Ridge High School, Hillsborough

Region 4: Milton Butts, head football coach, Hoke County High School

Region 5: Brian Nance, head men's basketball and cross country coach, Asheboro High School

Region 6: Mike Gurley, head men's basketball coach, West Rowan High School

Region 7: Todd Clontz, head women's golf coach and administrative assistant, Alexander Central High School



8 Who Make A Difference Winners

(NCHSAA photo by John Bell)

Region 8: Joey Robinson, athletic director and head football coach, Mountain Heritage High School, Burnsville

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. ★

West Bladen Coach Gaye Davis Wins North Carolina Spirit Of Sport Award

CHAPEL HILL — Gaye Davis of West Bladen High School is the fourth 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. Davis was recognized at the NCHSAA Annual Meeting at the Smith Center on the campus of the University of North Carolina.

Davis has been a coach at West Bladen for the past eight years, having coached women's soccer, women's basketball and volleyball.

A little more than two years ago, Davis stepped into the role as head volleyball coach, although she indicated she knew little about the sport. She used her own time to learn about it, including attending area club matches and college matches, and her efforts have paid off with a pair of conference championships.

In addition, she has urged her players to be their best both on and off the courts. During previous seasons, she has been involved with her athletes to host “Pink Nights” for games that support breast cancer research. This year, however, Davis and her West Bladen shifted their philanthropy to help one close to home.

The team, led by their coach, raised over \$3,000 for the Ronald McDonald House in Chapel Hill, which was the home for Robby and Dana Mills for several weeks in early 2013. Mrs. Mills, an agricultural teacher at West Bladen, and her husband had a son named Jude who was born and diagnosed with a chromosomal disorder and received treatment in Chapel Hill before his death on August 23, 2013.

The Ronald McDonald House provides a place for family members to stay while their children are undergoing treatment for serious health issues.

Coach Davis spent many hours to ensure that “Red Night” for this cause was a success at her school.

Spirit of Sport Winner Gaye Davis (c) with Mark Dreibelbis and NCHSAA Commissioner Dave Whitfield

(NCHSAA photo by John Bell)



Davis Whitfield, NCHSAA commissioner, said, “The actions of Coach Davis speak volumes to the kind of person she is and the values that we believe are embodied by the spirit of sport. This is a great choice for the award.” ★

Green Hope Coach Writes Book About His Profession

A coach at a North Carolina High School Athletic Association member school has written a book that may be of great interest to many across the state.

Mike Miragliuolo, the head coach of both the cross country teams and the baseball team at Green Hope High School in Wake County, has penned “*The Real Story of a High School Coach*,” which was featured recently in a Sunday edition of the *Raleigh News and Observer*.

Miragliuolo has led his women's cross country teams at Green Hope to five NCHSAA state championships and his men's squad has won one state crown. He was featured in the NCHSAA's 100th anniversary book written by Tim Stevens about his passion for high school sports and his unique approach to his cross country squad, which often has over 200 runners.

The Green Hope coach, now 39 years of age, coached in Maine prior to coming to North Carolina and won a state championship in baseball there. He has also guided the Green Hope team to five baseball conference championships in 13 seasons.

Miragliuolo tries to explain the various aspects of being a high school coach while also expressing some concerns about the future of high school athletics, including specialization.

The summary of the book on Amazon.com includes the following: “In *The Real Story of a High School Coach*, Miragliuolo analyzes the day-to-day responsibilities of a high school coach, but delves further into the profession attempting to explain the motivation for one to enter this field in the 21st century. He provides a look into the mind of a coach, allowing fellow coaches to reflect on his or her own experiences, as well as introducing those unfamiliar with this undertaking to get a behind-the-scenes look at the occupation.”

The book has been published by Outskirts Press and is available at Amazon.com or at BarnesandNoble.com. It is the second book written by Miragliuolo, as he earlier authored *An American Boy*, billed as “a memoir that focuses on the impact of family on one's values and presents a story to which most Americans can relate.” ★

High School Wrestling Rules Changes Approved For 2014-15

INDIANAPOLIS—High school wrestling rules changes focused on changes in the definition of bad time and advancement of wrestlers in the consolation bracket.

Changes to Rules 5-1-1 and 10-2-9 were recommended by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee at its April meeting in Indianapolis. The committee's recommendations were subsequently approved by the NFHS Board of Directors.

In addition to previous language in Rule 5-1-1, the committee agreed that bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position "at the start of the second 30-second tiebreaker" and "at the start of the ultimate tiebreaker."

The previous definition did not include situations where the wrong wrestler was given choice of position at the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

Rule 10-2-9 previously addressed the protocol when two wrestlers in the championship bracket simultaneously could not continue the match but did not address a plan for advancement to the consolation bracket when points had been scored in the match.

The additional language will state that if the match is tied at the time of termination, the wrestler who scored the first point(s) in the match (first three periods, or first or second 30-second tiebreaker) will continue in the consolation bracket. If no points were scored, neither wrestler will continue.

"I am very proud of the NFHS Wrestling Rules Committee's work," said Alan Beste, chair of the NFHS Wrestling Rules Committee and assistant executive director of the Iowa High School Athletic Association. "Oftentimes, people think successful committee meetings are only accomplished when numerous changes are made. This year, the rules committee reviewed many aspects of the high school wrestling program and determined there was no need for a large number of rules changes.

We will continue to monitor the annual NFHS wrestling rules questionnaire sent to state associations, coaches and referees to determine the need for future changes."

Wrestling is the sixth-most popular sport for boys at the high school level with 270,163 participants in 10,488 schools during the 2012-13 season, according to the NFHS Athletics Participation Survey. In addition, 8,727 girls were involved in wrestling in 1,602 high schools.

About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 16 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org. ★

Scholar-Athlete Winners Named By North Carolina High School Athletic Association

CHAPEL HILL — Almost 19,000 individual awards have been given by the North Carolina High School Athletic Association to student-athletes for their achievements in the classroom as well as on the playing court or athletic field.

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

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

For the fall semester of 2013, a total of 8,494 student-athletes were nominated by NCHSAA member schools and qualified for

this award.

In the team division, a varsity team earns Scholar-Athlete recognition by attaining a 3.1 aggregate GPA on a straight 4.0 scale for that designated semester. The school receives a certificate from the NCHSAA honoring the accomplishment and each member of the squad receives a certificate. A total of 714 varsity teams and 10,271 individual athletes from across the state achieved this distinction.

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

Weddington, Wilson Hunt and Burlington Williams each had two team winners.

"We are extremely proud of the achievements of the students involved in our Scholar-

Athlete program and are grateful to the North Carolina National Guard for its involvement," 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 2013)

Basketball, Men	Cardinal Gibbons	3.584
Basketball, Women	North Henderson	3.813
Cheerleading	Wilkes Central	3.706
Cross Country, Men	South Point	3.596
Cross Country Women	Smoky Mountain	3.861
Football	Weddington	3.357
Soccer, Men	Weddington	3.605
Golf, Women	Salisbury	3.800
Indoor Track, Men	Williams, Walter	3.531
Tennis, Women	Williams, Walter	3.783
Indoor Track, Women	West Wilkes	3.780
Swimming, Men	Hunt	3.634
Swimming, Women	Hunt	3.770
Volleyball	Asheboro	3.795
Wrestling	NC Science & Math	3.504

Wendy Gaines, Michael Gainey Named Toby Webb Award Winners

CHAPEL HILL—Wendy Gaines of Triton High School in Erwin and Michael Gainey of Rocky Mount High School are the recipients of the ninth 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.

Gaines has 25 years of head coaching experience in volleyball, including 18 at Triton, and her teams have won more than 400 matches during her tenure at the Harnett County school. Her teams have earned numerous conference championships, have twice been Eastern Regional runner-up, and last fall posted a 21-4 mark, advancing to the third round of the NCHSAA playoffs. She has also developed the Harnett Area Volleyball Club, which provides opportunities for high school, middle school and elementary school players to participate.

She serves as the assistant athletic director and the sponsor of the Fellowship of Christian Athletes club at Triton while working as a nationally Board-certified math teacher. Wendy has also taken students to participate in the Student Athlete Summer Institute (SASI) program provided by the NCHSAA. She is an active member of Coats Baptist Church.

Gainey has been the Rocky Mount head coach in men's basketball since 1997 and has served as athletic director since '99. He has twice led teams to North Carolina High School Athletic Association basketball state championships, in 2010 and '12, and also served as head coach of the East team in the North Carolina Coaches Association all-star games in Greensboro in 2010.

Gainey has taken on the role as the secretary for the Big East Conference and also is a member of the North Carolina Athletic Directors Association. He is well known and respected for his position as a mentor and role model for many student-athletes at Rocky Mount as well as leading coaches in the athletic department.

He helped to create, organize and facilitate the "Helping Youth Prepare to Excel (HYPE)" 3-on-3 basketball tournament in the area. Gainey has also been active in several different roles as a member of Pittman Grove Missionary Baptist Church.

"Wendy and Michael 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 are most deserving of this recognition and receiving the prestigious Toby Webb Award



(NCHSAA photo by John Bell)

Webb Award Winners Wendy Gaines and Michael Gainey

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. ★

RECORD BREAKERS?

Don't forget, if you have any potential state or national listings for the record book, there is a form on line to send that information for consideration. Help us to make our state and national books as inclusive and complete as possible.

Any questions call Rick Strunk at (919) 240-7367.

And don't forget to check the latest version of the state record book on line!

East Rutherford, T.C. Roberson Students Receive NCHSAA's 8th Annual Pat Gainey Scholarships At Annual Meeting

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.

Rachel Camp of East Rutherford High School and Marshall Beachboard of T.C. Roberson High School in Asheville 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.

Camp scored over 3,000 career points during her basketball career at East Rutherford and scored 28.4 points per game during her senior campaign. She was Most Valuable Player for her team for four consecutive years and was named to several all-state teams.

She carries a 3.7917 grade point average and was also selected as Homecoming Queen at East Rutherford. She will be attending Virginia Tech in the fall.

Beachboard has played both basketball and baseball at T.C. Roberson, performing as a center fielder and left handed pitcher for the Rams. Even his part-time employment has worked around baseball, as he has worked as a "bat boy" for the Asheville Tourists minor league baseball team.



(NCHSAA photo by John Bell)

Gainey Recipients Rachel Camp and David Beachboard

A member of the A-B Honor Roll and National Honor Society, he sports a 3.84 grade point average. Marshall has also been involved in volunteer activities at the Biltmore Church of God. He plans to a pre-pharmacy or pre-dental track in college.

The award is made possible by a gift from Gainey's daughter, Mrs. Berry Jo Gainey Shoen, who currently resides in California.

"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. "Rachel and Marshall are outstanding representatives of the attributes that Pat embodied and emphasized." ★

Scenes from NCHSAA Annual Meeting



Commissioner Davis Whitfield Updates Membership ►

◀ Members of the NCHSAA Student-Athlete Advisory Committee Recognized with Chiquana Dancy



More Scenes from NCHSAA Annual Meeting

(NCHSAA photos by John Bell)



◀ President Bill Miller
Addresses Audience

Sanderson ROTC Presented
Colors At Annual Meeting ▶



◀ Carolyn Shannonhouse
Receives Flowers Upon
Announcement of Retirement



Murphy's David Gentry
(center) Recognized as
NFHS Football Coach of
the Year ▶



◀ Wake Forest and
AD Ron Wellman (C)
Honored for Assistance
with NCHSAA
Championships

Finish in Backstroke Event Highlights Major Changes In Swimming and Diving Rules For NFHS In 2014-15

INDIANAPOLIS — A major change in the finish of the backstroke event will occur next year in high school swimming and diving.

Effective with the 2014-15 season, any part of a swimmer's body must be on or above the water at the finish of the backstroke event. Previously, a swimmer in the backstroke could submerge on the turn and/or finish.

This revision in Rule 8-2-1e was one of eight rules changes recommended by the National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee during its recent meeting in Indianapolis. These recommendations were subsequently approved by the NFHS Board of Directors.

"There's been a difference of opinion as to what constitutes a finish, and the committee believed it needed to be cleared up," said Becky Oakes, NFHS director of sports and liaison to the Swimming and Diving Rules Committee. "Clarification is going to focus on the finish and that the swimmer remains on the surface of the water."

Three changes were approved in Rule 9 pertaining to diving. First, Rule 9-2-2 now allows an option for reseeding divers going into finals in championship meets. Diving finalists may now be seeded from lowest to highest based on their individual scores through the semifinals. Previously, the diving order used at the beginning of the meet was maintained throughout the competition. The new option for diving finals is decided by the meet director prior to the beginning of the meet.

"Divers in finals can be seeded based on their score, which can change the order from the starting order of divers," Oakes said. "The committee felt that this option would add excitement to the meet. Divers with higher scores can see their competition."

The committee also adjusted the scale for judges to score divers by revising five of the seven categories. The new scoring, which is consistent with the NCAA, USA Diving and FINA, is as follows:

- Excellent – 10
- Very Good – 8.5 to 9.5
- Good – 7 to 8
- Satisfactory – 5 to 6.5
- Deficient – 2.5 to 4.5
- Unsatisfactory – 0.5 to 2
- Failed – 0

The final diving revision (Rule 9-2-1) seeks to minimize risk of injury by permitting practice dives during specified warm-up times prior to each diving session. Divers are allowed at

least two practice approaches – with or without water entry – prior to the start of the diving competition. This allows divers an opportunity to warm up after a break in competition.

The committee made additions to Rule 3-6 relating to the penalties for unsporting conduct during a swimming and diving meet. Unsporting conduct results in disqualification from the meet, including previous events in which a competitor qualified for the finals.

New Rule 3-6-3 states that no team personnel or competitor should display unacceptable conduct, including not following the official's directions or using profanity. The penalty is disqualification from the event.

"The committee wanted to separate unsporting conduct from unacceptable conduct. The severity of the penalty needs to match the severity of the unbecoming conduct," Oakes said. "The new rule separates the two so that each situation is dealt with based on the severity of the action by the competitors or coaches."

Rule 3-6-2 now deals strictly with spectator conduct and allows the referee to suspend the meet until the meet management resolves the

situation. Previously, spectator penalties were included with the penalties for athletes.

Another change dealing with risk minimization was Rule 8-1-5, which states that swimmers no longer may step off the starting platform when the referee says "Stand up." Referees and starters should direct swimmers to step down only when unusual circumstances occur.

Following are other changes approved by the rules committee:

Rule 3-3-4: Adhesives are not allowed for swimmers or divers.

Rule 4-3-1Note: The sounding device shall not be a pistol or closed barreled starter's pistol.

A complete listing of all rules changes will be available on the NFHS website at www.nfhs.org. Click on "Athletic Activities" in the sidebar menu on the home page, and select "Swimming and Diving."

According to the 2012-13 NFHS High School Athletics Participation Survey, swimming and diving is the 10th most popular sport for boys with 138,177 participants at 7,001 schools. The sport ranks eighth among girls participants with 163,992 at 7,249 schools. ★

Tradition Award Goes To BB&T



**The Tradition Award Goes To BB&T For Its Role As NCHSAA Sponsor
Pegi Brady (c) representing BB&T accepts the award
from Davis Whitfield and Bill Miller.**

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.

TOMMY BRITT

LAURINBURG—Veteran athletic director Tommy Britt of Scotland High School died in late May in a Charlotte hospital after a brief illness.

Britt, age 50, had coached baseball at Scotland from 1993 until 2012, when he resigned as coach to focus on his duties as athletic director. He had taken over the athletic director duties in 2006.

Britt coached the Scots to the NCHSAA state 4-A baseball championship in '06, beating South Caldwell two games to one.

He had been airlifted to Charlotte from Scotland County Memorial Hospital about two weeks ago with bleeding on the brain, but his prognosis at that time was excellent. However, his condition worsened dramatically on Wednesday after surgery, and he reportedly slipped into a coma before his death.

Memorials are requested for Laurinburg Presbyterian Church, 600 W. Church St., Laurinburg, NC 28352, Scotland High School Athletics, 1000 W. Church St., Laurinburg, NC 28352, or Laurinburg Optimist Athletics, PO Box 862, Laurinburg, NC 28353.

MARK CARTER

SHERRILLS FORD—Long-time men's basketball coach Mark Carter, age 60, died in mid-May.

Carter, a native of Decatur, GA., played collegiate basketball at Lenoir-Rhyne College (now University) and graduate from there in 1977.

He enjoyed a 30-year career in education, serving as a high school social studies teacher as well as a coach.

He most recently had been the head men's basketball coach at Newton-Conover for three seasons before his retirement in 2011. He had also had stints in coaching at Bunker Hill, West Iredell, East Mecklenburg and Hallsboro.

TOM JACKSON

FAYETTEVILLE—Veteran coach Tom Jackson died in early May at the age of 79, following complications from a fall he suffered in February.

Jackson enjoyed a 44-year career in teaching and coaching and his best known for his great success in women's basketball at Pine Forest High School, although he also coached a variety of other sports, including cross country, softball and junior varsity football, and won conference championships in them.

He retired in 2004 with a career record in women's basketball of 650-391 and his teams earned 13 conference championships and made the NCHSAA playoffs 30 times. Twice he was named the Associated Press state coach of the year, according to the Fayetteville Observer.

Jackson coached in both the North Carolina Coaches Association East-West game and the Carolinas All-Star Classic, featuring a team from North Carolina against South Carolina. The gymnasium at Pine Forest has been named in his honor.

JOE MILLER

WILMINGTON—Veteran coach and administrator Joe Miller died suddenly at his home in mid-May.

Miller, age 70, was a member of the Greater Wilmington Sports Hall of Fame and served on the North Carolina High School Athletic Association Board of Directors from 2003 to 2007.

His 40-year career in education included stints in Georgia, Florida and Missouri Southern University, but he really made his mark in New Hanover County. He was the long-time football coach and athletic director at New Hanover High, posting a career record of 186-56-1 in 21 years as a head coach, but he also led New Hanover to a pair of softball championships, the first two years the NCHSAA offered the championship.

Miller also was head coach of the North Carolina Shrine Bowl team in 1994 after

serving as assistant in 1987.

He eventually became the athletic director for the New Hanover school system, where he served 15 years before his retirement in 2009.

Miller was very active in the North Carolina Athletic Directors Association, serving as president in 2005-06, and received several honors from both the NCADA and the NCHSAA, including NCHSAA Dave Harris Athletic Director of the year in 2003. He also became a passionate advocate for the NCHSAA Endowment program.

He was a native of Glenwillard, PA, and played football at Western Carolina University.

RICHARD MURRAY

AHOSKIE—A long-time high school coach and athletic administrator in north-eastern North Carolina passed away in early May.

Richard Murray died at his home at the age of 76. He was a teacher, coach and athletic director at Ahoskie High and then at Hertford County for 38 years, and served as a teacher and coach at Ridgecroft School for four years following retirement from public school.

Born in Burlington, Murray was a graduate of Hampton High School, Chowan College and Atlantic Christian College with a Bachelor of Science Degree.

Murray was selected to the N.C. High School Athletic Directors Hall of Fame, Chowan College Hall of Fame, and was named at one point Athletic Director of the Year from Region I in the NCHSAA.

He was also a member of a football staff that won two NCHSAA state championships, a member of the Board of Directors for the North Carolina Coaches' Association, and a member of the Board of Directors for the Union Utilities Corp. Richard was an active member of Union Baptist Church.

Memorial donations may be made to Union Baptist Church, Family Life Center, 431 Boone Farm Rd., Ahoskie, N.C. 27910. ★

Players On Lane Will Now Be Able To Release When Free Throw Is Attempted In High School Basketball

Special From The National Federation

INDIANAPOLIS—Players in marked lane spaces will be able to move into the lane when the ball is released by the free-throw shooter beginning with the 2014-15 high school basketball season. Previously, players could not release until the ball touched the ring or backboard or until the free throw ended.

This change in Rule 9-1-4 was one of four major rules changes recommended by the National Federation of State High School Associations (NFHS) Basketball Rules Committee at its April meeting in Indianapolis. All recommendations were subsequently approved by the NFHS Board of Directors.

The committee noted that the current rule of players in marked lane spaces not releasing until the ball touches the ring or backboard creates two obstacles for officials: 1) attempting to watch the ball strike the ring or backboard while simultaneously attempting to observe if any players/free thrower violate the lane-line restrictions, and 2) insufficient time for the pe-

rimeter official(s) to obtain optimum angles on the players involved in rebounding a missed try.

"In recent years, we have moved players along the lane spaces up and removed excess players along the lane lines, so the rationale for changing this rule to its current status is no longer an issue," said Theresia Wynns, NFHS director of sports and officials education and staff liaison to the NFHS Basketball Rules Committee.

In an effort to eliminate excessive contact on ball-handlers and dribblers outside of the lane area, the committee added Article 12 to Rule 10-6 on contact. As a result, the following acts will constitute a foul when committed against a ball-handler/dribbler: 1) placing two hands on the player, 2) placing an extended arm bar on the player, 3) placing and keeping a hand on the player and 4) contacting the player more than once with the same hand or alternating hands.

The rules committee also expanded the definition of an intentional foul in Rule 4-19-3d, which now states that an intentional foul is "excessive contact with an opponent while the ball is live or until an airborne shooter returns

to the floor."

Wynns said that this revision will address the issue of contact with the elbow and should reduce the subjectivity in making rulings on intentional fouls.

In the final rules change, the committee expanded Rule 3-5-3 by identifying anything worn on the arm and/or leg as a sleeve, except a knee brace. These items, including tights, will now be permitted but must meet the color and logo restrictions in Rule 3-5-3. Previously, this rule permitted only arm sleeves and leg-compression sleeves.

Basketball is the second-most popular sport for girls and third-most popular for boys at the high school level, according to the 2012-13 High School Athletics Participation Survey conducted by the NFHS, with 433,120 girls and 538,676 boys participating nationwide. The sport ranks first in school sponsorship of girls and boys teams with 17,493 schools sponsoring the sport for girls and 17,856 sponsoring the sport for boys. ★

Northwest Cabarrus High School Receives Prestigious National Athletic Trainers' Safe School Sports Recognition For Safety

KANNAPOLIS—Northwest Cabarrus High School is the recipient of the National Athletic Trainers' Association Safe Sports School award for its Trojan Athletic Program, according to a press release from the school.

The award champions safety and recognizes secondary schools that provide safe environments for student athletes. The award reinforces the importance of providing the best level of care, injury prevention and treatment. Northwest Cabarrus High School is one of only a select few in the country to receive this award and also the first school in the region in North Carolina to have been honored.

"Northwest Cabarrus is honored to receive this 1st team recognition from the NATA," said Jason Adams, Athletic Director at Northwest Cabarrus. "We will continue to remain committed to keeping our student athletes safe during physical education classes, team practices and contest to assist them in accomplishing the goals of great competition, on field success, sportsmanship and good health. Our goal is to

lead our athletics program to the highest safety standards for our student athletes.

"Our partnership with Carolinas Healthcare System-Northeast has enhanced our athletic training program and this award is validation that we are doing the correct things for the health and safety of our athletes."

Principal Michael Jolley added, "It is an honor for Northwest to be a recipient of the Safe Sports School Award and shows dedication by our staff, the support of our community and the trust in our student athletes to utilize their resources. It is another very proud day for Northwest Cabarrus High School."

Carolinas Healthcare System-Northeast provides one full-time licensed athletic trainer to each high school in Cabarrus County. In addition; each high school and middle school has a licensed athletic trainer and teacher.

At Northwest Cabarrus, athletic training services are provided by CMC-Northeast athletic trainer Jim Bazluki, MAEd, LAT, ATC, who was recently inducted into the North

Carolina Athletic Trainers Hall of Fame, as well as Kasia Zielinski, MAT, LAT, ATC, the school-based teacher and athletic trainer. Together they make sure that each athlete has access to proper care at practices and games, and have created a network of healthcare providers throughout the community to assure athletes receive the best care possible.

"Physical activity is very important for our youth," according to NATA president Jim Thornton, MS, ATC, CES. "There has been an increase in competitive sports, which are, unfortunately, not without risk. Brain injury/concussion, cardiac arrest, heat illness, exertional sickling, cervical spine fractures and other injuries and illnesses are potentially life-threatening." Proper planning with proper equipment and personnel is vital to the safety of student athletes today, he notes.

For more information, please visit www.athletictrainers.org. ★

THE VISION for the NCHSAA is that it will be the national model for developing and inspiring greatness through interscholastic athletic experiences.



MEN'S GOLF

Bishop McGuinness Wins Fourth Straight, Tanner Owen Medalist In 1-A Men's Golf

WHISPERING PINES—Kernersville Bishop McGuinness won its fourth consecutive state team championship in the 17th annual North Carolina High School Athletic Association state 1-A men's golf championships at Whispering Pines Country Club.

Bishop McGuinness, which entered the final day with a 23-shot lead over East Surry in the team standings, blew it open by recording a 294 on Tuesday for a 595 total. The Villains were a whopping 54 strokes ahead of second-place East Surry, while Mooresville Pine Lake Prep and Riverside (Martin) were knotted at third at 661.

The best four of six individual scores counted toward the team total. The course was set at par 72 and 6,609 yards for the NCHSAA event.

Tanner Owen of Bishop McGuinness had a two-under par 70 in the final round for a 142 total, winning the individual championship for the second consecutive year. Owen finished one shot ahead of Chance Watson of Avery.

There was a tie for third place in the individual standings, and East Surry's Jordan Vogler birdied the first playoff hole to take third and Logan Wynne of Riverside was fourth. Vogler had a brilliant three-under 69 on Tuesday while Wynne came in at 70 as the pair tied at 145, three shots off the pace.

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 tournament.

Jefferys Of SouthWest Edgecombe Wins Title In 2-A Golf, Newton-Conover Takes Team

SOUTHERN PINES—Cole Jefferys of SouthWest Edgecombe fired a three-under par 68 to come back and take medalist honors in the 29th annual North Carolina High School Athletic Association state 2-A men's golf championships at the Longleaf Golf and Country Club.

Jefferys had a 36-hole score of three-under par 139 after an even par 71 on Monday to go with his 68 in the final round. He was three shots ahead of Salisbury's Eric Edwards, who was the first day individual leader. Edwards had a 73 on Tuesday to go with an opening round 69.

There was a three-way tie for third decided by a playoff after Elliott Grayson of Shelby, Stephen Abrams of Wilson Beddingfield and Justin Emmons of Climax Providence Grove all finished at 145. Grayson took third and Abrams fourth.

Newton-Conover had a solid second day performance in the team race, recording a 306 to go with a first-day 304 for a total of 610, giving the Red Devils their second consecutive 2-A team championship.

Shelby placed second, seven shots back. The Golden Lions qualified for the state tournament for the seventh consecutive year and have not finished lower than sixth during that stretch.

Salisbury, which won the championship in 2011 and '12, was third at 626. Only 33 shots separated the top spot and the 12th team at the bottom of

the standings after the first day, but the standings opened up during the final 18 holes.

The course was set at par 71 and 6,591 yards for the NCHSAA championship.

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 tournament.

Forestview's Blalock Takes Individual Crown, Leads Team To 3-A Championship

FOXFIRE VILLAGE—Will Blalock of Gastonia Forestview had a final round two-under par 70 to capture the individual championship in the 29th annual North Carolina High School Athletic Association state 3-A men's golf championships at the Foxfire Golf and Country Club.

His 142 total was two shots better than Nick Stafford of Belmont South Point and William Register of Burlington Williams, who tied for second at 144.

Stafford equaled Blalock's Tuesday score for the best round of the day at 70. Register was sixth in last year's tournament.

Alex Simpson of Weddington, who had Monday's best round at 69, had a 79 on the final day to finish at 148, seven shots back in sixth.

In the team standings, Forestview put together an outstanding 299 on the final day to take its third consecutive state team title. Forestview recorded a team score of 600 to finish 11 shots ahead of runner-up Waxhaw Marvin Ridge, with Rockingham County moving into third with a 616 total. The best four of six individual scores counted toward the team total.

The championship was held on a par 72 layout set at 6,669 yards for the NCHSAA event.

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.

Hough's Cover Wins Playoff For Medalist; Broughton Tops Teams In 4-A Men's Golf Tourney

SANFORD—Patrick Cover of Cornelius W.A. Hough birdied the first playoff hole to take top individual honors in the 79th annual North Carolina High School Athletic Association state 4-A men's golf championships at Carolina Trace Country Club.

Cover had a 68 on Monday and an even par 72 in the final round for a 140 total. Raleigh Millbrook's Stephen Franken climbed into a tie after 36 holes for the individual title with a 68 on Tuesday, setting the stage for the playoff.

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

Raleigh Broughton captured the team championship by eight shots over defending champ Southern Pines Pinecrest with a winning total of 592. Broughton captured its sixth NCHSAA championship since 1998 and it was also gave a Wake County school the men's 4-A team golf title for the 19th time in the last 28 years, including five of the last six.

Pinecrest is the last non-Wake County school to win, taking the title in 2008 and last year.

Hough and Charlotte Myers Park were tied for third at 609.

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 tournament.

THE MISSION of the NCHSAA is to provide governance and leadership for interscholastic athletic programs that support and enrich the educational experience of students.



MEN'S TOURNAMENT TENNIS

Elkin's Schell Wins NCHSAA 1-A Singles Crown

CARY—Ryan Schell of Elkin won the singles title in the North Carolina High School Athletic Association state 1-A men's tennis championships at the Cary Tennis Center.

Schell defeated Dylan Cuddington of Rosewood, the 2013 1-A runner-up, by 6-2, 6-1 in the championship match. Cuddington suffered his first singles loss of the spring after 16 consecutive victories while Schell ran his record to 21-1 overall.

Elkin has had a singles player in the finals for four of the last five years, as Tyler Macy of Elkin played in three championships from 2010 through '12 and won the '12 title.

The Elkin doubles team in the final did not fare so well, however, as Chad Vestal and David Bullin lost to Sam McLaughry and Zack Jones of Kernersville Bishop McGuinness in the championship, 6-1, 6-4. The Bishop duo now has an 18-1 doubles record on the season.

Salisbury's Ogden Wins Singles, Carrboro Doubles Takes 2-A Championship

CARY—Michael Ogden of Salisbury captured the singles championship with a couple of straight-set victories in the North Carolina High School Athletic Association state 2-A men's tennis championships at the Cary Tennis Center.

Ogden downed Brian Freiburghouse of Carrboro, last year's 2-A singles runner-up, in a morning semifinal by a score of 6-4, 7-5, and then swept to the state championship with an easy 6-1, 6-0 victory over Hendersonville's Jacob Fuqua.

Fuqua won the 1-A championship a year ago but Hendersonville moved up to 2-A due to realignment.

Max Fritsch and Jake Zinn of Carrboro teamed to win the doubles title, winning both of their Friday matches in straight sets. The Carrboro duo downed North Lenoir's Evan Kramer and Will Hardy for the championship, 6-2, 6-0, after beating Clint Comadoll and Spencer Storey of Salisbury by that identical score in the semifinals.

A Newton-Conover team had won the 2-A doubles championship for the last four years, but Fritsch and Zinn ousted the Red Devil duo of Tyler Barrymore and Gordon Wepner in the quarterfinals. Barrymore had teamed with John Tate to win the doubles title in 2013.

Gibbons Players Sweep Crowns In NCHSAA 3-A Tennis

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

The champions in both singles and doubles successfully defended their crowns. Robert Kelly of Gibbons downed Swansboro's Andrew Brennan in the singles final, 6-3, 6-2, to win his second consecutive state championship.

Brennan had eliminated Chapel Hill's Bryan Zhang in the semifinals, 7-6(2), 6-1 while Kelly was defeating George Lovitt of Waxhaw Marvin Ridge in straight sets.

Marvin Ridge and Cardinal Gibbons each sent two doubles teams into the Friday morning semifinals, but Gibbons had little trouble advancing, winning both semifinals in straight sets and moving to the finals in matches which lasted less than 40 minutes each.

That set up a rematch of last weekend's regional championship between

Gibbons teammates, and defending champions Matt Galush and Noah Constantine rolled past the team of Jim Mantyh and Kyle Fitzgerald easily, 6-0, 6-1.

Raleigh Wakefield Sweeps Titles In NCHSAA 4-A Tennis

RALEIGH—Raleigh's Wakefield High School grabbed both the singles and doubles state titles in the North Carolina High School Athletic Association state 4-A men's tennis championships at the Millbrook Exchange Park.

Bo Boyden of Wakefield, the 2013 4-A singles runner-up, rolled to a pair of convincing victories to take the championship. He beat Bennett Crane of Winston-Salem R.J. Reynolds in the morning semifinals and then rolled past Logan Weber of Raleigh Millbrook in an all-Wake County final, 6-1, 6-1.

The doubles championship was not just an all-Wake County affair, but an all-Wakefield matchup. The team of Jensen Martin and Phil Lauture defeated Wakefield teammates Andrew Belonga and Nico Grewe in a grueling three-set final, 6-2, 3-6, 6-4.

Belonga and Grewe had survived a three-set match with Hardy Brown and Naveed Foroudi of Greensboro Page in the semifinals.



OUTDOOR TRACK AND FIELD

Cherryville's Friday Has Great Meet; North Stokes, Bishop McGuinness Win Team Honors

GREENSBORO—Senior Trentavis Friday of Cherryville put together an amazing performance on Friday in the North Carolina High School Athletic Association state 1-A track and field championships at the Irwin Belk Track at North Carolina State A&T University, although it wasn't quite enough to lift his team to the team title.

Friday was the Most Valuable Performer in the men's meet, but his Ironmen came up seven points behind team champion North Stokes in the standings.

Friday won three individual events and anchored the victorious four by 400 relay team. The Cherryville star won the 100 and also broke two state records he had established earlier, taking the 200 in 20.85 seconds and the 400 in 47.87 seconds.

North Stokes, which earned a regional title last weekend, scored 50 points to 43 for Cherryville, followed by Camden (41), Mitchell (38) and Murphy (36). A total of 50 men's teams scored in the meet.

Hobbs's Samson Bradsher, a junior, grabbed first place in both the shot put and discus.

Malia Ellington of Community School of Davidson led the way in the women's championship by winning three events, including the 800, 1600 and 3200. She broke her own NCHSAA 1-A record in the 1600 in a time of 4:59.88 and beat the field by about 23 seconds.

Kernersville Bishop McGuinness rallied at the end of the meet, showing depth in distance events and then taking second in the four by 400, to capture the team title with 59 points to 52 for Boonville Starmount. Winston-Salem Prep was third with 45, followed by Avery with 41 and Robbinsville with 38. There were 47 teams scoring in the women's meet.

Avery's Kylie Polsgrove won both hurdle events and Samantha Welborn of Starmount was a double winner in the shot put and the discus.

The Greensboro Convention and Visitors Bureau and the Greensboro Sports Commission serve as the host city sponsors for the event.

Collins Leads Monroe Women To 2-A Team Title; North Brunswick Rallies To Win Men's Team Crown

GREENSBORO—Reneazia Collins led Monroe to the women's team championship with an outstanding effort in the North Carolina High School Athletic Association state 2-A track and field championships at the Irwin Belk Track at North Carolina State A&T University.

Collins was the Most Valuable Performer in the women's meet, with first place finishes in all four events she entered. She won the 100, 200 and 400 while anchoring the victorious four by 100 relay team. Monroe won the 2-A title after taking the championship last year in 1-A, but moving up in the current realignment. Collins was the MVP in the '13 1-A meet.

Monroe tallied 82.5 points to 57 for runner-up Carrboro, which had won the last three 2-A team titles. Durham School of the Arts was third with 51, followed by Burlington Cummings (48) and High Point Andrews (46.33). A total of 48 schools scored in the women's meet.

Kayla Moore of Cummings took first place in both hurdle events while Carrboro's Maysa Araba was a double winner, winning the 800 and 1600. In field events, Bunn's Tainasha Vines took individual crowns in both the long jump and triple jump.

Catherine Armstrong of SouthWest Edgecombe won three wheelchair events.

The men's meet went right down to the last event to determine the team champion. Winston-Salem Carver led North Brunswick by 2.5 points entering the four by 400 relay, and Carver but not qualify for that race while North was in the faster heat of two according to times.

North won that relay and earned the title with 57.5 points to 50 for Carver, followed by Marshville Forest Hills (42), Cummings (38) and Claremont Bunker Hill and Washington tied for fifth (34). There were 59 men's teams scoring points in the meet.

Isaiah Moore of Cummings captured first place in three events in the men's meet, setting a new 2-A record in the 110 high hurdles while also winning the long jump and the 300 hurdles. He was named the meet MVP.

Brian Sessoms of Carver also had a great meet, as he was involved in four state championship performances. Sessoms finished first both the 100 and 200 and ran the lead leg on a pair of victorious relay teams.

The Greensboro Convention and Visitors Bureau and the Greensboro Sports Commission serve as the host city sponsors for the event.



MEN'S DUAL TEAM TENNIS

Carrboro, Cardinal Gibbons, Bishop McGuinness, Wakefield Win Championships

BURLINGTON—The third time was the charm for Carrboro in the North Carolina High School Athletic Association's 24th annual state men's dual team finals at the Burlington Tennis Center.

Carrboro had earned its way into the 2-A championship match for the last two years only to lose in the final, but this time the Jaguars left little doubt by downing Brevard 5-0 for the state crown.

Carrboro swept the five singles matches that were completed, led by number-one player Max Fritsch, who was named the Most Valuable Player of the championship. The Jaguars won their first dual team title and finished 16-2 overall while Brevard lost for the first time in 19 dual matches.

Raleigh Cardinal Gibbons dispatched Waxhaw Marvin Ridge 6-0 for the 3-A crown, sweeping all six singles matches in straight sets. Robert Kelly of Gibbons, who won the state 3-A singles title last weekend, beat George Lovitt at the number one slot, 6-2, 6-4, and was named the match MVP.

Gibbons won its fourth consecutive 3-A crown and finished its season at

25-4 while Marvin Ridge wound up 19-3.

Raleigh Wakefield rolled to a 5-0 victory over Winston-Salem R.J. Reynolds for the 4-A championship. Bo Boyden, Wakefield's number-one singles player and the 4-A singles state champion from last weekend's tournament, beat Bennett Crane in straight sets and was chosen as the MVP.

Wakefield finished a perfect 23-0 dual match season while Reynolds, in the finals for the sixth consecutive year, ended the year at 22-2.

In the 1-A championship, Kernersville Bishop McGuinness won pro set tiebreakers after splitting sets in two of the singles matches, beating Raleigh Charter by a 5-2 count.

Sam McLaughry of Bishop, who won at the number-one singles by scoring a 14-12 tiebreaker victory after splitting sets with Abichiran Baskaran, was the MVP.

Bishop McGuinness finished the season 15-1 in dual matches while Raleigh Charter posted a 12-1 mark.



LACROSSE

Charlotte Catholic Downs Apex To Win 4-A Men's Title

CARY—Charlotte Catholic put it together in the second half to record an 11-8 victory over defending champion Apex in the North Carolina High School Athletic Association's state 4-A men's lacrosse championship at WakeMed Soccer Park.

Senior attackman Connor Pool had a hat trick for the winners, scoring three goals on eight shots, and was selected as the Most Valuable Player of the championship.

The game was close throughout, as the first quarter ended in a 3-3 deadlock and the score was knotted at 5-5 at halftime.

Catholic took its biggest lead of the night at 9-6 with 10:12 to play when senior defenseman Ryan Beltrando went coast to coast and tallied at point blank range. But Apex battled back, with Brandon Farrell scoring his fourth goal of the game and then Jakob Harrison scored to cut the margin to 9-8 with 7:52 remaining.

But Catholic struck back quickly, with two goals in a 14-second span, to take command and go back up by 11-8. Soph Zak Butz tallied for Charlotte Catholic and then Robbie Wallon took advantage of a loose ball and found the back of the net.

Farrell wound up with four goals and an assist for Apex, while Chandler Besser scored twice and had two assists.

Charlotte Catholic finished the season with a 22-3 record and was making its first trip to an NCHSAA men's lacrosse final.

Apex wound up 19-3 and was in the championship for the third time in the tournament's five-year history. The Cougars beat Lake Norman 12-11 in last year's open championship and have compiled an outstanding 13-3 mark all-time in NCHSAA playoff action.

Cardinal Gibbons Gets Past Marvin Ridge 11-8 In 1A/2A/3A Lacrosse Final

CARY—Gannon Morrison had a hat trick to help lift Raleigh Cardinal Gibbons past Waxhaw Marvin Ridge 11-8 in the North Carolina High School Athletic Association's state men's 1-A/2-A/3-A lacrosse championship at WakeMed Soccer Park.

Morrison's three goals pushed his total for the season to 57. Nick Forbes had two goals and two assists for the winners while Robbie Lavelle and freshman Charles Van Dyke also had two goals apiece.

Gibbons finally opened up a three-goal lead in the third quarter, with Van

Dyke getting his second goal of the game with 3:09 to go in the period to put the Crusaders on top 8-5, but the Mavericks tallied in the final second of the third to make it 8-6.

Marvin Ridge senior goalkeeper Reilly McDermott, who will continue his career at Furman University, made several spectacular saves in the closely contested first half, which ended in a 4-4 deadlock. In fact, McDermott had a whopping 19 saves on the day and was named the Most Valuable Player of the championship.

Junior attackman Jared Blum scored three of the Mavericks' four goals in the first 24 minutes.

Gibbons ended the season with a perfect 22-0 record and has been in the playoffs in every year the NCHSAA has had lacrosse. The Crusaders have a postseason record of 13-4 all-time and made their second trip to the championship, losing to Lake Norman 9-8 in the 2012 open classification final. Marvin Ridge wound up 18-2 and had a 13-game winning streak snapped.

This was the first year in the five-year history of NCHSAA men's lacrosse playoffs that there have been classified championships, with a separate 4-A final and then the 1-A/2-A/3-A championship.

Charlotte Catholic Nips Apex In Women's Lacrosse Championship

CARY—Kate Powell scored four goals and Emma Jette netted three to lead Charlotte Catholic to a thrilling 10-9 decision over Apex in the North Carolina High School Athletic Association's fourth annual state women's lacrosse championship at WakeMed Soccer Park.

Senior midfielder Jette scored in the first 36 seconds of the first half to tie the game for Catholic and had a tally with 3:50 to play to give her Cougars a 10-8 advantage. Mia Castagnero countered for Apex just 22 seconds later to make it 10-9, but Apex had a penalty and competed a player down for almost the entire final two minutes.

Castagnero finished with five goals and two assists for Apex, giving her 74 goals for the year, and was chosen the Most Valuable Player of the championship.

Natalie Wallon had two goals for Catholic, finishing the year with a whopping 120 goals, although the Syracuse recruit was really held in check most of the day.

Apex held a slim 6-5 lead at halftime, as Castagnero and Meredith Chapman each scored twice for Apex. Powell, a sophomore, had two Catholic goals in the opening half. No more than two goals ever separated the two teams in the game.

Catholic continued its goalie rotation, with Annie Brannon getting seven saves in the first half and Michelle Holmes collecting five in the second half.

Catholic finished the year with a 23-1 record while and a 16-game winning streak, while Apex wound up 17-2 and had a 13-game winning streak snapped.

Both teams have been in the playoffs in each of the five years the NCHSAA has had a women's championship. Catholic was in the finals for the fourth time and the third consecutive year, with a previous championship in 2010. Apex won the title in '11.

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



Women's Soccer

West Stokes Blanks Washington 2-0 In State 2-A Women's Soccer Final

RALEIGH—Senior midfielder Taylor Hopper broke a scoreless tie with a second half goal and helped lead West Stokes to a 2-0 victory over Washington in the North Carolina High School Athletic Association state 2-A women's soccer championship game at Dail Soccer Field at North Carolina State University.

The Wildcats broke the scoreless tie in the 61st minute on a beautiful give and go, with junior forward Alex Jellison passing to a cutting Hopper, who tucked the ball into the right side of the goal with her left foot. Hopper, who was selected as the championship's Most Valuable Player, tied her 22nd goal of the year made it 1-0.

Then in the 74th minute, West Stokes put it away on an unassisted goal by Morgan Snow, her 24th of the season. Washington keeper Emily Alligood made a fabulous fingertip save of a header by Tori Van Meter, but Snow secured the rebound and put it away.

Washington was hampered by injuries which kept a couple of key players out of the final, including Christian Heggie, the Pam Pack's leading scorer.

West Stokes had eight shots on goal to four for Washington and the Wildcats had four corner kicks to just one for the Pam Pack.

Both teams were making their first trip to an NCHSAA state women's soccer title match. West Stokes finished with a record of 25-2-1 while Washington wound up 22-3 and had a 21-match winning streak snapped.

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.

NCHSAA STATE 2-A WOMEN'S SOCCER CHAMPIONSHIP Dail Soccer Field, N.C. State University

West Stokes	0	2	—	2
Washington	0	0	—	0

SCORING

61st minute	WS—Taylor Hopper (Alex Jellison)
74th minute	WS—Morgan Snow

Chapel Hill Scores Late To Nip Weddington In State 3-A Women's Soccer Championship

RALEIGH—Senior Megan Dell scored with just 1:33 remaining to lift Chapel Hill to a dramatic 2-1 victory over Weddington in the North Carolina High School Athletic Association state 3-A women's soccer championship game at Dail Soccer Field at North Carolina State University.

The game-winner came when junior midfielder Sofie Nielsen took the ball down the right wing and then crossed to Dell at the top of the box, who tucked it into the net to give the Tigers the title. Dell will continue her career at Virginia Commonwealth.

The explosive Warriors, who came into the championship averaging 6.3 goals per game, had a 1-0 lead at the half on a goal from very long range by freshman Gabby Cormier. The Warriors kept play in the Tiger end for a good portion of the opening 40 minutes.

Chapel Hill countered with the equalizer 14 minutes into the second half when North Carolina recruit Alex Kimball made a nice run, drew defenders and then found Mia Spencer at the top of the box, who hammered it home to make it 1-1. Kimball, with an excellent all-around game, was named the championship MVP.

DON'T FORGET TO ORDER HANDBOOKS AND DIRECTORIES using the form on the NCHSAA web site!

Weddington attempted seven shots on goal to five for Chapel Hill and had four corner kicks to two for the Tigers.

The Tigers finished the season with a 23-1 mark, with their only loss to Cardinal Gibbons getting avenged in the third round of the state playoffs. Weddington ended with a mark of 20-3-1.

Weddington made its second appearance in the NCHSAA women's soccer finals, but first since 2007 when it lost to Apex in overtime in the 4-A final. Chapel Hill, although it has been a strong women's program for some time, was in its first state championship under veteran head coach Ron Benson but its 27th appearance in post season play since 1986.

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.

NCHSAA STATE 3-A WOMEN'S SOCCER CHAMPIONSHIP Dail Soccer Field, N.C. State University

Chapel Hill	0	2	—	2
Weddington	1	0	—	1

SCORING

15th minute	W—Gabby Cormier (Chandler Arrowood)
54th minute	CH—Mia Spencer (Alex Kimball)
89th minute	CH—Megan Dell (Sofie Nielsen)

Community School Of Davidson Outlasts East Carteret In Shootout In 1-A Women's Soccer

RALEIGH—Sophomore goalkeeper Madison Good came up with two big stops during the penalty kick shootout to lift Community School of Davidson to a marathon 2-1 victory over East Carteret in the North Carolina High School Athletic Association state 1-A women's soccer championship game at Dail Soccer Field at North Carolina State University.

The two teams battled to a 1-1 draw for 110 minutes, including the regulation 80 minutes, two 10-minute overtime periods and two five-minute sudden death stanzas, before going to penalty kicks.

All four shooters for CSD made their penalty kicks, including Anna LaVella, Eliza Robinson, Hayden Wheaton and Cassidy Haddock. Kathryn Hudson made hers for East Carteret in the third slot, but Meghan Nyberg as the leadoff shooter and Lindsey Thayer as the second shooter were stopped by Good and that was the difference. After CSD went up 4-1 in PK's, the outcome was decided.

Good, who also had two saves in regulation, was named the championship Most Valuable Player.

The Mariners had struck quickly to open the game, with a goal less than three minutes in as senior forward Lindsey Thayer turned and lofted one in from the left wing off an assist from Nyberg for a 1-0 advantage.

Community School of Davidson evened the count at 1-1 in the 51st minute when freshman Lissi Gordon tallied. Gordon got a pass from Robinson, another freshman, in the box and then tucked it away in the far corner of the goal to tie the contest with her 21st goal of the season.

East Carteret managed just three shots on goal while CSD had four. The Mariners had just one corner kick while CSD had two.

Community School of Davidson was in its first championship in any sport ever as one of the newest members of the NCHSAA and finished the season with a perfect 19-0 mark.

East made its first trip to the finals in what is by far the best season in school history—the Mariners had won only three NCHSAA playoff games in history prior to making this run. East wound up 12-6 overall.

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.

NCHSAA STATE 1-A WOMEN'S SOCCER CHAMPIONSHIP Dail Soccer Field, N.C. State University

		OT	OT	SD	SD	PK*		
East Carteret	1	0	0	0	0	0	--	1
Comm, School	0	1	0	0	0	1	--	2*

*CSD won penalty kick shootout 4-1.

SCORING

3rd minute	EC—Lindsay Thayer (Meghan Nyberg)
51st minute	CSD—Lissi Gordon (Eliza Robinson)

Carroll Golden Goal Gives Hough Win In State 4-A Women's Soccer Championship

RALEIGH—Senior forward Courtney Carroll scored a golden goal in the 107th minute to lift Cornelius W.A. Hough to a thrilling 1-0 overtime win over Cary Panther Creek in the North Carolina High School Athletic Association state 4-A women's soccer championship game at Dail Soccer Field at North Carolina State University.

The teams battled on even terms throughout the regulation 80 minutes and the two 10-minute extra periods, with the explosive offenses kept at bay by stout defense, although Hough did have two great opportunities in the second overtime. Goals had often been hard to come by with these teams, as Panther Creek had recorded 15 shutouts and Hough 20 entering the final.

After one five-minute sudden death session, the Huskies finally ended it in the second sudden death OT period when Carroll lofted a left-footed strike from about 25 yards out that found its way to the back of the net.

Carroll, who is headed to Ole Miss, scored her 29th goal of the season and was named the championship match MVP. Hough senior keeper Marnie Merritt, also going to Ole Miss, had two saves in recording the shutout.

Panther Creek had 10 shots, two on goal, while Hough had nine with six on goal. The Catamounts had five corner kicks to three for Hough.

A relatively new school in just its fourth year, Hough was already playing in its third consecutive NCHSAA women's title match. The Huskies won the 4-A title in 2012 and lost in the finals to Green Hope a year ago. Hough finished the season with a 25-0-2 mark and has compiled an unbelievable record in women's soccer of 94-7-4 since the school opened.

Panther Creek, in its first state women's soccer championship, ended the year 22-1-1.

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.

NCHSAA STATE 4-A WOMEN'S SOCCER CHAMPIONSHIP Dail Soccer Field, N.C. State University

		OT	OT	SD	SD		
Cornelius Hough	0	0	0	0	1	—	1
Cary Panther Creek	0	0	0	0	0	—	0

SCORING

107th minute Hough	Courtney Carroll
--------------------	------------------





NCHSAA Corporate Sponsors

PRESENTING PARTNERS



WELLS
FARGO



Merchandiser

Wilson

Adopted Ball

Official Partners



Restaurant



UNDER ARMOUR.

Outfitter



Auto Life Home Health

Sportsmanship



Sports Lighting



Military



Statistics & Digital Media



Ticket Program

Event Sponsors



SOCCER.COM

LACROSSE.COM



new balance
HIGH SCHOOL TENNIS
championship
PRESENTED BY NEW BALANCE



Preferred Vendors



2013-14 Endowed Fund Corporate Donors



2013-14 Host City Partners

PREMIER
Level



TOURNAMENT
Level



HOST
Level



Associate Level

CHAPEL HILL

HILLSBOROUGH & CARRBORO

