



NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

# BULLETIN

Volume 63, Number 3

Spring 2011



AAA is proud to present the

## SCHOLAR ATHLETE PROGRAM

Recognizing **Academic** and **Athletic Achievement**

Join AAA through the NCHSAA and your \$10 enrollment fee will go directly into a scholarship fund for very deserving Scholar Athletes.

For more information on the **Scholar Athlete Program** please contact the NCHSAA online at **nchsaa.org** or by phone **919-240-7401**.

Be sure to visit  
**TeenDriving.AAA.com**  
for AAA's guide  
to teen driver  
safety!

For more information on our other sites:

AAA.com/**CarCare**  
AAA.com/**Travel**

**joinAAAnow.com**

AAA.com/**Insurance**  
AAA.com/**InstantQuote**

OT-03170-11

# Spirit Of Sportsmanship Alive And Well In North Carolina

SANFORD—An unheralded but significant event occurred recently in a men's varsity basketball regular season game between two North Carolina High School Athletic Association member schools, Fayetteville Douglas Byrd and Southern Lee.

It was Senior Night at Southern Lee as Byrd came to visit, and Southern Lee had a substantial lead in the final minute. That is when coach Gaston Collins of Southern Lee inserted senior Bubba Anderson, a student whom he had taken under his wing a few years ago and had installed as team manager. Bubba was eligible, so he suited up for Senior Night and finally got in with about a minute to go.

Southern Lee made every effort to let him score, and although Douglas

Byrd continued to compete, the Eagle players did not try to block Bubba's shots when they realized what was going on.

Southern Lee staff member Jan Tart wrote a congratulatory note to Byrd principal Dan Krumanocker, stating in part, "when your boys realized what was going on, they stood there and let our team feed him (Bubba) rebounds until he made one (a basket). It took four attempts, but Bubba scored.

"It was a great night for Bubba, one he will never forget. Your varsity boys basketball team helped make that possible. Thank you so very much."

Congratulations to Bubba and to his coach for their efforts, but also congratulations to Douglas Byrd High School for their spirit of sportsmanship. ★

## Survey Indicates NCHSAA Student Services Program Making Big Difference

CHAPEL HILL—Surveys of student-athletes involved in the North Carolina High School Athletic Association's Student Services program indicate that the training they are getting is making a big difference.

The Student Services division of the NCHSAA provides innovative opportunities such as the Student-Athlete Summer Institute (SASI) and Coach-Captain Retreats. In these settings, student-athletes at NCHSAA member schools, as well as coaches and parents, may receive training on leadership development skills, role modeling and mentoring techniques, sportsmanship, and prevention training on alcohol, tobacco and other drugs (ATOD).

In addition, the programs are designed to prepare student-athletes, coaches and other school personnel to be mentors, role models and leaders; to support the improvement in student-athlete performance in academic achievement and related areas; and to teach positive values, respect, teamwork and sportsmanship. Almost 400 students were involved with SASI or Coach-Captain during the 2009-10 academic year.

Survey data revealed that at the end of training, participants knew much more about how alcohol and other drugs hinder athletic performance and hurt personal relationships than prior to training. At the conclusion of the 2009-10 academic year, students who had attended SASI indicated that 76 percent had witnessed certain behaviors and had chosen to take a stand on ATOD issues with fellow students.

School achievement is also emphasized in the program, and 77 percent of student-athletes involved in either SASI or Coach-Captain Retreats maintained a grade point average of 3.0 or better. School absences as well as discipline referrals declined, and not a single student in either program was ejected from any contest during their respective seasons.

In terms of sportsmanship, 88 percent of the student-athletes surveyed reported they had witnessed acts of poor sportsmanship among fellow students last year and chose to take a stand against it.

"Our Student Services program is making a tremendous difference in the lives of our student-athletes, which in turn promotes a positive atmosphere in our schools," says NCHSAA Commissioner Davis Whitfield. "Our program is touching unprecedented numbers of people and we are encouraged by its continued success." ★

## Barnes To Serve As Shrine Bowl Head Coach

Crest High School football coach Mark Barnes has been named the head coach of the North Carolina team for the 2011 Shrine Bowl of the Carolinas.

Ron Long, the athletic director of the Shrine Bowl, made the announcement.

The North Carolina assistant coaches will include Richard Bailey (Jack Britt), Jeff Craddock (Tarboro), Pete Gilchrist (North Forsyth), Randy Ledford (South View), Barry Shuford (Olympic) and Gregg Thomas (Apex).

Barnes served as an assistant coach on the 2001 Shrine Bowl squad.

The 75th Shrine Bowl of the Carolinas will be played on Dec. 17, 2011, at Gibbs Stadium on the campus of Wofford College in Spartanburg, S.C.

The game traditionally pits some of the top seniors from North Carolina to go against their counterparts from South Carolina. ★

## NFHS Launches On Line Publication For Coaches

A new online publication for high school coaches has officially been launched by the National Federation of State High School Association (NFHS).

The publication NFHS Coaching Today officially launched recently. NFHS Coaching Today can be accessed from the home page of the NFHS web site—[www.nfhs.org](http://www.nfhs.org)—as well as from the home page of the Coach Education site—[www.nfhslearn.com](http://www.nfhslearn.com). Following is a direct link to the site:

<http://www.nfhs.org/CoachingToday/>

This replaces the NFHS Coaches' Quarterly, which is no longer being printed. Through the availability of this publication from the NFHS site as well as from the Federation's coach education site, there is the potential of reaching hundreds of thousands of coaches nationwide.

Material on the site will be changed regularly, with new features and department articles being posted each month. The NFHS Coaching Today Publications Committee is responsible for approving all editorial material.

The NCHSAA is a member of the National Federation. ★

*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.

# New National Federation Spirit Rules Changes Focus On Performing Surfaces

INDIANAPOLIS—The new high school spirit rules changes approved by the National Federation of State High School Associations (NFHS) Spirit Rules Committee at its January meeting minimize the risk potential created by certain performance surfaces, props or stunts. The changes, which were subsequently approved by the NFHS Board of Directors, will take effect with the 2011-12 school year.

One of the most significant changes deals with allowable stunts on a basketball court or track. Changes to Rules 2-6-7, 2-9-7 and 2-10-2 require that any airborne twisting, tumbling skills, basket tosses, elevator tosses or similar multi-base tosses take place only on grass (real or artificial) or a mat.

Similarly, twisting during quick/load-in tosses is restricted to grass (real or artificial) or a mat per changes made to Rule 2-10-7.

Susan Loomis, NFHS spirit consultant and liaison to the Spirit Rules Committee, said the committee is sensitive to the ever-changing skill level of the participants while keeping risk minimization in mind.

"We wanted to write the best rules we can to allow spirit teams and dance teams to show their skills, while keeping our focus on minimizing risk," Loomis said. "I think the new rules demonstrate a continuing effort to help protect and train our cheer and dance coaches."

Rules 2-4-6 and 3-5-9 were amended to further safety precautions.

## eKnowledge Offers Free SAT/ACT Prep Courses

INDIANAPOLIS—The National Federation of State High School Associations (NFHS) and eKnowledge—a leading provider of interactive learning products and services—are continuing their partnership to help high school students prepare for college.

eKnowledge is offering SAT and ACT test prep programs—valued at \$200 each—free to students in NFHS member state associations.

The North Carolina High School Athletic Association is a member state association of the NFHS.

The SAT and ACT PowerPrep software is provided in a single DVD and includes more than 11 hours of video instruction and 40 hours of student participation time, 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations. Students select the training they need and can study at their own pace.

"I have met and worked with the folks at eKnowledge who started the Sponsorship Partners Alliance to assist high school students, and we are pleased to associate with them and encourage our member associations and high schools around the country to leverage this opportunity to assist the families and students in their states, districts and schools," said B. Elliot Hopkins, NFHS director of educational services.

The eKnowledge Sponsorship Partners Alliance has more than 70 athletes from the National Football League and Major League Baseball, as well as individuals from corporations, foundations and not-for-profit organizations. With the support of these individuals, eKnowledge is able to offer the \$200 SAT and ACT PowerPrep software to schools in NFHS member state associations.

The SAT and ACT PowerPrep Program can be ordered online at [www.eknowledge.com/NFHS](http://www.eknowledge.com/NFHS) or by phone at 951-256-4076 (reference NFHS). Although the \$200 retail fee is waived for NFHS members, individuals will be charged \$17.55 for shipping and handling, support, materials and registration. ★

Spotters are now prohibited from holding objects in their hands and also must be present if a participant is standing on a moving flat-bottom prop that has a fabric cover.

Dance, drill and pom teams may now wear footwear that at a minimum covers the ball of the foot. A new exception also allows dancers to be barefoot if on a floor cover.

An exception to Rule 2-12-2b now allows a backward leapfrog to a prone position with two catchers and continuous hand-to-hand contact between the top person and post.

"We added the exception because we have seen that our teams are improving in skill and are able to perform certain stunts well," Loomis said.

The final change applies to swinging stunts, which are now allowed only from cradles or the performing surface. The addition of a note to Rule 2-8-11c allows for a slight downward swing to prepare for the upward swing.

"We added the note for clarification," Loomis said. "We realize that some extra movements are required to prepare certain stunts and wanted to make that clear in the rules book."

The Spirit Rules Book was also reorganized to better serve the coaches and other readers, Loomis added.

A complete listing of all rules changes approved by the committee is available on the NFHS Web site at [www.nfhs.org](http://www.nfhs.org). Click on "Athletics & Fine Arts Activities" on the home page, and select "Spirit."

Competitive spirit squads constitute the ninth-most popular activity for girls at the high school level, according to the 2009-10 High School Athletics Participation Survey conducted by the NFHS, with 123,644 participants nationwide. There are also 24,952 girls who participate in dance or drill teams, according to the same survey. ★

## South Carolina Rolls To Shrine Bowl Victory

SPARTANBURG, SC—The North Carolina all-stars started quickly, but South Carolina stormed back to score a convincing 42-10 victory in the 2010 Shrine Bowl of the Carolinas at Gibbs Stadium.

The North Carolina squad managed just six first downs and 75 yards in total offense for the game, including just seven yards rushing in 27 attempts.

After a bad snap on a South Carolina punt, the Tar Heels had great field position and wound up settling for a 43-yard field goal by Crest's Trevor Austin in the opening period.

Then North Carolina stretched the lead to 10-0 on a 44-yard interception return for a touchdown by Brandon Ellerbe of Anson.

North Carolina led 10-7 at the half, but South Carolina erupted for 21 points in the third quarter and rolled to victory.

Justus Pickett of Ardrey Kell led the Tar Heel rushers with 28 yards in six carries, although a number of sacks wound up negating much of the North Carolina rushing attack. Marquise Williams of Mallard Creek and Vad Lee of Durham Hillside shared the quarterback duties.

Placekicker Austin was named the outstanding offensive player for North Carolina and Butler linebacker Kris Frost earned the corresponding defensive award for the Tar Heels.

South Carolina has won three of the last four Shrine Bowls.

The head coach of the North Carolina squad was John Lowery of Forest Hills. His assistants included Newton-Conover's Nick Bazzle, Jimmy Fletcher of West Brunswick, Mickey Lineberger of South Point, Randy Long of Providence, Johnny Sowell of Monroe and Danny Wilkins of Asheville. ★

# Chop Block Rule Redefined In High School Football

INDIANAPOLIS—A change in the definition of a chop block in high school football, along with a strong emphasis on proper use of the helmet to minimize risk of injury, highlighted the winter meeting of the National Federation of State High School Associations (NFHS) Football Rules Committee in Indianapolis.

The modification of the chop block rule was one of 11 rules changes recommended by the Football Rules Committee and approved by the NFHS Board of Directors.

The new language in Rule 2-3-8 defines a chop block as “a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is low (at the knee or below) and one of the blocks is high (above the knee).”

Previous language defined a chop block as “a delayed block at the knees or below against an opponent who is in contact with a teammate of the blocker in the free-blocking zone.”

Bob Colgate, NFHS assistant director and liaison to the Football Rules Committee, said that any combination block where one block is high (above the knee) and one block is low (at or below the knee) will constitute a chop block—with or without delay between the blocks. He also noted that a low-low combination block is no longer a chop block.

Although not an official rules change, perhaps the most significant action by the committee was the issuance of the 2011 Points of Emphasis on concussions, helmets and contact above the shoulders.

The NFHS has been the leader in establishing playing rules to deal with concussions. Last year, the NFHS implemented new guidelines for the management of a student exhibiting signs, symptoms or behaviors consistent with a concussion. In addition, the NFHS developed a free online course entitled Concussion in Sports—What You Need to Know, which has been viewed by more than 135,000 persons.

“The committee chose not to change many of the playing rules as it intends to ensure the continued focus on minimizing risk of injury to high school football players,” said Julian Tackett, chairman of the NFHS Football Rules Committee and commissioner of the Kentucky High School Athletic Association. “The minimal number of rules changes in high school football this year verifies that the country feels like the game is in great shape.”

In other rules changes, the committee standardized the rules regarding the replacement of apparently injured players, players who exhibit concussion signs and symptoms, and players who are bleeding or have blood on their body or uniform. Players removed in any of these situations must leave the game for at least one down, and the time-out is an officials’ time-out, not one charged to the team.

## Watauga Student-Athlete Has Unique School Board Role

BOONE—Junior student-athlete Julia Roberts of Watauga High School recently assumed a unique role.

Roberts, who represents Region 7 on the North Carolina High School Athletic Association’s Student-Athlete Advisory Council, is one of two students who have recently joined the Watauga County Board of Education as ex-officio members.

Roberts participates in cross-country, track and lacrosse at Watauga. According to reports in the Watauga Democrat, the student members of the Board of Education may not vote or receive confidential information, but they will be making monthly reports to the Board.

We are pleased to recognize Julia Roberts for both her work locally and her involvement with the NCHSAA. ★

The rules committee also defined two types of authorized team conferences—the “Outside Nine-yard Mark Conference” and the “Between Nine-yard Mark Conference.” When an injury occurs and the referee grants an authorized conference, it must be an “Outside Nine-yard Mark Conference.” Colgate said this will provide medical personnel time and space to address the injured player.

Three changes were approved in Rule 1—The Game, Field, Players and Equipment. In Rule 1-1-8, language was added to note that “game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction.” The revised rule further notes that “state associations may intercede in the event of unusual incidents after the officials have signaled the end of the game or in the event a game is terminated prior to the conclusion of regulation play.”

In Rule 1-5-1, the detailed specifications for thigh guards were deleted because they were not necessarily applicable to newer technologies used in current production. The requirements for wearing thigh guards and that the guards be unaltered from the manufacturer’s original design/production remain part of the rule.

Restrictions on eye shade were added to Rule 1-5-3c. If used, eye shade must be applied using a single solid stroke under each eye.

“The committee’s intent was that eye shade be located below and within the width of the eye socket and not extend below the cheekbone,” Colgate said. “No words, numbers, logos or other symbols of any type may be included within the eye shade.”

Four changes were approved by the committee in Rule 9—Conduct of Players and Others. Those revisions include the following:

- All horse-collar fouls being treated as live-ball fouls.
- Roughing-the-passer penalties being enforced from the dead-ball spot when there is no change of team possession and the dead-ball spot is beyond the line of scrimmage.
- The illegal participation rule including a player who intentionally goes out of bounds and, while out of bounds, affects the play, touches the ball or otherwise participates.
- Establishing an unsportsmanlike foul against the head coach for failure to adhere to the limits on squad members being on the field of play during the coin toss.

A final change was made regarding running clock/mercy rules in nine-, eight- and six-player rules.

Football is the No. 1 participatory sport for boys at the high school level with 1,135,052 participants in the 2009-10 school year, according to the High School Athletics Participation Survey conducted by the NFHS through its member state associations. In addition, the survey indicated there were 1,350 girls who played football in 2009-10. ★

### DON'T FORGET THE WEB SITE!

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

**[www.nchsaa.org](http://www.nchsaa.org)**

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



# Gatorade Athletes Of The Year In Several Sports Named In North Carolina

CHICAGO—In its 26th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPN RISE, has announced several winners of awards in North Carolina.

Darby Middlebrook of Watauga High School is the 2010-11 Gatorade North Carolina Girls Cross Country Runner of the Year, while Blake Williams of Northern Durham won the corresponding male award. Anson's Stephone Anthony earned the football award and Kristen Harris of Apex was named the volleyball winner.

The awards, which recognize not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the playing court or field, distinguish these athletes and made them finalists for the prestigious Gatorade national award in their respective sports.

Middlebrook, a 5-foot-7 sophomore, raced to the NCHSAA 4-A individual women's state championship this past season, leading the Pioneers to second place as a team. A DyeStat Cross Country Top 25 series Honorable Mention selection, Middlebrook placed 13th at the Foot Locker South Regional championships in 17:48. Middlebrook captured first place at the High Country Classic, the Northwestern 3A/4A Conference Championships and the Class 4A West Regional.

Middlebrook has maintained a 4.36 weighted GPA in the classroom. In addition to donating her time as a member of the Fellowship of Christian Athletes, she has volunteered on behalf of the Watauga Women's Fund to benefit area women in need.

"I have never seen a runner get the confidence she did so quickly," said Watauga head coach Randy McDonough.

Williams captured the NCHSAA men's 4-A individual state championship in the fall. Ranked No. 18 nationally by ESPN RISE/DyeStat, Williams placed second at the Foot Locker South Regional championships in 14:55.00 and finished 15th at the national Foot Locker Cross Country Championships in 15:35.00, earning All-American status in the process.

He also captured first place at the Jungle Run, the Wendy's Invitational and the Class 4A Mideast Regional this past fall. Williams took eighth place at the 2009 Class 4A state meet as a junior, 23rd at the 2008 Class 4A state meet as a sophomore and 20th at the 2007 Class 4A state meet as a freshman. He placed sixth last season at the Foot Locker South Regional championships in addition to finishing 20th at the 2009 national Foot Locker Cross Country Championships.

Also a track and swimming standout, Williams has maintained a 4.12 weighted GPA in the classroom and serves as the senior class president. A member of the National Honor Society, he has donated his time as a swimming and running instructor.

"Blake is by far the hardest working student-athlete at Northern," said Northern Durham head coach Blake Rahn. "He strives for the same excellence in the classroom that he does in his cross country and track events. He is a self-motivated young man who is determined to push himself to become the very best. He also strives to make his peers better individually and to motivate his teammates to be the best. He is a remarkable athlete, but an even better individual."

Williams has verbally committed to an athletic scholarship at the University of North Carolina this fall.

Anthony, a 6-foot-3, 220-pound senior linebacker for Anson, recorded 123 tackles and four sacks, as the Bearcats finished 3-8 this past season. Anchoring a defense that allowed 89.6 rushing yards and 147.4 passing yards per game this past fall, Anthony was credited with six pass breakups, two interceptions and two forced fumbles, while 16 of his tackles resulted in lost yardage for opponents.

An Under Armour All-American and also a running back for Anson, he

rushed for 302 yards and seven touchdowns on 50 carries. On special teams, he returned 14 kickoffs for 498 yards. As a junior in 2009, Anthony amassed 120 tackles—18 for losses—and four interceptions, leading his team to the school's second-ever Class 3A state semifinal appearance.

Also a baseball, wrestling and track standout, Anthony has maintained a 3.57 weighted GPA in the classroom. He has volunteered locally as a youth athletic instructor and mentor to elementary school students.

"He's been absolutely incredible for our football team and our community," said Anson Head Coach Luke Hyatt. "He's a super, super kid. It's easy to say he's the best player on our football team, and he has been the last three years without a doubt. He gets it done in the classroom. He's doing what he's supposed to do all the time. He's a great leader for us. The whole community looks up to him. He's just a pleasure to coach. I don't know if I'll ever coach another guy like that again."

Harris, a 6-foot-2 senior middle blocker, led Apex to a 27-0 record and the NCHSAA 4-A state title this past season. Harris recorded 340 kills, 163 digs, 46 service aces and 42 blocks while posting a .587 kill percentage. A two-time first team All-Conference selection and the 2010 Conference Player of the Year, Harris was chosen as the MVP of the 2010 4-A championship.

Harris has maintained a 3.67 GPA in the classroom. A devoted member of her church community, she has participated in multiple community service initiatives in association with her church youth group, and has volunteered locally on behalf of Students Against Destructive Decisions (S.A.D.D.).

"Kristen Harris is an all-around class act and an outstanding leader," said Apex head volleyball coach Nicole O'Donnell. "She exemplifies such qualities as dedication, determination, drive and ambition that allow her to perform at such a high level."

Harris has signed a National Letter of Intent to play volleyball on scholarship at Elon University beginning in the fall of 2011.

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



## 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.

# 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.

## WILL CAMPAGNA

Long-time head football coach Will Campagna died of pneumonia in early February at the age of 78.

Campagna was successful as a coach, with stops both at North Mecklenburg and at Charlotte Catholic during his career.

## NICHOLAS DOUB

WINSTON-SALEM—Nicholas Doub, a senior student-athlete at Reagan High School, died in early January due to injuries suffered in an automobile accident while he was driving to school.

The 18-year-old had completed in both outdoor track and cross-country at Reagan.

## VON RAY HARRIS

LINCOLNTON—Long time football coach and athletic director Von Ray Harris died in late March at the age of 86.

Harris was the highly successful head football coach at Lincolnton High School for many years, where he coached starting in 1959 and then retired in '87. Prior to that, he had coached at Old Town in Winston-Salem and at Morganton High School.

He was born in 1924 in McDowell County. Harris was an outstanding football player at Western Carolina, and he had been inducted into the Lincoln County Hall of Fame and the Western Carolina University Hall of Fame.

Harris was an Armed Forces veteran, serving as a tail gunner in World War II.

The football field at Lincolnton had been named in his honor some years ago.

## BOB HENDRIX

LAS VEGAS—Veteran education Bob Hendrix, who spent his career working in Cherokee County, died in late January at the age of 69.

He began working in Cherokee County in August of 1963 and both coached and taught at Murphy High School for many years. Then he became principal of Murphy High School in

1983 until 1998, when he retired from school work.

He was an assistant football coach at Murphy when the school won a state football title in 1974.

Hendrix attended Young Harris College in Georgia and Western Carolina University.

## QUEYSHON KING

WILMINGTON—Queshon King, a senior football player at New Hanover High School, was killed in an automobile accident on New Year's Day.

The 17-year-old played middle linebacker and started for three seasons for New Hanover.

## BING MITCHELL

Veteran football coach and athletic director Bing Mitchell died at the age of 64 in late November.

He was a 1964 graduate of Bertie Senior High School and a '68 graduate of East Carolina University.

Mitchell enjoyed a distinguished career as a teacher, coach and athletic director for 36 years at a number of different schools, including Bertie, Bath, Washington, Northside (Beaufort County) and South Central High Schools.

He had served as an assistant coach for the East team in the North Carolina Coaches Association East-West all-star football game and guided his Northside team to a runner-up finish in the state football playoffs in 2000. Mitchell was also an assistant coach on the Bertie basketball staff when that school won a state championship in that sport.

Mitchell is honored in the Washington High School Walk of Fame.

## RICHARD MURPHY

CARY—Former North Carolina High School Athletic Association Board of Directors president Richard Murphy died in mid-March at the age of 62.

Murphy was president of the NCHSAA during the 1987-88 academic year, while he

was serving as the principal of Leesville Road High School in Raleigh.

Murphy opened Leesville as principal in 1993, serving there for years after a stint teaching and coaching at the junior high level and then at Broughton. He also served as principal at East Wake and Sanderson.

After serving at Leesville, he moved into the central office in Wake County as the director of secondary programs.

Murphy was born in Dunn but grew up on Long Island, New York. Before his career in education, Murphy was an outstanding student-athlete at Campbell, becoming the school's first soccer all-American and later being inducted into the Campbell Hall of Fame.

He was a member at First United Methodist Church in Cary.

## HAYDEN PEEDIN

Hayden Peedin, a senior wrestler at North Johnston High School, was killed in an automobile accident in mid-January.

The 17-year-old was also a junior firefighter and planned to enlist in the Coast Guard after graduation from North Johnston.

## GUS PURCELL

LAURINBURG—North Carolina High School Athletic Association Hall of Fame member Gus Purcell died here in late March at the age of 87.

Purcell, who grew up in Laurinburg, graduated from Laurinburg High and then played football at the University of North Carolina, graduating in 1950. He went on to make his coaching mark at Myers Park in Charlotte. He coached at Myers Park from 1952 to 1971 and during his career compiled a coaching mark of 209-75-15.

Known for his offensive innovation, he coached four prep all-American quarterbacks during that stretch and was founder of one of the first successful "quarterback schools."

Purcell coached in the 1960 Shrine Bowl and in the North Carolina Coaches Association East-West all-star game in 1959. ★

**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!



# North Carolina School Wins National Award

STARKVILLE, Miss.—The National Fastpitch Coaches Association (NFCA) and Stabilizer Solutions, the official playing surface of the NFCA, have announced the winners of the 2010 Stabilizer Solutions/NFCA Field Maintenance awards, including one to a North Carolina school.

Awards were presented in five different categories this year: Division I, Division II, Division III, Junior College and High School. Winners were

recognized at the general business meeting of the 2010 NFCA Convention at the San Diego Marriott & Marina in San Diego, Calif.

The winner of the 2010 Stabilizer Solutions/NFCA Field Maintenance award at the high school level went to Alexander Central High School and its Central Park softball complex.

Our congratulations to Alexander Central! ★

## The winners of the 2010 Stabilizer Solutions/NFCA Field Maintenance awards include:

### Division I

University of Alabama

John & Ann Rhoads Softball Complex

Tuscaloosa, Ala.

Groundskeepers: Chris Hildreth & Crew

### Division II

Columbus State University

Cougar Field

Columbus, Ga.

Head Coach: Brad Huskisson

### Division III

Wellesley College

Wellesley College Softball Field

Wellesley, Mass

Groundskeepers: John Ponti & Bobby Allen

### Junior College

Bakersfield College

Dean & Adah Gay Sports Complex

Bakersfield, Calif.

Groundskeeper: Patrick Cornejo

### High School

Alexander Central High School

Central Park

Taylorsville, N.C.

Groundskeepers: Monte Sherrill, Kendal Sipe & Burpee Wike



*Photos Courtesy  
Alexander Central  
High School*



# Knowledge of Sickle Cell Disease Important For Coaches, Others

Sickle cell disease is an inherited blood disorder that affects red blood cells and is not uncommon in the African-American community.

One of the questions that is on the current NCHSAA pre-participation medical form has to do with sickle cell disease, so it is important that everyone involved in high school athletics has some awareness and understanding about the disease.

## What is Sickle Cell Disease?

People with sickle cell disease have red blood cells that contain mostly hemoglobin\* S, an abnormal type of hemoglobin. Sometimes these red blood cells become sickle-shaped (crescent shaped) and have difficulty passing through small blood vessels.

When sickle-shaped cells block small blood vessels, less blood can reach that part of the body. Tissue that does not receive a normal blood flow eventually becomes damaged. This is what causes the complications of sickle cell disease. There is currently no universal cure for sickle cell disease.

Hemoglobin—is the main substance of the red blood cell. It helps red blood cells carry oxygen from the air in our lungs to all parts of the body. Normal red blood cells contain hemoglobin A. Hemoglobin S and hemoglobin C are abnormal types of hemoglobin. Normal red blood cells are soft and round and can squeeze through tiny blood tubes (vessels). Normally, red blood cells live for about 120 days before new ones replace them.

People with sickle cell conditions make a different form of hemoglobin A called hemoglobin S (S stands for sickle). Red blood cells containing mostly hemoglobin S do not live as long as normal red blood cells (normally about 16 days).

They also become stiff, distorted in shape and have difficulty passing through the body's small blood vessels. When sickle-shaped cells block small blood vessels, less blood can reach that part of the body. Tissue that does not receive a normal blood flow eventually becomes damaged. This is what causes the complications of sickle cell disease.

## Types of Sickle Cell Disease

There are several types of sickle cell disease. The most common are: Sickle Cell Anemia (SS), Sickle-Hemoglobin C Disease (SC), Sickle Beta-Plus Thalassemia and Sickle Beta-Zero Thalassemia.

## What is Sickle Cell Trait?

Sickle Cell trait (AS) is an inherited condition in which both hemoglobin A and S are produced in the red blood cells, always more A than S. Sickle cell trait is not a type of sickle cell disease. People with sickle cell trait are generally healthy.

## Inheritance

Sickle cell conditions are inherited from parents in much the same way as blood type, hair color and texture, eye color and other physical traits. The types of hemoglobin a person makes in the red blood cells depend upon what hemoglobin genes the person inherits from his or her parents. Like most genes, hemoglobin genes are inherited in two sets...one from each parent.

## Examples:

If one parent has Sickle Cell Anemia and the other is Normal, all of the children will have sickle cell trait.

If one parent has Sickle Cell Anemia and the other has Sickle Cell Trait, there is a 50% chance (or 1 out of 2) of having a baby with either sickle cell disease or sickle cell trait with each pregnancy.

When both parents have Sickle Cell Trait, they have a 25% chance (1 of 4) of having a baby with sickle cell disease with each pregnancy.

## Who Is Affected?

In the United States people are often surprised when they learn that a person who is not African American has sickle cell disease. The disease originated in at least 4 places in Africa and in the Indian/Saudi Arabian sub-continent. It exists in all countries of Africa and in areas where Africans have migrated.

It is most common in West and Central Africa where as many as 25% of the people have sickle cell trait and 1-2% of all babies are born with a form of the disease. In the United States with an estimated population of over 270 million, about 1,000 babies are born with sickle cell disease each year. In contrast, Nigeria, with an estimated 1997 population of 90 million, 45,000-90,000 babies with sickle cell disease are born each year.

The transatlantic slave trade was largely responsible for introducing the sickle cell gene into the Americas and the Caribbean. However, sickle cell disease had already spread from Africa to Southern Europe by the time of the slave trade, so it is present in Portuguese, Spaniards, French Corsicans, Sardinians, Sicilians, mainland Italians, Greeks, Turks and Cypriots. Sickle cell disease appears in most of the Near and Middle East countries including Lebanon, Israel, Saudi Arabia, Kuwait and Yemen.

The condition has also been reported in India and Sri Lanka. Sickle cell disease is an international health problem and truly a global challenge.

<http://www.sicklecelldisease.org/index.phtml> ★

# South Carolina Sweeps 14th Annual Carolinas Classic All-Star Games

SOCASTE, SC—South Carolina swept both all-star games in the 14th annual Carolina All-Star Basketball Classic here, including a dramatic win in the men's game.

Damien Leonard of J.L. Mann High in Greenville, S.C., scored a Classic record 35 points and also hit a record eight threes as the South Carolina all-stars nipped North Carolina, 87-84. His three-pointer with five seconds to go was the game winner, earning him the South Carolina Outstanding Player of the Game award.

Cherryville's Terry Whisnant led the North Carolina team in scoring with 12 points, after winning the dunk contest and finishing second in the three-point contest the day before the game. Johnathan Cannon of Mountain Heritage, with nine points and 12 rebounds, was named the North Carolina Outstanding Player.

The North Carolina team's head coach was Fred Lynch of Wilmington Laney, assisted by Ken Howell of East Gaston.

South Carolina won the women's game by a 64-52 count after leading 32-17 at halftime.

Danielle Butts of Winterville South Central with 15 points and four rebounds, was the North Carolina Outstanding Player of the Game. The 5-9 senior forward is headed to North Carolina. She had helped South Central to an NCHSAA state 3-A championship the weekend before as her team edged Hickory 61-58 in overtime.

Pam Adams of Northern Durham served as the head coach of the North Carolina all-stars with Woody Wall of Rockingham County the assistant coach. ★





## DUAL TEAM WRESTLING

### Parkland, Orange, Croatan, West Wilkes Take Dual Team Wrestling Championships

Winston-Salem Parkland ran its record to 41-0 and won its fifth straight North Carolina High School Athletic Association state wrestling dual team championship as it rolled over New Bern 52-12 at New Bern in the 4-A title match.

Parkland earned three consecutive 3-A crowns from 2007-09 and then has won its last two at the 4-A classification. Drew Turner, Parkland's 103-pounder who started the rout with an 18-3 technical fall, was named the Most Valuable Wrestler in the 4-A final.

New Bern closed the dual team campaign with a mark 16-4.

In the 3-A championship, Orange built up a lead and held on to defeat defending champion Concord Jay Robinson 34-27 at Robinson. The Panthers thus reversed the outcome of last year's final in which Robinson had beaten Orange 37-35.

Orange 171-pounder Alex Shawver was the 3-A MVP.

Orange remained unbeaten in dual team competition at 21-0 while Robinson slipped to 36-2.

Newport Croatan successfully defended its 2-A title in a championship rematch with Monroe Piedmont, scoring a 41-30 decision in Newport.

Austin Mackey, who wrestled at 140 pounds for Croatan in the final, was the match MVP. Croatan stayed unbeaten in dual team competition with a record of 18-0 while Piedmont lost for only the third time in 38 matches.

In the 1-A championship at West Wilkes, the host school won its second consecutive dual team state championship with a 36-32 victory over North Rowan.

West Wilkes had advanced to the finals with a Saturday afternoon 38-31 victory over Robbinsville in the Western Regional final while North Rowan had gotten past Dixon 36-29 to earn the berth in the finals as the East representative.

Mikey Wade of West Wilkes at 152 pounds was named the Most Valuable Wrestler of the 1-A championship. West finished dual team competition with a record of 19-3 while North Rowan was 19-4.



## SWIMMING AND DIVING

### Carrboro Men, Raleigh Charter Women Take State 1-A/2-A Swimming and Diving Titles

CARY—Junior Chris Gondek anchored two victorious relay teams and won the individual 200 freestyle event to lead Carrboro to the men's team championship in convincing fashion in the All American Swim Supply-North Carolina High School Athletic Association state 1-A/2-A swimming and diving championships at the Triangle Aquatic Center.

Carrboro's Jaguars rolled to their second consecutive men's state crown, compiling a whopping 358.5 points as the Carrboro 200 medley relay and 200 freestyle relay teams anchored by Gondek established new state 1-A/2-A records. Lake Norman Charter was runner-up with 181 points, followed in order by West Davidson (157), Raleigh Charter (142) and a tie for fifth

between Kernersville Bishop McGuinness and North Lincoln at 140 each.

There were 40 schools which scored in the men's meet.

Junior Joe Bonk of Raleigh Charter captured first place in both the 50 and the 100 freestyle events and was named the Most Valuable Performer of the meet for the second consecutive year. In both events, he qualified for an automatic All-American time and set another new 1A/2A record in the 100 free, breaking his own state mark set a year ago.

The women's team race was much tighter, with three teams battling for top honors right up to the final event. Raleigh Charter held on to win with 227 points, followed by Lake Norman Charter with 216 and Carrboro just a point back in third with 215. Bishop McGuinness (137) was fourth and East Lincoln (131) fifth as 40 teams tallied in the women's meet.

Durham School of the Arts senior Theresa Meyer was a double winner in distance races, taking state titles in both the 200 free and 500 free. Freshman sensation Alexandra Martelle of Thomas Jefferson Classical Academy in Mooresboro won the 200 individual medley as well as the 100 breaststroke. They shared MVP honors in the women's meet.

### Providence Men, Apex Women Win State 4-A Swimming Crowns

CARY—Kip Darmody of Charlotte Providence led his team to the men's title in the All American Swim Supply-North Carolina High School Athletic Association state 4-A swimming and diving championships at the Triangle Aquatic Center.

Darmody had a great meet, winning the 200 free and breaking his own state 4-A record in the 100 backstroke in a time of 48.84 seconds. He also swam the lead leg on the victorious 200 free relay team, which set a new state 4-A mark in 1:25.01, breaking the record set by Providence a year ago, and swam the lead leg on the winning 400 free relay foursome.

Providence won its fifth all-time NCHSAA men's swimming and diving team title and second in succession with 267.5 points, ahead of 197 for Cary Green Hope in second place. East Chapel Hill was third with 175, one point ahead of Lake Norman in fourth, with Cornelius W.A. Hough fifth at 158. A total of 44 schools scored points in the men's meet.

Senior Ollie Clayton-Luce of Raleigh Sanderson was a double winner, taking first in both the 50 freestyle and the 100 free. His time of 20:53 in the 50 broke a 21-year 4-A record in the event, held by Chris Mann of Durham Jordan, by .01 of a second. Clayton-Luce and Darmody shared the Most Outstanding Swimmer award.

Green Hope's Dominick Glavich took first place in both the 200 individual medley and the 100 breaststroke as well as swimming a leg on the state championship 200 medley relay team.

Although the women's team standings were tight throughout, Raleigh-area teams dominated the scoring as four of the top six finishers were from Wake County. Apex captured the title with 223 points, followed by Cary (177.5), Cary Panther Creek (168) and Pfafftown Reagan (165.5). Hough was fifth at 136 and Green Hope was sixth at 134, with defending champ Providence in seventh.

A total of 37 schools tallied points in the women's meet.

Senior Jessica Godlewski paced Apex, winning the 100 butterfly and swimming legs on two first-place relay teams, while Hayley Tomlinson captured the 100 breaststroke and swam on those winning relays.

Henriette Stenkivist of Panther Creek won individual state titles in both the 100 and 200 free, while Cary's Victoria Mitchell excelled in distances. Mitchell won the 200 individual medley and swam to victory in the grueling 500 free. Those two swimmers shared the Most Outstanding Swimmer award.

Alison Menzies of Reagan captured top honors in the women's one-meter diving event which was held on Thursday, her third state diving crown but first in the 4-A classification.

## Long Streaks Continue In NCHSAA State 3-A Swimming And Diving Championships

CARY—Two long streaks continued for Charlotte Catholic and Raleigh Cardinal Gibbons in the All American Swim Supply-North Carolina High School Athletic Association state 3-A swimming and diving championships at the Triangle Aquatic Center.

Charlotte Catholic won its 10th consecutive NCHSAA swimming and diving women's team championship and its sixth in a row at the 3-A level, while Cardinal Gibbons captured its fourth straight men's state crown and second straight in the 3-A classification.

In the men's meet, Cardinal Gibbons scored 261 points to 216 for runner-up Charlotte Catholic. Chapel Hill was third at 201, followed by Concord Jay Robinson with 162 and Waxhaw Marvin Ridge at 149. There were 39 schools tallying points in the meet.

West Carteret's Bobby Bittner, a double winner in the 100 butterfly and the 100 backstroke, earned the Most Outstanding Swimmer award in the men's meet.

Hickory senior Graham Williams was also a double winner, taking first place both the 200 and 500 free.

Catholic rolled to victory in the women's competition with a whopping 417, well ahead of second-place Marvin Ridge at 296 and third-place Chapel Hill with 266. Waynesville Tuscola (183) was fourth and Cardinal Gibbons (179) fifth. A total of 32 schools scored in the meet.

Several records were broken in the women's meet. Among them, sophomore Katy Stringfield of Waynesville Tuscola smashed a pair of 16-year old 3-A records held by Chase's Wendy Henson. Stringfield broke the 200 freestyle mark by more than half a second with a time of 1:50.45, and she also established a new 500 free mark. She was named the meet's Most Outstanding Swimmer.

Freshman Lauren Rhodes of Charlotte Catholic set a new 3-A mark in the 50 free, and Tuscola senior Victoria Oslund broke her own one-year-old 3-A mark in the 100 fly.

Ashlyn Koletic of Charlotte Catholic established a new state 3-A record in the 100 free by just .04 of a second, eclipsing a record set by Henson which had stood since 1993.

Weddington's Katherine Plevka won two events, taking the 200 individual medley and the 100 breaststroke.



## WINTER TRACK

### Wakefield, Knightdale Win 4-A Crowns; Cardinal Gibbons, Asheville Are 1-A/2-A/3-A Winners

FAYETTEVILLE—Junior Aria Graham helped lead Raleigh Wakefield to the women's 4-A team championship in dominating fashion in the North Carolina High School Athletic Association's winter track and field championships at Daskal Stadium on the Reid Ross Classical School campus.

For 24 years the NCHSAA has offered indoor track as a sport, but the only indoor facility in the state, the Eddie Smith Indoor Arena on the UNC campus is involved in construction this year and was unavailable. Therefore, this year's championships were classified as "winter track" and included indoor events but run at an outdoor facility.

Graham was the women's MVP as Wakefield swept both of those individual 4-A honors. She won both the long jump and 300 meters in addition to running a leg on the victorious 1600 meter relay team. Wakefield tallied 93.25 points to take the team title with Cary Green Hope second at 45. Watauga was third with 43.25 and Asheville T.C. Roberson finished fourth

with 27 points. A total of 39 schools scored points in the meet.

Senior Aaron Covington earned the men's MVP, as he was a double winner in the 300 and 500 and ran a leg on the state runner-up 1600 meter relay squad, but his Wakefield team finished second overall to a strong performance by Knightdale. Knightdale had 62 points to 44 for the runners-up.

T.C. Roberson was third with 23 points, and three teams were tied for fourth with 22, including Raleigh Sanderson, Fuquay-Varina and West Johnston. There were 47 schools in the scoring column in the 4-A men's meet.

Sarah Rapp of Raleigh Cardinal Gibbons had a tremendous meet in the 1-A/2-A/3-A classification as she successfully completed a difficult triple to earn MVP honors and lead her team to the championship. Rapp was the distance star as she grabbed first place in the 1000, 1600 and 3200 races and helped account for 30 of her team's 36 points.

Gibbons held a two-point margin over Waxhaw Marvin Ridge to clinch the crown, with Weddington in third with 33 and North Rowan fourth at 22. Burlington Cummings had won all four of the previous state indoor titles for women in the 1-A/2-A/3-A class.

There were 53 schools scoring points in the women's 1-A/2-A/3-A meet.

In the men's competition among 1-A/2-A/3-A schools, defending indoor champ Asheville tallied 55 points to take the team title. Marvin Ridge was second with 39 points, followed by Nash Central (37) and Charlotte Berry Academy (34). A total of 50 schools tallied in this meet.

Nash Central senior William Bass was the MVP as his performance included first-place finishes in the 1600 and 3200 and a leg on the 3200 relay team that finished second.

Wendy's is the presenting sponsor of the NCHSAA sports programs. The Cumberland County schools served as the hosts for the championships.



## TOURNAMENT WRESTLING

### Parkland Wins Fifth Consecutive Title; Foard, Croatan, West Wilkes Also Take Team Crowns

GREENSBORO—With dominance in the lower weights and strong balance overall, Winston-Salem Parkland earned its fifth consecutive state team title in the North Carolina High School Athletic Association state wrestling championships at the Greensboro Coliseum.

Parkland, the defending 4-A champ after winning three state tournament titles at the 3-A level, scored 145 points to 109 for runner-up Lake Norman. Davie County was third with 84 points, followed by Southern Alamance (75.5) and Mooresville (56).

Four Parkland wrestlers competed for state titles in weight classes of 130 pounds or under and three won state titles. Drew Turner at 103 pounds, Antwan Davis at 119 and Jovantae Coleman at 130 all won individual state championships for Parkland.

Davie had a pair of individual champs, Michael Waters at 125 pounds and Matt Cusack at 171. Southern Alamance teammates Joey Moon at 135 and Tony DeAngelo at 140 also won state crowns, with DeAngelo winning the Most Outstanding Wrestler award in the 4-A championships.

A total of 69 4-A schools, out of the 78 which sent qualifiers to the event, scored points in the championships.

The closest team race throughout the tournament was in the 3-A classification, with four schools entering the championship session within 10 points of one another and with 2011 dual team champion Orange qualifying the most to the final matches with three.

When it was all over, though, two Catawba County teams were among the top three, with Fred T. Foard scoring 90 points and nipping Cameron Union Pines by two, with Hickory St. Stephens third with 85. Orange was fourth

at 84.5 and Havelock fifth with 75. There were 74 schools represented in the 3-A event, with 68 scoring.

Havelock and Concord Jay Robinson each had a pair of individual champs, with Havelock's Jake Smith winning at 103 and Zachary Jaramillo at 130, while Robinson grapplers Garrison White took the 125 title and Davante Andujar captured the 140 crown.

Jaramillo was chosen the Most Outstanding Wrestler in the 3-A event.

In 2-A action, Newport Croatan opened up a lead over the field after the first day of competition and held on to win the team crown. Croatan, the defending tourney champ and also winner of the dual team championship earlier in the month, tallied 136 team points, led by 145-pound individual champion Sam McCauley.

Trinity was second with 101 points, followed by Monroe Piedmont (100.5), Hampstead Topsail (82) and Newton-Conover (79). A total of 63 of the 75 2-A schools represented tallied team points.

Jake Johnson (160) and Jesse Johnson (171) both earned state crowns for Central Davidson, while Monroe also had a pair of champs in Alex Turner (135) and Parker VonEgidy (152).

Trinity Wheatmore's 189-pound champion Jesse Doyle was the 2-A Most Outstanding Wrestler.

The 1-A classification, with only eight wrestlers qualifying per weight class, did not begin competition until the second day of the tournament with the quarterfinals. West Wilkes, the defending tournament champs, rolled to victory in the team standings and had five wrestlers compete for state titles.

Jorge Lima at 103 and J.J. LaPlante at 125 were the West Wilkes individual weight class champs.

West scored 110.5 team points to 78 for Kernersville Bishop McGuinness. Following in the standings were West Montgomery (56), Monroe Central Academy (53) and Rosewood (50.5).

A total of 37 1-A schools qualified wrestlers to the tournament and 31 accrued team points.

Joey Beaver of Murphy, the 160-pound champ, was the Most Outstanding Wrestler in the 1-A tournament.

This was the 24th year that the wrestling championships have been "classified"; prior to 1987, all wrestlers, regardless of the size of the school, competed for a single title. Wendy's is the presenting sponsor for the NCHSAA sports program. The host city sponsors for the wrestling championships include the Greensboro Sports Commission, the Greensboro Area Convention and Visitors Bureau, and the Greensboro Sports Council.



## WOMEN'S BASKETBALL

### Bishop McGuinness Takes 1-A Crown Over Southwest Onslow

RALEIGH—Bishop McGuinness took command early and rolled to its sixth consecutive North Carolina High School Athletic Association state women's championship as the Lady Villians downed Southwest Onslow 57-43 for the 1-A crown at Reynolds Coliseum.

Bishop (26-6) never trailed, leading 19-8 after one quarter and 34-13 at the half while Southwest made only four of 29 field goal attempts in the first 16 minutes.

Megan Buckland of Bishop McGuinness earned the Wendy's Kay Yow Most Valuable Player, capturing the award for the third straight year. She pulled down 15 rebounds to go with seven points, five assists, three blocks and three steals. Julia Brown of Bishop led the winners with 15 points while Sammi Goldsmith added 11.

Southwest Onslow, in its first NCHSAA women's final, finished 24-4 overall. Janika Williams paced Southwest with 19 points and 14 rebounds.

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: Sammi Goldsmith, Bishop McGuinness; Janika Williams, Southwest Onslow; Wendy's Kay Yow Most Valuable Player: Megan Buckland, Bishop McGuinness.

### Salisbury Captures 3rd Straight Title By Rolling Past East Bladen 76-44

CHAPEL HILL—In a rematch of last year's championship, Salisbury scored the first six points and never trailed en route to a convincing 76-44 decision over East Bladen in the North Carolina High School Athletic Association state 2-A women's basketball title game at the Smith Center.

The victorious Hornets (27-1) shot 52.3 percent from the floor for the contest and forced 27 East Bladen turnovers, leading to 31 points.

Brielle Blair, who was named the Wendy's Kay Yow Most Valuable Player, scored 20 points and was one of four Salisbury players scoring in double figures. Jessica Heilig added 16 while Olivia Rankin scored 14 points. Ashia Holmes scored 10 while pulling down 10 rebounds, handing out four assists and getting seven steals.

Salisbury's Ayanna Holmes dished out 11 assists.

Jazmine Kemp led East Bladen (30-2) with 12 points and also grabbed eight rebounds.

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: Ashia Holmes, Salisbury; Jazmine Kemp, East Bladen; Wendy's Kay Yow Most Valuable Player: Brielle Blair, Salisbury.

### South Central Edges Hickory In OT To Win State 3-A Championship

RALEIGH—Janesha Ebron poured in 29 points and grabbed 10 rebounds to lead South Central to a dramatic 61-58 overtime victory over Hickory in the North Carolina High School Athletic Association state 3-A women's basketball championship game at Reynolds Coliseum.

Ebron was named the Wendy's Kay Yow Most Valuable Player as South Central (28-4) won its first NCHSAA women's hoop crown.

Although Hickory led throughout much of regulation, no more than eight points ever separated the two teams.

South Central dominated on the boards with a 48-31 advantage but hurt itself with a five for 18 performance at the foul line. The teams combined for 56 turnovers, 29 by South Central.

Danielle Butts had 16 points and 11 rebounds for the winners while Hickory's Jada Payne pumped in a game-high 29 points, including five three-pointers, and collected eight rebounds.

Hickory finished with a 28-3 records.

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: Danielle Butts, South Central; Jada Payne, Hickory; Wendy's Kay Yow Most Valuable Player: Janesha Ebron, South Central.

### Southwest Guilford Downs Millbrook 44-35 To Take State 4-A Championship

CHAPEL HILL—Southwest Guilford took a 7-0 lead in the game's first four and a half minutes and never trailed as the Cowgirls beat Raleigh Millbrook 44-35 in the North Carolina High School Athletic Association state 4-A women's basketball championship at the Smith Center.

Southwest won its third NCHSAA women's hoop crown as the Cowgirls finished 30-2 overall.

Southwest shot only 25 percent from the floor for the game but Millbrook



managed only a 26.9 percentage.

Zena Lovette scored 14 points for the winners while Wendy's Kay Yow Most Valuable Player Jessica Pone added 13. Taylor Houston with 10 points was the only player in double figures for Millbrook (31-2).

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: Ryan Flowers, Millbrook; Zena Lovette, Southwest Guilford; Wendy's Kay Yow Most Valuable Player: Jessica Pone, Southwest Guilford.



## MEN'S BASKETBALL

### North Rowan Rallies To Overtake Pender 64-57 In 1-A Title Game

RALEIGH—North Rowan rallied from a 19-point deficit in the second quarter to overtake Pender 64-57 in the North Carolina High School Athletic Association state 1-A men's basketball championship at Reynolds Coliseum.

The Cavalier comeback helped nullify a monster game by Pender's Allison Spruill, who scored 32 points (25 in the first half) and grabbed 17 rebounds. Spruill was 13 of 24 from the floor and hit six of seven foul shots.

One of the keys in the game was North's scoring 21 points off 23 Pender turnovers.

Samuel Starks led the way for North Rowan (27-5) with 19 points and four steals, earning the Wendy's Charlie Adams Most Valuable Player award. Pierre Givens added 13.

Pender (24-5) led 39-25 at halftime but the Cavaliers kept chipping away.

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: Addison Spruill, Pender; Pierre Givens, North Rowan; Wendy's Charlie Adams Most Valuable Player: Samuel Starks, North Rowan.

### East Rutherford Edges Northwood In Close 2-A Contest

CHAPEL HILL—A dunk by Devince Boykins gave East Rutherford the lead for good with 2:34 to play as the Cavaliers rallied to nip Pittsboro Northwood 58-56 in the North Carolina High School Athletic Association state 2-A men's basketball championship at the Smith Center.

Boykins, who was named the Wendy's Charlie Adams Most Valuable Player, had 16 points and nine rebounds for East (27-1). The Cavs trailed by eight at halftime but held Northwood scoreless for the first 6:59 of the final quarter to take the lead.

Zack Price scored 14 points and T.J. Watkins 13 for East while Juan Young led the way for the Chargers with 15 points and five assists and Brand Williams scored 14. Antonio Farmer aided the Charger cause with 10 points and 10 rebounds.

Northwood, which was in the men's finals for the second time in three years, finished 28-5 overall.

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: Juan Young, Northwood; T.J. Watkins, East Rutherford; Wendy's Charlie Adams Most Valuable Player: Devince Boykins, East Rutherford.

### Hunter Huss Slips Past South Central In 3-A Title Game

RALEIGH—Jihad Wright's free throw with 3.2 seconds to go broke the tie and lifted Gastonia Hunter Huss to a 63-62 victory over Winterville South Central in the North Carolina High School Athletic Association state 3-A men's basketball championship at Reynolds Coliseum.

The game was tight throughout, featuring eight ties and 16 lead changes. Freshman Kerrion Moore led the Huss attack with 24 points, hitting 10 of 17 from the field including two three-pointers, and he earned the Wendy's Charlie Adams MVP award.

Donta Harper led South Central with 23 points and 14 rebounds while Anthony Hilliard also dropped in 23 points.

Wright had 10 points for Huss, and although he was only four for 11 from the foul line he did hit the game winner.

Hunter Huss (29-2) sent veteran coach Ron Bray out with a state championship in his last game. South Central finished 26-6 overall but failed in its bid to become the first school to sweep both men's and women's 3-A basketball championships in the same year.

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: Donta Harper, South Central; Jihad Wright, Hunter Huss; Wendy's Charlie Adams Most Valuable Player: Kerrion Moore, Hunter Huss.

### West Charlotte Outlasts Millbrook In Wild 78-69 4-A Men's Championship

CHAPEL HILL—Mike Brown scored 23 points and Kennedy Meeks was a force in the middle as West Charlotte defeated Raleigh Millbrook 78-69 for the North Carolina High School Athletic Association state 4-A men's basketball championship at the Smith Center.

Statistically, this game was amazing—Millbrook attempted 39 more shots from the field than West Charlotte, but the Lions outrebounded Millbrook 51-38 while committing 27 turnovers. West was also 30 of 45 from the foul line as it hit some important free throws down the stretch.

West Charlotte (28-2) scored the game's first seven points and never trailed, leading by as many as 23 in the third quarter before Millbrook (22-10) battled back.

Meeks, who was named the Wendy's Charlie Adams Most Valuable Player, had 19 rebounds to go with 12 points and two blocked shots.

RaShawn Vaughn was one of four Wildcats in double figures with 15 points while Karon Blout and Marcus Johnson had 12 apiece and DaVon Silvera added 11 to go with nine rebounds and four steals.

AAA serves as the presenting sponsor of the basketball championships.

Post Game Awards: Most Outstanding Players: DaVon Silvera, Millbrook; Mike Brown, West Charlotte; Wendy's Charlie Adams Most Valuable Player: Kennedy Meeks, West Charlotte.

**UPDATING SCHOOL INFORMATION**—Make sure your school keeps updating your school information on line. This is the information that was used in the 2010-11 edition of the Directory. Schools are urged to keep this information current to make sure email notices and the like go to the appropriate personnel.



# NCHSAA Corporate Sponsors

## Presenting Sponsors



### Platinum Sponsor



### Gold Sponsors



### Bronze Sponsors



### Donor Level



## HOST CITY SPONSORS

### Premier Level



### Tournament Level



### Host Level



### Associate Level



### Friend Level



### 2010-11 Endowed Fund Major Corporate Donors



### Official Merchandiser



## Preferred Vendors

