



North Carolina Coaches Association N.C. COACH

VOLUME 24, NUMBER 1, SPRING 2019

From the Clinic Desk

by Mac Morris

In my last column, I asked for comments on the value of continuing the meals versus saving the Association a lot of money. Believe it or not, I didn't get a single comment about keeping them. So the main difference for this summer's clinic is that there will be no meals on Monday and Wednesday nights for coaches. By not providing these meals during the clinic, we will save the Association money and there will be no need for a rate increase. We will still offer the Old Timer's Luncheon for retired Gold Card Members. We don't anticipate an FCA luncheon this year.

As we reached the end of March, we have assembled a clinic lineup that we can be proud of for this summer. I asked for suggestions from the football coaches on who they would like to hear and was successful in obtaining some good speakers. We have Jim Collins and Bob Sanders of the Orlando Apollos to speak on defense. They have been in college ball and are

anxious to help with your defensive thoughts. Former in-state coach Dave Gutshall, head coach at Dorman High, as well as Jackie Hayes from Dillon High have both agreed to speak, representing South Carolina. Jimmy Teague, who has multiple state championships at Reidsville, will share his offensive thoughts with you. Then on Thursday, we have Pete Fredenburg of Mary Hardin-Baylor, which has won two of the last three National Championships in D-III football. He should be able to give us a different perspective and approach to the game.

In basketball, we have Mike Young of Wofford on Monday morning. His Terriers have had quite a year and had a respectable appearance in the tournament. Joe Dooley of East Carolina will handle Monday afternoon and will do a good job. On the women's side, we have Amanda Butler from Clemson who was the ACC Coach of the Year this season and has Clemson moving toward the top. Simon Harris, an assistant at

NC State, will also be a part of the program and we know how well they have performed lately.

For wrestling, we have Mark Cody who is the Director of Wrestling at Presbyterian and is starting a men's and women's program there. Track clinicians will be Damion McLean of Appalachian and Duane Ross of NC A & T. Our baseball clinicians will be Kermit Smith of Appalachian and Billy Godwin who is now scouting for the Yankees. Both of these guys were suggested by many of our baseball coaches. Andrea Grove-McDonough of UNC will handle the cross-country portion of the program. We have Jill Wilson of Virginia Tech for volleyball. Billy Dooley, a high school coach from Georgia, will do part of the softball clinic and we are searching for a second clinician. Zach Haines, the new High Point University soccer coach, will handle that portion of our program. For swimming, John Long of Queens University has accepted our

invitation to speak. Overall, it will be a really good week and I hope you will be able to learn something this year.

All of this was made easier with the help of Hal Bagwell, Rob Maloney, Robyn Wesselman and Daniel Barrow who helped contact some of these clinicians.

Joe Franks has developed a new registration form that is tan and not white as we have had in the past. So it will be pretty obvious to us who has been taking packs of white cards home from the clinic every year. Joe has been to the Regional Meetings and plans to go to the AD's Conference to talk about registration and getting the new cards to register.

We have had an address change. The Greensboro City Council approved changing the name of our street so we have gone to—
see *Clinic*, page 2

From the Games Desk

by Phil Weaver

A recent sermon at my church was entitled "Unchanging: Finding the Permanent in Our Ever-Changing World." This prompted thoughts of what, if anything, in coaching is permanent because there is certainly constant change in this profession.

Winning big games and championships, coaching all-stars and college prospects and personal accomplishments are all enjoyable aspects associated with coaching. Hopefully all coaches experience at least some of these. Though it is nice to be reminded of one's successes, people who made a career in coaching will not cite that as what they value the most.

The "permanent" in coaching is the relationships you develop. Former players become friends because of the highs and lows you shared

together. Former opposing coaches become really good friends because each of you understands where the other is coming from. Some player's parents often come to appreciate the things you taught or did for their children. Even referees and coaches become friends, probably because each remembers the other as working to improve the game for the kids.

It is surprising the number of former players who may not have played very much who, years later, express appreciation for their experience on the team. They often recall something the coach considered a small gesture but which had a lifelong impact on that athlete. Being thanked by a former opposing coach for not running up the score provides a great feeling, too. Many kindnesses coaches are responsible for are fondly remembered for years.

On the downside, another "permanent" in coaching is the issue of parents' complaints about playing time. Coaches who are also parents of their own athletes can appreciate a parent's concern, but it's virtually impossible to provide a satisfactory answer. Difficulties with administrators who have never coached will always be a part of coaching in high school. Moreover, it is unfortunate that the old pipeline of coach to assistant principal to principal to superintendent seems to have almost completely ruptured.

Another "permanent" in coaching appears to be the intrusion of the courts and meddling school boards. The paperwork demands on today's coaches are a most regrettable development, but not one we old-timers ever had to face. Even after considering all of these drawbacks, I think we can all

agree that the coaching profession still offers long-term benefits that are hard to match in other fields.



Clinic

from page 1

ing a P.O. Box now. It is P.O. Box 10708 and the zip code is 27404. This will be printed on the new registration cards. Now we won't have to wait for the mail carrier to make their delivery before we can get to work on registrations.

The rate for this summer's clinic will be \$60 again up to the deadline of July 1st. Anything postmarked after July 1 will have to be \$85. Remember that the school can pre-register its staff for the \$60 rate for new members and Associates as well as previous members. The registration

Processing membership cards takes hours daily in May and June and our mail delivery times have begun to vary widely. To ensure we can begin work in the mornings, we are now using a post office box:

P.O. Box 10708, Greensboro, NC 27404

Westover Terrace has had a name change so our physical address is now NCCA,
1101 North Josephine Boyd St., Greensboro 27408
Please use P.O. Box 10708 for all correspondence.

materials should be in the mail to you some time around May 1st. If you have changed your address since the last clinic, please notify the NCCA office at www.nccoach.org so we can change it in our system before registration materials are

mailed out.

I hope we will have good weather for spring sports and we look forward to seeing you in July. If we can help in any way, don't hesitate to be in touch.

N.C. COACH



An Official Publication of the
 North Carolina Coaches' Association
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NC Girls, SC Boys win at 2019 Carolinas Classic All-Star Basketball Games in Wilmington

March 23, 2019
 Hoggard High School
 Wilmington, NC

GIRLS' GAME RESULTS

North Carolina 80
 South Carolina 59

BOYS' GAME RESULTS

North Carolina 117
 South Carolina 129

The high-flying boys game featured SC MVP Tre' Jackson III (Blythewood HS), who scored a record high 36 points for the game. Justin McKoy (Panther Creek HS) had the 3rd most points in boys history (31), including six 3-pointers. Bryson Childress (North Stanly HS) sank seven 3-pointers in the NC effort. NC leads the boys series 14-8.

North Carolina boys:
 Bryson Childress - 21, Keyshaun Langley - 7, Jahmois Barnhill - 9
 Fletcher Abee - 8, Ren Dyer - 9
 Sydney Dollar - 2, Kadin Shedrick - 7, Owen McCormack - 7, Justin McKoy - 31, Imajae Dodd - 16.

The NC girls came out strong and led at halftime 46-37. They poured on 34 points in the second half behind game MVP Tamari Key's (Cary HS) performance. NC leads the girls series 13-9.

North Carolina girls:
 Kendal Moore - 5, Asia Todd - 4,
 Jada Peebles - 6, Nia Daniel - 8
 Jordan McLaughlin - 13, Callie Scheier - 10, Lauren Godwin - 6
 Tamari Key - 12, Alexandria Scruggs - 4, Elizabeth Kitley - 12.

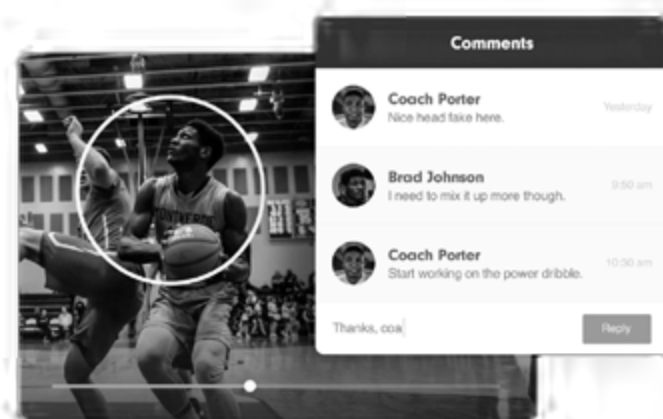


Tamari Key of Cary HS was the MVP in the 2019 Carolina Classic.



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JOE'S CORNER

by Joe Franks

This past January, Phil Weaver and I were at the annual meeting for the National Organization of Coaches Association Directors. NOCAD represents 42 state organizations. Some are like ours, and others are individual sport associations. There were representatives from Oregon to Texas to Illinois to Georgia sharing strategies, best practices and ideas to help coaches across the country. NOCAD represents over 160,000 coaches! It's always great to pick up ideas we can implement and gratifying as to how people look at North Carolina as a national leader in the ways our state organizations (NCCA, NCHSAA, NCADA) work together so well.

The preregistration mailing for the 2019 NCCA Clinic will be going out to current members in early May. Please

watch for the mailing and don't trash it! These are mailed at bulk rate, so if your address changed and you did not let us know, you will not get the packet. In addition, we all know that sometimes things just don't arrive in the mail. If you moved or do not receive your preregistration envelope, call our office by mid-May and get your materials sent to you. Don't wait until the end of June and expect to get it sent to you and then be able to get it back to us by the deadline. Current members will be able to individually register for the \$60.00 Clinic preregistration fee as soon as the envelope arrives. Associates are not able to preregister individually, but if your school registers its staff, the AD can contact our office to get Associate registration cards. The preregistration fee is \$60.00 until July 1st. Registrations

postmarked after July 1st will require \$85.00 to register, which is the same as the on-site rate.

For AD's – if the school pays to register your coaches, remind them that when the membership envelope arrives, pull the card and get it to you. As you remember from last fall's regional meetings, the 2019 registration cards are beige in color this year. I know that many of you picked up both the membership and Associate (blue) registration cards at the regional meetings, but if you need additional cards, just send us the request on your school email. The beige card is for teachers and teacher assistants who are paid a supplement, for AD's, and for LAT's who teach at the school. Anyone who does not meet those criteria will need a blue Associate card. First Responders

are Associates (unless they teach and coach a sport).

Athletic Injury Management courses and CPR classes will be available again this year. Information will be included in the registration packet and will be on our website, www.nccoach.org in May. Injury Management will be two days this year like it was in 2016, because once again, the Greensboro Coliseum has a concert on Tuesday evening.

I hope that you all have a great spring and successful end to the school year. Thanks again for all you do for our young people and let's continue to make the title "Coach" one that is respected and admired. We'll see you in July!

NC GIRLS' ALL-STARS

#	Name	Ht	School	Coached by	College choice
12	Kendal Moore	5'6	Pine Forest	David May	NC State
14	Asia Todd	5'8	Clayton	Marlon Lee	Liberty Univ.
20	Jada Peebles	5'9	Wakefield	Donald Williams	Univ. of Illinois
22	Nia Daniel	5'8	Hickory Ridge	Tolonda Simmons	UNC-CH
24	Jordan McLaughlin	5'6	Berry Acad.	Kelvin Brim	Mercer Univ.
30	Callie Scheier	5'2	West Forsyth	Brittany Cox	High Point Univ.
32	Lauren Godwin	6'1	W. Alamance	Ray Edmond	Wingate Univ.
40	Tamari Key	6'5	Cary	Patrick Daly	Tennessee
42	Alexandria Scruggs	6'0	EE Smith	Dee Hardy	Wake Forest
52	Elizabeth Kitley	6'5	NW Guilford	Darlene Joyner	Virginia Tech

Head Coach: *Patty Evers (East Bladen HS)*

Assistant Coach: *Laura Foster (TC Roberson HS)*

Athletic Trainer: *Sadie Thomas (Ashley HS)*

NC BOYS' ALL-STARS

#	Name	Ht	School	Coached by	College choice
5	Bryson Childress	5'10	North Stanly	Paul Childress	undecided
11	Keyshaun Langley	6'1	SW Guilford	Guy Shavers	UNC-G
15	Jahmois Barnhill	5'8	DH Conley	Rob Maloney	undecided
21	Fletcher Abee	6'3	Freedom	Casey Rogers	The Citadel
23	Ren Dyer	6'4	N. Buncombe	Chuck Robinson	undecided
33	Sydney Dollar	6'5	East Lincoln	Jon Hancock	Lees-McRae
35	Kadin Shedrick	6'11	Holly Springs	LJ Hepp	Univ. of Virginia
41	Owen McCormack	6'8	Davie County	Mike Absher	Presbyterian
43	Justin McKoy	6'5	Panther Creek	Shawan Robinson	Penn State
51	Imajae Dodd	6'7	Greene Central	Blue Edwards	UNC-Wilmington

Head Coach: *Rob Maloney (DH Conley HS)*

Assistant Coach: *Brian Franklin (McDowell HS)*

Athletic Trainer: *Mark White (Southeast Guilford HS)*

Coaches Assistance Program

The Coaches Assistance Program (CAP) provides education that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations.

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In Memoriam

Clarence Bernie Capps
Rocky Mount High School

They Still Call Me “Coach”

Dale Ijames



NCC: WHAT SPORTS DID YOU COACH?

DI: Baseball (in high school and all sports in junior high).

NCC: WHERE DID YOU COACH?

DI: Robert B Glenn High School and Kernersville Jr. High.

NCC: HOW MANY YEARS DID YOU COACH?

DI: 1973-1985 Jr. High; 1986-2005 at Glenn.

ARE YOU STILL INVOLVED IN COACHING AND/OR ATHLETICS?

DI: Yes -- Associate Scout for Kansas City Royals and General Manager of the Summer Collegiate Program, the Kernersville Bulldogs. Our Program in 2017 was ranked the 11th best summer club in the country. The team is coached by Dustin Ijames. I also coach the Royals NC/SC/VA Fall showcase team to get my coaching fix!

NCC: WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?

DI: All of my championship clubs, 17 straight H.S. playoff teams and my 5 state final squads are memorable. But knowing how hard it is to win one, I guess the 1992 state championship team's winning that title on our field in their third consecutive try would stand out. Not only was it a championship, but it resulted in Baseball America's final national ranking of #2 in the nation behind Alex Rodriguez's Miami Westminster team.

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

DI: The preparation, the process of developing players and a team in practice. Working with the guys every day. Working not only to develop their baseball skills but instill in them the discipline, sacrifice and work ethic that would make them

Dale is a native of Mocksville, N.C. He played baseball at Davie High and Catawba College, graduating in 1973. Dale worked for W/S Forsyth County Schools until retiring in 2005. He was named baseball coach at Glenn High School in 1986, where he built a nationally-recognized program and facility. Coach Ijames was honored by the school system in 2009 by having that facility named for him.

Dale's primary interest has always been coaching baseball. In addition to coaching high school baseball at Glenn and winning a state title, having 17 straight playoff appearances and five final appearances, he started American Legion baseball in

Kernersville and won a state championship in 1988. Returning to Mocksville Legion, he won several area championships and a runner-up state title. Dale coached in the state finals in Babe Ruth, won a state Little League title and started local USSSA youth travel programs that gained national rankings.

Upon retiring from high school, he coached in the Collegiate Summer Leagues, winning championships with the Kernersville Bulldogs. Coach Ijames compiled over a .750 winning percentage during his baseball coaching career. He was honored with induction into the North Carolina Baseball Coaches Hall of Fame in 2011.

He has been married to

wife Debbie for 38 years and they have 2 adult children. Their son Dustin played for his dad and attended NCA&T. He played on their NCAA regional club, coached at UNC-G and is now back at Glenn as a teacher and an assistant baseball coach. He is married to Shelby Sikes and they have two daughters, Delaney (3) and Bailey (6 months).

Their daughter, Dacia, played softball in high school and at Pfeiffer University. She also played on an NCAA regional team and was recently inducted into Pfeiffer's Sports Hall of Fame. She is currently working at UNC-G as Director of Sports Marketing.

successful players and successful people later in life.

NCC: WHY DID YOU GO INTO COACHING?

DI: I loved playing the game, the practicing, the competitions and even watching the games. Coaching allowed me to remain in the game. I knew coaching was the fun part of teaching from the coaches I had as a player. Sports was the fun reward for a day at school and I wanted others to have that feeling as well.

NCC: WHAT IS YOUR FUNNIEST COACHING MEMORY?

DI: My players come back and tell me stories of humorous moments with them that I seem not to remember, quickly forgot or didn't take as humorous at the time. I'm glad social media wasn't around because it is more fun to recount those stories later in life!

NCC: WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

DI: I guess it would be some of those entertaining ejections I received over the years. I probably had too many of those but they were big time motivators.

NCC: WHAT WAS YOUR FAVORITE

PLAY OR STRATEGY?

DI: My teams were known for playing "little ball". Good pitching and defense, intelligence and basic fundamentals was our motto! We used total team concept and left no stone unturned in preparation for our games.

NCC: WHO WERE THE TOUGHEST TEAMS YOU COACHED AGAINST?

DI: That is hard because there are so many great coaches here in North Carolina that I had the honor of coaching against and learning from. Being a nationally ranked program, Glenn was the school everyone took a shot at. We made a lot of teams better over the years.

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

DI: Recent pitch limits and expanding workouts to unlimited participants are steps in the right direction. They have not only made games safer but will increase participation. We must try to make some stipulations to stop the early commitment of athletes by the colleges. It makes players not committed that early to give up and go to other sports. Sometimes those early commits can get

slack and parent-bragging can destroy teams. I know we give travel teams too much leverage in recruiting. The season is too short/cold and there's not enough playing time before playoffs. Many of the athletes that baseball needs in the game can't afford the high cost of travel teams and they must use the school seasons to develop. It is still in the structured high school environment where life lessons are learned.

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

DI: Be the best you can be! Learn from other coaches, mooch from everyone and everything! Now with the MLB network, social media and video availability, you have many easy opportunities to help your players. Give your players your best, not only your knowledge but also your time. "Remember, it is tough being a kid today." Join professional organizations, especially the NCCA. The NCCA gives you the opportunity to learn from all sports. I always enjoy sitting in on other sports lectures at the clinic. You will be surprised at what you can learn.



Official Statistician and Digital Media Partner for
North Carolina Coaches Association



The following hotels have given us special rates for the Coaches Clinic July 14-18, 2019.			
HOTEL	RATE	■ Includes Breakfast	DISTANCE to COLISEUM
Battleground Inn 1517 Westover Terrace 336-272-4737	\$129 S&D		3 miles
Baymont Inn & Suites 2001 Veasley St. 336-294-6220	\$74 S, D, Suites	■	1.5 miles
Courtyard by Marriott 4400 W. Wendover Ave. 336-294-3800	\$119 S&D	■	4 miles
Courtyard GSO Airport 7811 National Service Rd. 336-668-1090	\$119 S&D		9 miles
DoubleTree by Hilton 3030 W. Gate City Blvd. 336-292-4004	\$145 D	■ up to 2 ppl	1 mile
Drury Inn & Suites Greensboro 3220 Gate City Blvd. 336-856-9696	\$125 D	■	1.5 miles
Hampton Inn & Suites GSO Coliseum 3033 W. Gate City Blvd. 336-553-1818	\$149-\$154 S, D, Suites	■	1.5 miles
Holiday Inn Express & Suites East 3111 Cedar Park Rd. 336-697-0101	\$94 D +12.75% tax	■	5 miles
Holiday Inn Express Wendover 4305 Big Tree Way 336-854-0090	\$109 S&D	■	4 miles
Holiday Inn GSO Coliseum 3005 W. Gate City Blvd. 336-294-4565	Call for group rate		
Hyatt Place Downtown 312 N. Eugene St. 336-263-9738	\$139.50 ROH	■	4 miles
Hyatt Place GSO 1619 Stanley Rd. 336-852-1443	\$125 S&D	■	4 miles
LaQuinta Inn & Suites Airport 7905 Triad Center Dr. 336-840-1550	\$129 S&D		9 miles
LaQuinta Inn & Suites 1201 Lanada Dr. 336-316-0100	\$107 D	■	5 miles
Quality Inn & Suites Airport 7067 Albert Pick Rd. 336-668-3638	\$65-\$100 S, D, Suites	■	9 miles
Ramada Greensboro 2003 Athena Court 336-294-9922	\$80 S & D	■	1.5 miles
Residence Inn GSO Airport 7616 Thorndike Rd. 336-632-4666	\$129 S	■	9 miles
Sheraton at Four Seasons 3121 W. Gate City Blvd. 336-292-9161	\$139 group rate		1 mile
SpringHill Suites GSO Airport 505 Hickory Branch Dr. 336-884-4900	\$104 Suites	■	9 miles
Wingate by Wyndham 6007 Landmark Center Blvd 336-854-8610	\$92-\$122 S, D, Suites	■	4 miles

“Coach” from page 4

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

DI: ATHLETES: Emphasize that you are there to make them better; not only as players but also as young people. Require something from them, establish basic standards, and hold them accountable because accountability brings you achievement.

PARENTS: You need to hold a parent meeting to open lines of communication. Explain your expectations of their athlete as well as expectations of them at games and in the community.

ADMINISTRATORS: Sit down with administrators to fully understand their guidelines and expectations of you. Learn all you can about rules, the facilities, financing restraints and appropriate channels of communication to follow during the year.

ATHLETIC DIRECTORS: In most schools, this is the specific line of communication that must be open in order to deal with day by day issues with your program. Learn scheduling, equipment procedures, travel regulations and gen-

eral rules and regulations from your AD.
OTHER COACHES: Cooperate, assist and learn from your fellow coaches at your school. You are on the same team, and success for the total school brings success for you! When facing competing teams, respect your fellow coaches. Compete on the field, but let it remain on the field. They are trying to do the same job that you are and face the same problems. Many can even assist you!
THE PRESS/MEDIA: Get to know the press and local media personnel. Emphasize that you are willing to help them in any way to get the word out about your teams. The more the community sees your team, the more they can become invested in your team. Crowds and interest can sell the program for years. Don't just depend on a website as one media approach.
NCC: WHAT DID/DOES THE NCCA MEAN TO YOU?
DI: It is a must for all coaches and a valuable learning tool that benefits all coaches both young and old. It provides fabulous opportunities to learn from other successful people and allows you to become a more complete coach and professional.

2019 East-West Men's Soccer Rosters

EAST

NAME	HIGH SCHOOL	COACH
Geovanni Abril	Rosewood	Edward Maldonado
Dennis Andino	Clayton	John Asmussen
James Boegel Jr	Leesville Road	Paul Dinkenor
Rush Campbell	Southern Lee	Vincent Frye
Dylan Enseling	Green Hope	David Corsbie
Reed Franck	New Hanover	Theodore Rennie
Collin Hinnant	Dixon	Kevin Hart
Hunter Lee	Cleveland	Michael Pritchard
Tom Morioka	Chapel Hill	Jason Curtis
Benjamin Noga	Leesville Road	Paul Dinkenor
Luka Noronha	Woods Charter	Graeme Stewart
Parker Norris	Clinton	Brad Spell
Patrick O'Neill	Green Hope	David Corsbie
Marcos Reyes	East Duplin	Joey Jones
Ryan Smith	Chapel Hill	Jason Curtis
Cameron Thayer	Hoggard	Dwight Findaly

Head Coach - Eddie Maldonado (Rosewood HS)

WEST

NAME	HIGH SCHOOL	COACH
Jair Alvarez	Watauga	Joshua Honeycutt
Miguel Alvarez	S. Mecklenburg	Eric White
Rami Bikdash	NW Guilford	Jason Allred
Nicholas Carter	Northern Guilford	Aaron King
Ryan Cowie	Hough	David Smith
Dilan Esperilla	Newton-Conover	Angelo Palozzi
Will Feehan	Asheville	Mike Flowe
Buddy Ferguson	Mount Tabor	Jay Benfield
Jordan Fiorani	West Forsyth	Jeffrey Williams
Adam Fox	Grimsley	Matt Martineau
Joshua Fuhrman	Statesville	Eric Hanson
Walter Gomez	E. Mecklenburg	Timothy Long
Henry Jones	Asheville	Mike Flowe
David Neil	Reagan	Shane Maullin
Matthew Rank	Providence	Nicolas Sosa
Billy Sunthang	RJ Reynolds	Antonio Sabio

Head Coach - Jason Allred (Northwest Guilford HS)

So what should you expect?

By Brett Queen
2018-19 NCCA President

Last fall, a picture of the Army football locker room following their game at Oklahoma garnered a lot of attention for how clean the Black Knights left the space. My initial reaction when seeing the picture was to question why that picture was even posted and then why was there such a reaction to it. Isn't that what SHOULD be done when you leave a facility? Aren't we supposed to leave a place how we found it (or better)? Why do we need to brag about doing something that should be expected?

The reality is that we need to brag even more about doing what is "expected" because I'm not sure our society understands anymore. We need to teach our young people what is expected and applaud them when they do it. Almost everything that someone does wrong is blasted out on the news or on social media. We can always find examples of what people are doing wrong. But what about the examples of people doing what is right?

Every day as I walk the halls of our high school, I am amazed at how people won't hold a door open for someone... or how they won't throw their trash away in the cafeteria... or how they don't push their chair in when they get up from a table... or how they talk to adults. It's very easy to call them out for these things. It's easier to just have someone go behind them and pick up their trash instead of making a big deal about it. We are creating a culture where people don't know how to do what is "expected" anymore.

So how about thanking someone when they hold the door open for you or for someone else...how about thanking kids when they clean up after themselves...how about applauding a kid when they handle a situation the correct way?

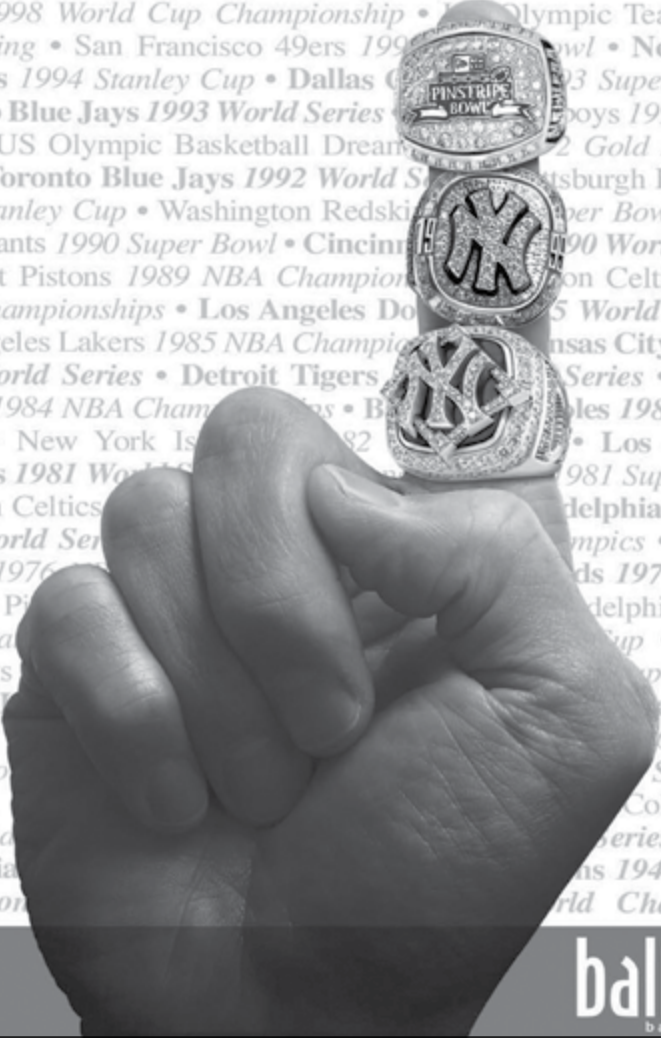
As coaches, we have so much influence over the young people we come in contact with. Let's celebrate the good that they do, no matter how small or "expected" we think it is. And let's make sure we are teaching them what the expectations are.

Our coaching staff takes pride in leaving our bench area and locker room clean whenever we leave. It's always been a couple of coaches and maybe a manager that handled it. I had never once thought about the need to share what we do with anyone. But I realized that we had failed to stress the importance of this to our players to allow them to be a part of that process.

So this year, our players learned the importance of leaving a place the way we found it or better. And we applauded them when they did it successfully. And from time to time, we shared it publicly so that others could applaud them, too. Because there is nothing wrong with that. I thought it was selfish and arrogant for Army to brag about cleaning up a locker room. But it isn't. It is necessary to help change the culture we live in...even if it's just one person or one team at a time. Margaret Mead once said, "Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."

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2019 East-West Football Rosters

EAST

NAME	HT	WT	HIGH SCHOOL	COACH
Brady Alls	6'3"	280	Heritage	Wallace Clark
Payton Baum	6'2"	245	Holly Springs	Robert Furth
Xzavior Bowden	6'1	230	Goldsboro	Tim Ray
Dante Bowlding	5'10	180	Terry Sanford	Bruce McClelland
Zakeem Brooks	5'7	150	Holmes	Paul Hoggard
Keon Caudle	5'11	185	Tarboro	Jeff Craddock
Milton Chandler	6'1	200	Jacksonville	Beau Williams
Kentreaz Coston	6'0	170	Holmes	Paul Hoggard
Kobe Crump	6'1	240	Lee County	Steve Burdeau
Jaivah Cruse	6'1	220	Clinton High	Cory Johnson
Kyler Davis	6'1	208	Seventy-First	Duran McLaurin
Isaiah Dickens	6'0	270	Wake Forest	Reggie Lucas
Isaiah Dunn	6'3"	290	Knightdale	Anthony Timmons
Phillip Foster	6'0	225	Northern Durham	John Hammet
Devon Grant	6'0	195	Wake Forest	Reggie Lucas
Steve Green	5'8	170	Franklinton	Jimmy Williams
Colin Guentensberger	6'0"	195	Orange	Van Smith
Declan Hall	6'3"	160	South Brunswick	"Rocky" Lewis
Tayvian Hall	6'2	265	East Duplin	Jack Holley
Aaron Harris	5'11	185	Northeastern	Antonio Moore
Kendall Harris	5'9"	200	Franklinton	Jimmie Williams
Luca Hurst	6'1"	185	Holly Springs	Robert Furth
Antonio Isaac	6'5	260	Richmond Sr	Bryan Till
Connor Keele	6'3	260	Clayton	Hunter Jenks
Uriah Lawrence	6'1"	200	Washington	Jon Blank
Matthew Leavelle	6'3"	205	Matthew	Asim McGill
Scott Looney	6' 0"	195	Hoggard	Craig Underwood
Steven McKinney	6'2	315	Lee County	Steve Burdeau
CJ Pipkin	6'3	185	Hoggard	Craig Underwood
Dylan Reeves	6'5"	240	Leesville Rd	Chad Smothers
Tyshoun Thomas	5'9"	170	Scotland	Richard Bailey
Melik Ward	6'0'	260	Tarboro	Jeff Craddock
Davontae Wiggins	6'3	215	Northern Nash	Andrew Farriss
Josh Williams	6'0	185	Havelock	Anthony Wray
Lamont Williams	6-0	297	Southern Nash	Brian Foster
Jason Wilson	5'8	170	Havelock	Anthony Wray

Head Coach - Sport Sawyer (Manteo)

Assistant Coaches

Andy Downing (Holmes)

Duran McLaurin (71st)

Kenneth Neal (Southern Lee)

Van Smith (Orange)

Craig Underwood (Hoggard)

WEST

NAME	HT	WT	HIGH SCHOOL	COACH
Josh Baker	6'2	275	Hibriten	Clay Lewis
Zion Barringer	6'1	265	Crest	Nicholas Eddins
Aristotle Bowles	5'10	210	Olympic	Jason Fowler
Jeremiah Brown	5'9	300	Kings Mountain	Greg Lloyd
KeAndre Buyna	6'	200	Reagan	Josh McGee
Adam Callahan	6'7	270	SW Randolph	Seth Baxter
Joe Camara	6'2	262	NW Cabarrus	Brandon Gentry
Kolby Cuthrell	5'8	155	SW Guilford	Chuck Doak
Fabian Duncan	5'9	202	N Mecklenburg	Eric Morman
Miguelangel Esparza- Calleja	6'0	280	JM Robinson	Rich Williams
Ethan Evans	6'3	215	North Surry	Danny Lyons
Cruyff Fleurine	5'9	160	Cherryville	Tim Pruitt
Cameron Gill	6'0	165	Salisbury	Brian Hinson
Alex Gowda	6'2	230	Eastern Guilford	Joseph Glass
Jackson Greene	5'11	180	Watauga	Ryan Habich
Isiah Hall	5'11	177	Sun Valley	Tad Baucom
Braxton Henderson	5'10	287	Eastern Guilford	Joe Glass
Landon Honeycutt	6'2	230	Mount Pleasant	Michael Johns
Maddox Johnson	5'11	225	N Davidson	Brian Flynn
Marqwone Jones	6'2	221	Hibriten	Clay Lewis
Devante Lambert	6'3"	260	Ragsdale	Johnny Boykin
Brandon Lewis	6'0	270	N Mecklenburg	Eric Morman
Will Martin	6'2	225	W Alamance	Jeff Snuffer
Keith Mosely	6'1	225	Asheville	David Burdette
Breylan Owens	6'2	180	Brevard	Craig Pritchett
Josh Robinson	5'10	165	E Alamance	John Kirby
Jalen Shelf	6'3	310	East Forsyth	Todd Willert
Trey Shepherd	6'3	190	Monroe	Johnny Sowell
Hakim Simmons	6'	230	Central Cabarrus	Kenneth McClamrock
JahTwan Stafford	5'8"	180	Monroe	Johnny Sowell
Blake Stephens	6'4	258	N Davidson	Brian Flynn
Simeon Thompson	5'10"	155	Erwin	Rodney Pruett
Kaylon Wade	6'0	170	Kings Mountain	Greg Lloyd
Devonte Washignton	6'5"	295	Reagan	Josh McGee
Kenneth Washington	5'11	180	Shelby	Lance Ware
Larry Williams	5'10	180	S Alamance	Fritz Hessenthaler

Head Coach - Johnny Sowell (Union)

Assistant Coaches

Johnny Boykin (Ragsdale)

Joe Glass (Eastern Guilford)

Luke Hyatt (Piedmont)

Mike Wilbanks (Shelby)

James Wood (Elkin)

All-Star Game Invitations & Program Info

Please help your player complete his or her All-Star player acceptance online ASAP if you have an athlete invited to play.

Also, you might want to begin lobbying your AD to place a school ad in the Yearbook Program to honor your school's East-West student-athlete(s). The advertising order form will be emailed to ADs at every high school in early May or can be downloaded at nccoach.org, then click link All-Star Games.

TO: Coaches of All-Star Athletes

If you're lucky enough to have a player selected for an All-Star game, PLEASE stay in contact with him or her to reconfirm their COMMITMENT to participate.



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NORTH CAROLINA COACHES' ASSOCIATION

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2019



**Coaching
Clinic**

**Greensboro
July 15 - July 18**

**East-West
All-Star Games**

BASKETBALL - Monday, July 15th

SOCCER - Tuesday, July 16th

FOOTBALL - Wednesday, July 17th