



NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

BULLETIN

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OT-03170-11

High School Football Players Must Sit Out For One Play When Helmet Comes Off

INDIANAPOLIS—High school football players must sit out one play next year if their helmet comes off while the ball is live.

In cases where the helmet comes completely off without it being directly attributable to a foul by the opponent, the player will have to leave the game for at least one down.

This addition to Rule 3-5-10 was one of eight rules changes approved by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

The North Carolina High School Athletic Association is a member of the NFHS. NCHSAA assistant commissioner Mark Dreibelbis is a member of the football rules committee and was instrumental in providing research that was considered as the rule change was made.

"The committee made this rules change after reviewing data from multiple states regarding the frequency of helmets coming off during live-ball play," said Julian Tackett, chair of the Football Rules Committee and commissioner of the Kentucky High School Athletic Association.

"It is the committee's hope that this serves notice for schools to properly fit players with helmets to reduce the incidence of these situations and remind the players not to take steps that alter the fit."

Another significant change next season will be a new interpretation of a legal catch. A receiver now will be required to establish possession of

the ball and contact the ground inbounds while maintaining possession—regardless of the opponent's action.

"In previous years, the covering official could have ruled that an airborne player attempting to catch the ball would have come down inbounds, but was prevented from doing so because of contact by the opponent," said Bob Colgate, NFHS director of sports and sports medicine and liaison to the Football Rules Committee. "Now, the player must establish possession and contact the ground inbounds for a legal catch."

The Football Rules Committee also cleared the way for state associations and their member schools to place corporate advertising and/or commercial markings on the field of play. These types of markings previously were only allowed in the end zones and outside the field.

Rule 1-2-3l will state that while corporate advertising and/or commercial markings will be allowed, the markings may not obstruct the yard lines, hash marks or nine-yard marks.

A risk-minimization change was made to Rule 2-3-7 that changes an interpretation for blocking below the waist.

"The previous interpretation was that it was not a foul for a player to block below the waist if the hand(s) of the opponent was first contacted below the waist," Colgate said. "This revision changes that interpretation and stipulates that such action is a foul."

After experimentation in Minnesota and Iowa, the committee revised Rule 9-3-8 to prohibit members of the kicking team from initiating

contact (blocking) against members of the receiving team until the ball has broken the plane of the receiving team's restraining line, or until the kicking team is eligible to recover the free kick.

The other three rules changes approved by the committee include Rule 1-5-3c(8), which expands the list of illegal equipment to include play cards that are not worn on the wrist or arm, as well as Rule 9-4-3h, which now states that grasping the tooth and mouth protector, as well as the face mask, is a foul. Also, to provide guidance to game officials, the committee clarified Rule 9-4-3k by adding the direction in which the opponent was pulled during a horse-collar.

Finally, the NFHS decided to extend the effective date of its new glove rule from 2012 to 2013. During the 2012 season, both gloves meeting the current standard and gloves meeting the new standard will be legal for play.

"The game of football at the high school level is in great shape, and the committee continues to review all available data to minimize the risk to participants," Tackett said. "A hallmark to the NFHS playing rules is the constant emphasis on risk minimization, as well as historic tenets regarding the balance between offense and defense and making the rules appropriate for the levels of the coaches, players and officials."

Football is the No. 1 participatory sport for boys at the high school level with 1,134,377 participants in the 2010-11 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 1,561 girls who played football in 2010-11. ★

Student Helps With Special Night At Burlington Williams

BURLINGTON—A student-athlete who played in the North Carolina High School Athletic Association state 3-A women's basketball championship game also made some news off the court.

Burlington Williams senior co-captain Kaley Moser helped to organize a Play4Kay basketball event, in the memory of Hall of Fame basketball coach Kay Yow of N.C. State, and developed a web site explaining more about the event and also giving people a chance to donate on line. An early February game between Williams and Eastern Guilford was designated for the special event.

The purpose of the event was to raise money for the Kay Yow Cancer Fund and for The Pink Ribbon Fund of the Alamance Regional Medical Center Foundation.

Kaley notes that one in seven women either has or will develop breast cancer during her lifetime.

During the contest there was a silent auction with signed basketballs from some of the top women's collegiate basketball programs. Fans were also encouraged to wear pink to the game to support the effort to prevent, treat and cure breast cancer.

The amount of money raised, as of early March, was over \$12,000.

Williams finished as the state runner-up, losing to Harding University in the 3-A championship game at the Smith Center.

Our congratulations to Kaley Moser for a great service project! ★

Butler Dream Team Excels, Featured In Television Segment In Charlotte

CHARLOTTE—The Butler High School Dream Team has been featured in a special television segment in Charlotte.

The Dream Team placed 1200 luminaries around the front of Butler High School, representing 1200 lives lost to tobacco related illness on a daily basis. The team's efforts were discussed and featured live on Fox News Rising.

According to Janet Prevatte, Dream Team coordinator at Butler, many of the partners in the project spoke on camera.

The story was also posted on the NCHSAA web site. ★

NCHSAA Board Of Directors Takes Actions At Winter Meeting

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

Among the major items was the approval of a request to seed the 2012 basketball playoffs. The placement into sectionals geographically will be similar to the “pod” system in football but will not really represent a sweeping change since the conference predetermined brackets are already similar in that regard. Members of the North Carolina Basketball Coaches Association will assist on seeding day with draws, etc., and details of the seeding process will be developed.

Other items included:

- to allow schools to drop any non conference football game for seeding purposes, provided they play 11 games for 2012; this reverts to the previous policy before this year, when only the Endowment game could be dropped
- began discussion of the Centennial Celebration of the 100th anniversary of the NCHSAA, which will start in 2013
- approved increasing to \$2 million coverage for catastrophic insurance plan and to go with K&K Insurance/Nationwide; will not increase premium being paid by schools
- a study committee will be established to discuss the possibility of the NCHSAA taking on responsibility of middle school athletics, involving Department of Public Instruction, as well as NCHSAA; budget impact, how it would be organized, how much would still be left to LEA policy would be among those things discussed

- a recommendation was tabled that all non-school employee coaches must complete NFHS Fundamentals of Coaching course prior to coaching any NCHSAA team; this will be discussed at May meeting
- approved new policy that any official charged with a felony will be ineligible to officiate until the charge is settled or dismissed
- approved two new booking agents; Rick Cataldo, Women’s Lacrosse Coastal Officials Association, Seth Keener of Western Piedmont Baseball Officials Association
- accepted fall 2011 ejection report, which included 317 total ejections
- approved playoff calendar for 2012-13
- approved two separate conference basketball tournaments for each classification in a split conference in 2012, if a conference elects to use this option; all sports with conference tournaments in split conferences, if conference wants to exercise the option, would be approved for 2012-13
- Jerry McGee Scholarship; the North Carolina Athletic Directors Association has set up a scholarship in honor of Jerry McGee, long time executive director of the NCADA; the Board approved the NCHSAA making \$3000 donation to the scholarship fund

NCHSAA commissioner Davis Whitfield said, “We had a very productive two days of meetings with our Board of Directors. We appreciate their attendance, dedication and service to the young people of our state. We are pleased with the work and the actions that our Board discussed and implemented.” ★

NFHS Coach Education Program Adds Strength And Conditioning Course

INDIANAPOLIS—The National Federation of State High School Associations (NFHS) has added a new course to its Coach Education program. Strength and Conditioning is now available on the NFHS Coach Education Web site at www.nfhslearn.com.

The course was developed by the NFHS in conjunction with the National Strength and Conditioning Association. Strength and Conditioning is designed to educate coaches on how to properly train their athletes without adding a greater risk of injury. It will also help to educate coaches on how to get the most out of their athletes’ workouts.

Tim Flannery, CMAA, NFHS Director of Coach Education, said that the course will help coaches understand what to expect from their athletes.

“This course is critically important because it will provide coaches information on many different aspects of lifting and conditioning,” Flannery said. “Many injuries occur because student-athletes are improperly trained or

over-conditioned. Coaches need to understand strength and conditioning so they can minimize injuries, and so they don’t over-stress their athletes.”

The course also includes a resource section with an extensive selection of videos for teaching specific lifts.

Strength and Conditioning costs \$50 and takes two hours to complete. As with all NFHS Coach Education courses, it is available for a full year after the purchase date.

With the addition of Strength and Conditioning, the NFHS Coach Education Program now offers 26 courses, three of which are available for free.

More than 220,000 people have taken the Fundamentals of Coaching course. It is one of two NFHS core courses, along with First Aid for Coaches. The NFHS also offers 13 sport-specific courses and seven elective courses.

All NFHS Coach Education courses are available at www.nfhslearn.com. ★

South Carolina Teams Sweep North Carolina In Carolinas Classic

MYRTLE BEACH—For the second year straight year, teams from South Carolina swept their North Carolina counterparts in the Carolinas All-Star Basketball Classic in Myrtle Beach, S.C.

The game is jointly sponsored by the North Carolina Coaches Association and the coaches’ association in South Carolina.

In the women’s game, the South Carolina all-stars defeated North Carolina 90-71 with some strong play inside, outscoring the North Carolinians 48-24 in the paint and dominating the boards with an edge of 19 rebounds.

N’Dea Bryant of Goose Creek (SC) was chosen as the Most Valuable Player for her team and paced South Carolina with 16 points and 14 rebounds.

North Carolina’s Most Valuable Player was Sidney Cook of South View, who led her team in scoring with 17 points. Rockingham County’s Autumn Carter contributed 13 points and 13 rebounds.

The men’s game saw North Carolina lead most of the way before South Carolina rallied for a 100-96 victory.

South Carolina trailed North Carolina 87-82 with 4:12 to play, but South Carolina went on an 8-0 run to take a 90-87 lead with 2:16 left in the game. The run was the last lead change of the game as South Carolina held on.

Jordan Roper of Irmo earned Most Valuable Player honors for South Carolina with a game-high 26 points. Josh Smith of Olympic was named the Most Valuable Player for North Carolina with 18 points and 13 rebounds. ★

NCHSAA Coach-Captain Retreat Attracts Students From Across State To Event

RESEARCH TRIANGLE PARK—The North Carolina High School Athletic Association recently held its spring 2012 Coach-Captain Retreat, the 33rd in the history of this program.

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

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

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

"The Coach-Captain Retreat is just one example of the tremendous programs offered through the NCHSAA for our member schools," said Davis Whitfield, commissioner of the NCHSAA. "Our staff and the facilitators do a great job of developing the content for the retreats and coordinating the activities, so this program will reach schools and student-athletes all over the state."

Facilitators included the following NCHSAA Student Services Trainers: Mike Brown, retired athletic director from the New Hanover County schools and president of B&M Associates; P.J. Taylor, retired teacher/coach at Williamston High and former safe and drug free schools coordinator for the Martin County Schools who is also an NCHSAA volleyball official; Faye Corbin, teacher and coach at Hope Mills South View High School; Larry Ratliff, teacher and coach at Southern Guilford High School; Teresa Coleman, teacher at Bladenboro Middle School and Central SASI director; Mike Greene, teacher and coach at North Wilkes High School; and Susan Cox, retired Perquimans County educator.

Coach-Captain retreats are organized and administered by NCHSAA assistant commissioner Mark Dreibelbis and assistant director Chiquana Dancy.

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

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

In addition to the staff, there were 52 participants in the retreat, with a total of 36 student-athletes and 16 adults attending. The adult total included 12 coaches, representing eight different schools, and four parents.

Teams at the retreat represented the following schools:

McDowell, Millbrook, North Henderson, North Stanly, North Wilkes, Perquimans, Southern Guilford and Southern Wayne. ★

North Carolina Wins 75th Shrine Bowl With 26-19 Triumph Over Sandlappers

SPARTANBURG, S.C.—North Carolina scored 20 unanswered points early in the second half to win 26-19 over South Carolina's high school all-stars in the 75th annual Shrine Bowl of the Carolinas at Gibbs Stadium at Wofford College.

Tarboro's Todd Gurley scored two rushing touchdowns in the third quarter to give North Carolina its first lead after trailing 13-6 at halftime. Gurley had 119 yards on 19 carries and two touchdowns to earn North Carolina Offensive MVP.

South Carolina's Joseph Copeland passed for two touchdowns in the first half, finding Shaq Roland both times. Lexington's Roland finished with 143 receiving yards and was named the South Carolina Offensive MVP. Gaffney's Copeland completed 8 of 13 through the air for 169 passing yards.

North Carolina's win was its first since a 24-14 victory in 2009. South Carolina leads the series 41-30-4.

Neither squad was able to find an offensive rhythm until South Carolina pieced together a seven-play, 80-yard drive that finished with Copeland's 18-yard touchdown pass to Roland with 8:51 left in the second quarter. The Sandlappers failed to make a 2-point conversion.

The Tar Heels struck back on the ensuing kickoff, as Mallard Creek's Jamel Harbison scored on a 94-yard return. The extra-point attempt failed. Copeland then found Roland again in the half's final minute on consecutive passes for 57 yards and a 25-yard touchdown to give South Carolina a 13-6 halftime lead.

North Carolina completed a nine-play, 41-yard drive with 4:45 left in the third quarter on Gurley's 1-yard touchdown. Gurley raced in from the 15 with 46 seconds left in the quarter to give North Carolina a 20-13 lead. Mallard Creek's Jela Duncan rushed for a 76-yard touchdown on the Tar Heels' first play in the fourth quarter to give North Carolina a 26-13 advantage.

The Tar Heel all-stars finished with 260 yards rushing and 25 passing yards. South Carolina gained 40 yards on the ground and had 289 passing yards.

North Carolina Shrine Bowl Coaches Named For 2012 Game

CHARLOTTE—Ron Long, athletic director of the Shrine Bowl Of The Carolinas, has announced the selection of coaches for the 2012 all-star football game, according to the Shrine Bowl web site.

The coaching staff will guide the North Carolina high school all-stars against their counterparts from South Carolina in the 76th annual Shrine Bowl game.

The game is scheduled for Saturday, December 15, at Gibbs Stadium on the campus of Wofford College in Spartanburg, South Carolina.

Veteran head coach Nelson Smith of Garner will be the North Carolina head coach. The staff will include Adrian Snow of West Forsyth, Russell Stone of Fayetteville Douglas Byrd, Doug Illing of Davie, B.J. Laughter of Hendersonville, Mike Byus of East Lincoln and David Grant of Burlington Walter Williams.

Congratulations to these outstanding coaches on this honor. ★

Double Twists to Cradle No Longer Permitted In High School Spirit Rules

INDIANAPOLIS—Effective with the 2012-13 season, a double twist to a cradle (double down) no longer will be permitted in high school spirit (cheer, dance, drill, pom).

This significant risk minimization ruling was one of 19 rules changes approved by the National Federation of State High School Associations (NFHS) Spirit Rules Committee at its March meeting in Indianapolis. The rules changes were subsequently approved by the NFHS Board of Directors.

With changes to Rules 2-8-9 and 2-10-2, a twist performed to a cradle must not involve more than one complete rotation except when dismounting to a cradle from a side-facing stunt or toss, which will permit 1¼ rotations. In these cases, the bases may make a one-fourth turn to catch the cradle.

“Data presented by the NFHS Sports Medicine Advisory Committee confirmed that the majority of head injuries in spirit are from body-to-body contact in stunts,” said Susan Loomis, editor of the NFHS Spirit Rules Book. “The committee recognizes that the primary body-to-body contact issues are presented during double-twisting dismounts. Prohibiting double twists to a cradle is consistent with the NFHS focus on risk minimization.

“Many of the other changes approved by the committee would be considered less restrictive and should allow for more creativity on the part of high school participants,” Loomis added.

Among those less-restrictive changes are several rules in a new section on Inversions. While allowing for more creativity and options, the committee believes these stunts do not increase risk of injury.

“These skills have been demonstrated to have a reasonable expectation for minimizing risk when given the specific limitations and conditions required for performance,” Loomis said.

Another less-restrictive change is the elimination of Rule 2-4-8, which previously required a spotter’s arms to be extended toward a top person in order to be in an alert, ready position. The committee agreed that there are a number of different ways for spotters to be alert and ready that don’t involve extending the arms and which don’t increase the risk of injury.

In other changes, the committee deleted rules regarding pendulums since they are now included in a set of rules regarding “horizontal” transitions. The rules committee also voted to allow swinging stunts to begin from below shoulder height rather than specifically from a cradle.

One change was approved by the committee in Rule 3 – Dance/Drill/Pom Risk Management. New language was added to Rule 3-4-1 which permits forward rolls from props low enough that the top person can put both hands on the performing surface before dismounting.

A number of the rules changes approved by the Spirit Rules Committee bring NFHS rules in closer alignment with the American Association of Cheerleading Coaches & Administrators (AACCA) rules. In addition, in a similar spirit of cooperation, AACCA will be revising some of its rules in other areas to align with NFHS rules.

This was the final meeting for Loomis to serve as the NFHS spirit rules consultant. She has served in that capacity since the organization moved to Indianapolis in 2000 and followed a 10-year involvement on the committee as a member and chair. Kent Summers, NFHS director of performing arts and sports, will now serve as staff liaison and rules editor.

Competitive spirit squads constitute the ninth-most popular activity for girls at the high school level, according to the 2010-11 High School Athletics Participation Survey conducted by the NFHS, with 96,718 participants nationwide. There are also 21,487 girls who participate in dance or drill teams, according to the same survey. ★

North Carolina Officials Well Represented At Rose Bowl

LUMBERTON—Atlantic Coast Conference football referee and Lumberton native Brad Allen was among the North Carolina contingent that worked the 98th Rose Bowl football in Pasadena, Calif., in January.

Allen, who has also been active in officiating circles with the North Carolina High School Athletic Association, was the referee in a wild 45-38 game won by Oregon, a contest that went down to the final play.

He was joined by umpire Mike Webster, a Fairmont native, and Lumberton’s John Armstrong, the game’s replay official in the booth. Webster is a booking agent for the NCHSAA.

According to the Robesonian newspaper, which ran an excellent feature about the officials’ experience, Webster and Armstrong have worked together since 1978 when the pair officiated a junior varsity football game at Whiteville High School.

“It was one of the best experiences overall I’ve ever had outside of the game,” Webster was quoted as saying. “College football games are sort of like my philosophy on my children; you love them all equally, but the atmosphere surrounding each is different and enjoyable.”

All three members of the officiating crew witnessed one of the finest bowl performances from two teams in history, a contest that featured 1,129 yards of offense and a series of dramatic touchdowns. Oregon won its first Rose Bowl in 95 years.

Allen’s crew was selected through an evaluation system used in grading officials. The rigorous system includes a thorough inspection of game film, missed whistles and conversations regarding calls after plays have been reviewed. Webster has been on Allen’s crew each of the last five seasons.

Congratulations to these outstanding officials for a great accomplishment in being selected to officiate “The Granddaddy of Them All!” ★



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

UPDATING SCHOOL INFORMATION—

Make sure your school has updated your school information on line. Schools are urged to keep this information current to make sure email notices and the like go to the appropriate personnel.

NCHSAA HALL OF FAME CEREMONIES

Just a few of the highlights from the event at the Friday Center in Chapel Hill

(NCHSAA photos courtesy John Bell)



The class of 2011-12, including from left Jimmy Fleming, John Bunch on behalf of the late John Morris, Jerry Johnson, Tom Suiter, John Frye, Chris Matheson on behalf of the late Mike Matheson, Sheila Boles, and Rosalie Bardin



Rosalie Bardin was one of the inductees



NCHSAA associate commissioner Rick Strunk interviews WRAL-TV's Tom Suiter; each Hall of Fame inductee was interviewed after a video presentation about their career



Sheila Boles (center) received Hall of Fame ring



Jerry Johnson (center) gets ring from NCHSAA president Brooks Matthews (l) and NCHSAA commissioner Davis Whitfield



NCHSAA commissioner Davis Whitfield addresses audience

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.

RICH BRENNER

HIGH POINT — Former WGHP-TV sportscaster Rich Brenner died suddenly of a heart attack in late February at the age of 65.

According to the Fox 8 web site, Brenner was attending the American Red Cross “Salute to Heroes” event at the Carolina Theatre in Greensboro when he collapsed.

A New Jersey native, Rich covered everything from NASCAR to the NFL to collegiate and high school sports. He joined Fox8 in 1987 and retired in April of 2008.

He started full time in television as a sportscaster in Lynchburg, Va., and later worked in Portsmouth, Va., Raleigh and Chicago.

Rich won the NCHSAA’s Tim Stevens Media Representative of the award in 2001.

CHESTER MCGLOCKTON

PALO ALTO, CA—Chester McGlockton, a former North Carolina High School Athletic Association Athlete of the Year, died of an apparent heart attack at the end of November at the age of 42.

He had served the last two years as an assistant football coach at Stanford after a successful stint as a player in the National Football League.

McGlockton, a powerful force at defensive tackle, was a first-round pick of the Oakland Raiders in 1992 and went to four Pro Bowls before the Chiefs signed him as an unrestricted free agent. He spent 1998-2000 with the Chiefs before playing two seasons in Denver and one with the New York Jets.

A graduate of Whiteville High School, McGlockton was the NCHSAA Male Athlete in 1987-88, the third year the award was presented. He played collegiately at Clemson.

BILL PEELER

SALISBURY — Bill Peeler, a long-time teacher and coach, died in early March at the age of 81.

Peeler was born in Rowan County and attended Boyden High School before graduating from Catawba College. He served as a teacher, coach and athletic director for 38 years in the Davie County school system.

He was a long time member of First United Church of Christ in Salisbury, where the funeral was held. ★

South Johnston Toy Drive Great Success At Christmas

FOUR OAKS—For the seventh year in a row, the South Johnston High School baseball team was deeply involved in community service during the holiday season.

According to head coach Keith Durham, returning and prospective baseball players at South Johnston participated in a service project benefiting the United States Marine Corps Reserve Toys for Tots program.

The baseball team raffled off a \$100 Wal-Mart gift card, with 100% of the proceeds going to Toys for Tots. The baseball program at South Johnston got no money from this project, but the players involved reaped plenty of benefits. The players raised \$3,027 in ticket sales.

A Four Oaks woman won the drawing for this year’s gift card, and chose to give it anonymously to a local family in need.

Before Christmas, members of the team travelled to Wal-Mart in Smithfield where the players actually did the shopping for the toys. The Trojan baseball teams wound up purchasing 538 toys valued at \$3,037.36 that brightened Christmas morning for many children.

The Marine Corps Reserve had representatives on site during the shop-

ping to receive the toys for Toys for Tots and get them headed to the hands of children on Christmas morning. The Marine representatives presented a certificate to head coach Durham recognizing Trojan baseball’s continued support of the Toys for Tots program.

Coach Durham noted, “It was a wonderful experience for everyone involved, and it was great to see our young people working so hard for a worthy cause with no thought of reward. It is our hope that this project will help make the Holidays a little bit brighter for some children that might not have had much to look forward to on Christmas morning. One of the goals of the South Johnston Athletic Department is to help our student-athletes see the community and world around them, and to help them to understand that they have a responsibility to be a positive force in the lives of other people.”

Over the past seven years, the Trojan baseball program has raised over \$21,000 to buy more than 3000 toys to help make Christmas a more joyous time of year for less fortunate children.

Congratulations to the South Johnston baseball program and our thanks to the school for helping to provide this information. ★

Mount Olive To Offer K-12 Licensure In Health And PE

MOUNT OLIVE—Mount Olive College has announced some news that may be of interest to NCHSAA member schools, as the college will now offer K-12 licensure in health and physical education.

The program will begin in the fall semester of 2012.

Mount Olive offers over 40 undergraduate majors as well as 18 NCAA Division II intercollegiate athletic teams, with men’s and women’s lacrosse being added in the fall of ‘12.

The health and physical education program is offered in conjunction with the Departments of Recreation and Leisure Studies and Education. The Department of Education offers degree programs that prepare stu-

dents to work in early childhood settings and in elementary, middle and high schools. Mount Olive offers licensure in birth through kindergarten, elementary, music, health and physical education, agriculture, science, social studies, mathematics and English.

In addition, many classes offer opportunities for experiential learning credits that apply specifically to a chosen discipline area.

This information could be of interest to students at NCHSAA member schools who have interest in pursuing licensure in health and physical education. ★



MEN'S SOCCER

NCSSM Shuts Out Hendersonville To Win 1-A Men's Soccer Title

CARY—Junior forward Ibukun Ademoyero scored a pair of goals to lead Durham's North Carolina School of Science and Math to a convincing 4-0 triumph over Hendersonville in the North Carolina High School Athletic Association state 1-A men's soccer championship at WakeMed Soccer Park on a cold Friday night.

The Unicorns, who also won the 2007 1-A crown, avenged a 5-0 loss to Hendersonville in last year's championship and stopped the Bearcats' bid to win their third straight title.

Ademoyero was selected as the Most Valuable Player of the championship. His two first half goals in a four-minute span put NCSSM up 2-0 at halftime. Alex Pharr assisted on the initial tally in the 25th minute, and then Ademoyero knocked in an unassisted goal in the 29th minute.

James Andrews, who had notched a hat trick in the NCSSM regional championship win over Southwest Onslow, including the game winner in overtime, made it 3-0 in the 64th minute, and then Otis Skipper of the Unicorns scored in the waning seconds.

NCSSM ended the season with a 13-match winning streak and a 17-2-1 mark. Hendersonville, which was 4-6-1 at one point on the year, finished 18-7-1. The Bearcats had qualified for the title match by defeating Kernersville Bishop McGuinness 2-1 on Thursday night in the regional final.

The Raleigh Sports Consortium serves as a host city sponsor for these championships, along with the city of Raleigh and the Greater Raleigh Convention and Visitors' Bureau.

NCHSAA 2011 STATE MEN'S SOCCER CHAMPIONSHIPS WakeMed Soccer Park, Cary

1-A CHAMPIONSHIP

Hendersonville	0	0	—	0
DN.C. Science and Math	2	2	—	4

SCORING

25 th minute	NCSSM— Ibukun Ademoyero (Alex Pharr)
29 th minute	NCSSM— Ibukun Ademoyero
64 th minute	NCSSM— James Andrews
89 th minute	NCSSM— Otis Skipper (Suhas Bonthu)

Turcios Goal In Sudden Death Lifts Salisbury Past Carrboro

CARY—Sophomore forward Emmy Turcios knocked in the winning goal in sudden death to lift Salisbury to a dramatic 3-2 victory over Carrboro in the North Carolina High School Athletic Association state 2-A men's soccer championship at WakeMed Soccer Park on Saturday.

Turcios, with two goals on the day, was the Most Valuable Player in the championship, the first NCHSAA soccer title by Salisbury, and offset an outstanding two-goal performance by Carrboro senior midfielder Sam Hickey, who has been red hot in the playoffs.

After a scoreless first half, Turcios broke the ice in the 46th minute to put the Hornets up 1-0. But Hickey tied it for Carrboro in the 58th minute and that is the way regulation ended.

Michael Brown found the back of the net for Salisbury on an assist from Hanson Saryee in the 86th minute, giving the Hornets a 2-1 lead. But just 10 minutes later Hickey had another equalizer, tallying on an assist from Vic Sullivan, to move the championship to golden goal.

In the 102nd minute of play, in the first sudden death stanza, Salisbury's Zac Sukkasem cut toward the middle with the ball, found Turcios down the left side, and the MVP buried it for the game winner.

Carrboro had the edge statistically, with the Jaguars recording 12 shots on goal to just five for Salisbury. The Jaguars also had nine corner kicks to none for the Hornets.

Salisbury goalkeeper Connor Miller was credited with 10 saves.

Salisbury finished the year with a 24-1-1 mark while the Jaguars, also in their first NCHSAA men's soccer final, suffered only their second loss to go with two ties and 24 wins.

The Raleigh Sports Consortium serves as a host city sponsor for these championships, along with the city of Raleigh and the Greater Raleigh Convention and Visitors' Bureau.

NCHSAA 2011 STATE MEN'S SOCCER CHAMPIONSHIPS WakeMed Soccer Park, Cary

2-A CHAMPIONSHIP

Salisbury	0	1	1	0	1	—	3
Carrboro	0	1	0	1	0	—	2

SCORING

46 th minute	S—Emmy Turcios (Spencer Dixon)
58 th minute	C—Sam Hickey (Scott Weathers)
86 th minute	S—Michael Brown (Hanson Saryee)
96 th minute	C—Sam Hickey (Vic Sullivan)
102 nd minute (golden goal)	S—Emmy Turcios (Zac Sukkasem)

Cardinal Gibbons Beats Catholic To Capture 3-A Men's Soccer

CARY—Sophomore forward Ade Taiwo's two goals helped lift Raleigh Cardinal Gibbons to a 3-2 decision over Charlotte Catholic in the North Carolina High School Athletic Association state 3-A men's soccer championship at WakeMed Soccer Park on Saturday.

Taiwo was the Most Valuable Player in the championship as the Crusaders rallied from an early 1-0 deficit and avenged a 2-1 defeat at the hands of Catholic during the regular season.

Charlotte Catholic got on the board in the 12th minute when Roland Minogue assisted on a goal by Chris Gorospe to put the Cougars ahead 1-0. But less than a minute later, Chase Rhode tallied for Cardinal Gibbons to tie the game.

Taiwo scored an unassisted goal in the 33rd minute to give Cardinal Gibbons a 2-1 advantage at the half, and then he found the back of the net off an assist from Dom Finnelli in the 55th minute for his 18th goal of the season to close out the scoring. Taiwo scored seven goals in the Crusaders' six state playoff games.

Gibbons had an 18-12 advantage in shots and had seven shots on goal to three for Catholic. The Crusaders recorded six corner kicks to four for Catholic.

Cardinal Gibbons was in the NCHSAA championship match for the sixth time in the seven years and claimed its fourth state title in that span. The Crusaders closed the season with a 24-2-1 mark, with the only losses to Catholic and to 4-A finalist Cary Green Hope. Charlotte Catholic, in the NCHSAA men's soccer finals for a record 16th time with seven previous titles, ended a 22-4 campaign.

The Raleigh Sports Consortium serves as a host city sponsor for these championships, along with the city of Raleigh and the Greater Raleigh Convention and Visitors' Bureau.

NCHSAA 2011 STATE MEN'S SOCCER CHAMPIONSHIPS

WakeMed Soccer Park, Cary

3-A CHAMPIONSHIP

Charlotte Catholic	1	0	—	1
Raleigh Cardinal Gibbons	2	1	—	3

SCORING

12 th minute	CC—Chris Gorospe (Roland Minogue)
13 th minute	CG—Chase Rhode (Tyler Zimmerman)
33 th minute	CG—Ade Taiwo
55 th minute	CG—Ade Taiwo (Dom Finelli)

Ortiz Scores Goal In Overtime To Lift Green Hope To Title

CARY—Senior midfielder Rodrigo Ortiz scored in the second overtime period to power Cary Green Hope past Charlotte Myers Park 2-1 and earn the North Carolina High School Athletic Association state 4-A men's soccer championship at WakeMed Soccer Park on Saturday night.

The Falcons tallied in the 93rd minute after Drew Altman laid the ball off to Ortiz, who cut inside and then buried it in the back of the net for the game winner. Ortiz earned the championship game Most Valuable Player award.

Myers Park opened the game in strong fashion and went ahead 1-0 in the fourth minute on a goal by Diego Suarez. The Falcons got the equalizer in the 54th minute when Fraser Murphy scored, assisted by Ryan Thompson.

The teams battled through one overtime period with no additional scoring to set the stage for Ortiz's heroics. Myers Park rallied right at the end of the second overtime, with Erick Suarez sending the ball into the net but just after time had expired.

Green Hope had a 16-8 edge in shots, with the Falcons having seven shots on goal to two for Myers Park. Green Hope had five corner kicks to four for the Mustangs.

Green Hope won its first NCHSAA men's soccer championship after runner-up finishes in 2009 and 2001. The Falcons finished the season with a 25-1 mark. Myers Park closed out a 22-3-1 season finishing as the state runner-up for the second year in a row in their fifth trip to the final. The Mustangs took the state 4-A crown in '08.

The Raleigh Sports Consortium serves as a host city sponsor for these championships, along with the city of Raleigh and the Greater Raleigh Convention and Visitors' Bureau.

NCHSAA 2011 STATE MEN'S SOCCER CHAMPIONSHIPS

WakeMed Soccer Park, Cary

4-A CHAMPIONSHIP

			OT	OT		
Charlotte Myers Park	1	0	0	0	—	1
Cary Green Hope	0	1	0	1	—	2

SCORING

4 th minute	MP—Diego Suarez
54 th minute	GH—Fraser Murphy (Ryan Thompson)
93 rd minute	GH—Rodrigo Ortiz (Drew Altman)

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.



FOOTBALL

Posey Scores 3 TDs To Lead Murphy Over Jones Senior

RALEIGH—James Posey ran for two touchdowns and caught a pass for a third as Murphy downed Jones Senior 21-6 in the North Carolina High School Athletic Association state 1-A football championship game at Carter-Finley Stadium.

Posey was named the Most Valuable Player of the championship. He rushed for 68 yards in 15 carries to supplement the 126-yard performance of Bulldog running back Kenton Braswell, who led all rushers.

Jones Senior opened the scoring on a one-yard run by Darvoris Batts to cap a 12-play, 59-yard drive and take a 6-0 lead. Posey then caught a 29-yard scoring pass from Seth Curtis with 1:13 to go in the first half and then Chris Tarnowski booted the point after to put Murphy on top 7-6, a lead it would not relinquish.

Quamine Cox led the Jones rushing attack with 73 yards in 16 carries.

Jones finished the season with a record of 10-5. Murphy won its sixth state championship in eight trips to the finals and its second consecutive crown, ending the season with a mark of 12-4.

Post-Game Awards: Jones—Outstanding Offensive Player, RB Quamine Cox; Outstanding Defensive Player—DB Glen White; Murphy—Outstanding Offensive Player, RB Kenton Braswell; Outstanding Defensive Player—DB Brice McKeon. Most Valuable Player: Murphy RB James Posey.

Swain Overcomes Ayden-Grifton To Earn Eighth NCHSAA Crown

WINSTON-SALEM—Austin Shuler's five-yard run with 2:20 left to go broke a 14-14 tie and lifted Swain County to a 20-14 victory over Ayden-Grifton in the North Carolina High School Athletic Association state 1-AA football championship at BB&T Field.

The Maroon Devils finished the season with a 15-1 mark and won their eighth NCHSAA state football crown in 10 trips to the finals.

Swain held a 14-0 lead at the half, putting together scoring drives in each of the first two quarters. Shuler's one-yard run topped off a 13-play, 57-yard drive in the opening period for the 7-0 advantage, and then Colby Hyatt tossed an eight-yard scoring pass to Cody Rich to wrap up an 11-play, 47-yard march with 6:15 to go in the second quarter.

Ayden-Grifton answered with a pair of scores in less than a six-minute span in the third period. Brandon Larry hit Brandon Whitaker on a 43-yard scoring pass and later Tyree Blount capped a 50-yard drive that took 11 plays to make it 14-14 with 1:04 to go in the third quarter.

In the final period, Jacob Wildcatt of Swain blocked a potential go-ahead field goal by A-G's Felipe Ramirez, ending a 79-yard drive that took almost seven minutes, and set the stage for the game-winner. A 32-yard pass from Hyatt to Matthew Maennle was the big play in the drive.

Josue Otero topped Swain in rushing with 94 yards in 20 tries while Kariym Gent of Ayden-Grifton led all rushers with 120 yards in 16 carries.

Ayden-Grifton ended with a 13-2 mark.

Post-Game Awards: Ayden-Grifton—Outstanding Offensive Player, WR Brandon Whitaker; Outstanding Defensive Player—LB Quan Green; Swain—Outstanding Offensive Player, RB Austin Shuler; Outstanding Defensive Player—LB Lee Pattillo. Most Valuable Player: Swain QB Colby Hyatt.

Tarboro Wins Wild Shootout By 39-36 Over Lincolnton

RALEIGH—Todd Gurley II rambled for 242 yards and scored four touchdowns to lead Tarboro to its third consecutive North Carolina High School Athletic Association state football championships as the Vikings nipped Lincolnton 39-36 for the 2-A crown at Carter-Finley Stadium.

Gurley was named the MVP of the championship as his 12-yard run with 3:12 left to go put Tarboro in front to stay.

It was a wild, seesaw contest, with Lincolnton leading 7-0 after one quarter and then the teams were deadlocked at 14-14 at halftime. The lead changed hands seven times in the second half and a total of 47 points was put on the board, with seven consecutive possessions by the two teams combined ending in touchdowns.

Gurley scored on runs of 14, 58, 31 and 12 yards en route to his 242-yard performance in 21 carries. Dee Littlejohn paced Lincolnton with 115 yards in 20 runs and scored TDs on scampers of seven and 28 yards. Littlejohn's 28-yard run had given the Wolves a 36-33 advantage with 7:54 left to play.

Michael Cunningham scored two touchdowns for Lincolnton, including one on an 88-yard kickoff return in the third quarter.

Tarboro posted a 13-2 record while Lincolnton, in its fifth trip to the finals, finished up 14-2 overall.

Post-Game Awards: Lincolnton—Outstanding Offensive Player, RB Dee Littlejohn; Outstanding Defensive Player—DT Darian Roseboro; Tarboro—Outstanding Offensive Player, RB Larry Jones; Outstanding Defensive Player—LB Cedrick Elo. Most Valuable Player: Tarboro RB Todd Gurley II.

West Stokes Rallies Past Kinston To Preserve Perfect Record

RALEIGH—Austin Fleming scored three touchdowns to rally West Stokes from a 14-0 deficit as the Wildcats downed Kinston 21-14 in the North Carolina High School Athletic Association state 2-AA football championship at Carter-Finley Stadium.

The win preserved a perfect 16-0 season for West Stokes and earned the school its first NCHSAA football title.

Kinston had sprinted to a 14-0 lead in the opening period on a pair of long drives, one of 70 yards and another of 80. Shaheed Swinson scored the first touchdown on a three-yard run and C.J. Bradshaw, who picked up 90 yards rushing and threw for an additional 157, also tallied on a three-yard run for the 14-0 advantage after PAT's by Will Deters.

But four turnovers on the day would prove to be costly. With the game tied at 14, Kinston fumbled deep in its own territory and Tyler Bullard recovered for West Stokes at the Viking 21. Four plays later Fleming scored his third TD and Zane McGee's point after made it 21-14 with 3:44 left to play. Kinston lost another fumble on its next drive and then got to near midfield on its final possession but West Stokes held.

The Vikings, in the first trip for a Kinston team to the finals since 1955, wound up with a 13-2 record.

Post-Game Awards: Kinston—Outstanding Offensive Player, QB C.J. Bradshaw; Outstanding Defensive Player—LB Angelo Keyes; West Stokes—Outstanding Offensive Player, LB Eron Jenkins; Outstanding Defensive Player—DB Tyler Bennett. Most Valuable Player: West Stokes QB Austin Fleming.

Havelock Rolls To Win Over West Rowan For 16-0 Season

CHAPEL HILL—Havelock quarterback Garrett Crowe completed 15 of 22 passes for 151 yards and two scores to lead the Rams to an easy 38-6 victory over West Rowan in the North Carolina High School Athletic Association state 3-A football championship at Kenan Stadium.

Crowe helped Havelock wrap up a perfect 16-0 season and was named

the game's Most Valuable Player. West Rowan, which had won three state crowns in a row, finished 13-3.

Havelock scored two touchdowns in the game's first 6:11 to take a 14-0 lead. The first came on a 13-yard run by Andy Keel on the opening drive of the game, and then Crowe connected with Pharoh Cooper for a 28-yard touchdown pass, the first of two on the day.

Then the Rams scored 10 points in the final 42 seconds of the first half to take a 24-0 lead at intermission. It was Crowe to Cooper again for 37 yards and a score before Zach Lahaie connected on a 22-yard field goal with two seconds left.

West's only score came on a 38-yard run by Dinkin Miler with 5:39 to go in the third period to make it 24-6, but the Rams responded with a scoring drive consuming almost six minutes to put the game out of reach when Crowe tallied on a four-yard run.

Keel led the Havelock rushing attack, which accounted for 213 yards, with 81 yards in nine carries and pair of touchdowns. Miller rushed for 132 yards in 23 tries for the Falcons.

Post-Game Awards: West Rowan—Outstanding Offensive Player, RB Dinkin Miller; Outstanding Defensive Player—DL Trey Shepherd; Havelock—Outstanding Offensive Player, WR Pharoh Cooper; Outstanding Defensive Player—LB Tyrone Bradley. Most Valuable Player: Havelock QB Garrett Crowe.

Logan Leads Northern Guilford To Victory Over Crest In 3-AA

CHAPEL HILL—T.J. Logan scored five touchdowns and rushed for 204 yards to lead Northern Guilford to a convincing 38-6 victory over Crest in the North Carolina High School Athletic Association state 3-AA football championship game at Kenan Stadium.

Logan, who was named the championship Most Valuable Player, rushed for four scores and caught a pass for another as the Nighthawks defeated Crest in the championship game for the second consecutive year.

Crest led 7-6 with 10:35 to go in the first half after Rhaheim Ledbetter capped a 60-yard drive with a three-yard scoring run, but Northern Guilford grabbed the lead for good with 6:37 left in the first half when quarterback Daniel Downing connected with Logan on a 19-yard scoring strike.

Logan had three short bursts for touchdowns in the third quarter, the last a seven-yard run to cap a 10-play, 75-drive, to put the Nighthawks in control.

Shaquan Ussery led Crest with 57 yards in 16 carries after leading rusher Ledbetter went out with an injury.

Northern Guilford ended a 14-1 championship season while Crest finished at 12-4.

Post-Game Awards: Crest—Outstanding Offensive Player, RB Rhaheim Ledbetter; Outstanding Defensive Player—DE Jonathan Bullard; Northern Guilford—Outstanding Offensive Player, QB Daniel Downing; Outstanding Defensive Player—DB Scooter Mooney. Most Valuable Player: Northern Guilford RB T.J. Logan.

CHECK 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.

Scotland Explodes Late To Roll Past Porter Ridge

WINSTON-SALEM—Scotland exploded for 35 second-half points to rally for a 42-16 victory over Porter Ridge in the North Carolina High School Athletic Association state 4-A football championship before a big crowd at BB&T Field.

The Fighting Scots completed a perfect 15-0 record while dealing Porter Ridge its only loss after 14 consecutive wins. Scotland earned its first NCHSAA state football title.

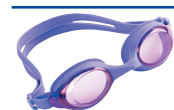
The Scots trailed 13-7 at the half, with one of the Porter Ridge scores an 82-yard interception return by Jordan Oakley.

But Scotland got a pair of touchdown passes from quarterback Kwashaun Quick, who was named the game's Most Valuable Player, and two short TD bursts by Tony McRae after halftime. For the game, Quick ran for 52 yards in eight tries and also completed nine of 15 passes for 228 yards and three TDs, although he was picked off three times. One of the scoring plays was an 82-yard pass play to Travis Wall to put Scotland up 28-16 with 7:31 left to play.

Moments later, Kris Tyndall picked off a Porter Ridge pass and rambled 24 yards for a touchdown to make it 35-16 and put the Scots firmly in command.

McRae led the Scotland rushing attack with 75 yards in 19 tries and Caison Murphy added 68 yards in eight attempts.

Chris Duffy led Porter Ridge rushers with 20 carries for 72 yards and Pirate quarterback Lee McNeill was 20 for 29 through the air for 161 yards and a score, but was intercepted twice.



SWIMMING AND DIVING

Rhodes Leads Charlotte Catholic Women To 3-A Swimming Title; Gibbons Wins Men's Crown

CARY—Lauren Rhodes of Charlotte Catholic turned in a dominant performance to earn Most Valuable Performer honors, leading Catholic to the women's team title in the North Carolina High School Athletic Association state 3-A swimming and diving championships at the Triangle Aquatic Center.

Charlotte Catholic's women's team won its seventh consecutive 3-A state swimming and diving crown and 11th straight overall in two different classifications as the Cougars rolled to an easy victory.

Rhodes set 3-A records in winning both the 100 and 200 freestyle events, smashing the 100 mark by more than a second and half. Then she anchored the victorious relay squads in both the 200 free and 400 free, as both teams established new all-classification records.

Catholic tallied a whopping 496 points to 291.5 for second-place Waxhaw Marvin Ridge. Chapel Hill was third at 284.5, followed by Washington (155) and Waynesville Tuscola (130). A total of 33 schools scored points in the women's meet.

Raleigh Cardinal Gibbons captured its third straight 3-A men's team title and fifth consecutive crown overall. Gibbons did not have any individual winners, but rode excellent balance and earned victories in all three relay events to take the title.

Cardinal Gibbons led the way among the 40 schools scoring points in the men's meet with a total of 275, with Charlotte Catholic second at 227. Then came, in order, Marvin Ridge (195), Chapel Hill (154) and Concord Jay Robinson (135).

Sava Turcanu of Hickory St. Stephens was a double winner in men's competition, taking top honors in both the 200 and 500 freestyle events, to earn the men's MVP award. Wilson Hunt's Shawn Hunter won the 100 free and the 200 intermediate medley.

All American Swim Supply serves as the title sponsor of the championships, and the Raleigh Sports Consortium is the primary host sponsor.

Carrboro Men Take Third Straight Crown In 1-A/2-A; Raleigh Charter Wins Women's Championship

CARY—Sam Strosnider helped lead Carrboro to its third consecutive men's team championship in the North Carolina High School Athletic Association state 1-A/2-A swimming and diving championships at the Triangle Aquatic Center.

Strosnider took individual titles in both the 200 intermediate medley and the longest race, the 500 free, and swam a leg on the 400 free relay team that shattered the classification record Carrboro had set in 2011 by almost seven seconds.

Carrboro held off Lake Norman Charter, tallying 291 points to 267.5 for the runner-up. Kernersville Bishop McGuinness was third with 224, followed by Shelby (162) and Raleigh Charter (150). There were 38 schools scoring points in the men's championship.

Other double winners included Raleigh Charter's Joe Bonk, one of the classification's top swimmers, who won both the 50 free and 100 free and set new NCHSAA 1-A/2-A records in the process, breaking his own marks. He was named the meet's Most Outstanding Swimmer.

Shelby's Matt Long also captured first place in two events, the 100 butterfly and 200 free, setting new 1-A/2-A standards in both. He swam the 200 free in 1:40.96, over three seconds faster than the old mark.

In the women's meet, Raleigh Charter pulled away in impressive fashion to record its second consecutive team championship, recording 378 points to 238 for runner-up Lake Norman Charter. Following the leaders in the standings were Carrboro (208.5), Pittsboro Northwood (132) and Bishop McGuinness (115). A total of 39 women's teams scored in the meet.

Among the leaders for Raleigh Charter were Rachel Hatt, who took first in the 50 free and teammate Olivia Ontjes, who was the 100 free champion. Both swam legs on two of Raleigh Charter's three championship relay teams, with Hatt on the winning 200 free quartet, Ontjes swimming the second leg on the 200 medley winner, and both swimming the 400 free relay. Hatt was also fourth individually in the 100 free.

Raleigh Charter's Margaret Ireland captured first in the 100 back, was second in the 200 IM, and led off on that victorious 200 medley team.

Caitlin Casazza of Bishop McGuinness earned two individual championships, taking first in the 100 butterfly and the 100 breaststroke, and was the Most Outstanding Swimmer of the women's meet.

The 4-A championships will be held on Saturday at the Triangle Aquatics Center.

All American Swim Supply serves as the title sponsor of the championships, and the Raleigh Sports Consortium is the primary host sponsor.

Providence Men, Hough Women Earn NCHSAA 4-A Swim Crowns

CARY—Perennial power Charlotte Providence used its depth to grab its third consecutive men's state title in the North Carolina High School Athletic Association state 4-A swimming and diving championships at the Triangle Aquatic Center.

Although the Panthers didn't have an individual state champion, the Providence depth and victories in two relays, the 200 medley and the 200 freestyle, lifted it to the state crown, Providence's sixth all-time men's swimming title.

Providence had 265 points to 213 for Hough, with Raleigh Leesville Road in third with 141. Lake Norman placed fourth with 138 points and East Chapel Hill was fifth with 131. A total of 46 teams tallied points in the men's championship.

Logan Heck of Lake Norman won individual titles in both the 50 free and the 100 free, and Pinecrest's Kurt Wohlrab swam to victories in the 100 butterfly and 100 breaststroke. Wohlrab was named the meet's Most Outstanding Swimmer.

Cornelius W.A. Hough won its first NCHSAA swim title in the women's competition, buoyed by victories in the 200 medley relay and a new all-classification mark in the 400 free relay, shattering the old mark by almost four seconds. Whitney Timberlake of Hough also captured an individual title in diving.

Hough rolled up 314 points to win, and then the next four finishers were from Wake County. Runner-up Cary Panther Creek had 190 points, and then came in order defending champion Apex (178), Cary (150) and Cary Green Hope (146). A total of 39 schools scored points in the women's meet.

Hannah Lincoln of Leesville Road earned state titles in the 50 free and the 100 butterfly and was the women's championship Most Outstanding Swimmer.

Henriette Stenkvisst of Panther Creek was also a double winner, taking first place in both the 200 free and 100 backstroke. Green Hope's Hannah Moore also captured a pair of individual crowns, winning both the 200 individual medley and the 500 free.

All American Swim Supply serves as the title sponsor of the championships, and the Raleigh Sports Consortium is the primary host sponsor.



INDOOR TRACK

Evans Leads Burlington Cummings Women To 1-A/2-A/3-A Triumph; Cardinal Gibbons Men Win

CHAPEL HILL—Francesca Evans led Burlington Cummings to the women's team championship with both her running and jumping in the North Carolina High School Athletic Association 1-A/2-A/3-A indoor track and field championships at the Eddie Smith Arena on the campus of the University of North Carolina at Chapel Hill.

Evans was named the Most Valuable Performer of the women's meet by winning both the triple jump and 55 meter hurdles, finishing second in the 500 and running a leg on the four by 400 relay team that placed fourth.

That propelled Cummings to its fifth consecutive indoor crown—last year's was contested as a winter track meet outdoors since the Eddie Smith Arena was not available—as Cummings tallied 53 points to 49 for runner-up North Buncombe. Monroe was third with 46, followed by Cuthbertson with 37 and West Carteret with 36. A total of 48 schools scored in the women's meet.

Sage Proffitt of North Buncombe was also a double winner in the women's competition, setting a new classification record in the pole vault by clearing 12 feet even and also winning the 500. Granville Central's Briana Heath broke the classification record in the 300 with a time of 39.81 seconds.

Isaiah Moore of Burlington Cummings was the MVP of the men's meet, but it wasn't quite enough as Cummings finished fourth and Raleigh Cardinal Gibbons won the meet.

Gibbons had 42 points to 39 for Durham North Carolina School of Science and Math, with Waxhaw Marvin Ridge (37) third, Cummings (31) fourth, and Charlotte Berry Academy (28) in fifth. There were 55 teams which tallied points in the men's meet.

Moore won the long jump and the 55 meter hurdles while finishing sixth in the high jump.

The 4-A meet was scheduled for later on Saturday.

Southeast Guilford, Knightdale Deadlock For Men's Crown; Wakefield Rolls To 4-A Title

CHAPEL HILL—Southeast Guilford and Knightdale finished in a dead heat for the men's team title in the North Carolina High School Athletic Association 4-A indoor track and field championships at the Eddie Smith Arena on the campus of the University of North Carolina at Chapel Hill.

The two teams finished in a tie for the top spot with 46 points in a tightly contested meet, just four points ahead of third place finisher Southeast Raleigh. Raleigh Enloe was fourth with 36 and Winston-Salem Mount Tabor fifth at 34. A total of 40 men's teams scored in the meet.

It went down to the last event, the four by 400 relay, and Knightdale won the race with Southeast Guilford placing third, just .38 seconds behind Fayetteville Jack Britt, to forge the tie.

Craig Engles, a senior at Pfafftown Reagan, was named the MVP of the men's meet. He crossed the finish line first in both the 1000 and 1600 and was sixth in the 3200.

Jonathan Addison of Enloe also captured a pair of individual state titles in field events by winning the high jump and long jump.

In the women's meet, Raleigh Wakefield, which won last year's winter track championship contested outdoors with the Eddie Smith Arena unavailable due to construction, rolled up 88 team points to more than double up the competition. Greensboro Dudley was second with 43, followed by Cary Green Hope (42), Durham Jordan (37) and Watauga (32). A total of 38 schools scored points in the women's championships.

Wakefield got championship performances from Jden Williams, who won the 55 meter dash; Tiana Patillo, who took first in the 500; and Ariaiah Graham, winner of the long jump.

Senior Alexis Perry of Jordan was the Most Valuable Performer of the meet, finishing first in both the 55 hurdles and the high jump and placing third in the long jump.



DUAL TEAM WRESTLING

Parkland, Orange, Piedmont, West Wilkes Take Championships

Championships in four classifications saw some familiar names winning titles in the North Carolina High School Athletic Association's 23rd annual dual team wrestling championships.

Winston-Salem Parkland finished a perfect 50-0 dual team season and won its sixth consecutive dual team title, with three at the 3-A level and then the last three 4-A crowns. The Mustangs beat Pinecrest 36-25 in the championship match in Winston-Salem.

Pinecrest finished 32-2 in dual team competition.

Parkland now has an incredible 47-8 record all-time in dual team wrestling playoff matches, in 16 appearances in the tournament.

The 3-A final in Hillsborough saw host Orange down Southwestern Randolph 34-30. Southwestern Randolph lost for the second time in 39 starts while Orange moved to an unblemished 23-0.

Orange won its second straight 3-A championship and was in the finals for the fifth consecutive year spanning two different classifications.

The matchup in 2-A was the third consecutive year that Croatan and Piedmont had met in the finals. But this time, in Monroe, Piedmont downed Croatan by 41-22.

Croatan finished dual team with a 17-3 mark while Piedmont was a perfect 38-0. In the previous finals between these two, Croatan scored a 36-18 victory in 2010 and then a 41-30 triumph in 2011.

In the 1-A championship, West Wilkes rolled past Ayden-Grifton 50-13 at West Wilkes.

West Wilkes won its third straight 1-A title and was in the finals for the fourth straight season. West finished dual team with a 22-1 mark while Ayden-Grifton was 39-5.



TOURNAMENT WRESTLING

Championships Decided In State Wrestling Tournament

GREENSBORO—After almost 1,300 matches and three grueling days of competition, the North Carolina High School Athletic Association state wrestling championships at the Greensboro Coliseum wrapped up with the championship matches in all four classifications.

Individual weight class champions in 56 different divisions across the four classifications were crowned.

Winston-Salem Parkland, which placed four wrestlers into the 4-A championship round, was seeking its sixth straight state tournament team title in two different classifications and third straight 4-A title. But the wild 4-A race went right down to the end and Southern Pines Pinecrest slipped past Parkland with 100.5 points to win the team title. Southern Alamance was second with 95.5 points and Parkland in third with 94.

Pinecrest had rallied to enter the championship round in the team lead with 94.5 points to 86 for Parkland, and had two wrestlers in the finals. Dustin Roemer of Pinecrest won the 152 title.

Parkland had Phazon Roddy at 106 pounds and Drew Turner at 113 win state championships, while Southern Alamance had three state champs, including Tony DeAngelo (138), Joey Moon (145) and Cody Boswell (160).

Nick Kee of Scotland County, the champion in the 170-pound class, was selected as the 4-A Most Outstanding Wrestler. A total of 77 schools were represented in the 4-A tournament.

Orange rolled to the 3-A championship by virtue of having nine wrestlers remaining in Saturday's action, although only one was in the championship finals, Zach Rimmer at 145 pounds. Rimmer beat Alexander Knight of Rocky Mount 6-1 in the championship.

The Panthers, who won the dual team tournament earlier in February, topped the standings with 115 points. Cameron Union Pines was second with 75, followed by Northeast Guilford (67) and Concord Jay Robinson (66.5).

There were 83 3-A schools with wrestlers in the tournament.

Garrison White of J.M. Robinson, the 126-pound champion, was voted the 3-A Most Outstanding Wrestler.

Trinity built up a substantial lead among the 2-A schools and held off second-place Newport Croatan, the defending tournament champion. Trinity had four wrestlers in the championships while Croatan had three, the most of any of the schools in the classification.

Trinity won it with 122 points, with Billy Simmons winning the 132 title and Cameron King taking top honors at 195. Croatan was second with 99 points, followed by North Surry (92), Monroe Piedmont (86.5) and Newton-Conover (80). A total of 69 schools competed in the 2-A tournament.

Piedmont's Parker VonEgidy, the 170-pound champion, was the Most Outstanding Wrestler in the 2-A event.

In the 1-A classification, defending champion West Wilkes led the way and rolled to the championship, with four of its wrestlers competing in the finals. Jorge Lima at 126, J.J. LaPlante at 132 and Devin Fussell at 138 all earned state crowns for West Wilkes.

LaPlante was named the 1-A Most Outstanding Wrestler.

West Wilkes tallied 97.5 points to 73 for second-place North Rowan, followed by Central Academy (67) and Robbinsville (58.5). A total of 37 schools qualified wrestlers to the 1-A tournament.

The 2-A, 3-A and 4-A competitors began wrestling on Thursday night, with the 1-A class starting on Friday afternoon since it had fewer wrestlers

in the field.

This was the third consecutive year the event has been held at the Greensboro Coliseum. The host city sponsors for the wrestling championships included the Greensboro Sports Commission, the Greensboro Area Convention and Visitors Bureau, and the Greensboro Sports Council. The NCHSAA has been offering a wrestling championship since the 1930's.



MEN'S BASKETBALL

Winston-Salem Prep Wins Over Plymouth In 1-A Final

CHAPEL HILL—Winston-Salem Prep used excellent balance and free throw shooting down the stretch to beat Plymouth 61-49 in the North Carolina High School Athletic Association state 1-A men's basketball championship at the Smith Center.

The game was tied at 33-all at the half before Winston-Salem Prep pulled away, hitting 12 free throws in the fourth quarter alone and winning despite shooting just 18.5 percent from the field in the second half.

Kerry Campbell led the way for the victorious Phoenix, who won their second state title, with 12 points while RaeKwon Harney and Mike Hughes had 11 points piece. Hughes, who also had 10 rebounds, was the Charlie Adams Most Valuable Player.

Carl McCray scored 14 points and Adrian Moore 11 for Plymouth (23-5), in its first trip to an NCHSAA men's final. Winston-Salem Prep posted a 31-1 record.

Post Game Awards: Most Outstanding Players: Carl McCray, Plymouth; Greg McClinton, Winston-Salem Prep; Charlie Adams Most Valuable Player: Mike Hughes, Winston-Salem Prep.

Kinston Rallies To Edge Cuthbertson 58-55 In 2-A

RALEIGH—Kinston rallied in the final period for an exciting 58-55 victory over Cuthbertson in the North Carolina High School Athletic Association state 2-A men's basketball championship at Reynolds Coliseum.

Cuthbertson led almost the whole way and held a 48-42 lead entering the fourth quarter. Kinston didn't take the lead for good until Angelo Keyes hit a pair of free throws for the Vikings with 29 seconds to go to make it 57-55.

Keyes hit nine of 10 from the line on the day and finished with 17 points and nine rebounds while Denzel Keyes contributed 15 points and nine boards.

Shelton Mitchell pumped in 22 points for Cuthbertson, in just its third year of operation.

Kinston won its eighth NCHSAA men's basketball title and finished 27-4 overall, while Cuthbertson went 31-2.

Post Game Awards: Most Outstanding Players: Angelo Keyes, Kinston; Shelton Mitchell, Cuthbertson; Charlie Adams Most Valuable Player: Denzel Keyes, Kinston.

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!

Rocky Mount Sprints Past Hickory 78-64 For 3-A Crown

CHAPEL HILL—Dante Battle pumped in 20 points and hauled down 16 rebounds to lead Rocky Mount past Hickory 78-64 in the North Carolina High School Athletic Association state 3-A men's basketball championship game at the Smith Center.

Hickory rode some hot three-point shooting, hitting seven of 12 from beyond the arc in the first half, to forge a 32-29 halftime lead. But the Gryphons came back, outscoring Hickory 22-13 in the third quarter.

Rocky Mount outscored Hickory 50-16 in the paint and Hickory shot just 27.8 percent from the field in the second half, making just three three-pointers in the final 16 minutes.

Terrill Hilliard led the scoring for Rocky Mount (27-3) with 21 points while Kenneth Peoples added 12 and Tabias Hilliard 10. The leading scorers for Hickory (28-4) were Darius Malbon with 17 and Jalen Byrd with 15.

Rocky Mount is now 5-2 in NCHSAA state title appearances in men's basketball, with two titles in the last three years.

Post Game Awards: Most Outstanding Players: Terrill Hilliard, Rocky Mount; Jalen Byrd, Hickory; Charlie Adams Most Valuable Player: Dante Battle, Rocky Mount.

New Hanover Upends Defending Champ West Charlotte 67-56

RALEIGH—Thomas Johnson scored 24 points, including four three-pointers, as New Hanover upended defending state champion West Charlotte 67-56 in the North Carolina High School Athletic Association state 4-A men's basketball championship at Reynolds Coliseum.

The Wildcats took a 33-21 halftime lead and then withheld a surge by the Lions. New Hanover (29-1) was making its 20th all-time appearance in the men's basketball finals and earned its 14th championship, which moves it into first place ahead of 13 by the old Durham High School.

Kadeem Allen had 21 points, seven rebounds and three assists for the winners and was the Charlie Adams MVP. Mark Blackmon scored 20 points, including six buckets from behind the arc, to lead the West Charlotte scoring while Kennedy Meeks added 21 points and was a force on the boards, grabbing a whopping 21 rebounds.

Post Game Awards: Most Outstanding Players: Thomas Johnson, New Hanover; Kennedy Meeks, West Charlotte; Charlie Adams Most Valuable Player: Kadeem Allen, New Hanover.



WOMEN'S BASKETBALL

Bishop McGuinness Wins Seventh State Title, Downs Southside

CHAPEL HILL—Sammi Goldsmith led all scorers with 20 points and had six assists to help lift Bishop McGuinness to its seventh consecutive North Carolina High School Athletic Association women's basketball championship as Bishop beat Southside 60-44 in the 1-A final at the Smith Center.

Bishop forced 23 Southside turnovers and outscored the Seahawks 20-4 off those turnovers. The Lady Villians also hit 23 of 27 at the foul line, including 20 of 21 in the second half, to just 11 of 14 free throws for Southside.

Cameron Nieters contributed 16 points for the winners, who ended the season with a 27-5 record. Katisha Hyman, who scored 42 in the Eastern Regional final, had 15 for Southside (29-4).

Post Game Awards: Most Outstanding Players: Katisha Hyman, Southside; Cameron Nieters, Bishop McGuinness; Kay Yow Most Valuable Player: Sammi Goldsmith, Bishop McGuinness.

Jordan-Matthews Completes Perfect Season, Downs Wilkes Central In 2-A Championship

RALEIGH—Mylia Garner tossed in a game-high 22 points to lead Jordan-Matthews to the North Carolina High School Athletic Association state 2-A women's basketball championship and a perfect 31-0 season.

Jordan-Matthews beat Wilkes Central 56-39 in the title game at Reynolds Coliseum.

Garner was named the Kay Yow Most Valuable Player as the Jets forced 25 turnovers and held Wilkes Central to 29.8 percent shooting from the field.

The Jets led 24-21 at the half and then pulled away in the final 16 minutes.

Aquilla Mateen added 14 points for the winners while Paige Love was the only Wilkes Central player in double figures with 10 points.

Wilkes Central ended the season with a 30-2 record.

Post Game Awards: Most Outstanding Players: Aquilla Mateen, Jordan-Matthews, Paige Love, Wilkes Central; Kay Yow Most Valuable Player: Mylia Garner, Jordan-Matthews.

Harding University Rolls Past Walter Williams 65-43

CHAPEL HILL—Harding University outscored Walter Williams 21-7 in the second quarter and went on to a 65-43 victory in the North Carolina High School Athletic Association state 3-A women's basketball championship at the Smith Center.

Abrea Harris of Harding University (26-3) sparked her team with 18 points, seven rebounds and five assists, as the media representatives covering the game selected her as the Kay Yow Most Valuable Player.

Alexius Hampton added 14 while Myicha Drakeford was a force inside with 11 points and 13 rebounds.

Jaylaa' Stewart topped Williams (27-4) with 12 points.

Harding University went on an 11-0 run midway through the second quarter to take command as Williams went scoreless from the field for almost six minutes.

Post Game Awards: Most Outstanding Players: Jaylaa Stewart, Williams; Myicha Drakeford, Harding University; Kay Yow Most Valuable Player: Abrea Harris, Harding University.

Millbrook Triumphs Over West Forsyth In 4-A Championship

RALEIGH—Briana Day scored 17 points and Mykia Jones and Ryan Flowers added 15 apiece as Millbrook defeated West Forsyth 57-40 for the North Carolina High School Athletic Association state 4-A women's basketball crown at Reynolds Coliseum.

Millbrook completed a 31-2 season and Day was selected as the Kay Yow MVP of the game.

Millbrook carried a 36-32 lead into the final period, and the Wildcats closed out the contest with a 15-2 run in the final 3:30 to earn the title.

The Wildcats forced 21 West turnovers and scored 22 points off of those miscues. Millbrook wound up attempting 19 more shots from the floor than West Forsyth, despite the fact the teams were dead even on the boards with 29 rebounds apiece.

Tori Cook scored 11 points for West Forsyth (25-4) while Jazmine Jones contributed 10.

Post Game Awards: Most Outstanding Players: Ryan Flowers, Millbrook; Tori Cook, West Forsyth; Kay Yow Most Valuable Player: Briana Day, Millbrook.



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