



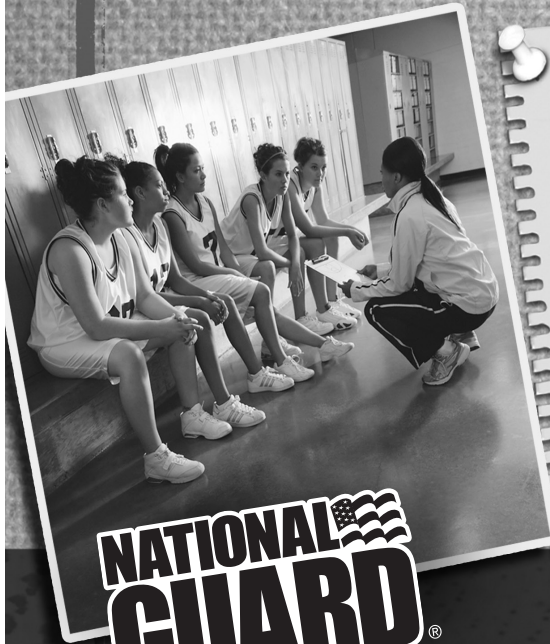
NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

BULLETIN

Volume 66, Number 3

Spring 2014

Life Coaching



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Programs and Benefits Subject to Change

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North Carolina National Guard Joins NCHSAA As Partner

CHAPEL HILL — The North Carolina National Guard has joined the North Carolina High School Athletic as a sponsor honoring high school athletes who achieve academic excellence, the NCHSAA has announced.

The North Carolina National Guard will be sponsoring the Association's popular Scholar-Athlete program, according to North Carolina High School Athletic Association commissioner Davis Whitfield.

The program awards North Carolina high school athletes who display exemplary academic performance.

"We are excited to have the National Guard on board as part of the Association's corporate partner family," said Whitfield. "It is a organization that promotes leadership, which is in line with the core values and beliefs of the NCHSAA. We look forward to a long and mutually beneficial relationship."

Individual Scholar-Athletes attain at least a 3.5 grade point average for the semester in which he or she competed. The award is based on first semester grades for fall and

winter sports and second semester grades for spring sports, and the school submits the nomination form verifying the grade point average on behalf of the athlete or team.

In the team division, a varsity team earns Scholar-Athlete recognition by attaining a 3.1 aggregate GPA for that designated semester. The school receives a certificate honoring the accomplishment and each member of the squad also receives a certificate.

The teams with the top GPA's in the state in their respective sports are recognized at the NCHSAA Annual Meeting in May and will receive a plaque from the North Carolina National Guard and NCHSAA.

About the North Carolina Army National Guard

The North Carolina National Guard's roots date back to March 24, 1663, when colonial militias—made up of ordinary citizens—would put down their plows and pick up their weapons to protect families and towns from hostile attacks. Today, Citizen-Soldiers hold

civilian jobs or attend college while training part time, staying ready to defend America in the event of an emergency

The North Carolina National Guard serves both state and federal governments. The difference between the Guard and other military branches is that while Guard units are combat-trained and can be deployed overseas, they are just as likely to serve in their home communities here in North Carolina—training just one weekend per month, and one two-week period each year. The incredible versatility of the National Guard enables its troops to respond to domestic emergencies, combat missions, counterdrug efforts, reconstruction missions and more—all with equal speed, strength and efficiency

Whether the call is coming from the state Governor or directly from the President of the United States, North Carolina Guard Soldiers are always ready and always there.

Learn more:

<http://www.NationalGuard.com/NC> ★

2014-15 Soccer Rules Changes Include Requirement For Goalkeepers To Leave Field When Apparently Injured

INDIANAPOLIS—The National Federation of State High School Associations (NFHS) Soccer Rules Committee approved two rules changes during its January meeting in Indianapolis. The recommended rules changes were subsequently approved by the NFHS Board of Directors.

The committee approved a requirement that a goalkeeper must leave the field when he/she is injured and the referee has stopped the clock. This decision was made in order to minimize the risk of further injury.

Previously, an injured field player was required to leave the field of play when the referee stopped the clock, but an injured goalkeeper was not. Now, according to Rule 3-3-2, both the field player and goalkeeper must leave the field. Additionally, the goalkeeper must be replaced by either a field player or a substitute.

"The committee wanted to make sure that players who were apparently injured were evaluated by a coach or an appropriate health-care professional," said Mark Koski, NFHS director of sports, events and development and liaison to the Soccer Rules Committee. "The overriding concern is minimizing risk to all students."

Another rule change approved by the committee was to clarify when the jurisdiction of officials begins. It will now begin at the time of their arrival to the field of play and its immediate surroundings, and they are prepared to begin their official responsibilities.

"The original intent was to establish a minimum arrival time for the

officiating crew and not to place a limit on the start of their jurisdiction," Koski said. "Jurisdiction for officials now begins at the time of their arrival and when they are in their true role."

Previously, the jurisdiction of officials began 15 minutes prior to the start of the game, but teams and officials are often on the field prior to that and this change allows referees to begin official responsibilities earlier.

"The committee feels that the state of high school soccer is at a good place," Koski said. "They are comfortable with where the game is at right now and do not think that a lot of changes need to be made."

In addition to the official rules changes, the committee added a sample of the duties for a fourth official.

"A fourth official is being utilized in many states, especially at play-off and championship games. There have been numerous requests from state associations to provide fourth official duties," Koski said. "The committee has elected to add sample fourth official duties that may be adopted by the state associations, but are not mandatory."

A complete listing of all rules changes is available on the NFHS Web site at www.nfhs.org. Click on "Athletic Activities" in the sidebar menu on the home page, and select "Soccer."

According to the 2012-13 NFHS High School Athletics Participation Survey, soccer is the fourth-most popular girls program with 371,532 participants, and fifth among boys with 410,982 participants. ★

NCHSAA 100th Celebration Ends With Gala

CARY—The 100th anniversary celebration of the North Carolina High School Athletic Association officially came to an end at the Embassy Suites in Cary as the NCHSAA hosted a black-tie gala.

The gala, attended by over 700 guests, celebrated the 100 years of the NCHSAA and culminated the centennial year, which has included a variety of special events. The theme for the centennial was “Honoring the Past, Embracing the Present and Shaping the Future” and occurred during the calendar year of 2013, meaning that it covered two different academic years.

During the course of the celebration, a special committee put together “100 To Remember” lists that were released at various times. The lists cited 100 administrators, 100 coaches, 100 female athletes and 100 male athletes who have been part of the NCHSAA program throughout its history.

Individuals who made one of the “100 to

Remember” lists were among those invited to the gala, and those who attended were recognized during the course of the evening. They each were presented a commemorative medalion and then received a special 100th anniversary watch on stage from commissioner Davis Whitfield.

Whitfield officially welcomed the group at the beginning of the festivities and then later concluded the celebration with a special toast.

During the course of the gala, selected award recipients were interviewed on stage by master of ceremonies Rick Strunk, the associate commissioner of communications for the NCHSAA. For instance, the male athletes interviewed included former major league baseball player Scott Bankhead (Reidsville), former college football star Carlester Crumpler (Wilson Fike), former collegiate basketball standout, coach and administrator Terry Holland (Clinton), and former college and NBA star David Thompson (Crest).

NCHSAA media partner TimeWarner Cable was on hand throughout the course of the evening, interviewing many of those in attendance and providing the feed for the video screens for the crowd in the ballroom.

Among other activities during the previous 12 months, there was a luncheon honoring athletic directors at the North Carolina Athletic Directors Conference and one for coaches at the North Carolina Coaches Association clinic. State championship teams enjoyed reunions and were recognized at state championships throughout the calendar year of 2013.

There was a community service component, as schools had the opportunity to participate in the “Football Feeding Frenzy” during the fall, with top schools in the project receiving special recognition at the state football championships.

“It was a wonderful night of celebration for the NCHSAA,” said commissioner Davis Whitfield.



Centennial Logo in Lobby of Embassy Suites



Former and Current NCHSAA Leaders and Wives; (from L) Davis and Nicole Whitfield, Sue and Charlie Adams



Master of Ceremonies Rick Strunk Interviews Honorees (from L) Charlie Adams, Que Tucker, Catherine Armwood, Ralph Holloway

More Scenes from the NCHSAA 100th Celebration Gala



Honorees Were Beaming During Special Night

Memorabilia Display from
NCHSAA Offices At Gala



NCHSAA Staff At Event



Athletes Respond To
Questions On Stage
(from L) Scott Bankhead,
Carlester Crumpler,
Terry Holland,
David Thompson

North Carolina Athletic Directors Association Names NCADA Hall Of Fame Induction Class

Three members have been honored by the North Carolina Athletic Directors Association as the 20th class inducted in its own Hall of Fame.

David Rothwell, Ralph Shatterly and David Vaughn are the newest members of the NCADA Hall of Fame. The three were recognized at the annual North Carolina Athletic Directors Association state conference at the Grove Park Inn in Asheville in late March.

The NCADA Hall of Fame has been established to recognize achievement and excellence for athletic administration. The inductees are honored at the NCADA's annual state convention, and a permanent display honoring the athletic directors' Hall of Fame is located in the offices of the North Carolina High School Athletic Association in Chapel Hill.

DAVID ROTHWELL

David Rothwell, after 20 years coaching football and wrestling and teaching physical education, became athletic director and assistant principal at Statesville High School in 1992. In 1997 he became principal of East Iredell Elementary School and in 2001 athletic director for the Iredell-Statesville school system until his retirement in 2012.

After graduating from Appalachian State University, David returned to his alma mater, Albemarle, to coach football and wrestling from 1972-1978. There he coached three wrestlers to Western North Carolina High School Activities Association (WNCHSAA) individual championships. In 1978, David and his wife, Martha, moved to Asheboro where he coached at Asheboro High School. In 1981, they moved to Statesville where David retired from coaching at Statesville High School in 1992.

While at Statesville, Rothwell's Greyhounds compiled a record of 156-10 with nine conference championships, three regional titles, the 3A State Tournament Championship, the 3A State Dual Team Runners-Up and four individual state champions. David served as Team Director to the junior national team tournament in Iowa in 1989 and 1990. MAT NEWS named him 3A State Coach of the Year 1992. In his twenty years of coaching, David was conference Coach of the Year 11 times with an overall coaching record of 231-42-3.

Since his 1992 retirement from coaching, David has served as official 3A scorekeeper at the NCHSAA Wrestling Championships. He is a lifetime member of the North Carolina Coaches Association. He served on the committee to revise the DPI middle school athletic manuals 2005 and 2010 and on the NCHSAA committee for realignment. From the NCHSAA, David received the Proclamation of Achievement Award in 1994 and the Award of Merit in 1995. He was named the Region 7 Athletic Director of the Year in 2002 and served as the NCADA President in 2006. In 2008, David received the NIAAA State Award of Merit.

In 2010, David was inducted into the National Wrestling Hall of Fame, was honored with the Charlie Adams Distinguished Service Award for Region 7 and was named the NCAAE Athletic Director of the Year.

RALPH SHATTERLY

Ralph grew up in the small town of Yanceyville where he played football and baseball at Bartlett Yancey High School. He then attended Appalachian State Teachers College, where he majored in history and physical education.

After college he initiated the wrestling program at North Rowan High while also coaching football and track. He coached at North

Rowan for 22 years before moving to West Rowan in 1985 in order to coach his sons. During his career, he coached football offensive backs for 30 years, head track coach for 15 years, head wrestling coach for 32 years and served as athletic director at both schools.

His wrestling teams were WNCHSAA champs in 1968 and 1969. North Rowan and West Rowan wrestling teams won conference championships in the 1960s, 70s, 80s, and 90s. He coached 25 WNCHSAA and NCHSAA individual champions. His track team was 1968 WNCHSAA champs. He directed many sectional/regional NCHSAA track meets, and in 1983 he directed the NCHSAA state track meet at North Rowan.

He is co-chair of the Rowan County Hall of Fame Committee and has been a member of the NCCA for fifty years. Ralph has been inducted into the high school division of the National Wrestling Hall of Fame, the Rowan County Sports Hall of Fame, and the North Rowan High Hall of Fame. The NCHSAA awarded Ralph the Distinguished Service Award in 1994, the Award of Merit in 1995, and the Service Award in 2008.

Ralph and his wife Sharon, also a high school teacher, have been married 46 years and have four children, Julie, Jill, Jake, and John, and six grandchildren. They are members of Milford Hills United Methodist Church.

DAVID VAUGHN

A native of Alamance County, a graduate of Southern Alamance High School and Elon College (University), David has had an excellent career as teacher, coach and athletic director at Southern Alamance High School.

He has been head football and head baseball coach at Southern Alamance; with his football and baseball teams achieving conference championships and earning him several Coach of the Year honors. His 1988 baseball team was led by the 1988 State Player of the Year, Timmy Morrow, completing the season undefeated at 26-0 and winning the NCHSAA state 3A baseball championship.

Vaughn became the first full-time athletic director at Southern Alamance in 1989, serving in this capacity until 2006. During his tenure as athletic director, Vaughn oversaw programs that won both conference and state championships. He worked tirelessly to support each head coach in the pursuit of excellence and under his leadership, Southern garnered over 50 conference championships, as well as seven state titles.

As athletic director, Vaughn oversaw building projects which provided over one million dollars in facility upgrades, including seating, lighting and a press box in the football stadium, restroom facilities, tennis, softball and baseball complexes, as well as a strength and conditioning facility.

Because of his devotion and influence to the school community, over 30 former students have gone on to become teachers with many coaching as well, including several members of the current SAHS staff.

In retirement, Vaughn steadfastly continues to support Southern Alamance, his alma mater, in its continuing pursuit of excellence. ★

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

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 at the NCHSAA offices.

The Board did approve a seeding process for all 64-team bracketed sports for the 2014-15 academic year, which will provide some consistency across those sports. Football seeding will remain different from other sports.

Among the other major items approved by the Board:

- Recommended clarifying language on eight-quarter rule for football, noting that it is for ninth and 10th graders only
- Eliminated rule limiting student-athletes to two all-star football and basketball contests during school year; rule had been based on NCAA rule which is no longer in force.
- Adjustment in men's tennis calendar to avoid facility conflict. Finals now will be Thursday and Friday, May 8-9, 2014; in addition, adjusted dual team tennis calendar from May 12 and 14, to May 13 and 15 for appropriate rounds.
- Adjustment in indoor track calendar for 2013-14 season, to approve one championship on Friday and two on Saturday since a classification is being added according to terms of the NCHSAA regulations. Dates are now February 7-8, 2014.
- Adjustment in 2014 lacrosse playoff calendar due to 4-A satisfying numbers to have its own men's championship, with additional round for 4-A men.
- Approved a number of editorial changes in language in Handbook for various regulations, mostly for clarification
- Approved playoff calendar for 2014-15
- Approved 2013-14 annual budget
- Rules clinic attendance for head coaches: if requirement for attending clinic is not met prior to first play date in the sport, coach will not be allowed to coach in contests until he or she is compliant, absent showing cause as currently occurs.
- Approved applying the same number restrictions (one less than a team) for coaches coaching an outside team in season as is applied to coaching a team outside the sports season but during the school year. Effective August 2014.

- Approved penalty for schools not paying their catastrophic insurance by start of fall playoffs and membership dues by start of winter playoffs. If not compliant by this time, all teams at said school will be ineligible for the playoffs. Does not replace \$100 fine for late submission.
- Approved both the incident and penalty report and ejection report
- Approved that schools pay officials in accordance with local fiscal policy, rather than regional supervisors paying officials; currently a small percentage of regional supervisors pay their officials and 88 percent of schools currently pay officials. With RefPay through Arbiter or other on-line pay services, schools can set up payment to officials and not have to produce checks and there is also a financial savings for schools
- Require all NCHSAA coaches to take NFHS Fundamentals of Coaching course for certification with effective date August 1, 2015; currently non-faculty coaches and new hires are required to take it, and over 7,000 have already taken it in North Carolina.
- Require all NCHSAA coaches to take "NFHS Concussion In Sports—What You Need to Know" course as a minimum, which is free. Some counties already have their own concussion-related sessions, which could meet the requirement
- Require that any head or assistant coach ejected from a contest to take "NFHS Teaching and Modeling Behavior" course before coaching the next contest, effective July 1, 2014
- In men's golf, change current reporting/scoring to five golfers, with best four scores counting. Currently it is six scores, with four counting.
- Recommend using a playoff assignment formula to assign officials for regional supervisors and local officiating associations similar to football and basketball.

A couple of proposals were tabled, including a stroke average standard for regional qualifiers in men's golf; a season limitation in games/matches in volleyball, dual team tennis and dual team wrestling; and a "mercy rule" in football, a point differential where the game would automatically resort to a running clock unless terminated by mutual agreement.

NCHSAA commissioner Davis Whitfield said, "We had a number of issues to address and our Board worked hard to determine what was in the best interest of our membership." ★

North Carolina Teams Sweep Carolinas All-Star Classic Games

MYRTLE BEACH, SC—The North Carolina teams swept both ends of the Carolinas All-Star Basketball Classic doubleheader against their counterparts from South Carolina.

The North Carolina all-stars had no trouble in the women's game, rolling to a whopping 103-61 victory with five players scoring in double figures.

Paris Kea of Greensboro Page was the North Carolina Most Valuable Player, as the Vanderbilt signee led the winners with 28 points. Jamie Cherry of West Craven, who will be attending the University of North Carolina, added 21.

Jazmine Jones of West Forsyth added 13 for North Carolina while East Rutherford's Rachel Camp scored 12 and Antaijah Easter of Bandys scored 10.

North Carolina raced to a 59-32 halftime advantage, shooting 54.8 percent from the floor in the opening half.

Darlene Joyner of Northwest Guilford was the head coach of the

women's team and Tracy Taylor of Fayetteville Seventy-First served as assistant coach.

The men's game saw Clayton star and Cincinnati signee Gary Clark earn MVP honors for North Carolina as the Tar Heel contingent scored a 102-90 victory over South Carolina.

Clark scored 21 points, pulled down seven rebounds, blocked three shots and had a steal.

Northern Durham's Ricky Council II also had 21 points while North Forsyth's Kedrick Flomo, headed to Appalachian State, added 20 and Gabriel DeVoe of Shelby tallied 18 points.

Mike Absher of Davie was the men's head coach, assisted by Steve Robinson of Wallace-Rose Hill.

The 17th annual all-star games were played at Socastee High School, while the dunk and slam-dunk contests were held the day before the games at Myrtle Beach High. ★

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.

DARYL ALLEN

AHOSKIE—Long-time coach Daryl Allen died in mid-January at Vidant Medical Center in Greenville at the age of 76.

A native of northeastern North Carolina, Allen spent a total of 52 years as a football coach, including two stints at Hertford County High School. His career record of 305-118 puts him eighth on the all-time coaching victories list for football in the North Carolina High School Athletic Association.

Allen received his associate's degree from Chowan College and then graduated from Guilford College.

Memorial donations may be made to First Baptist Church of Ahoskie, P.O. Box 649, Ahoskie, NC, 27910.

TONY BROWN

DAVIDSON—Tony Brown, head men's basketball coach at Community School of Davidson, died unexpectedly at his home in late January.

He was 53 years old.

Brown was originally from the Bronx, New York, and graduated from Syracuse University.

ROBERT E. LEE

PINEHURST—Former Moore County superintendent of schools Robert E. Lee, a member of the North Carolina High School Athletic Association Hall of Fame, died December 5 at the age of 92.

A graduate of Elon College who earned his masters at UNC-Chapel Hill, he moved to Aberdeen in 1947 and began coaching at Aberdeen High School before becoming principal in 1950.

He coached football, often of the six-man variety, basketball and baseball at Aberdeen and was also known as one of the pioneers in developing women's athletics, as he coached women's basketball and also organized a big women's basketball tournament.

Lee became superintendent of the Moore County system in 1959.

He also served a term as president of the North Carolina High School Athletic Association and was one of the founders of the North Carolina Association of School Administrators.

The funeral was held at Carthage United

Methodist Church, where he had been a long time member.

EMILY H. MURRAY

ROSE HILL—Emily Hopeshella "Hope" Murray died suddenly in mid-December at the age of 35.

She collapsed while officiating a women's junior varsity basketball game at South Lenoir high school between South Lenoir and East Duplin, and later died at Vidant Medical Center in Greenville.

Murray had been a multi-sport athlete at Wallace-Rose Hill High School and her passion for basketball led her to be involved as a referee. She was a member of the Eastern Officials Association.

NED SAMPSON

PEMBROKE—Ned Sampson, considered one of the greatest native American athletes and coaches the state has ever produced, passed away in mid-February at the age of 84.

Ned was an outstanding all-around athlete at Pembroke High, graduating in 1947, who later went on to a great career at UNC-Pembroke, which was then known as Pembroke State College. He captained the football, basketball and baseball teams there before his graduation in 1953 and is a charter member of the UNC-P Athletic Hall of Fame.

Sampson averaged 24.3 points per game during his senior season in 1952, and he scored a long-standing school record 40 points against Campbell University.

After his graduation, Sampson coached from 1953 through '67 at Magnolia High School, winning championships in both men's and women's basketball, and then from 1968-1983 was a teacher, coach and athletic director at Pembroke Senior High.

Sampson was the grand marshal of the Lumbee Tribe's homecoming parade in 2010. That same year the 29th annual Lumbee Homecoming 5K run and fun walk was held in his honor.

Sampson was a charter member and president emeritus of the Pembroke Lions Club. He also was a deacon and a lifelong member of Berea Baptist Church in Pembroke.

An endowed scholarship for a basketball player has been established in Sampson's honor at UNCP. He also was a long-time mem-

ber of the Purnell Swett High School Booster Club, and helped re-start the football program at UNCP, making many public appearances with former players.

He was inducted into the North Carolina High School Athletic Association Hall of Fame in 2004-05.

BILLY WIDGEON

MOREHEAD CITY—An outstanding coach and a member of the North Carolina High School Athletic Association Hall of Fame died in mid-December.

William "Billy" Benjamin Widgeon, Sr., 78, of Morehead City, passed away at Crystal Coast Hospice House.

Widgeon enjoyed tremendous success as a high school athlete, collegiate athlete and outstanding coach in several sports and was inducted into the NCHSAA Hall of Fame in the class of 2008.

He played on the 1953 NCHSAA state 1-A basketball championship team at Newport High and then was a two-sport standout at Atlantic Christian (now Barton) College, where he is in that school's hall of fame.

Widgeon was a teacher and coach at Bailey High from 1957 through '64, where he coached three sports but his women's basketball team won an amazing 107 games in a row. From 1964 through '91 he served at West Carteret, winning 342 games in 23 years as head basketball coach and also coaching men's golf for 27 seasons, winning eight regular-season championships in that sport.

He was athletic director 10 years at West and is a charter member of the West Carteret Hall of Fame.

He is survived by his wife of 56 years, Sylvia Allsbrook Widgeon; son, Ben Widgeon; grandson, Will Widgeon; sister, Peggy Hackney and husband, Dan; brother, Douglas Howard and wife, Kathie; mother-in-law, Sybil Allsbrook; brother-in-law, Lee Allsbrook and wife, Nancy.

In lieu of flowers, memorial donations may be made to the Margaret Garner Scholarship Fund, c/o St. James United Methodist Church, P. O. Box 250, Newport, NC 28570 or West Carteret Hall of Fame Scholarship Fund, c/o Steve Chalk, Chalk and Gibbs, Inc., 1006 Arendell Street, Morehead City, NC 28557.

“Targeting” Defined In High School Football In Effort To Reduce Risk Of Injury To Participants

INDIANAPOLIS—In an effort to reduce contact above the shoulders and lessen the risk of injury in high school football, the National Federation of State High School Associations (NFHS) Football Rules Committee developed a definition for “targeting,” which will be penalized as illegal personal contact.

The definition of targeting and its related penalty were two of 10 rules changes approved by the rules committee at its January meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

Effective with the 2014 high school season, new Rule 2-43 will read as follows: “Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders.”

Bob Colgate, NFHS director of sports and sports medicine and liaison to the Football Rules Committee, said the committee determined – in its continued effort to minimize risk of injury in high school football – that it was important to separate and draw specific attention to this illegal act.

“Taking aim with the helmet, forearm, hand, fist, elbow or shoulders to initiate contact above the shoulders, which goes beyond making a legal tackle, a legal block or playing the ball, will be

prohibited,” Colgate said.

A new definition for a “defenseless player” was also added to Rule 2 for risk-minimization purposes. Rule 2-32-16 will read as follows: “A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.”

In an effort to reduce the risk of injury on kickoffs, the rules committee approved two new requirements in Rule 6-1-3 for the kicking team. First, at least four members of the kicking team must be on each side of the kicker, and, second, other than the kicker, no members of the kicking team may be more than five yards behind the kicking team’s free-kick line.

Rule 6-1-3 also notes that if one player is more than five yards behind the restraining line and any other player kicks the ball, it is a foul. In addition to balancing the kicking team’s formation, the change limits the maximum distance of the run-up for the kicking team.

“The Football Rules Committee’s actions this year reinforce a continued emphasis on minimizing risk within all phases of the game,” said Brad Garrett, assistant executive director of the Oregon School Activities Association and chair of the Football Rules Committee.

In other changes, new language was added to

Rule 8-5-1 and states that “the accidental touching of a loose ball by a player who was blocked into the ball is ignored and does not constitute a new force.” In addition, roughing the passer fouls now include all illegal personal contact fouls listed in Rule 9-4-3, which result in automatic first down in addition to a 15-yard penalty.

The remaining changes approved by the Football Rules Committee are as follows:

Rule 1-1-7: Provides state associations authority to require game officials to be on the field more than 30 minutes prior to game time.

Rule 2-24-9: The intent of an illegal kick was clarified. Now, when an illegal kick occurs, the loose ball retains the same status that it had prior to the illegal kick.

Rules 3-3-3 and 3-3-4: With this change, in order to extend or not extend a period with an untimed down, time must expire during the down.

Football is the No. 1 participatory sport for boys at the high school level with 1,115,208 participants in the 2012-13 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 1,660 girls who played football in 2012-13. ★

South Carolina Nips North Carolina In Shrine Bowl Football

SPARTANBURG, SC—South Carolina scored the winning touchdown with just 16 seconds to go to lift the South Carolina all-stars to a 28-23 victory over their counterparts from North Carolina in the 77th annual Shrine Bowl of the Carolinas at Gibbs Stadium at Wofford College.

Charlotte Catholic standout Elijah Hood, who has committed to the University of North Carolina, led his team with three second-half touchdowns, rushing for 99 yards in 23 carries and earning the North Carolina offensive Most Valuable Player award.

West Mecklenburg quarterback Jalen McClendon completed 16 of 26 passes for the North Carolina squad for 164 yards. Burton Cates of Lee Senior served as the North Carolina head coach.

South Carolina had jumped to an early 14-0 lead and held that margin at the half before the Tar Heel team overtook the Sandlappers. North Carolina led 23-21 with 1:54 to go, with Hood barreling over on a scoring run from the six-yard line, before South Carolina rallied at the end.

South Carolina won for the second year in a row and leads the all-time series 44-29-4.

Schools Earn Commissioner’s Cup For Community Service Project

CHAPEL HILL—Several schools were recognized during the North Carolina High School Athletic Association state football championships for their community service activity.

As part of the centennial celebration of the NCHSAA, the Association joined forces this fall with the North Carolina Association of Feeding America Food Banks to help reduce hunger in North Carolina. Member schools were encouraged to get involved in a campaign to raise donations for local food banks.

Schools could donate time to local food banks or raise money. Schools in each of the classifications volunteering the most service hours or money (based on the percentage of students to volunteer hour or to funds raised) were recognized. Winners received the Commissioner’s Cup for their efforts.

The schools winning the Commissioner’s Cup included Kernersville Bishop McGuinness and Albemarle in 1-A, Carrboro and Hertford County among the 2-A schools, and Northern Nash in the 3-A classification. There was no 4-A school recognized.

NCHSAA commissioner Davis Whitfield said, “As part of our 100th year celebration, we wanted to provide member schools with an opportunity to give back to their communities, which have supported them and their athletic programs. These award recipients have worked hard and we wanted to recognize them for their tremendous efforts.” ★

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

NCADA Concludes Conference With NCHSAA Involvement

ASHEVILLE—The North Carolina Athletic Directors Association concluded another very successful state conference late in March at the Omni Grove Park Inn, and a number of members of the North Carolina High School Athletic Association staff were involved in the conference.

This cooperation is just one of several examples of the great relationship between the two organizations.

NCHSAA Commissioner Davis Whitfield was the culminating speaker at the conference, outlining some issues both in the state and nationally that would be of interest to school athletic directors.

Deputy commissioner Que Tucker spoke at a major session. Many of her points centered around changes that were made in rules and regulations by the NCHSAA Board of Directors at its winter meeting. She also talked about sportsmanship and urged schools to think about what was being done at the local school level to promote good sportsmanship.

Other NCHSAA staff members, including Mark Dreibelbis, Carolyn Shannonhouse and Rick Strunk, helped with breakout sessions that were done by individual classifications. There athletic directors shared their opinions on various topics, such as seeding in certain sports. ★

NCHSAA New Design For Web Site Functioning Well

The new design for the North Carolina High School Athletic Association web site has been well received by member schools.

Schools have come to rely upon the NCHSAA website as a primary source of information. With that in mind, the NCHSAA worked with a nationally known web design firm, DesignHammer, for about a year on an overhaul of the NCHSAA website. Feedback from a special committee made up of representatives of our member schools was also utilized.

The new design, which is much cleaner and more intuitive, still contains all the information NCHSAA member schools have come to rely on but is much simpler to navigate. There is a tremendously enhanced search function and an interactive school map that can help provide directions to any member school. The scrolling ticker of scores, utilized for NCHSAA playoffs, will be expanded to use regular season scores, pulling from live

updates from MaxPreps.

The new website utilizes responsive design, optimizing it for most Web-browsing platforms and viewing contexts, so users of the website will have easy access from most smartphones, desktops, tablets or laptops.

The new design was launched live in late February. As is the case with any new web site launch, there were minor glitches and some information that didn't originally migrate to the new site, but when those have been pointed out adjustments have been made.

If you have any questions, please feel free to contact assistant director Quanta Holden at 919-240-7368 or at quanta@nchsaa.org. He has worked very closely with DesignHammer on this entire project and should be able to assist. ★

2014 Volleyball Rules Changes Include Clarification Of School Logo To Solid-Colored Jersey Sleeve

INDIANAPOLIS—The NFHS Volleyball Rules Committee approved four rules changes during its January meeting in Indianapolis. The recommended rules changes were subsequently approved by the NFHS Board of Directors.

With a mind toward school spirit, the committee approved the addition of a school name or mascot reference to be placed on the sleeve(s) of solid-colored jerseys, providing it appears in either 4-by-4 inch or 3-by-5 inch space. The solid-colored jersey, as specified in Rule 4-2-2 Note, is required in 2016 but is currently permitted.

"Schools are wanting to put a mascot or [the high school's abbreviation] on the sleeves of the solid-colored jerseys," said Becky Oakes, NFHS director of sports and liaison to the Volleyball Rules Committee. "The committee thought 'how do we allow them to promote school spirit and team unity, but yet preserve the integrity of the solid color and not make a change that becomes more restrictive?' Now, [it is allowable] to have a 4x4 or 3x5 [logo] on the sleeve."

Another rule change approved by the committee was clarifying the responsibility of the second referee to whistle and signal out of bounds for an antenna fault on his or her side of the net.

"This change provides clarification that if the ball is going out of bounds over the antenna on the side of the second referee, he or she is in a better position to look up and make that call better than the first referee," Oakes said. "Now, by rule, the second referee can and should make that call."

The other changes include a whistle by the second referee to end a time-out if the audio signal has not sounded and both teams are ready to play prior to the end of the 60-second time-out, and allowing the line judge—if requested by the first referee—to be positioned to the side and in line with the extension of the end line for servers on the left side of the court. This positioning allows the line judge a clear view of any line violations for which he or she is responsible before moving back into position following the contact of the ball for serve.

A complete listing of all rules changes is available on the NFHS Web site at www.nfhs.org. Click on "Athletic Activities" in the sidebar menu on the home page, and select "Volleyball."

According to the 2012-13 NFHS High School Athletics Participation Survey, volleyball is the third-most popular girls program with 470,561 boys and girls participants nationwide. ★

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.

North Carolina's Gentry Among National Federation Coaches Being Honored

INDIANAPOLIS—A total of 21 high school coaches from across the country, including one from North Carolina, have been selected as 2013 National Coaches of the Year by the National Federation of State High School Associations (NFHS) Coaches Association.

David Gentry, long-time head football coach at Murphy High School, was named the recipient of the national award in football. He has coached for 42 years, 30 at Murphy, and his teams have won six NCHSAA state championships.

The NFHS, which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports (by participation numbers), and in one "other" sport that is not included in the top 10 listings. The NFHS also recognizes a Spirit coach as a separate award category. Winners of NFHS awards must be active coaches during the year for which they receive their award. This year's awards recognize coaches for the 2012-13 school year.

The NFHS has a contact person in each state who is responsible for selecting deserving coach award recipients. This contact person often works with the state coaches' association in his or her respective state. He or she contacts the potential state award recipients to complete a coach profile form that requests information regarding the coach's record, membership in and affiliation with coaching and other professional organizations, involvement with other school and community activities and programs, and coaching philosophy.

To be approved as an award recipient and considered for sectional and national coach of the year consideration, this profile form must be completed by the coach or designee and then approved by the executive director (or designee) of the state athletic/activities association.

The next award level after state coach of the year is sectional coach of the year. The NFHS is divided into eight geographical sections, with North Carolina in Section 3 along with Alabama, Florida, Georgia, Louisiana, Mississippi, South Carolina and Tennessee.

The NFHS Coaches Association has an advisory committee, composed of a chair and eight sectional representatives. The sectional committee representatives evaluate the state award recipients from the states in their respective sections and select the best candidates for the sectional award in each sport category. The NFHS Coaches Association Advisory Committee then considers the sectional candidates in each sport, ranks them according to a point system, and determines a national winner for each of the 20 sport categories, the spirit category and one "other" category.

A total of 515 coaches will be recognized this year with state, sectional and national awards. ★



Carolina Panthers Award Uniform Grants To High School Programs

CHARLOTTE—The Carolina Panthers are pleased to award 16 uniform grants to high school football programs throughout the Carolinas, six of which are going to North Carolina High School Athletic Association member schools.

The uniform grants consist of actual game-worn and practice-worn uniforms, straight off the backs of the pros! This unique equipment grant is a great opportunity for high school football players to be a pro on and off the field.

"Reidsville High School has a great tradition in football. This is my 23rd season as head coach at Reidsville and we've been hit hard financially," stated Jim Teague, head football coach at Reidsville.

"This grant helps allocate needed funds elsewhere and greatly helps our program and our players." Farmville Central High School's head football coach Scott Gardner stated, "Many of my players are big Carolina Panthers fans; this is great that they are able to say they wore what their favorite player wore. Farmville has a great history of football and is in the running for a state title next year, this just gives us the boost we need to make that happen."

NCHSAA MEMBER SCHOOL EQUIPMENT GRANT RECIPIENTS

School	Head Coach
Goldsboro	Ray Libbert
Bertie	Robert Brown
Farmville Central	Scott Gardner
Reidsville	Jim Teague
East Bladen	Robby Priest
North Moore	Bob Collins

"The Carolina Panthers are thrilled to provide this opportunity to schools in our region, especially when the need for resources is at a premium, but adequate funding may be a challenge," said Peter Vacho, Carolina Panthers Military & Football Outreach Manager. "Having the basic necessities such as practice gear can go a long way in helping school athletic departments make ends meet." ★

UPDATING SCHOOL INFORMATION—

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

North Carolina Coaching Staff Named For 78th Shrine Bowl Game

Ron Long, Athletic Director of the Shrine Bowl of the Carolinas, has announced the coaches selections for the 2014 North Carolina Tar Heels and the South Carolina Sandlappers.

These coaches have been selected and approved to coach their respective teams in the 78th Annual Shrine Bowl game to be played on Saturday, December 20, 2014, at beautiful Gibbs Stadium on the campus of Wofford College in Spartanburg, South Carolina.

Hal Capps of Mooresville were serve as the head coach of the North Carolina squad.

Assistant coaches will include Glen Padgett of Concord, Tom Eanes of Wilmington Ashley, Barry Honeycutt of Corinth Holders, Darrell Brewer of Avery County, David Green of Burlington Walter Williams and Rick Larrick of West Forsyth.

Susan Ennis of Raleigh Leesville Road has been named the team's adult trainer. ★

NFHS Free Course Available For Track And Field Coaches, Pole Vault Athletes

A free on line course is available from the National Federation of State High School Associations (NFHS) that may be of interest to track and field coaches of NCHSAA member schools and athletes involved in pole vault.

The course is entitled Pole Vault: Successful Skill Development, and could be an excellent resource.

Track and field coaches and pole vault athletes who have not yet taken advantage of this free, online course, are strongly encouraged to utilize this resource.

The course can be accessed at www.nfhslearn.com. ★



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.

CHAMPIONSHIP REVIEW



FOOTBALL

Murphy Edges Plymouth 35-34 To Capture NCHSAA 1-A Football Championship

WINSTON-SALEM—Kenton Braswell of Murphy scored on a 13-yard run with 4:56 remaining in the game to break a 28-28 tie, and later Murphy stopped Plymouth's two-point conversion try in the game's final 36 seconds to eke out an exciting 35-34 victory in the North Carolina High School Athletic Association's state 1-A football championship game at BB&T Field.

Braswell, who rushed for 150 yards in 25 carries and scored a pair of TD's, was the game's Most Valuable Player.

Braswell's second TD capped a 12-play, 72-yard drive, but Plymouth responded by taking the ensuing kickoff and marched 79 yards in 11 plays, with Malik Webb tossing a 21-yard scoring pass to Demarkus Price to make it 35-34. But Demetrius Davis was stopped on a two-point try and then Murphy recovered the onside kick attempt to preserve the victory.

Deion Johnson picked up 112 yards rushing for the victorious Bulldogs, who finished 13-3 and won their seventh NCHSAA championship.

Plymouth was stopped in its bid for a third straight title and wound up 14-1 overall. Price scored two touchdowns for Plymouth while Davis was the leading rusher with 71 yards in 19 tries.

Post-Game Awards: Plymouth—Outstanding Offensive Player: FB Demetrius Davis; Outstanding Defensive Player: LB Davonte Spruill; Murphy—Outstanding Offensive Player: WB Deion Johnson; Outstanding Defensive Player: LB Austin Satterfield. Most Valuable Player: RB Kenton Braswell, Murphy.

James Kenan Comes Back To Score 42-14 Victory Over West Montgomery In 1-AA Final

WINSTON-SALEM—Marcelius Sutton ran for 186 yards on 25 carries and scored a pair of touchdowns to lead James Kenan to a 42-14 victory over West Montgomery in the North Carolina High School Athletic Association's state 1-AA football championship game at BB&T Field.

West Montgomery grabbed a 14-7 advantage in the first quarter, but James Kenan came back to take the lead on a 21-yard run by Daniel Montaya and a two-point conversion run by JaQuan Williams to take a 15-14 lead the Tigers never relinquished.

Kenan scored three TD's in the second quarter, including a pair of short runs by D Barnes and a 67-yard scoring scamper by Williams to lead 34-14 at halftime.

Kenan rolled up 441 yards rushing in the contest and held West Montgomery to just seven first downs. Caleb Drake was the big gun for the Warriors with 142 yards rushing in 16 attempts.

James Kenan finished a perfect 15-0 season and won its second NCHSAA crowns since 2007, West Montgomery, in its third overall trip to the championship game since 1975, closed out an outstanding 14-2 season.

Post-Game Awards: West Montgomery—Outstanding Offensive Player: QB Caleb Drake; Outstanding Defensive Player: Rover A.J. Collins; James Kenan—Outstanding Offensive Player: RB JaQuan Williams; Outstanding Defensive Player: OLB Juan Hooper. Most Valuable Player: RB Marcelius Sutton, James Kenan.

Shelby Takes Down Southwest Onslow 29-7 To Win 2-A Crown

CHAPEL HILL—R.J. George of Shelby threw for 171 yards and a score as the Golden Lions downed Southwest Onslow 29-7 in the North Carolina High School Athletic Association's state 2-A football championship game at Kenan Stadium.

George, who completed 14 of 21 passes, was named the game's Most Valuable Player and accounted for most of Shelby's offense as the Golden Lions were held to just 21 yards rushing.

Southwest Onslow led 7-3 after a 44-yard scoring pass from Jonathan Williams to J'Veon Walker midway through the first quarter. But George tossed a scoring pass to Michael Gullatte with 2:11 to go in the first quarter to give Shelby a 10-7 lead it would not relinquish.

Luke Hayek booted two field goals for the winners while Raekwon Washington and Chad Rid had one-yard TD runs in the second period, which ended with Shelby on top 27-7.

Walker led the Southwest rushing attack with 75 yards in nine carries.

Southwest ended the campaign with a 13-3 mark and the Stallions were making their seventh trip to the NCHSAA championship game, with four previous crowns. Shelby made its 10th trip to the title game since 1972 and won its sixth state crown in that span, finishing 12-4 overall.

Post-Game Awards: Southwest Onslow—Outstanding Offensive Player: QB J'Veon Walker; Outstanding Defensive Player: LB Xavier Wells; Shelby—Outstanding Offensive Player: RB Raekwon Washington; Outstanding Defensive Player: DB Demerrio Houston. Most Valuable Player: QB R.J. George, Shelby.

Raynard's TD Passes Lift T.W. Andrews To 2-AA Crown Over Monroe By 18-14 Count

CHAPEL HILL—Lamar Raynard of High Point Andrews threw three touchdown passes, helping the Red Raiders to an 18-14 come-from-behind victory over Monroe in the North Carolina High School Athletic Association's state 2-AA football championship game at Kenan Stadium.

Marquell Cartwright carried the ball 26 times for 179 yards for Andrews to provide a big portion of the Red Raider offense and earned Most Valuable Player honors for the championship game.

Monroe took the opening kickoff and marched 78 yards in 10 plays, scoring on a four-yard run by Tre'Shunn Wynn and a two-point conversion pass. Raynard tossed the first of his three scoring passes with 34 seconds left before intermission, hitting Daquan Wade from eight yards out, and then hit Justin Lea on a 28-yard scoring strike in the third quarter that wound up giving the Red Raiders the lead for good.

Chase Bynum led Monroe with 131 rushing yards in 23 attempts.

Andrews finished the campaign with a 14-1 mark and won its fourth NCHSAA title in five finals appearances, with its last crown in 1991. Monroe ended the season at 13-3.

Post-Game Awards: Monroe—Outstanding Offensive Player: RB Chase Bynum; Outstanding Defensive Player—DB Tre'Shun Wynn; T.W. Andrews—Outstanding Offensive Player: QB Lamar Raynard; Outstanding Defensive Player: LB Deisjohn McCarthy. Most Valuable Player: RB Marquell Cartwright, T.W. Andrews.

Havelock Downs Concord To Capture 3-A Championship Behind 3 TDs By Scott

RALEIGH—Havelock's Derrell Scott scored three touchdowns and rushed for 209 yards to lead the Rams to a 21-13 victory over Concord in the North Carolina High School Athletic Association's state 3-A football championship game at Carter-Finley Stadium.

Havelock completed a perfect 16-0 season and beat Concord for the title for the second year in a row.

Concord opened up a 10-0 lead on a 27-yard field goal by Alex Maganda in the first quarter and then a 55-yard TD run by Rocky Reid early in the second before Havelock came storming back.

Scott scored his first TD on a 51-yard run just 1:08 after the Spiders had made it 10-0, and then capped an eight-play, 60-yard march just before halftime on a 20-yard scoring run.

Scott broke away for a scintillating 96-yard touchdown run with 6:55 to go in the third quarter to put the Rams ahead 21-10 before Maganda kicked another field goal.

Concord for the first time after 15 straight victories.

Post-Game Awards: Concord—Outstanding Offensive Player: RB Rocky Reid; Outstanding Defensive Player—DT Justin Williams; Havelock—Outstanding Offensive Player: QB Travis Sabdo; Outstanding Defensive Player: LB Andrew Ramirez. Most Valuable Player: RB Derrell Scott, Havelock.

Southern Durham Wins Wild 38-31 3-AA Final Over Crest

WINSTON-SALEM—The lead changed hands five times in the second half, and a Southern Durham touchdown with 57 seconds to play lifted the Spartans to a dramatic 38-31 victory over Crest

in the North Carolina High School Athletic Association's state 3-AA football championship game at BB&T Field.

Southern QB Kendall Hinton hit Jordan Brown on a 80-yard bomb, his fourth TD pass of the night, for the game-winner. Hinton completed 17 of 25 passes for 332 yards and was selected as the championship game MVP.

The comeback offset a bruising running game by Crest, which rolled up 313 yards on the ground, led by Jalin Moore with 183 in 30 attempts and a pair of TDs. Tre Harbison had 128 yards in 12 tries and also scored two touchdowns.

Crest had taken a 31-30 lead with 1:08 to go on a 40-yard field goal by Alex Trejo.

Southern won its first NCHSAA football title and finished its championship season 14-2 overall. Crest, in its eighth title game appearance, also ended the year 14-2.

Post-Game Awards: Crest—Outstanding Offensive Player: RB Jalin Moore; Outstanding Defensive Player—DE Omar Brooks; Southern Durham—Outstanding Offensive Player: WR Maurice Trowell; Outstanding Defensive Player: LB Dominique Mims. Most Valuable Player: QB Kendell Hinton, Southern Durham.

Dudley Shuts Down Scotland In 4-A Title Game by 24-7

RALEIGH—Lamar Watlington had a big game for Dudley and the Panther defense was stout as Dudley downed Scotland 24-7 in the North Carolina High School Athletic Association's state 3-A football championship game at Carter-Finley Stadium.

Dudley limited Scotland to just 113 yards total offense and just 39 plays while the Panthers had 69 offensive snaps. The Panthers had a time of possession edge of 33:45 to just 14:15 for Scotland.

Watlington, the game's Most Valuable Player, had 160 yards rushing in 33 carries and scored twice.

Scotland took an early 7-0 lead on a 79-yard fumble recovery return by Brandon McMillian, but the Panthers responded with a nine-play, 80-yard drive capped by a six-yard Watlington run. He also ran for the two point conversion for an 8-7 lead, an advantage Dudley would not relinquish.

Dudley made its fifth appearance in an NCHSAA football final since 2002 and won its third championship, finishing 15-0. Scotland made its second trip to the finals in the last three years and the Scots lost for the first time in 2013 after 15 straight victories.

Post-Game Awards: Scotland—Outstanding Offensive Player: QB Jaylend Ratliffe; Outstanding Defensive Player—LB Brandon McMillian; Dudley—Outstanding Offensive Player: QB Emmanuel Mosley; Outstanding Defensive Player: LB Tong Majak. Most Valuable Player: RB Lamar Watlington, Dudley.

Mallard Creek Rolls To Big Win Over Wake Forest In 4-AA Final

RALEIGH—Mallard Creek took advantage of some early Wake Forest mistakes and rolled to a convincing 59-21 victory in the North Carolina High School Athletic Association's state 4-AA football championship game at Carter-Finley Stadium.

Mallard Creek had a 17-0 advantage after one quarter and led 38-7 at halftime.

Jaylen Samuels rushed for 99 yards in seven carries and scored a total of five touchdowns, three rushing, to pace the Maverick attack while quarterback James Smith tossed three TD passes.

The Cougars were held to 168 yards total offense, 103 on the ground.

Wake Forest finished at 12-4 and, as a number-12 seed which had won its way into the finals, was the lowest seed in the subdivision era to make it to the championship. Mallard Creek, which wound up 16-0, made its first NCHSAA football finals visit.

Post-Game Awards: Wake Forest—Outstanding Offensive Player: QB Mack Moore; Outstanding Defensive Player—OLB Norman Cade; Mallard Creek—Outstanding Offensive Player: QB James Smith; Outstanding Defensive Player: DT Ikeem Allen. Most Valuable Player: RB Jaylen Samuels, Mallard Creek.



DUAL TEAM WRESTLING

Morehead Downs Fred T. Foard In 3-A Wrestling Championship

EDEN—Morehead downed visiting Fred T. Foard 33-28 to win the North Carolina High School Athletic Association state 3-A dual team wrestling championship.

Morehead, under first-year head coach Daniel Bradford, ran its dual team record to 38-1 and avenged a 41-27 loss to Fred T. Foard in last year's dual team finals. The Panthers won their sixth NCHSAA dual team title in 10 appearances in the finals, but it was the Panthers' first state crown since 2006.

Senior Payton Mills of Morehead at 182 pounds was named the championship Most Valuable Performer. Since the match started with the 182-pound match, he opened the action with a pin for the Panthers.

Foard battled back to take a 16-6 lead, but then starting at 113 pounds and rolling through 152, the Panthers did not lose a decision. William Pryor at 113 got Morehead started on its run to take command with a pin. There were forfeits in the final two matches with the outcome decided.

Foard suffered only its fourth loss against 36 dual team wins.

Newton-Conover Captures 2nd Straight Dual Team Title

NEWTON—Newton-Conover held off Dixon 44-15 to clinch its second consecutive North Carolina High School Athletic Association state 2-A dual team wrestling championship at Lemon Gymnasium.

The Red Devils rolled up a 35-13 margin with three matches to go to clinch the crown in winning their 38th consecutive math and running their overall dual mark to an outstanding 52-1. Newton-Conover made its fifth appearance in the dual team finals.

The match began at 220 pounds and after the 120-pound match Dixon held a 12-9 lead. But Newton-Conover 126-pounder Coleman Carter won by a pin at the 1:47 mark to put the Red Devils ahead, and they never trailed again. Carter had one of the four Red Devil pins on the day and was named MVP of the championship match.

Dixon, which beat last year's runner-up Newport Croatan in the third round of the dual team playoffs, lost for only the second time in 24 dual meets.

Mitchell Rallies To Beat Chatham Central For 1-A Crown

BEAR CREEK—Mitchell won four of the final six matches to take a tough 36-30 victory over host Chatham Central and win the North Carolina High School Athletic Association state 1-A dual team wrestling championship.

It was Mitchell's first NCHSAA dual team championship. Mitchell was runner-up in the very first dual team championship in 1990.

The match started at 220 pounds and the teams split pins in the first four bouts, and then each team won two of the next four individual matches. Starting after the 138-pound match, however, Mitchell strung together a series of victories. Mitchell 182-pounder Tanner Buchanan, who was named MVP of the championship, clinched the title with a pin.

Mitchell improved its dual team record to 37-7 while Chatham Central fell to 19-5 overall.

Parkland Keeps String Going With Tough Victory Over Jack Britt

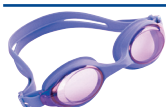
WINSTON-SALEM—It wasn't easy, but Winston-Salem Parkland extended its streak of state dual team wrestling championships to eight in the North Carolina High School Athletic Association state 4-A final in front of its home crowd.

Parkland outlasted Fayetteville Jack Britt 30-24, winning four of the final five matches and finally clinching the crown after the 170-pound match gave the champs an insurmountable 30-21 lead. Parkland has now won five straight 4-A crowns after winning three 3-A titles.

Parkland kept its record perfect in dual team matches this season at 52-0 and improved its incredible all-time playoff record in dual team wrestling to 57-8.

The match started at in the 195-pound class and Britt eventually built a 21-12 lead before Parkland came back. Marcus Cross of Parkland at 145 pounds was named the championship match MVP.

Britt, which fell to Parkland in a tightly contested final last year, lost its first dual team match after 31 straight wins.



SWIMMING AND DIVING

NCSSM Men, Raleigh Charter Women Earn Championships In 1-A/2-A Swimming

CARY—Durham's North Carolina School of Science and Math used its depth to capture the men's team title the North Carolina High School Athletic Association state 1-A/2-A swimming and diving championships at the Triangle Aquatic Center.

NCSSM won its second consecutive team championship by winning both relays and getting its single individual title from Jacob Vosburgh in the 500 freestyle.

The Unicorns tallied 343 points to 216 for runner-up Carrboro, followed by Shelby (206), Kernersville Bishop McGuinness (187) and Lincoln Charter (159). A total of 34 teams scored in the men's meet.

Sophomore Will Macmillan of Carrboro won two individual events, taking top honors in the 100 free and setting a new 1-A/2-A record in the 200 individual medley in 1:52.53, one of nine classification marks set in the meet by men and women combined. He was named the men's meet Most Outstanding Swimmer.

Shelby's Parker Campbell set a new classification record in the 100 backstroke with a winning time of 51.45 seconds.

Raleigh Charter junior Olivia Ontjes helped power her school to its fourth consecutive state 1-A/2-A women's title. Ontjes set new classification marks in both the 200 intermediate medley and the 100 breaststroke and also swam the anchor leg for the winning 200 free and 400 relay teams.

Raleigh Charter scored 293 points to 207.5 for Lincoln Charter in second place. Carrboro was third at 151, followed by Mooresville Pine Lake Prep (150) and NCSSM (149). There were 42 teams scoring in the women's meet.

Pine Lake Prep's Alyssa Marsh was a double winner, taking both the 100 fly and 100 backstroke, while also swimming on a pair of third-place relay teams and was named the meet's Most Outstanding Swimmer. She set an all-classification mark in the 100 fly in 53.72 seconds.

Christina Lappin, a sophomore at Lincoln Charter, set new state 1-A/2-A standards in both the 50 free (23.46 seconds) and 200 free (1:49.31) while also swimming a leg on the victorious 200 medley relay team.

The Raleigh Sports Consortium is the host sponsor of the championships.

Charlotte Catholic Keeps String Going, Green Hope Men Take Championship In 4-A Swimming

CARY—Nora McCullagh of Charlotte Catholic led her team to the state title in the North Carolina High School Athletic Association state 4-A swimming and diving championships at the Triangle Aquatic Center.

McCullagh was named the Most Outstanding Swimmer of the women's meet as the Cougars won their 13th consecutive NCHSAA state title in three different classifications. She was the same award last year in the 3-A championship.

It was Catholic's first title at the 4-A level after eight straight at the 3-A level and four at 2-A as realignment has changed the school's classification.

McCullagh won both the 50 free and 100 backstroke, setting all-classification records in the process, and also swam on two victorious relay teams.

Catholic tallied 360.50 points for the win to 308.50 for Cornelius W.A. Hough, which had earned the last two 4-A crowns. Cary Green Hope was third at 239.50, followed by Apex (137.50) and Greensboro Grimsley (130). A total of 32 schools scored in the women's meet.

Hannah Moore of Green Hope smashed the state record in the 500 free by

more than six seconds. Hough's Jessica Merritt was also a double individual winner in the 200 free and 100 breaststroke.

Cary Green Hope held off the field to win the men's team title for the second consecutive year, with 248 points to 203.50 for Greenville Rose. East Chapel Hill was third with 178, while Hough was fourth at 154 and South Mecklenburg fifth at 131.

Senior Colin Ellington of Holly Springs was the men's Most Outstanding Swimmer, taking individual titles in both the 50 free and 100 free. East Chapel Hill's Koya Osada was also a double winner.

The Raleigh Sports Consortium is the host sponsor of the championships.

Chapel Hill Win Breaks Gibbons Streak In 3-A Swimming; Marvin Ridge Women Earn Title

CARY—Chapel Hill held on to win the men's team championship and break a long Raleigh Cardinal Gibbons streak in the North Carolina High School Athletic Association state 3-A swimming and diving championships at the Triangle Aquatic Center.

Chapel Hill snapped the Cardinal Gibbons men's team string of championships at six, spanning two classifications, and the Crusaders had won the last four 3-A titles in succession. But the Tigers tallied 297 points to 267 for Gibbons to take the crown. Waxhaw Marvin Ridge was third at 190.50, followed by Concord (169) and Northern Guilford (161).

A total of 42 teams scored points in the men's meet.

Junior Noah Cairns of Gibbons was selected as the Most Outstanding Swimmer of the championship, as he notched victories in both the 200 free and the 500 free as part of his performance.

Marvin Ridge rolled to victory in the women's meet, with Lauren Greenberg winning the 200 free and also swimming a leg on the winning 200 freestyle relay team for the state champs. Marvin Ridge registered 366.50 points to 291.50 for runner-up Chapel Hill. Third place went to Cardinal Gibbons (244), followed by Concord Cox Mill (130) and Pittsboro Northwood (125). There were 37 schools scoring in the women's meet.

Sophomore Claire DeSelm of Chapel Hill earned Most Outstanding Swimmer honors by winning both the 100 fly and 200 individual medley, as well as swimming the second leg on the victorious 200 medley relay team.

Freshman Emmaline Peterson of Hickory set a new NCHSAA 3-A record in the 500 free with a time of 4:54.42.

The Raleigh Sports Consortium is the host sponsor of the championships.

Marvin Ridge Sweeps Team Crowns In 3-A Indoor Track

WINSTON-SALEM—Waxhaw Marvin Ridge swept both team championships in the North Carolina High School Athletic Association state 3-A indoor track and field championships at JDL Fast Track.

Marvin Ridge slipped past Fayetteville Terry Sanford in the men's meet and scored a 20-point victory over Raleigh Cardinal Gibbons in the women's championship.

Marvin Ridge had 56 points to 50 for Terry Sanford, despite an excellent effort by Ladante Elerby of the Fayetteville school, who was named the meet's Most Outstanding Performer. Elerby was second in both the long jump and 55 dash while placing third in the triple jump.

Jamaal Daniel of Terry Sanford was a double winner, taking top honors in the 55 dash and the 300.

Northeast Guilford was third in the men's team standings with 43.50 points, followed by North Lincoln (37) and North Forsyth (35) as 37 different schools scored.

Marvin Ridge tallied 64 points to 44 for runner-up Gibbons in the women's meet, with West Carteret (43), Western Alamance (37) and Burlington Williams (28) following in order. There were 43 teams scoring in the women's meet.

Blake Dodge of West Carteret was the MVP, as the senior won both the 1000 and 1600 and ran a leg on the victorious 4 by 800 relay as well as the second-place four by 400 team.

Chelsea Hargrave of Burlington Williams (long jump and triple jump) won two individual events.

It was the first year for a separate 3-A championship, as the sport classified from two championships to three for the 2013-14 indoor season. For the last seven years, there was a separate 4-A meet and the 1-A, 2-A and 3-A schools competed together in a single championship.

Burlington Cummings Women, North Brunswick Men Win In 1-A/2-A Indoor Track And Field

WINSTON-SALEM—Burlington Cummings won its sixth state women's team title in the last eight years in the North Carolina High School Athletic Association state 1-A/2-A indoor track and field championships at JDL Fast Track.

Cummings freshman Kayla Moore took first place in the long jump and the 55 hurdles to lead her team to 64 points, just four ahead of runner-up Monroe. Durham School of the Arts was third with 39, followed by Community School of Davidson (35) and Mount Pleasant (31). A total of 37 schools scored in the women's meet.

Malia Ellington of Community School of Davidson had a great meet, winning three events, and was named the Most Valuable Performer. She finished first in the 1600 in a time of 4:58.03, which surpassed what had been the combined 1A/2A/3A record by almost six seconds. That standard had been set by Erika Schnable of Hendersonville in 2002. The CSD junior also won both the 1000 and the 3200.

Senior Renazia Collins of Monroe captured top honors in both the 55 dash and the 500, while Hunter Welborn of Boonville Starmount won a pair of field events, the triple jump and high jump.

North Brunswick earned the men's team title with 53 points, with Derrick Wheeler winning the shot put and Terrance Brown the high jump to lead the way. Currituck was second with 41 points, and then came in order North Carolina School of Science and Math (37), Cummings (34) and Claremont Bunker Hill (32). There were 42 teams scoring in the men's meet.

Burlington Cummings senior Isaiah Moore was a double individual winner, taking both the long jump and the 55 meter hurdles, and he earned MVP honors in the championship for the third consecutive year. He also finished second in the high jump and third in the triple jump. Zach Boone of Mitchell excelled in the distance events, winning both the 1600 and 3200.

In wheelchair competition, Catherine Armstrong of SouthWest Edgecombe won both her events and Bruce Floyd of South Lenoir set a new wheelchair shot put record with a throw of 12 feet, 4.75 inches.

It was the first year for a separate 1-A/2-A championship, as the sport classified from two championships to three for the 2013-14 indoor season.

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news.**

Knightdale Men Keep Streak Going In 4-A Indoor Track; Parkland Stops Wakefield Bid In Women's Championship

WINSTON-SALEM—Knightdale rolled to its fourth successive men's state title on Saturday night in the 28th annual North Carolina High School Athletic Association state 4-A indoor track and field championships at JDL Fast Track.

Kimani Hoffman led the way for Knightdale and was named the Most Valuable Performer in the men's championship. The senior standout won both the long jump and triple jump and placed fifth in the 55 dash.

The Knights had 80 points to 43 for runner-up Winston-Salem Mount Tabor, followed by Charlotte Mallard Creek (41), Southeast Raleigh (36) and Apex (35). There were 44 teams scoring points in the men's meet.

Ian Mulder of Mount Tabor also took a pair of individual titles at distances, taking top honors in the 1600 and the 3200.

Winston-Salem Parkland held off Raleigh Wakefield and snapped Wakefield's streak of three successive state championships by just two points. Parkland recorded 51 points to 49 for Wakefield, followed by Cary (44), Southeast Raleigh (31) and Apex (28). A total of 41 schools scored points in the women's events.

Ama-Selina Tchume of Wakefield was the women's MVP, winning the 300 while finishing second in both the long jump and 55 dash.

One of the record breaking performances for the women came in the 3200, when Kayla Montgomery of Mount Tabor broke the tape in 10:43.87, breaking a 12-year old all-classification mark by almost nine seconds. Soph Blair Ramsey of Greensboro Grimsley in the 1600 and freshman Nevada Moreno of Raleigh Leesville Road in the 1000 also set records.



TOURNAMENT WRESTLING

Championships Decided In NCHSAA Wrestling Tournament In Greensboro

GREENSBORO—After almost 1,400 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 won its seventh state tournament team title in two different classifications in the last eight years, and its fourth in the last five years at the 4-A level. Parkland and Fayetteville Jack Britt were one-two, just as they had been two weeks ago in the dual team championships as well as how they finished in the 2013 tournament.

Parkland rolled up 173 points to 114.5 for Britt, followed by Cary in third with 71 points. A total of 74 schools were represented in the 4-A tournament.

Parkland had five wrestlers in the championship finals and three of them earned titles, including Paton Jenkins at 106, Drew Turner at 113 and Thomas Rodriguez at 220.

High Point Central 285-pounder Adam Olsen was named the Most Outstanding Wrestler in the 4-A classification.

Eden Morehead built up a substantial lead in the team standings in the first two days, and with eight wrestlers still competing on Saturday maintained that margin. Morehead had 116 points to 69.5 for East Gaston. Orange, which had won the last two 3-A tournament championships, wound up in third with 63.5 points and Southern Nash was fourth with 57.

There were 80 3-A schools with wrestlers in the tournament.

Three Morehead wrestlers, Jordan Jones at 120, Mike Jones at 126 and Ben Bullins at 145, were in the championship matches with Bullins taking a state title. East Gaston's Jacob Grigg, the 132-pound champion by winning his final in overtime, was voted the 3-A Most Outstanding Wrestler.

The other two classifications had their team championships decided by the slimmest of margins.

Thomasville captured the 2-A team title with 95.5 points to 95 for defending tournament champion Newport Croatan. Newton-Conover, the two-time dual team champion, was third with 90.5 and West Caldwell tallied 88 points. A total of 71 schools competed in the 2-A tournament.

Providence Grove's Dalton Clark, the 145-pound champion, was the Most Outstanding Wrestler in the 2-A event.

One of the key battles in the 2-A finals in terms of the team title came at 113 pounds, when Grant Hall of Croatan beat Quahiygee Martin of Thomasville 2-0.

In the 1-A classification, three schools entered Saturday competition within six team points of one another—Mitchell, Robbinsville and Rosewood—and all three had three wrestlers apiece in the championship matches. But when it was over, Chatham Central had rallied to score 98.5 points, just ahead of Mitchell with 98 and Robbinsville with 94. Rosewood was fourth with 62.

A total of 34 schools qualified wrestlers to the 1-A tournament.

Chatham Central earned the team title by virtue of individual state championships by James Dagget at 126 pounds and Chris Jaeger at 138 pounds.

Zack Orr of Robbinsville, the state champ at 120, earned the second state crown of his prep career and was named the 1-A Most Outstanding Wrestler.

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 fifth 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 1931.



MEN'S BASKETBALL

Winston-Salem Prep Edges East Carteret 72-71 In 1-A

CHAPEL HILL—Winston-Salem Prep won its third consecutive North Carolina High School Athletic Association state 1-A men's basketball championship, but it wasn't easy as the Phoenix held off a game East Carteret team 72-71 at the Smith Center.

Mike Hughes of Winston-Salem Prep was named the Charlie Adams Most Valuable Player for the third consecutive year, leading Prep (26-4) with 17 points, six rebounds, five assists and three steals.

The Phoenix withstood a three-point barrage by East Carteret (31-1), as the Mariners attempted 29 shots from behind the arc and hit 14.

Trevor Willis had 24 points for the Mariners, including six buckets from behind the arc, and Sam Johnson had 20 points, including five threes.

The lead changed hands 10 times with Kyle Hollingsworth's basket with three seconds to go lifting W-S Prep to the win.

Hollingsworth wound up with 12 points while Omar Roseboro and Will Tibbs had 11 each in the balanced Phoenix attack.

Post Game Awards: Most Outstanding Player, East Carteret: Trevor Willis; Most Outstanding Player, Winston-Salem Prep: Omar Roseboro; Charlie Adams MVP: Mike Hughes, Winston-Salem Prep.

Ingram Leads Kinston To Victory Over North Rowan For 2-A Title

RALEIGH—Brandon Ingram poured in 28 points and hauled down 16 rebounds to lead Kinston to a 67-57 victory over North Rowan in the North Carolina High School Athletic Association state 2-A men's basketball championship at Reynolds Coliseum.

Ingram scored 23 of his 28 points after halftime as Kinston won its 10th NCHSAA state men's basketball crown in 20 appearances in the championship.

Andrew Lopez added 27 points for Kinston (26-4).

Jalen Saunders scored 19 points for North Rowan (22-6) and Mike Bowman added 17.

North Rowan led 28-27 at halftime and held as much as a five-point lead in the second quarter.

It was a two-point game with two minutes to go, but Kinston hit clutch free throws down the stretch, including eight by Ingram himself, who was 13 for 15 from the foul line for the game.

Post Game Awards: Most Outstanding Player, North Rowan: Jalen Sanders; Most Outstanding Player, Kinston: Andrew Lopez; Charlie Adams MVP: Brandon Ingram, Kinston.

Freedom Basket In Final Seconds Lifts Patriots Past Wilson Hunt

CHAPEL HILL—Kasen Wilson's bucket with just under three seconds to go lifted Morganton Freedom to a 59-57 victory over Wilson Hunt in the North Carolina High School Athletic Association state 3-A men's basketball championship at the Smith Center.

It was Freedom's only lead of the contest. Hunt had led by 13 with 3:08 to go in the third quarter before the Patriots forged a comeback.

Chris Bridges led Freedom (31-1) with 19 points, including five baskets from behind the arc in a balanced attack, and he was the Charlie Adams MVP. Wilson wound up with 12 points while Khrist Gardin and Gabe Logan added 11 each for the winners.

Josh Willingham paced Hunt (25-3) with 17 points and 10 rebounds. Justin Jefferson and Dexter Wright tallied 10 points apiece for the Warriors.

The game was tied with 30 seconds to go, but Hunt turned it over with 18 ticks remaining to set Freedom up for the potential game-winner.

Head coach Casey Rogers of Freedom guided his team to victory after earning Most Valuable Player honors in the championship game himself back in 1998, playing for his father Terry Rogers, who was head coach at the time.

Post Game Awards: Most Outstanding Player, Wilson Hunt: Josh Willingham; Most Outstanding Player, Freedom: Gabe Logan; Charlie Adams MVP: Chris Bridges, Freedom.

Apex Downs Lake Norman To Capture 4-A Championship

RALEIGH—Sophomore Ian Boyd pumped in 25 points and T.J. Evans added 22 to lead Apex past Lake Norman 62-59 in the North Carolina High School Athletic Association state 4-A men's basketball championship at Reynolds Coliseum.

Boyd, who also grabbed eight rebounds and blocked three shots, was the Charlie Adams Most Valuable Player.

Lake Norman held a nine-point lead late in the first half, and was up 33-25 at halftime and 42-40 after three quarters.

The game was tight down the stretch, with no more than three points separating the two clubs in the fourth quarter until Apex took a 54-49 advantage with 1:49 to play. A three-pointer by John Kotoko at 2:55 gave Apex the lead for good, and the Cougars hit 10 of 11 foul shots in the final period.

Hunter Seacat scored 18 points and grabbed 14 rebounds for Lake Norman while David Scott contributed 14 points.

Apex finished the year at 24-7 while Lake Norman lost for only the second time in 30 starts.

Post Game Awards: Most Outstanding Player, Lake Norman: Kishawn Pritchett; Most Outstanding Player, Apex: T.J. Evans; Charlie Adams MVP: Ian Boyd, Apex.

Half Court Shot Wins Title For Bishop McGuinness

CHAPEL HILL—It took a half-court game-winning shot at the buzzer for Bishop McGuinness to earn its ninth consecutive North Carolina High School Athletic Association state 1-A women's basketball championship at the Smith Center.

Alex Putnam of Bishop made her only basket of the game by launching a shot from mid-court that dropped through to lift the Villians (29-4) to a remarkable 61-58 victory over previously unbeaten Riverside (29-1) of Martin County.

The shot made ESPN's SportsCenter Top Ten plays of the day.

Julia Brown had 26 points and seven rebounds for Bishop to earn the Kay Yow MVP award for the second consecutive year. Tia Cappuccio added 11 points for the winners.

Freshman Kayla Jones had a monster game for Riverside (29-1) with 31 points and 14 rebounds, including four three-pointers and seven steals. D'asya Wilson scored 15 for Riverside.

The game was tied with five seconds to go, one of eight ties in the contest, but Jones missed a pair of free throws, Bishop rebounded and drama ensued.

Post Game Awards: Most Outstanding Player, Riverside: Kayla Jones; Most Outstanding Player, Bishop McGuinness: Tia Cappuccio; Kay Yow MVP: Julia Brown, Bishop McGuinness.

Watkins Leads T.W. Andrews Past Bandys In 2-A Championship

RALEIGH—Imani Watkins scored 27 points, including a couple of key three-pointers late in the game, to lead High Point Andrews to a 57-51 victory over previously unbeaten Bandys to win

the North Carolina High School Athletic Association state 2-A women's basketball championship at Reynolds Coliseum.

The Red Raiders (25-5) trailed 44-37 entering the final period after falling behind by 13 in the first half. But T.W. Andrews outscored Bandys (31-1) 20-7 in the final eight minutes.

T.W. Andrews forced 19 Bandys turnovers and scored 18 points off the miscues.

Brie Grier added 10 points for the winners while Sara Goble paced Bandys with 17 points and 11 rebounds. Antaijah Easter contributed 14 points for the Trojans, who lost for the first time in an NCHSAA women's basketball final after six previous championships.

Post Game Awards: Most Outstanding Player, Bandys: Sara Goble; Most Outstanding Player, T.W. Andrews: Brie Grier; Kay Yow MVP: Imani Watkins, T.W. Andrews.

Chapel Hill Stays Unbeaten, Holds Off Hickory For 3-A Crown

CHAPEL HILL—Chapel Hill built a big lead and then held off a challenge by Hickory to take a 69-56 victory in a battle of unbeaten in the North Carolina High School Athletic Association state 3-A women's basketball championship at the Smith Center.

Chapel Hill (32-0) jumped on the Red Tornadoes at the outset, spurting to a 14-4 lead leading 23-6 after eight minutes. Chapel Hill was on top 38-16 at halftime and pushed the margin to 26, but Hickory responded with 15 unanswered points and cut the margin to five before the Tigers reasserted control.

Chapel Hill had a 34-14 edge in points off turnovers and won the battle of the boards 39-31.

Raziyah Farrington led the way for Chapel Hill with 22 points, including three for three from behind the arc and nine of 10 at the foul line. She 18 points in the first half. Catherine Romaine, who is headed to Bucknell, had 14 points and 10 rebounds.

Sadasia Tipps led Hickory (29-1) with 17 points and nine boards while Yazman Hannah added 17 points.

Post Game Awards: Most Outstanding Player, Hickory: Sadasia Tipps; Most Outstanding Player, Chapel Hill: Catherine Romaine; Kay Yow MVP: Raziyah Farrington, Chapel Hill.

Myers Park Rolls Past Southeast Raleigh 61-46 In 4-A

RALEIGH—Rydeiah Rogers had a huge game with 25 points and 20 rebounds to lead nationally ranked Charlotte Myers Park to a 61-46 victory over Southeast Raleigh to win the

North Carolina High School Athletic Association state 4-A women's basketball championship at Reynolds Coliseum.

Rogers, the Kay Yow Most Valuable Player, had nine of her 20 rebounds on the offensive end as Myers Park dominated the boards 55-26. Myers Park also had a whopping 25-0 edge on second chance points.

The Mustangs led 16-4 after one quarter and never looked back in recording their 30th win in 31 starts. Stuart Ayer scored 12 points to go with 10 rebounds and Aliya Mazyck added 10 points for Myers Park.

Tiffany McCarter topped Southeast Raleigh (26-3) with 18 points.

Post Game Awards: Most Outstanding Player, Southeast Raleigh: Tiffany McCarter; Most Outstanding Player, Myers Park: Stuart Ayer; Kay Yow MVP: Rydeiah Rogers, Myers Park.



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