

The North Carolina Coaches Association



Volume 24

Fall 2019

NCcoach

News and information for North Carolina
high school and middle school coaches.

Calendar
Reminder

2020 NCCA Clinic •GREENSBORO•

Coaching Clinic

Monday-Thursday • **JULY 20-23, 2020**

2020 East-West Games

Basketball • Monday **JULY 20**
Soccer • Tuesday **JULY 21**
Football • Wednesday **JULY 22**



Welcome to the new digital
NC Coach newsletter!

If you'd like to see archived
issues of NC Coach,
please go to the NCCA
website:

nccoach.org

AND connect with us:



Staffing update at NCCA office

We have recently altered our office staff makeup and think we are well prepared for this year. **Malea Jones** will remain as the Office Manager, working with our many programs.

Mary Buchanan, who has produced such outstanding newsletters and East-West All-Star Yearbook Programs, will continue to edit and publish our publications in addition to taking on the bookkeeping duties. Both will work part-time except during Clinic/All-Star week of course.

IN MEMORIAM

Tom Baucom
Richmond County High School

Steve Cottrell
Hayesville High School

Tommy Grayson
Eastern Guilford High School

Vernon Hedrick
Olympic High School

Ted Perry
New Bern High School

Larry Wittenburg
Hickory High School



NC COACH

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Vice President • Brian Foster

Executive Director/Clinic Director
Mac Morris

Executive Director/All-Star Games
Phil Weaver

Executive Secretary
Joe Franks

Office Manager • Malea Jones
Editor • Mary Buchanan

Video production needed for East-West games

This past summer, we lost the local video production company that handled the filming, audio play-by-play, editing and All-Star game DVD sales. The videographer and staff would keep all monies earned from sales of game DVD's. We would prefer to have the same folks produce all five East-West games, but that's not necessary if we can find additional help. Contact Phil Weaver at pweaver@nccoach.org for more information.

From the GAMES Desk...



AS I NOTED IN MY LAST COLUMN, this one will be a summary of the NCCA Coaches Summit questions which were not addressed in the last issue. A follow-up to the Directory going online is published on page 4. As always, please don't hesitate to email or call with your comments on any of these discussions.

The Summit attendees discussed the Game Program/Yearbook as a slight money losing proposition. Everyone felt it is so well produced and such a great summary of the clinic and games that we should continue with the present format. Mary Buchanan, who produces the program, and David Willoughby, who writes it, create such a terrific product but, sadly, go widely unthanked. Now that Mary has joined our office staff (see article on page 2), the program should show a small paper profit.

My, Mac's and Joe's columns were briefly discussed and it was obvious that some in attendance do not read them and that others do, so there was no clarity as to the columns' values. We get a few comments which I guess

keep us writing and we still feel it is the best way to explain some things in depth.

There was almost universal agreement that most problems with school administrators have been made worse over time because so few current administrators have any real athletic experience or understanding of the profession. All of us who had a few years under our belts agreed that the old "teacher/coach to assistant principal to principal to superintendent" was a great model and produced some really well-functioning schools. It certainly appears that far too many current administrators seem to have substituted doctorates for common sense.

All coaches agreed that playing time was the principal complaint of most parents. Yes, they're more involved than those of decades ago, but game or match time is still the paramount concern. Today though, the reason for parent's concern may be more scholarship-related than in the past.

Our last issue was the comfort level of coaches with their knowledge

*See **Games Desk** on page 4*

Games Desk

continued from page 3

of NCHSAA rules. Most participants seemed to feel they knew the regulations for their sport and those general ones like eligibility and coaching requirements. I think coaches are pretty unsure of the workings in Chapel Hill because only administrators and athletic directors attend the regional meetings in most cases.



NCCA Membership Directory going online

The 2019-20 NCCA Member Directory will soon be found online at www.nccoach.org. We will be mailing each *member* (not Associates) instructions on how to access the Directory, set-up a personal password, and make updates/corrections to most of your information. Please look for this mailing and please check and update your online information. If you have moved since you completed the Clinic Registration Card you need to call Mac at 336-379-9095 or email him at mmorris@nccoach.org to make corrections that will ensure your letter arrives.

The Directory will include the usual information but will also list your email address and the sport(s) you coach. This database will enable us to send information to coaches who have updated their information in a sport by email and will help us keep high school varsity head coaches in our all-star sports up to date on deadlines, etc.

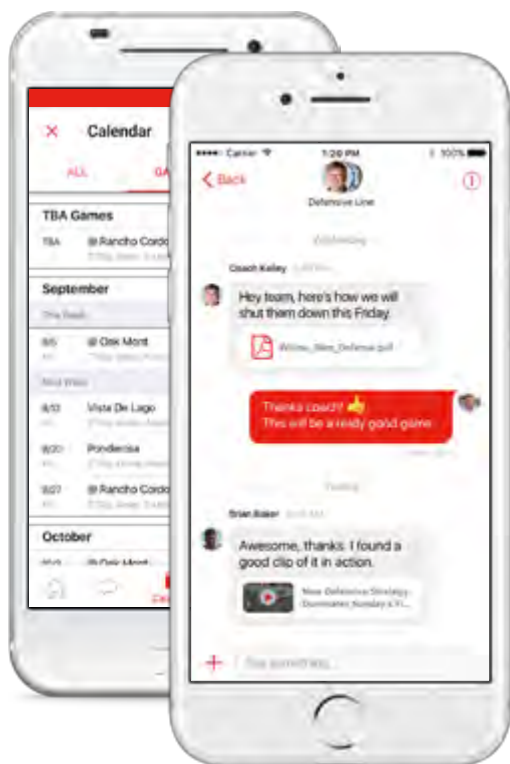
We are making this password-protected so your information can only be viewed by other members. We may send informational emails on behalf of our major sponsors but will not give your information to them.



TEAMS

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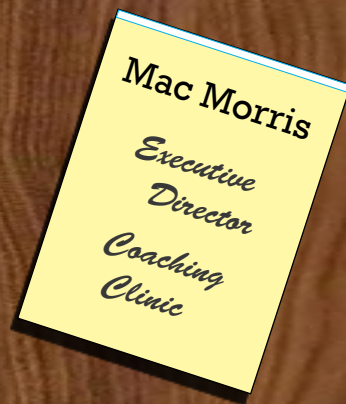


- Send direct or group messages to coaching staff, athletes and parents
- See 'delivered' & 'seen' confirmations on your messages
- Enter your roster, schedule, scores and stats on the go
- Share pictures, videos and file attachments
- Sync your team's schedule with your iOS or Google calendar



MAXPREPS.COM/TEAMS

From the CLINIC Desk...



Mac Morris
Executive Director, Coaching Clinic

I'M WRITING THIS IN EARLY SEPTEMBER a little over a month after the end of the Clinic. As soon as we have all the names in the computer, we send a letter to the Superintendents and principals of all the schools who had registrants at the Clinic. This year we had 30 Superintendents who didn't reply to the first request and less than 50% of charter schools. I know that the beginning of school is a busy time but failing to reply to this request just costs their schools money by allowing those who are not eligible to hold the card to use it to get into games. CMS, one of our largest districts replied promptly.

When we get the responses from those who reply, we send letters to the individuals telling them that the Superintendent had ruled that they were not eligible to hold the card. In some cases these individuals should be Associates and need to send the card back and get the picture changed. In some cases they are just not eligible. Response to these letters is less than 30%. After two weeks time we send a second letter to the individuals reminding them to take action.

In this letter, they are told that they will not be allowed to register at future Clinics if they don't take action. Many who don't respond to this are upset when they attend another Clinic and are not allowed to register.

Our numbers at this summer's Clinic were down from previous years and we are not sure that we understand why. The number of Associates was near normal but the regular membership was down. The price certainly should not be an issue. We are getting the best speakers that we can find in spite of the ban by the NCAA on football speakers so that should not be a problem. If any of you have any ideas how to make the Clinic better and more appealing to our members, please let me know mmorris@nc-coach.org.

When I ask for help with suggestions for speakers all we get are people who have already spoken. Some people say we should provide more sessions on things like concussion, motivation and other non-sport specific topics but when we have tried these in the past no one has shown up for the sessions.

Are the two dead periods set by the

*See **Clinic Desk** on page 7*



Clinic Desk

continued from page 6

NCHSAA a problem for the Clinic? We have some people who say they take their vacations the week of the Clinic because too many vacation over the 4th of July. Are the on-line rules sessions a detriment to the Clinic? Since a lot of people come to the Clinic just for the rules sessions are some of those staying away from the Clinic because they can get the rules online? If we knew the answers to these questions, we would try to change things to make the Clinic better. That's why we need your help.

Down through the years the Clinic has been the support to allow the All-Star Games to take place. These games are getting more and more expensive to host. If the Clinic numbers continue to decline, we may have to make some drastic changes to help balance the books.

Another concern is lack of attendance at the trade show. This event helps to finance the Clinic and if exhibitors decide they are not going to come because of low attendance, this will be

another cost we will have to manage. Exhibitors say that since the big sessions are in the Fieldhouse, coaches don't come to the show. We know that the giveaways in the show aren't as abundant as in the past and that the exhibitors are not bringing items to sell (shirts, shorts, socks) like they once did. This doesn't help the interest in seeing the show as much as the past.

With all the Clinic stuff out of the way, you are about to experience another great year as a coach. If you're not in a fall sport, do you have your plans made for the season? How are you going to manage the parents of your team? How are you going to communicate with your players when they are not in school? Do you have your season's practice plan in your mind? What are the things you must stop the other teams from doing? What are you going to do to change things around? Remember that when you get tired of practice, they have been tired for a month.

Have a great year. Enjoy your team and be the best role model you can be.

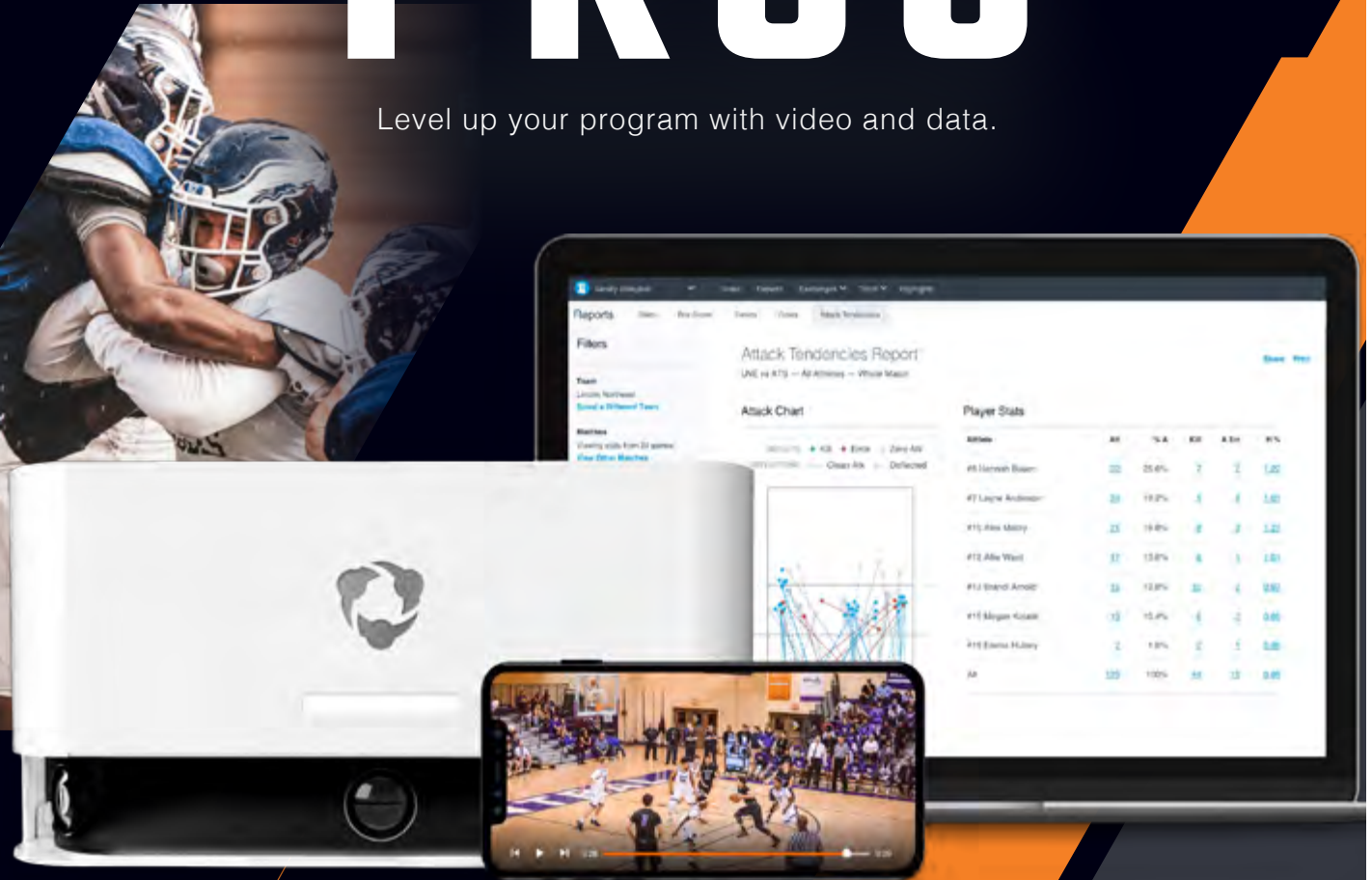
*Did you
know?*

The NCCA supplies NFHS Rule Books to every member high school so they are available for our member coaches to refer to when needed.



PLAY LIKE THE PROS

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Technology is changing the way teams compete—help your coaches stay ahead of the game with an athletic department package from Hudl. A package includes a smart camera and unlimited game breakdowns, so your teams have everything they need to do everything from recording their games to analyzing their stats.

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They still call me “Coach”

Barbara Foxx

Coach Foxx went to Greenwood High School in Lemon Springs, NC, playing basketball and softball there. After high school, she attended Central Carolina Community College where she played basketball, receiving her Associates Degree in Recreation.

She transferred to Campbell College (now Campbell University), where she was a three-sport athlete: field hockey, basketball and softball. During her senior year at Campbell, she earned a place on the Dean's List for her academic work.

Coach Foxx received a Master's Degree from Gardner-Webb University and became National Board Certified in Physical Education in 2006. In her free time, she enjoys working in her yard and playing softball with her local team, the *Dreamgirlz*.



NCC: WHAT SPORTS DID YOU COACH?

“ Volleyball, Basketball, Softball

NCC: WHERE DID YOU COACH?

“ Pinecrest High School, Moore County

NCC: HOW MANY YEARS DID YOU COACH?

“ I coached for 38 years.

NCC: ARE YOU STILL INVOLVED IN COACHING AND/OR ATHLETICS?

“ Yes. I'm coaching volleyball at West Lee Middle School and St. John Paul II Catholic School, grades 6-8.

NCC: WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?

“ The most memorable coaching experience was driving the volleyball team to Nebraska. I saw their confidence develop so much during that trip that they

didn't lose a single game the whole season.

NCC: WHAT PART OF COACHING WAS THE MOST REWARDING FOR YOU?

“ The most rewarding part of coaching for me was watching the girls improve. I can see the joy they have when they succeed in something that they struggled with earlier.

NCC: WHY DID YOU GO INTO COACHING?

“ I had great coaches in high school and I just love athletics. I enjoy teaching athletes to become better prepared for the task at hand.

NCC: WHAT IS YOUR FUNNIEST COACHING MEMORY?

“ My funniest memory was while I was

See “Coach” on page 10

“Coach”

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coaching a basketball game at Hoke County High School. I had been suffering from a cold and could only speak in a whisper. A fan behind my bench was giving the officials a hard time. The official came over to me and gave me a warning for yelling at him.

NCC: WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

“My most embarrassing moment was when one of my basketball players stole the ball on our press but scored the point in the opponent’s basket.

NCC: WHAT WAS YOUR FAVORITE PLAY OR STRATEGY?

“My favorite strategy was in basket-

ball. I liked to run a different defense during the second half of the game.

NCC: WHO WERE THE TOUGHEST TEAMS YOU COACHED AGAINST?

“Chapel Hill High School was always tough in basketball and volleyball.

NCC: WHAT CHANGES WOULD YOU MAKE TO THE CURRENT RULES IN YOUR SPORT?

“The rules so far are okay.

NCC: WHAT ONE PIECE OF ADVICE WOULD YOU GIVE A BEGINNING COACH?

“My advice for a beginning coach is to always have a practice plan in place, have high expectations, challenge the team to always play hard and never quit,

See “Coach” on page 11

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“Coach”

continued from page 10

let them know that you care about them, and always be honest. Most importantly, put God first.

NCC: WHAT ARE THE MOST IMPORTANT THINGS FOR YOUNG COACHES TO DO IN DEALING WITH:

“**ATHLETES:** Let the athlete know that their playing time is determined by their work ethic and talent. Always be honest with them.

“**PARENTS:** Let them know your rules and expectations at the start of the season.

“**ADMINISTRATORS:** Coaches should always know the school rules and their sport’s rules and follow them.

“**ATHLETIC DIRECTORS:** Coaches should know the expectations of the athletic director and be sure to attend all meetings.

“**OTHER COACHES:** Always be supportive of each other and if they are qualified to help you with your sport,

don’t be afraid to ask for help.

“**THE PRESS/MEDIA:** Don’t talk to the media when you are angry. Always point out the positive things happening with your team and program. Teach your players how to speak to the press and let your older players speak first.

NCC: WHAT DID/DOES THE NCCA MEAN TO YOU?

“ The NCCA is always supportive in all sports by bringing college coaches to the clinic to show us new drills and strategies. The coaches are open for us to come and watch them practice to help us even more.

NCC: OTHER COMMENTS YOU WOULD LIKE TO SHARE WITH OUR MEMBERS:

“ At the end of a game, always be sure that the last words you say to your players will motivate them to play harder the next game. Let them know that your care about them more than winning. Train them well, practice what you teach and the wins will come.

Should E-W Basketball games be moved?

We are spending a great sum to hold the East-West basketball games in the Coliseum. I’d like to move the games to the Fieldhouse (at the Coliseum) but it only has two dressing rooms. We’re trying to figure a way to make that work. If that cannot be done then we need to consider moving to A&T State University or Grimsley High School. UNC Greensboro seats

only 1,800 so it cannot handle our crowd.

Grimsley has the best parking and would be the cheapest to rent. Our success at Hoggard High School with the Carolinas Classic games makes a high school gym a worthy consideration and probably the first choice. Any basketball coach with a strong opinion needs to let me know at pweaver@nccoach.org.



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the North Carolina Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2018 – August 1, 2019

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

- ❖ Participant Waivers - Signed waivers must be in place for all participants attending camps. The waiver must have indemnification language and acknowledgement that primary medical insurance is in place for the participant.
- ❖ Participant/Accident (Medical) - If you cannot secure such a waiver, **you must purchase** coverage for all participants attending your camp.
- ❖ Additional Insured/Certificate of Insurance - If you require a certificate of insurance naming an additional insured, **you must purchase** the Participant/Accident (Medical) coverage for all participants attending your camp.
- ❖ Proof of Insurance - If you require a certificate of insurance showing proof of insurance and you have the required waiver in place, **you DO NOT have to purchase** the Participant/Accident (Medical) coverage.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

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Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

Athletes Are Not Immune to Suicidal Thoughts

By Brett Marciel
Director of Public Relations,
The Jason Foundation, Inc.

SUICIDE IS CURRENTLY THE SECOND LEADING CAUSE OF DEATH for middle school, high school, and college aged youth in our nation. We average losing more than 130 young people (10 – 24) to suicide each week. The good news is that suicide is preventable.

While it has been noted that student-athletes are less prone to suicidal thoughts and actions, they are by no means immune to the trials and tribulations that all young people experience. The social stigma associated with mental illness, suicide, and seeking help is lessening, but there is still work to be done. There is a culture prevalent across the country where seeking help for emotional or mental distress is looked down upon.

It is imperative that we recognize when a young person may be struggling with thoughts of suicide. Encouraging help seeking behavior and knowing where to go for professional assistance is of utmost importance. Suicide rates are the highest that they have been in more

than 40 years, but we can make a difference. The relationships young people have with their peers, parents, and coaches are vital to their mental well-be-



ing. Having a strong support structure can deter suicide attempts in youth.

This was one of the core reasons why the NCCA through its membership in the National Organization of Coaches Association Directors (NOCAD) and The Jason Foundation began an affiliation in 2016. Through our collaboration, we have the potential to make a profound impact on the national public health issue of youth suicide. As a coach, you are in a unique position to have a lasting impact on the stu-

See "Thoughts" on page 11

"Thoughts"

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dent-athletes in which you come into contact with on a regular basis.

Many times, young people today play sports year-round with little to no off-season. This instills a feeling of being part of something bigger than themselves. The effects of belonging to a team can strengthen the support system around a young person. Having this feeling of inclusiveness has been seen as a protective factor when it comes to suicidal thoughts. Alternatively, the loss of this perceived identity can have a major, negative impact on a person. We need to be acutely aware of when a young person may lose this feeling of belonging.

This loss may be a result of injury, not being able to play, poor performance, a loss of playing time or starting position, or a myriad of other factors.

These situations can lead a young person to lose their identity as part of a team and could be detrimental to their mental stability. Coaches should be aware of what resources are available for student-athletes. Guidance and counseling centers/services are great places to start if you suspect a young person may be experiencing a difficult time.

The Jason Foundation, Inc. (JFI) is a

nationally recognized leader in youth suicide prevention and awareness. Our mission is to provide programs and resources for students, educators, and parents to help recognize and assist young people who may be struggling with thoughts of suicide. The Jason Foundation has never charged any school, district, teacher, or coach for the use of any of our programs or materials.



Through the affiliations between NOCAD, the NCCA, and The Jason Foundation, you have access to a wealth of information that can be utilized in your professional and personal life. Visit our website,

www.jasonfoundation.com

to learn more about our affiliation with NOCAD and the NCCA, the programs available through this affiliation, and how you can become involved in suicide prevention.



Joe Franks
Executive Secretary
jfranks@nccoach.org

HAVING JUST COMPLETED THE NCHSAA REGIONAL MEETING TOUR as your NCCA representative, it's always good to visit with friends and colleagues across the state. The NCHSAA staff goes over a great deal of information for the Principals, AD's and a few Superintendents who attend the meetings, and they post the PowerPoint presentations that can be accessed by school personnel after the meetings.

One item that I discussed particularly was access to the publication **"From the Gym to the Jury"** that the NCCA provides free of charge to every member school in the state via your athletic director. This nationally recognized risk management publication has been produced for years and we have provided it to schools for many years. Your AD is supposed to forward it to you when they receive it and we have asked them to forward to your administration as well. We all know that nobody really likes talking about legal liability, but in today's society we have to be proactive with our methods and the safety of our facilities. By looking

over this publication, if you can pick up one idea to make your facility safer or make one adjustment to the way you are coaching your drills, it would sure pay off big dividends. As I informed the groups at the meetings, this is not inexpensive for the NCCA to provide this to schools. If folks are not taking advantage of this, then there is no reason for us to continue it. We will be asking AD's via email this fall about it and we hope you are getting it.

The Coaching Clinic had good attendance, down a few from 2018, but a good showing with just over 8,350 paid registrants. In our office, we discuss why attendance has dropped a little over the past couple of years, and really want to get a handle on ways we can improve the experience for those who attend. Perhaps the "dead period" during that week looks a lot more attractive for families to take vacations prior to the start of fall practice. In my opinion, our Clinic is a tremendous bargain when you take into account the excellent clinicians, access to the All-Star Games, free program, and the

See **"Corner"** on page 17

“Corner”

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card that gets you into NCHSAA games through the playoffs, and most importantly - liability coverage for coaches.

I mentioned this last year and I still feel that it is important. One of the items addressed at the meetings relates to becoming an **Accredited Interscholastic Coach (AIC)** or a **Certified Interscholastic Coach (CIC)**. This certification for coaches is offered by the NFHS. To get AIC certified, a coach has to take 4 online classes – and two of them are already required for anyone who coaches in North Carolina (Fundamentals of Coaching and Concussion). The other two would be a sport specific course and the First Aid

course. While I understand that there is a cost for the other two courses, becoming an Accredited Interscholastic Coach would look pretty good on anyone’s resume, and it’s not that hard to do. North Carolina ranks as one of the top states in the country in numbers of both AIC’s and CIC’s – and that reflects well on our coaches.

On my desk, there is a little card given to me by one of my former players – “It isn’t what coaches teach us through words that make us winners. It’s what they teach through example. It’s what they teach us about life.” Thanks again for all you do for our young people. Let’s continue to make the title “Coach” one that is respected and admired.

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Items labeled as a SET will be sold "as is" in one lot (specify letter).
 For items labeled SOLD AS SINGLE UNITS, specify color(s) and size(s).

A EAST GIRLS 2016 SET



Jerseys
 M-4, L-3, XL-4, 2XL-2, 3XL-1
 Shorts
 M-3, L-10, XL-4, 2XL-1, 3XL-1

GIRLS

B WEST GIRLS 2016 SET



Jerseys
 M-1, L-6, XL-3, 2XL-2, 3XL-1
 Shorts
 M-1, L-6, XL-3, 2XL-5, 3XL-2

C WEST GIRLS 2011 SET



Jerseys
 M-4, L-5, XL-4, 2XL-2
 Shorts
 L-4, XL-8, 2XL-3

D WEST GIRLS 2017 SET



Jerseys
 M-4, L-4, XL-4, 2XL-2, 3XL-1
 Shorts
 S-1, M-5, L-5, XL-4, 2XL-2, 3XL-1

RED GIRLS PRACTICE JERSEYS
 S-1, L-2
RED GIRLS PRACTICE SHORTS
(not pictured) S-1, M-1, L-1

**SOLD AS
 SINGLE UNITS**



BLUE GIRLS PRACTICE JERSEYS
 L-1
BLUE GIRLS PRACTICE SHORTS
(not pictured) L-1

**SOLD AS
 SINGLE UNITS**



BOYS



F
EAST
BOYS
2016
SET

Jerseys
M-1, L-5, XL-3, 2XL-5, 3XL-2
Shorts
M-1, L-1, XL-3, 2XL-4, 3XL-2



G
WEST
BOYS
2016
SET

Jerseys
M-2, L-5, XL-3, 2XL-5, 3XL-2
Shorts
M-1, L-6, XL-2, 2XL-5, 3XL-2



H
BOYS BLUE PRACTICE
JERSEY SET

M-1, L-9, XL-8, 2XL-4, 3XL-1



Jerseys
M-3, L-5, XL-4, 2XL-1, 3XL-1
Shorts
M-4, XL-4, 2XL-1, 3XL-1

J
WEST
BOYS
2011
SET



K
BOYS RED PRACTICE
JERSEY SET

M-4, L-6, XL-10, 2XL-6, 3XL-1



L
WEST
BOYS
2017
SET

Jerseys
M-1, L-3, XL-3, 2XL-5, 3XL-2
Shorts
M-1, L-4, XL-3, 2XL-2



**BOYS BLUE PRACTICE
SHORTS**
XL-5, 2XL-4, 3XL-3
**SOLD AS
SINGLE UNITS**



M
BOYS BLACK PRACTICE
JERSEY SET

L-8, XL-17, 2XL-6, 3XL-5



**BOYS BLACK PRACTICE
SHORTS**
L-2, XL-7, 3XL-2
**SOLD AS
SINGLE UNITS**