



NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

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NCHSAA's Whitfield Named To NFHS Staff

CHAPEL HILL—Davis Whitfield, the commissioner of the North Carolina High School Athletic Association, has announced his resignation effective June 30 to take a position as the chief operating officer of the National Federation of State High School Associations in Indianapolis.

Whitfield was only the sixth leader in the over 100 years of the North Carolina High School Athletic Association. He officially began his duties on February 1, 2010.

He succeeded Charlie Adams, who retired after serving as executive director of the NCHSAA since 1984 and with the Association since 1967.

Since Whitfield has joined the NCHSAA, he has guided the organization through an extensive strategic planning process to help chart the course for the next few years. He has helped enhance the championship experience for student-athletes, coaches and fans at NCHSAA events in a number of different ways, was instrumental in helping the NCHSAA mark its 100 years of service with a variety of special activities during its centennial celebration, and helped initiate a new transfer policy.

The Association offices are undergoing a major upgrade and renovation under his leadership. He has also instituted a couple of special committees to tackle issues involving interscholastic athletics and the changing face of education.

"I have truly enjoyed serving the member schools of the NCHSAA for the last five years, and I believe we have accomplished a great deal in my time here by working together," said Whitfield. "We have wonderful leadership on our Board of Directors and in our membership that is willing to tackle tough issues on behalf of our student-athletes.

"I consider it a true honor to have held this position and I believe the vision of the Association 'to be the national model' is well within reach."

Whitfield came to the NCHSAA after serving as the associate commissioner of the Atlantic Coast Conference for seven years. There he served on the commissioner's executive staff and managed 22 sports and 21 conference championship events, providing oversight of all aspects of the Olympic sports regular season. Among his duties were developing multi-year schedules, addressing sportsmanship issues and enforcing conference game management policies.

He served as the NCAA site representative for the NCAA women's soccer and baseball championships. He also represented the conference at local, regional and state events and worked with ACC corporate partners to create and provide exposure opportunities.

Prior to joining the ACC office, he was assistant athletic director for operations and facilities management at Wake Forest University, where he worked for four years. At Wake Forest he managed all home athletic contests for 18 varsity sports as well as all special events and concerts. He held a similar position at Campbell University from 1995 through '98.

He worked at the 1996 Summer Olympic Games in Atlanta as assistant to the competition manager for baseball, assisting delegates of the International Baseball Association and assisting with scheduling team practices and crowd control.

Whitfield attended East Carolina University from 1988 through '91, where he



was a dean's list student and a member of the varsity baseball team, and then transferred to the University of North Carolina at Chapel Hill, earning his bachelor of arts in exercise and sports science in 1993. He also has a master's degree in sports administration from UNC.

A native of Goldsboro and a graduate of Rosewood High School in Wayne County, Whitfield was inducted into the charter class of the school's sports hall of fame in the fall of 2007.

Whitfield, his wife, the former Nicole Torode from Florida, and three children, Will, Grace, and Wesley, currently reside in Chatham County. ★

Carolina Panthers Provide Uniform Grants To Schools

CHARLOTTE—The Carolina Panthers have announced which North Carolina and South Carolina high schools have received their annual uniform grants.

The Carolina Panthers have donated 1,300 pairs of game-worn and practice-worn pants to 23 high schools in North and South Carolina through the team's uniform grant program.

The packages consist of white, silver and black game pants and white practice pants used by the Panthers. Valued at \$150,000, the pants by Nike have been expertly maintained and are in excellent condition.

"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, the 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."

NCHSAA Equipment grant recipients

Asheboro High School
East Columbus High School
East Montgomery High School
Eastern North Carolina School for the Deaf
Glenn High School
Mattamuskeet Early College High School
Olympic High School
Orange High School
Pinecrest High School
South Brunswick High School
Southern Guilford High School
Surry Central High School
Union Pines High School
Vance High School

NCHSAA Hall of Fame 2015

(NCHSAA photos by John Bell)



▲ The newest members of the North Carolina High School Athletic Association Hall of Fame: first row, Moyer Smith; Phyllis Miller representing the late Joe Miller; Judy Holley representing the late Jack Holley; Dave Odom; back row, Chris Norman, Ralph Holloway; commissioner Davis Whitfield, who served as master of ceremonies; Rick Strunk and Jerry Winterton.

▲ Commissioner Davis Whitfield addresses crowd



▲ Dave Odom shares a moment on stage with Que Tucker

Hall of Famer Ralph Holloway is interviewed by Que Tucker ▶



▲ Rick Strunk (center) accepts HOF ring from Whitfield and deputy commissioner Que Tucker

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.

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 with a large number of changes and adjustments, including television as well as off-season football regulations.

In one major move, the board approved the concept of live regular season television on a specific, limited basis as part of the exclusive NCHSAA agreement with Time Warner Cable. The proposal would include a 12-week window of regular season games in football for Thursday live telecasts, and then a similar window for 10 weeks on a non-traditional night (Wednesday or Thursday) for live telecasts in basketball. Schools may elect not to participate in the live telecasts if they have a game chosen, and other details on the proposal will be worked out.

The Board also voted to allow 10 days of skill development sessions with unlimited numbers in football, immediately prior to the last five days of the school year. Practice would have a two and one half hour limit, including stretching and cool down, Monday through Friday (Saturday as make up day), no body to body contact, a first responder/ licensed athletic trainer must be present, and any student-athlete still involved in a spring sport will not be allowed to participate until the end of that sport's season.

No other skill development would be allowed in football during the school year prior to this 10-day period. This policy went into effect December 8, so no other skill development in football can occur until the 10-day window in the spring of 2015, although conditioning and weight lifting are allowed.

There were realignment appeals, which always occur at the mid point of the four-year alignment period, and two of the seven which the Board heard were approved. Jay Robinson was approved to move from 4-A to 3-A, due a change in the district lines which have occurred and reduced its numbers, and to move from the MeCKa 4-A to the South Piedmont 3-A.

Cardinal Gibbons was approved for a move from 3-A to 4-A due to a substantial increase in its numbers. The school will move from the Big Eight 3-A conference to the PAC-6 in 4-A.

NCHSAA commissioner Davis Whitfield said, "We addressed a number of challenging issues over the last two days, and our Board gave great thought and consideration to determine the best course of action for our Association moving forward. I applaud their work on behalf of our membership."

In other items:

- for playoffs and automatic qualifiers—recommend to tweak automatic qualifiers for split conferences in bracketed sports so that number two seed from split conference must have overall winning percentage of 34 percent to receive automatic bid
- eliminated split squad rule in cross country and track and field
- increased qualifiers to state cross country championship meet, allowing top seven runners not on a qualifying team to advance to state from regionals
- moved start date of indoor track to that of other winter sports, starting next year
- made change in state championship track meets, with all classes on same weekend (3rd weekend of May) with 1-A and 3-A on Friday, 2-A and 4-A, effective with 2016 championships
- softball (team and individuals) will now be limited to three games on a non-school day, to clarify the participation regulation
- approved recommendation that all head coaches as well as other paid coaches be CPR/AED certified by August 1, 2017
- 800-meter relay will be added to indoor track lineup of championships events for 2014-15, since it is part of NFHS approved events.
- approved sanctions for non-compliance with Gfeller-Waller Act; a fine and penalty may be imposed if member schools are not compliant with the act, upon State Board of Education action
- noted summary of money back to member schools—in last four years, an average of \$1,032,131 has been distributed back to member schools, and in excess of \$8 million shared by schools participating in Endowment games since 1994-95 academic year
- recommended additional funds to be returned to member schools as follows, including Increasing one dollar surcharge amount back to schools from 25% to 35%, increasing percentage of earned interest on endowment back to schools from 50 to 60%, maintain distribution of the 50% of operating budget overage, and a forthcoming Carolina Panthers grant proposal for Heads Up program through USA Football (\$55,000 for schools whose staff are trained in this area)
- approved Robin Forehand as baseball/softball regional supervisor for Northeastern Officials Association (formerly Outer Banks Association) and approved Don Carr as softball regional supervisor for Jacksonville Officials Association ★

South Carolina Beats North Carolina 21-12 In 78th Shrine Bowl

SPARTANBURG, SC — The South Carolina All-Stars beat their counterparts from North Carolina 21-12 in the 78th annual Shrine Bowl of the Carolinas at Gibbs Stadium at Wofford College.

South Carolina led 14-0 at halftime before quarterback Josh Sadowski of Lake Norman helped spark the Tar Heel team. Sadowski tallied on an eight-yard run in the third quarter to cut it to 14-6 after the extra point was blocked.

Havelock quarterback Travis Sabdo threw a scoring pass out of a fake field goal, hitting Joshua Ramseur of Newton-Conover for the score, but the two-point conversion attempt failed and North Carolina

still trailed 14-12 and could get no closer in the turnover-plagued contest.

North Carolina tried a number of things to generate some offense, including running three fake punts, two fake field goals and starting the second half with an onside kick.

Ladowski (56 yards rushing, 12 of 19 for 94 yards passing) was the offensive MVP for the North Carolina team. Scotland County linebacker Brandon McMillian was the defensive MVP with a sack, a fumble recovery and an interception. ★

Weddington High School Standout Named Gatorade® North Carolina Basketball Player Of The Year

CHICAGO—In its 30th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, has announced Stephanie Watts of Weddington High School as its 2014-15 Gatorade North Carolina Girls Basketball Player of the Year.

Watts is the first Gatorade North Carolina Girls Basketball Player of the Year to be chosen from Weddington High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the court, distinguishes Watts as North Carolina's best high school girls basketball player. Now a finalist for the prestigious Gatorade National Girls Basketball Player of the Year award announced in March, Watts joins an elite alumni association of past state girls basketball award-winners, including Candace Parker (2001-02, Naperville Central HS, Ill.), Diana Taurasi (1998-99 & 1999-00, Don Antonio Lugo HS, Calif.), Maya Moore (2005-06 Collins Hill HS, Ga.), Rashanda McCants (2004-05, Asheville HS, N.C.), Shyra Ely (1999-00, Ben Davis HS, Ind.) and Lisa Leslie (1988-89, Morningside HS, Calif.).

The 5-foot-10 senior guard averaged 29.1 points, 8.8 rebounds, 6.1 assists, 4.7 steals and

2.4 blocks per game this past season, leading the Warriors (29-2) to the Class 3A regional finals. A McDonald's All-American Game and Jordan Brand Classic selection, Watts shot 45.6 percent from the field, 40.9 percent from 3-point range and 75.3 percent from the free-throw line. Also a two-time returning First Team All-State honoree, Watts' 3-point total of 156 in 2014-15 set a single-season state record. This past summer, she received an invite to the 2014 USA Basketball Women's U18 National Team Trials.

Watts has maintained a 3.63 weighted GPA in the classroom. She has donated her time locally as a youth basketball instructor at camps and on behalf of Carolina Courts, a year-round basketball and volleyball training facility.

"I've never felt as helpless as a coach when we play against her, because she is simply that much better of an athlete than everyone else on the floor," said Joel Allen, head coach of rival Cuthbertson High. "She's the most dominant high school player of any sport of any gender that I have ever seen with my own two eyes, and I've seen a lot of talented players up close in our area over the last decade in football, basketball, baseball and softball."

Watts has signed a National Letter of Intent to play basketball on scholarship at the University of North Carolina this fall.

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

Cierra Burdick (2010-11 & 2009-10, Butler High School), Asia Williams (2008-09, Hillside), and Cetera DeGraffenreid (2006-07, Smoky Mountain) are among the state's list of former award winners who played at NCHSAA schools.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners and the announcement of the Gatorade National Player of the Year, visit www.gatorade.com/poy. ★

South Johnston Baseball Program Involved In Community Service

For the 10th year in a row, returning and prospective baseball players at South Johnston High School took part in a community service project.

First of all, South Johnston raffled off a \$100 Wal-Mart gift card with 100% of the proceeds going to the US Marine Corps Reserve Toys for Tots. The baseball program at South Johnston got no money from this project, but the players involved reaped plenty of benefits and also raised \$3108.00 in ticket sales.

Missy Medlin of Four Oaks won the drawing for this year's gift card. High salesman for the Trojans was Kevin Honeycutt, selling 500 tickets to this year's raffle.

The project was concluded two weeks before Christmas with a trip to the Wal-Mart in Smithfield where the players actually did the shopping for the toys. When all was said and done, the Trojan baseball teams had purchased 439 toys valued at \$3,234.61 that brightened Christmas morning for many children.

The US Marine Corps Reserve had representatives on site during the shopping spree. Mr. Calvin Spradlin USMC-Retired, 1st Sgt. Lee Cox and Sgt. Darren Proctor met the team at Wal-Mart to receive the toys for Toys for Tots and get them headed to the hands of children.

Keith Durham, athletic director and head baseball coach at South, said, "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."

He noted that "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. This project is one of the ways we encourage our student-

athletes to give back to their community." Durham also thanked the Marine Corps Reserve, Wal-Mart, South Johnston High School, and the community which all helped to make the project a success.

Over the past ten years, the Trojan baseball program has raised \$31,712.82 to buy 4,485 toys to help make Christmas a more joyous time of year for less fortunate children.

Congratulations to South Johnston High School and its baseball program for its great efforts. ★

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

In Memoriam

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.

STUART B. ALLEN

WINCHESTER, VA—North Carolina High School Athletic Association Hall of Fame member Stuart Allen died in late November.

Allen had been suffering from Alzheimer's and died at the age of 89.

A native of Richmond, Virginia, who graduated from Emory and Henry College, Allen coached at Myers Park from 1956 through '71 and rolled up an incredible 11 NCHSAA state track championships in that 16-year span. He had 38 individuals and 16 relay teams win state championships in their events during that stretch. In addition to track, Allen guided four Myers Park teams to cross-country state crowns.

He also coached wrestling and assisted in football during his stint at the Charlotte school. Allen was the founder of a major event, the Queen City Relays, which is still held today.

After leaving Charlotte, he coached for 20 years at John Handley High School in Winchester, Virginia, and had an impressive record there. He is a member of the Handley High School Hall of Fame, the Emory and Henry Sports Hall of Fame, and there is a monument dedicated to his track teams at the Myers Park stadium.

He is also a member of the Emory and Henry College Sports Hall of Fame and the John Handley High School Sports Hall of Fame.

RHONDA BLANCHARD

APEX—Rhonda Blanchard, who coached both the men's and women's tennis teams at Middle Creek High School, died unexpectedly in late February at the age of 50.

Blanchard was a 1982 graduate of Cary High School and graduated from North Carolina State University in 2010. She taught special education and was preparing for the start of practice for the 2015 men's tennis season. She was well respected by other tennis coaches.

Donald Clark, the president of the North Carolina Tennis Coaches Association, called Blanchard "a fine lady, a great coach and a compassionate leader."

In lieu of flowers, the family requested that donations be made in her memory to the Wake County Chapter of the Autism Society at www.wakecountyautismsociety.org.

JIM BLAKE

DURHAM—Long-time teacher, coach and administrator Jim Blake died in mid-March at the age of 86.

Blake was born in Durham and spent 30 years of his career teaching, coaching and serving as athletic director at Southern Durham High School, spanning the years from 1955 through '85, including 10 years as an assistant principal. His 1958-59 basketball team was the North Carolina High School Athletic Association state 3-A runner-up.

He continued to work part-time for several years at Southern Durham after his official retirement. He received a Distinguished Service Award from the NCHSAA in 1991.

Jim was very active in the North Carolina Athletic Directors Association, serving as president of the organization in 1984-85, and also served on the Board of Directors for the North Carolina Coaches Association. He was the NCADA Athletic Director of the Year in 1981-82.

He was a graduate of Chapel Hill High School and earned his undergraduate degree in physical education and English at East Carolina.

WILLIE BRADSHAW

DURHAM—North Carolina High School Athletic Association Hall of Famer Willie Bradshaw died after a lingering illness in late March.

A native of Durham, he devoted a lifetime of service to his city and his alma mater but was recognized nationally. He was inducted into the North Carolina High School Athletic Association Hall of Fame in 1995 and then was inducted into the National High School Hall of Fame in 2010.

Bradshaw was an outstanding athlete at Hillside High School in Durham and played on the 1943 football team that was unbeaten, untied and unscored upon. He went on to North Carolina College, now North Carolina Central University, and was a great athlete there, joining the NCCU Athletic Hall of Fame in 1985, but also pitched professionally.

He coached at I.E. Johnson in Laurinburg, Lincoln High in Chapel Hill, and at Dudley in Greensboro before going to Hillside in 1963. He served as a coach and athletic director there for 15 years, and then was the athletic director for the Durham City School system, becoming the first black city/county athletic director, until 1991.

A former president of both the North Carolina High School Athletic Directors Association as well as the North Carolina Coaches Association, Bradshaw's career coaching mark as a head football coach was 96-43-6, while his basketball coaching slate was 215-119 in 14 seasons.

He was honored with a NCHSAA Distinguished Service Award in 1992 and was involved at the national level with the National Interscholastic Athletic Administrators' Association. He is also a member of the North Carolina Central Hall of Fame. Willie was also involved with several national programs with both the NIAAA and the National Federation.

RON COOKE

WINDSOR—Former teacher and coach Ron Cooke passed away in late January at the age of 71.

Cooke had been a teacher and baseball coach at Bertie High School for a number of years and had also coached at East Wake High School and Lawrence Academy.

In lieu of flowers, memorial gifts may be made to Bertie Baseball Boosters Club, PO Box 614, Windsor, NC 27983 or to Bertie Gridiron Club, PO Box 403, Colerain, NC 27924.

DAVID PRICE

CHARLOTTE—David Price, who created an enviable record as a high school basketball coach at South Mecklenburg in mid-March at his home at the age of 85.

Born in Waynesville, Dave went on to his coaching career after graduating from college and serving four years in the Navy during

Continued on next page

the Korean War. He moved to South Mecklenburg in 1959, where he taught and coached for 26 years. He became men's varsity basketball coach in 1964 and guided his program to four North Carolina High School Athletic Association state championships and also coached in the North Carolina Coaches Association all-star game in 1972.

After retiring from public education, Price coached at Providence Day and coached his team to a couple of independent school association championships.

He was a member of Pineville United Methodist Church for 56 years and was very active there. Donations may be made in his memory to Pineville United Methodist Church.

FRANK ROBINSON

BREVARD—Former Brevard High School football coach Frank Robinson died in mid-November at the age of 81 after a long illness.

In his 13 years as coach of the Brevard football team, he guided the Devils to a record of 105-42-1 and six conference titles, including an NCHSAA championship in 1982.

He was a history teacher at Brevard from 1968 until his retirement in 1993, and when he was hired he was also named the wrestling coach. He led the Blue Devils to the wrestling state title in 1973 and is one of just a few coaches in the state to have won state titles in two sports.

His wrestling team won 80 percent of its matches from 1968-70 and at one point had a 41-match winning streak.

Robinson was a native of the coal-mining town of Helen, West Virginia, and during his high school days, he starred on his high school's football and baseball teams. After graduation he entered the U.S. Army and became part of the 82nd Airborne Division. Upon completing his service in the Army, he used the GI bill along with a football scholarship to attend Appalachian State Teachers College (currently Appalachian State University), where he played football and earned his teaching degree.

In 1988 Robinson was selected as the head coach of the North Carolina squad for the annual Shrine Bowl of the Carolinas all-star football game. ★

Green Hope High School Performer Named Gatorade® North Carolina Girls Cross Country Runner Of The Year

CHICAGO — In its 30th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, has announced that Elly Henes of Green Hope High School as its 2014-15 Gatorade North Carolina Girls Cross Country Runner of the Year. Henes is the first Gatorade North Carolina Girls Cross Country Runner of the Year to be chosen from Green Hope High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the racecourse, distinguishes Henes as North Carolina's best high school girls cross country runner.

The 5-foot-5 junior won the North Carolina High School Athletic Association Class 4A individual state championship with a time of 18:02.47 this past season, leading the Falcons to the state title as a team. A two-time All-State honoree, Henes was runner-up at the Nike Cross Nationals Southeast Regional championships in 17:17, and then earned All-American honors at the NXN Final, finishing 21st in 18:11. She took third at the 2013 Class 4A state meet as a sophomore.

Henes has maintained a 3.94 weighted GPA in the classroom. She has volunteered locally on behalf of multiple food banks, community clean-up efforts and the Cary Police Department's drive to provide teddy bears as comfort for distressed children involved in car accidents, house fires and domestic disputes.

"She is an outstanding runner and young lady," said Jerry Dotson, head coach of rival Cary High. "She has made drastic improvements over the past 16 months. She runs with an incredible amount of poise and commitment. She is also a very team-oriented young lady. She is an excellent role model for the younger female runners in our state. Her potential is unlimited. She embodies exactly what Gatorade promotes in an athlete."

Henes will begin her senior year of high school this fall.

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administered by the Gatorade high school sports leadership team in partnership with USA TODAY High School Sports, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Henes joins Gatorade North Carolina Girls Cross Country Runners of the Year Kayla Montgomery (2013-14, Mount Tabor High School), Megan Sullivan (2012-13, Broughton High School), Sammy George (2011-12, Millbrook High School), Darby Middlebrook (2010-11, Watauga High School), Wesley Frazier (2009-10, Ravenscroft School), and Adrienne Soo (2008-09 & 2007-08, Durham Academy), as athletes who have won the cross country award since its inception in 2007.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners and the announcement of the Gatorade National Player of the Year, visit www.gatorade.com/poy. ★

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!

2015-16 National Federation Volleyball Rules Changes Include Updated Penalties For Unnecessary Delays

INDIANAPOLIS—A new penalty system for an unnecessary delay in starting or resuming play in high school volleyball was approved by the National Federation of State High School Associations (NFHS) Volleyball Rules Committee at its recent meeting in Indianapolis.

This significant rules change, along with three others recommended by the committee for the 2015-16 season, were subsequently approved by the NFHS Board of Directors.

The new penalty system addresses concerns that the previous penalties were too severe. Before, an unnecessary delay would result in the loss of a time-out. If a team had exhausted its time-outs when the delay occurred, then it would lose possession of the ball, and the opponent would receive a point.

An unnecessary delay, as specified in Rule 9-9-1, will now be met with a warning (administrative yellow card) on the first offense. Any subsequent delay during the same set results in an administrative red card with a loss of rally/point awarded to the opponent.

“The committee wanted the penalty to

match the violation occurring,” said Becky Oakes, NFHS director of sports and liaison to the Volleyball Rules Committee. “The previous penalty was viewed as too severe for rally scoring.”

Another rule change alters the substitution procedure following a time-out. Under Rule 10-2-5, teams will now be required to return to the court following a time-out. A team wanting to make a substitution will do so at the end of the time-out, and that change will follow normal exchange procedures. Oakes said the rule will help officials, coaches and fans better follow the on-court proceedings.

The other two changes update rules regarding incorrect lineup cards and the length of time between sets when using an intermission. With regard to the lineup card ruling, Rules 7-1-5 and 7-1-6 dictate if a player is wearing a number not listed on the roster, or is wearing a duplicate number, then the offending team will be charged with a substitution to correct the error. The change aims to maintain consistency with similar rules, and to further encourage coaches to submit cor-

rect lineup cards.

The final change to Rules 11-5-1 and 11-5-2 simply allows schools the option to take an intermission between the second and third sets. The intermission, including the required three-minute interval between sets, can last as long as five minutes total, and gives schools more time for promotional or ceremonial events.

“The committee’s aim with these rules was to make the contests run smoother,” Oakes said. “It gives schools the opportunity to use intermissions for special recognition, while keeping consistency from match to match.”

A complete listing of all rules changes is available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page, and select “Volleyball.”

According to the 2013-14 NFHS High School Athletics Participation Survey, volleyball is the third-most popular girls program with 429,634 participants nationwide. There were also 52,149 boys participants nationwide. ★

Ten Rules Changes Approved In High School Field Hockey

INDIANAPOLIS—With appropriate open space and no players approaching, high school field hockey players will be permitted to raise their sticks above the shoulders to stop, receive and deflect or play the ball.

This revision of Rule 3-2-11 was one of 10 rules changes recommended by the National Federation of State High School Associations (NFHS) Field Hockey Rules Committee at its recent meeting in Indianapolis. The rules changes were subsequently approved by the NFHS Board of Directors.

The new skill allowance seeks to improve the flow of the game and maintains players are capable of determining when it is acceptable to utilize this skill. However, sticks raised high in the front or back when players are approaching or within playing distance is deemed dangerous and/or intimidating, and will still be disallowed.

“It’s part of the evolution of the game,” said Elliot Hopkins, director of sports, sanctioning and student services and liaison to the Field Hockey Rules Committee. “Coaches are teaching their players to have more spatial awareness. If players can play the ball in a wide open space, why shouldn’t they be al-

lowed to do this? If a pass is high, and they’re all alone, they should be able to just reach up and knock it down.”

Rules 1-5-6, 1-6-11 and 1-7-7 were also updated to alter the penalty system following the removal of a player for an illegal uniform or illegal/insufficient equipment. Coaches will now be assessed misconduct penalties as opposed to the player, and the player will be substituted out under normal substitution patterns. Before, the offending player’s team was also required to relinquish possession to its opponent.

“The committee thinks this is the responsibility of the coaches,” Hopkins said. “They’re the ones verifying to the umpire that their team is compliant, so let’s not penalize the kids or change the possession. A change of possession, in a low-scoring game, changes the entire dynamic of the game.”

Rule 1-6-5, which already required all field players to wear eye protection that meets the current ASTM standard for field hockey, will now include a note stating that, effective January 1, 2019, all eye protection shall be permanently labeled with the current ASTM 2713 standard for field hockey.

Rule 2-2-4 was altered to require a visible clock to be the official clock if available. If no visible clock is available, time will be kept at the officials’ table. Either way, the umpire’s whistle will signal the official end of each half. This was done to ensure that teams, officials and fans all have access to the same information.

Rules 5-2-1#5Exception and 10-3-2g were both changed in regard to protocol surrounding an injury on a penalty corner at the end of a prolonged first or second half. If play is stopped for injury or otherwise during said penalty corner – and a bully would be otherwise awarded – the penalty must be taken again. The rule was added to prevent teams from using a fake injury to end the penalty corner at the end of time.

A complete listing of all rules changes is available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page, and select “Field Hockey.”

According to the 2013-14 NFHS High School Athletics Participation Survey, field hockey is played by 61,471 girls in 1,795 programs nationwide. ★

New Substitution Opportunity in High School Soccer

INDIANAPOLIS—Substitutions in high school soccer will now be permitted during a stoppage of play when bench personnel are cautioned or disqualified.

This addition to the listing of substitution opportunities in Rule 3-3-3 was one of two rules changes recommended by the National Federation of State High School Associations (NFHS) Soccer Rules Committee at its recent meeting in Indianapolis. These changes were subsequently approved by the NFHS Board of Directors.

Substitutes from both teams who have already reported per Rule 3-4-1(d) may be beckoned by the referee and may enter when the clock is stopped for a caution or disqualification of bench personnel. The other opportunities for substitutions by players on either team who have reported include goal kick, player yellow card and player red card.

“Allowing substitutes who have already reported to enter the field of play (during a stoppage of play when bench personnel are cautioned or disqualified) is consistent with substitution procedures, game management principles and commitment to student participation,” said Mark Koski, director of sports, events and development and liaison to the Soccer Rules Committee.

The other rule change approved by the committee involves a revision in the goalkeeper’s uniform. While the goalkeeper’s socks do not have to be the same color as the socks of his or her teammates, the goalkeeper’s socks must be a different color than the opponent’s socks.

“Currently, the jersey of the goalkeeper must be distinctly different in color from his or her teammates and opposing field players,” Koski said. “To differentiate opponents, it is important that the goalkeeper’s socks be included in this rule.”

In addition to the two rules changes, the Soccer Rules Committee approved five Points of Emphasis for the 2015-16 season. Points of emphasis are developed by NFHS rules committees and should receive special focus and attention by officials, coaches, players, fans and other leaders within the high school setting.

Points of Emphasis developed by the Soccer Rules Committee for 2015-16 are as follows:

1. HEAT ACCLIMATIZATION AND SAFETY PRIORITIES

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among high school athletes.
- Know the importance of a formal pre-season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and encouraging and providing ample opportunities for regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
- Know the importance for all members of the coaching staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.
- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

2. FIGHTING/RECKLESS PLAY

Players, coaches, game officials and spectators must work together to model and demonstrate sportsmanship and fair play, to minimize risk and to maximize participation.

3. TAPE OR SIMILAR MATERIALS ON SOCKS

If tape or a similar material (stays/straps) is applied externally to the socks, it must be of similar color as that part of the sock to which it is applied. (Home tape/stays/straps = white, Away tape/stays/straps = similar color of socks).

4. COMMUNICATION

Game officials are encouraged to effectively communicate with one another as well as with players and coaches throughout the game.

5. GOAL KICK

Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.

According to the 2013-14 NFHS High School Athletics Participation Survey, soccer is the fifth-most popular sport for boys at the high school level with 417,419 participants and the fourth-most popular sport for girls with 374,564 participants. ★

Hunter Huss Court Dedicated, Named For Sylvia Hatchell

GASTONIA—Hunter Huss High School has officially named its court after one of its distinguished graduates.

The court was dedicated as Sylvia Rhyne Hatchell Court during festivities connected with games between Hunter Huss and Forestview, according to the Gaston Gazette.

Sylvia Rhyne, now Sylvia Rhyne Hatchell, is a 1970 Huss graduate who for many years has been the head women’s basketball coach at the University of North Carolina after a successful stint at Francis Marion College in South Carolina. She remains the only coach to win national basketball championships in the AIAW, NAIA and the NCAA.

Hatchell is a member of seven different Halls of Fame, including the Naismith Memorial Basketball Hall of Fame, and has also coached several Team USA national squads.

One irony the Gazette pointed out is that she never played interscholastic sports on the court that bears her name, because when she was in high school Hunter Huss did not have a women’s basketball team. ★

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 Intern Has Interesting Perspective On High School Sports

Kalen Perry is a sophomore at North Carolina State University and was an outstanding student-athlete who served as part of the North Carolina High School Athletic Association's Student-Athlete Advisory Committee (SAAC) during her time at Croatan High School in Carteret County.

She spent the fall semester as one of the student interns working in the NCHSAA offices, giving her a perspective from the Association level as well.

Here she shares her own very personal look at high school athletics with observations that we believe you'll find very interesting.

By Kalen Perry, NCHSAA Intern

Three-sport high school athlete. Daughter of a high school coach and athletic director. North Carolina High School Athletic Association SAAC member (2011-2013) and current NCHSAA intern. To say that high school athletics are important to me would be an understatement, and each of these "identities" gives me a different perspective.

Having a father who coaches two sports and is the athletic director at my high school was both challenging and rewarding growing up. From the time I could walk, I was out on the football field or on the edge of the wrestling mat cheering on both the players and the father who I respect so much. As I entered high school, I wandered from the sidelines and began to sit in the stands with my friends to watch the games. That was the first time I heard a person use a profanity to describe my father—I wanted to melt into the bleachers.

I couldn't believe that anyone could use such strong words to describe someone that I loved over "not throwing his son the ball". As the years passed, there were letters to the editor calling for a new football coach, saying that my dad was only in it for the money (he makes mere pennies on the hour, I might add). The loud criticisms shouted from right behind me in the stands were a weekly occurrence during football season.

There was never any regard for the fact that Coach Perry has a family who sacrifices time with him so he can invest in their children. I wonder, if fans took the time to consider that a coach's daughter, mother, wife or brother could be sitting near them, if they would still make negative comments about the coach's character over a bad play call or not playing their child?

As an athlete myself, my dad never allowed me to question a coach or criticize the decisions made by him or her. If I wasn't getting playing time, it was my personal responsibility to "hit the gym" and work harder. I was not allowed to make excuses and my parents always supported the coach. I doubt that in many households the coach is getting as much support from parents.

Here is my disclaimer: coaches and officials (just like parents and students) are not perfect and will not "get it right" every time; however—and this is also a valuable lesson for athletes to learn—it is ok to not be perfect. Entitlement and individualism are rampant among my generation and I believe that this is an unfortunate consequence of the negative language used by parents directed at coaches, teachers, and officials.

I remember learning in elementary school that there is no "I" in team. Unfortunately the people who have the most influence in a child's life—the parents—do not always convey this message to the athletes. Support for and respect of authorities starts in the home. I am calling all parents to take action by supporting your child's coaches, teachers and officials—it will make your child a more productive citizen in the long run.

Now as an intern at the high school athletic association, I get to see all of the hard work that 16 people who compose the NCHSAA staff put in to serve the 200,000+ athletes in North Carolina. For NCHSAA staff, there is no "regular 9-5 work schedule"—state championships take place on the weekend and the numerous hours required to prepare for these events are not able to fit into a 40-hour work week. It truly is a thankless job. Rarely do I hear someone in the office say, "I just got a call from a coach, student athlete, athletic director, etc. thanking me for all that we do here."

More often, the calls are questions, criticisms and suggestions for improvement—all of which are appreciated and beneficial. Nevertheless, I would love to hear about someone thanking Ms. Tucker, Patrick Stevenson, Mark Dreibelbis or any of the other NCHSAA staff for all that they do to enrich the student athlete's high school experience—as they did mine.

I would hope that parents would empower their students to find ways to grow and better themselves by instilling a sense of personal responsibility for their actions. We live in a society where things are "never our fault"—when we do not receive a desired outcome, it is easier to place the blame on someone else, namely a coach or official. Encouraging students to take responsibility for mistakes is a skill that will not only make them a better athlete and teammate but a better co-worker, friend and spouse. ★



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

KEEP CHECKING THE WEB SITE!
Check the North Carolina High School
Athletic Association's site daily at

www.nchsaa.org

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

NCHSAA Member Schools Earn Safe Sport Schools Honors

Several North Carolina High School Athletic Association member schools have been awarded Safe Sport designation.

Safe Sport Schools are high schools that are nationally recognized by the National Athletic Trainers' Association. The award champions safety and recognizes secondary schools that provide safe environments for student athletes. North Carolina was part of the award winning District 3, for the number of high schools that were awarded safe sport designation during a national competition. District 3 includes Washington DC, Virginia, North Carolina and South Carolina.

Fewer than 1% of high schools nationally have received this award. These North Carolina high schools were recognized for their commitment to safety by meeting criteria that showed commitment to positive health care of the high school athletes. The schools were evaluated on the following criteria:

- Create a comprehensive athletic health care administrative system
- Provide or coordinate pre-participation physical examinations
- Promote safe and appropriate practice and competition facilities
- Plan for selection, fit, function and proper maintenance of athletic equipment
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes
- Develop injury and illness prevention strategies, including protocols for environmental conditions
- Provide or facilitate injury intervention
- Create and rehearse venue-specific Emergency Action Plans
- Provide or facilitate psychosocial consultation and nutritional counseling/education
- Educate athletes and parents about the potential benefits and risks in sports as well as their responsibilities

For more information or to apply for the award please go to www.athletictrainers.org

SAFE SPORT SCHOOLS

Ayden-Grifton High School (Ayden) 1st Team
Currituck County High School (Barco) 1st Team
D.H. Conley High School (Greenville) 1st Team
Farmville Central High School (Farmville) 1st Team
T.C. Roberson High School (Asheville) 1st Team
J.H. Rose High School (Greenville) 1st Team
Myers Park High School (Charlotte) 1st Team
Nash Central High School (Rocky Mount) 1st Team
North Pitt High School (Bethel) 1st Team
Northwest Cabarrus High School (Concord) 1st Team
Overhills High School (Spring Lake) 1st Team
South Central High School (Winterville) 1st Team
Southeast Guilford High School (Greensboro) 1st Team ★

CHAMPIONSHIP REVIEW



DUAL TEAM WRESTLING

Mitchell Defeats Chatham Central To Earn 1-A Dual Team Title

BAKERSVILLE—For the second year in a row, Mitchell defeated Chatham Central for the North Carolina High School Athletic Association 1-A state dual team wrestling title.

Mitchell scored a 42-30 victory over the visiting Bears in the 26th annual championships. Kegan Hoilman, the 160-pound wrestler for the victorious Mountaineers, was named the Most Valuable Performer in the final.

Mitchell improved its record to 28-4 overall while Chatham Central slipped to 24-7.

Both schools were in their third dual-team final all-time, as Mitchell defeated Chatham Central 36-30 for the title in 2014 and was also the runner-up in the very first dual team championship in 1990. Chatham Central was the 1-A/2-A champion in 2005.

Mitchell downed Mount Airy 45-34 in the West regional final while Chatham Central moved into the state championship with a 34-31 victory over Rosewood.

West Lincoln Rolls Past Croatan In 2-A Dual Team Championship

NEWPORT—West Lincoln broke to a 16-0 lead and didn't look back en route to a 49-19 victory over Croatan for the 2-A state championship in the 26th annual North Carolina High School Athletic Association dual team wrestling championships.

The match started with the 106-pound match and the Rebels continued to build on their early lead, finally clinching the match with a pin at 182 for an insurmountable 37-16 advantage.

Mack George, who won by a pin in the 220-pound weight class in 1:49 for West Lincoln, was named the championship Most Valuable Performer.

West Lincoln ended dual team competition with a 35-5 record while Croatan fell to 28-7 overall.

Croatan was in the finals for the fifth time in the last six years, with state titles in 2010 and '11 and runner-up finishes in '12 and '13. West's only dual team title was a 1A/2A crown in 2000.

Croatan had advanced to the state final with a

43-30 victory over Dixon, last year's 2-A state runner-up, in the East championship match. West Lincoln nipped two-time defending state champion Newton-Conover

33-29 to earn its shot at the state crown.

Fred T. Foard Overcomes Eden Morehead For Crown In 3-A Dual Team Final

NEWTON—Fred T. Foard downed visiting Eden Morehead 30-23 at Copas Gymnasium to win the 3-A championship in the 26th annual North Carolina High

School Athletic Association state dual team wrestling championships.

Morehead and Foard battled for the third consecutive year in the state finals. Foard captured the state title in 2013 with a 41-27 decision, while last year Morehead beat the Tigers 38-28 to win the crown.

Foard 126-pounder Brycen Walker was named the Most Valuable

Performer in the championship match.

The Tigers won for the 40th time this season in dual meets against just one loss, while Morehead closed at 30-3.

Morehead had eliminated Swansboro 30-25 in the East regional title match while Foard was rolling past East Rowan 57-10 in the West.

Jack Britt Claims 4-A Title With Win Over Southeast Guilford

FAYETTEVILLE—Fayetteville Jack Britt took an early lead and went on to a convincing 42-22 victory over previously undefeated Southeast Guilford to win the 4-A state championship in the North Carolina High School Athletic Association's 26th annual dual team wrestling championships.

The Buccaneers got off to a fast start, as the match started with the 113-pound weight class and Britt spurred to a 9-0 advantage, moving to a 21-6 lead after six matches and holding on to win, although Southeast had cut it to 24-16 with five matches remaining.

Britt entered the final three matches needing just one win to seal the victory and got it when Byron Byrant won by a pin in the 285-pound weight class.

Joe Stevenson of Britt, who earned a timely victory in the 182-pound match after Southeast had sliced the margin to 24-16, was named the Most Valuable Performer of the 4-A final.

The Buccaneers finished the dual team schedule at 25-2 while Southeast Guilford suffered its first loss in 26 matches. It was Jack Britt's first team NCHSAA championship in any sport.

Britt had qualified for the championship match with a 40-31 victory over Durham Riverside, which had ousted unbeaten Holly Springs in the previous round. Southeast got past Kannapolis Brown 40-31 in its regional final.

Winston-Salem Parkland had won the last eight NCHSAA 4-A dual team championships but did not qualify for the playoffs this year. Britt had lost in each of the last two championship matches to Parkland.



SWIMMING AND DIVING

Marvin Ridge Women, Chapel Hill Men Capture Team Titles In 3-A Swimming

CARY—Caroline Hauder won a pair of events to help lead Waxhaw Marvin Ridge to its second consecutive team championship in the North Carolina High School Athletic Association state 3-A swimming and diving championships at the Triangle Aquatic Center.

Marvin Ridge rolled to victory in the women's meet, with Hauder taking first in both the 100 breaststroke and the 100 backstroke for the state champs and anchoring the winning 400 free relay quartet. She set a new state 3-A record of 1:03.79 in the breast en route to the Most Outstanding Swimmer award.

Marvin Ridge registered 383 points to 257 for runner-up Raleigh Cardinal Gibbons. Third place went to Chapel Hill (216), followed by Hickory (167) and Hickory St. Stephens (131). There were 36 schools scoring in the women's meet.

For the second year in a row, Claire DeSelm of Chapel Hill won both the 100 fly and 200 individual medley. She also swam the first leg on the third-place 200-medley relay team.

Hickory's Emmaline Peterson set a new 3-A standard in the 500 free in 4:50.11 and also took first in the 200 free.

A deep Chapel Hill team won its second consecutive men's title after snapping the Cardinal Gibbons men's team string of championships at six a year ago, spanning two classifications. The Tigers tallied 341 points to 301.5 for Gibbons to take the crown. Marvin Ridge was third at 220.5, followed by Concord (152.5) and Northern Guilford (151.5).

A total of 38 teams scored points in the men's meet.

Senior Noah Cairns of Gibbons notched victories in both the 100 breast and the 500 free and swam a leg on the victorious 200 medley relay team to earn Most Outstanding Swimmer in the men's meet.

Sportsmanship awards went to Lexie White of Marvin Ridge and Maddy Wanbaugh of Gibbons on the women's side, while the men's awards were presented to Emery Harwell of Chapel Hill and Luke Stevens of Cardinal Gibbons.

The Greater Raleigh Sports Alliance is the host sponsor of the championships.

Raleigh Charter Wins 5th Straight Women's Title; Carrboro, Shelby Deadlock In Men's 1-A/2-A

CARY—Raleigh Charter won its fifth consecutive team championship in the North Carolina High School Athletic Association state 1-A/2-A women's swimming and diving championships at the Triangle Aquatic Center.

Raleigh Charter scored 284 points to 222 for Mooresville Pine Lake Prep, with Lincoln Charter third at 206. Lake Norman Charter was fourth at 167.5 and Durham North Carolina School of Science and Math finished fifth at 128. There were 44 teams scoring in the women's meet.

Pine Lake Prep's Alyssa Marsh was a double winner, taking both the 50 free and the 100 butterfly while also swimming on relay teams that took second and third. She was named the meet's Most Outstanding Swimmer for the second consecutive year.

Sarah Mandis of Kill Devil Hills First Flight was also won a pair of individual titles, finishing first in the 200 free and 500 free.

The men's meet went right down to the final event, with Carrboro having to win the 400 freestyle relay and Shelby finish fifth for the meet to finish in a dead heat—and that is exactly what happened. Carrboro and Shelby each tallied 249 points, followed by NCSSM and Lincoln Charter tied for third at 179 and Washington in fifth at 169. There were 35 schools scoring in the men's championships.

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 free in 1:38.85, swimming the lead leg on a record-setting 200 medley relay team and anchoring the 400 free winning squad. He was named the men's meet Most Outstanding Swimmer for the second straight year.

Carrboro's Thomas Bilden also was victorious in two individual events.

The Greater Raleigh Sports Alliance is the host sponsor of the championships.

Charlotte Catholic Keeps String Intact In 4-A; South Mecklenburg Men Are Victorious

CARY—Nora McCullagh of Charlotte Catholic helped the Cougars keep their long state championship string intact 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 14th consecutive NCHSAA state title in three different classifications. She was the same award in 2013 in the 3-A championship and was last year's Outstanding Swimmer in the 4-A meet.

McCullagh won both the 50 free and 100 backstroke and also swam on two victorious relay teams.

Catholic tallied 298.5 points to 254 for runner-up Cornelius W.A.

Hough, which had earned the 4-A title in 2012 and '13 and was runner-up last year. Greensboro Grimsley was third with 167, followed by Cary Green Hope (160) and Asheville T.C. Roberson (131). A total of 36 schools scored in the women's meet.

South Mecklenburg had to hold off Green Hope at the end to win the men's team title. South had an eight-point lead entering the final event, the 400 freestyle relay, and Green Hope finished second in that race. But a fifth-place finish by the Sabres in the relay enabled them to hold on and win by two points.

South Meck accumulated 232 points to 230 for Green Hope, followed by Pfafftown Reagan (216), Cary (183) and Hough (161). There were 35 schools scoring points in the men's meet.

Justin Ress of Cary was named the Most Outstanding Swimmer in the men's meet. He was the only double winner in the men's competition, taking first place in the 200 individual medley and the 500 free.

The Greater Raleigh Sports Alliance is the host sponsor of the championships.



INDOOR TRACK

Washington Leads North Brunswick Men In 1-A/2-A; Cummings Women Win Again

WINSTON-SALEM—Jayhlen Washington led North Brunswick to the men's team championship in the North Carolina High School Athletic Association state 1-A/2-A indoor track and field championships at JDL Fast Track.

North Brunswick earned the men's team title for the second consecutive year, with sophomore Washington winning both the long jump and triple jump to lead the way. Washington also ran a leg on the winning 800 meter relay team en route to earning Most Valuable Performer honors.

The Scorpions were tallied 71.50 points, well ahead of second-place North Pit at 39t, and then came in order Polk (36), Newport Croatan (32) and Monroe Central Academy (26).

There were 45 teams scoring in the men's meet.

Elijah Inuwa of Central Academy in Monroe broke his own state 1-A/2-A record in the 1000 with a winning time of 2:36.60, and he set a new classification standard in the 1600 in 4:27.14. Mitchell's Zack Boone shattered his own 1-A/2-A record set last year in the 3200 by more than eight seconds with a winning time of 9:35.19, one of eight new records established on the men's side.

Burlington Cummings won a women's championship for the sixth time in the last eight years, with 66 points to 55 for runner-up Community School of Davidson. Croatan was third, followed by High Point Andrews and then a tie for fifth between Avery and North Rowan. There were 40 women's team scoring points in the meet.

Senior Malia Ellington of Community School of Davidson had an excellent meet, winning three events, and was named the Most Valuable Performer for the second consecutive year. Excelling in the distance events, she finished took top honors in the 1000 1600 and 3200, and also ran anchor for the state champion 3200 relay quartet.

Winston-Salem Prep's Deonica Reid captured first place in the long jump and also won the 55 meters in a classification record of 7.23 seconds.

It was the second year for a separate 1-A/2-A championship. For the seven years prior, there was a separate 4-A meet and the 1-A, 2-A and 3-A schools competed together in a single championship.

Marvin Ridge Sweeps Championships Again In 3-A Indoor Track And Field

WINSTON-SALEM—For the second year in a row, 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 easily outdistanced the field in the men's meet and slipped past Raleigh Cardinal Gibbons by five points in the women's championship.

Marvin Ridge scored 96 points to win the men's title with Asheville a distant second at 60.

Weddington was third in the men's team standings with 36 points, followed by Fayetteville Terry Sanford (34) as 41 different schools scored.

East Henderson's Tanis Baldwin earned Most Valuable Performer honors for the championships. He ran a 4:17.71 to win the 1600 meters, setting a new 3-A mark, and also won the 3200.

Christopher Garrick of Marvin Ridge soared 6 feet, 11 inches in the high jump, breaking the old mark by an inch set in 2009 by Logan Elliston of Western Alamance, one of six new state records established on the men's side.

Ledford's Tristian Shaver cleared 15 feet, six inches in the pole vault for a new record, and Sun Valley's Kadarius Lotharp set a new 55 dash 3-A record at 6.45 seconds.

Marvin Ridge tallied 67 points to 62 for runner-up Gibbons in the women's meet, with Ngozi Frances Obuseh (shot put) and Alexa King (1600 meters) winning their events to lead Marvin Ridge. Southern Guilford (44), Asheville (32.5) and West Carteret (32) followed in order. There were 44 teams scoring in the women's meet.

Southern Guilford's Kylie McMillan was selected as the MVP of the women's meet. She won the 55 hurdles, was second in the 55 dash and placed fifth in the 300.

Senior Courtney Warren of Pikeville Charles B. Aycock won the 300 in 40.67 seconds, a new 3-A women's mark.

It was the second year for a separate 1-A/2-A championship. For the seven years prior, there was a separate 4-A meet and the 1-A, 2-A and 3-A schools competed together in a single championship.

Hall Leads South View Men To Championship, Parkland Women Win Again In 4-A Indoor Track

WINSTON-SALEM—Distance runner Philip Hall led Hope Mills South View to the men's team championship in the 29th annual North Carolina High School Athletic Association state 4-A indoor track and field championships at JDL Fast Track.

South View scored 49 points to win the meet and the Tigers set a new all-classification record in the men's 3200-meter relay in a time of 7:57.23, bettering the old mark by over four seconds. Hall, who ran the anchor leg on that winning relay team, also finished first in three individual races, including the 1000, 1600 and 3200 meter events, earning the Most Valuable Performer award for the men's championships.

South View had 49 points to 37 for runner-up Raleigh Millbrook, followed with a three-way tie for third among Jamestown Ragsdale, Southeast Raleigh and Apex with 34 points apiece. Knightdale, which had won or shared the last four men's titles, finished way back in a tie for 37th.

There were 48 teams scoring points in the men's meet.

Winston-Salem Parkland won its second consecutive team title in the women's meet and did so in convincing fashion, rolling up 89 points to 47 for second-place Apex. Cary was third with 46, followed by Raleigh Leesville Road (41) and Cary Green Hope (24). A total of 43 schools scored points in the women's events.

A total of eight new state records were established in the women's meet. Double individual winner Ebony Williams of Parkland won the 55 hurdles in 7.81 seconds, breaking a nine-year old record set by Southeast

Raleigh star Gabby Mayo, and she also took first in the 300 in addition to running anchor on the champion four by 400 relay team. She was selected as the women's MVP.

Raleigh Leesville Road sophomore Nevada Mareno was a double individual winner, setting new state records in both the 1600 and 3200 and also running a leg on the victorious four by 800 relay team, while Layla White of Cary set a new record in the 500.

Sydnei Murphy of Apex won three individual events, including setting a record in the long jump, to go with wins in the triple jump and 55 dash.



TOURNAMENT WRESTLING

Mitchell, Hunter Huss, Morehead, Jack Britt Win Team Titles

GREENSBORO—Fayetteville Jack Britt won its first state 4-A wrestling tournament title ever as the North Carolina High School Athletic Association state wrestling championships at the Greensboro Coliseum concluded after two grueling days of competition.

The tournament had originally been scheduled to run three days but was condensed into two due to inclement weather that had hit across the state.

Britt, which two weeks earlier had won the 4-A dual team championship, built a solid lead in the team standings and went to record 152.5 points, with Northwest Guilford in second with 124.5. Britt had six wrestlers in the semifinals and then four in the championship finals in weight classes of 145 or below, with Bradley Wanovich at 113 pounds and Richard Tolston at 126 taking state titles. Tolston earned his third individual state championship.

This was the first individual state tournament title for Britt wrestling coach John DeWeese, but he was an assistant under David Culbreth when Fayetteville 71st won the individual tournament in 1998 and 1999 and the dual team titles in 1999 and 2000.

In third place was Southeast Guilford with 79.5, followed by Holly Springs (72.5) and Cornelius Hough (70).

Cary had a pair of individual champs in Will Clark at 138 and Kollin Wade at 145, with Wade earning 4-A Most Outstanding Wrestler honors. A total of 79 schools were represented in the 4-A tournament.

The 3-A race was tightly bunched throughout the competition, with a total of 76 3-A schools represented in the championships, and when it was over Eden Morehead took the title for the second consecutive year. Morehead tallied 98.5 points to 75 for runner-up Swansboro.

Newton Fred T. Foard was third with 71, with Cameron Union Pines fourth at 63 and Enka fifth with 62 points.

Asheboro had two individual state champs, Sawyer Davidson at 145 and Nicholas Coe at 285. Eastern Guilford's Willie Bivens completed a perfect 44-0 season with a win in the finals at 182 pounds. Jacksonville's 120-pound champion Blaine Mainz was the Most Outstanding Wrestler in 3-A.

In 2-A action, Newton-Conover led the standings after the first day, but the depth of Gastonia Hunter Huss prevailed, lifting the Huskies to the title. Charles McCombs at 126 was a state champ for Huss.

Huss scored 115 team points to 95.5 for Newton-Conover, followed by West Lincoln (61), Newport Croatan (57) and West Wilkes (53.5). There were 69 schools with wrestlers in the 2-A competition.

Jacob Houck of West Caldwell won the 132-pound title and finished 58-0, while West Lincoln's Mack George completed a 52-0 campaign with a win in the 195 title bout. Dalton Clark of Providence Grove at 152 pounds, who finished 53-1 overall, was the classification Most Outstanding Wrestler.

Mitchell, which has won the last two 1-A dual team titles, earned its first tournament crown since 1990 with a solid margin over runner-up Mount

Airy. Mitchell tallied 121 points to 90 for Mount Airy, with Rosewood finishing third with 75. Rosman (55) was fourth and Chatham Central (49), the defending tournament champion, placed fifth.

Mitchell was led with state championship performances by Kyler Hoilman in the 120-pound class, Levi Richardson at 126 and Dalton Beaver at 145. Mount Airy also had three individual champions, including Jacob Hogue (113), Triston Mabry (152) and Cameron Pack (170).

Malachi Beaver of Murphy, the 182-pound champ, was the 1-A Most Outstanding Wrestler. There were 38 schools with wrestlers competing in the 1-A classification in Greensboro.



MEN'S BASKETBALL

East Carteret Upends Winston-Salem Prep 70-67

CHAPEL HILL—East Carteret placed four players in double figures and repelled a bid by Winston-Salem Prep as the Mariners scored a 67-64 triumph in the North Carolina High School Athletic Association state 1-A men's basketball championship at Carmichael Arena.

It was a rematch of last year's state championship won by Winston-Salem Prep, which was bidding for its fourth consecutive state championship.

The balanced Mariner attack saw Jacque Brown earn the Charlie Adams MVP award with 17 points, six assists and five steals, while Ty Simmons was the leading scorer with 23 points.

There were 17 lead changes and the score was tied eight times, with never more than six points separating the teams. Kwa Hollingsworth worth topped Winston-Salem Prep (20-8) with 25 points.

East Carteret finished the season with a 28-2 record.

Post Game Awards: Most Outstanding Players: Ty Simmons, East Carteret; Kwa Hollingsworth, Winston-Salem Prep; Charlie Adams MVP: Jacque Brown, East Carteret.

Kinston Wins Fourth Straight Men's Basketball Championship

CHAPEL HILL—Brandon Ingram poured in 28 points and hauled down 10 rebounds to lead Kinston to a 60-43 victory over previously undefeated East Lincoln to win the North Carolina High School Athletic Association state 2-A men's basketball championship at the Smith Center.

Kinston (26-4) made it 11 NCHSAA basketball crowns and won its fourth consecutive state title. Ingram was named the Charlie Adams Most Valuable Player for the second consecutive year.

Ingram helped Kinston pull away after a two-point halftime lead. Darnell Dunn added 12 points and grabbed eight rebounds for the Vikings.

East Lincoln suffered its only loss after 24 consecutive victories, led by Sage Surratt's 25 points, but the Mustangs shot just 29.6 percent from the field for the game. Chazz Surratt added 10 points for the Mustangs.

Post Game Awards: Most Outstanding Players: Sage Surratt, East Lincoln; Darnell Dunn, Kinston. Charlie Adams MVP: Brandon Ingram, Kinston.

Terry Sanford Downs Ashbrook For 3-A Men's Championship

CHAPEL HILL—Mark Gilbert poured in 31 points, including hitting 12 of 16 free throws, to lead Terry Sanford to a 67-60 victory over Gastonia Ashbrook in the North Carolina High School Athletic Association state 3-A men's basketball championship at Carmichael Arena.

The Bulldogs led most of the way en route to their 27th win against three

losses, and Gilbert was named the Charlie Adams MVP.

Isaiah Stallings added 12 points for the winners while Joseph Riddle scored nine points and collected eight rebounds.

Ashbrook was paced by Z'Andre Givens and Isaiah Whaley with 14 points apiece.

The Bulldogs led 35-26 at halftime and then shot 50 percent from the field in the second half to keep Ashbrook at bay.

The Green Wave finished 23-4 overall.

Post Game Awards: Most Outstanding Players: Joseph Riddle, Terry Sanford; Isaiah Whaley, Ashbrook. Charlie Adams MVP: Mark Gilbert, Terry Sanford.

Barnes Leads Garner To 4-A Crown Over Ardrey Kell Despite Santa Ana's 44

CHAPEL HILL—Julius Barnes poured in 26 points, including 14 in the fourth quarter, to lead Garner to its first state men's basketball title since 1936 as the Trojans beat Charlotte Ardrey Kell 70-64 for the North Carolina High School Athletic Association state 4-A men's basketball championship at the Smith Center.

Barnes led the Trojans to their 28th win in 29 games and earned Charlie Adams MVP honors.

Garner spurred to a 22-8 lead after one quarter but had to withstand a record-setting barrage by Ardrey Kell's Steven Santa Ana, who poured in a state championship game record 44 points, including five three-pointers, 13 of 15 from the foul line and eight rebounds. The Knights finished the year finished the year 28-2 overall.

Thomas Allen added 16 points for the winners.

Post Game Awards: Most Outstanding Players: Thomas Allen, Garner; Steven Santa Ana, Ardrey Kell. Charlie Adams MVP: Julius Barnes, Garner.



WOMEN'S BASKETBALL

Winston-Salem Prep Downs Riverside By 58-31 Count

CHAPEL HILL—Winston-Salem Prep jumped to an early lead and was never headed as the Phoenix won their first state women's basketball crown, beating Riverside (Martin) 58-31 in the North Carolina High School Athletic Association state 1-A women's basketball championship at Carmichael Arena.

Winston-Salem Prep (24-3) had four players in double figures, with Chrisalyn Boston and Kayla Robinson recording double-doubles and Dominique Claytor (10 points, eight rebounds, three steals) taking the Kay Yow MVP award.

Riverside managed to shoot just 25.5% from the floor and made only seven of 20 free throws. Sophomore star Kayla Jones was held to 12 points and 11 rebounds. Riverside, in the finals for the second straight year, finished 23-6.

Post Game Awards: Most Outstanding Players: Kayla Jones, Riverside; Chrisalyn Boston, Winston-Salem Prep. Kay Yow MVP: Dominique Claytor, Winston-Salem Prep.

Wilkes Central Downs Kinston To Capture 2-A Women's Title

CHAPEL HILL—Laken Blackburn had 15 points and nine rebounds and Kailey McNeil hauled down a whopping 19 boards to lead Wilkes Central over Kinston 44-41 for the North Carolina High School Athletic Association state 3-A women's basketball championship at the Smith Center.

Wilkes Central (26-4) won its first NCHSAA women's hoop title.

The Lady Eagles led by as many as 14 and held off Kinston (19-11) at the end as the Vikings shot just 24.5 percent from the floor for the game, 15 percent in the first half.

Lydia Rivers led Kinston with 15 points and 13 rebounds and Maylasia Lancaster added 12 points had seven steals and four assists.

Post Game Awards: Most Outstanding Players: Lydia Rivers, Kinston; Kailey McNeil, Wilkes Central. Kay Yow MVP: Laken Blackburn, Wilkes Central.

Hickory Completes Perfect Season, Downs Chapel Hill By 71-53

CHAPEL HILL—Denasia Witherspoon pumped in 20 points and had seven steals to lead Hickory to a 71-53 triumph over Chapel Hill in the North Carolina High School Athletic Association State 3-A women's basketball championship held at Carmichael Arena.

Witherspoon was selected as the Kay Yow MVP while Sadasia Tipps pulled down 20 rebounds for the winners.

In a rematch of last year's final, Hickory (27-0) became the only school in the NCHSAA to complete its varsity season with a perfect record as the two tenacious defenses battled.

The defenses forced a lot of turnovers—23 on both sides—but Hickory scored 33 points off turnovers to 17 for the Tigers.

Raziyah Farrington led Chapel Hill (25-3) with 19 points.

Post Game Awards: Most Outstanding Players: Sadasia Tipps, Hickory; Raziyah Farrington, Chapel Hill. Kay Yow MVP: Denasia Witherspoon, Hickory.

Myers Park Beats Southeast Raleigh, Wins Second Straight Crown,

CHAPEL HILL—Rydeiah Rogers of Myers Park was the Kay Yow MVP for the second year in a row as she led the Mustangs to the North Carolina High School Athletic Association state 4-A women's basketball championship, beating Southeast Raleigh 52-47 at the Smith Center.

It was a rematch of last year's 4-A championship. Myers Park (29-1) never trailed but had to hold off the Bulldogs at the end after leading by as many as 13 in the first half.

Aliya Mazyck added 12 points and six boards for the winners.

Amber Richardson's 21 points paced Southeast Raleigh (26-4), while Jade Phillips had 12 points and 11 rebounds for the Bulldogs.

Southeast Raleigh shot just 16.7% in the first half, making only three of 18 shots and trailed 25-14 at the break. But the Bulldogs found the range much more effectively in the second half, shooting 50 percent from the floor in the final 16 minutes.

Post Game Awards: Most Outstanding Players: Amber Richardson, Southeast Raleigh; Aliyah Mazyck, Myers Park. Kay Yow MVP: Rydeiah Rogers, Myers Park.

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.



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