

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

2021 All-Star nomination periods

NC/SC Basketball: December 1 - January 15

Men's Soccer: February 1 - March 15

Football: February 1 - April 1

East-West Basketball: February 1 - March 15

Women's Soccer: February 1 - April 1

2021 All-Star Games

Monday, July 19

Tuesday, July 20

Wednesday, July 21

East-West Basketball

East-West Soccer

East-West Football

*We look forward to seeing you
in Greensboro next year!*

**East-West All-Star Games
and Coaching Clinic
JULY 19-22, 2021**



Welcome to NC Coach!

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

nccoach.org



All-Star nomination guidelines for 2021

1. Only NCCA members may nominate players for an All-Star game. An NCCA member must be a head coach in a sport to nominate players in that sport. If the head coach is not a member, the athletic director may make the nomination so a deserving player is not excluded from consideration.

2. A head coach may nominate a player from another school. At least one coach from a school must be an NCCA member for its athletes to be eligible for selection to an All-Star team.

3. A player must (1) graduate from high school and (2) be free of felony convictions to be eligible to participate.

4. A nominated player should have good character and be coachable. When nominating, keep in mind that this player will directly represent his/her coach, school and community.

5. Colleges often do not release players from summer school to participate in the East-West games. Please take this into consideration when making nominations.

6. Make nominations online at www.nccoach.org and click on All Star Games -- Nominations -- and then



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Mac Morris

Executive Director/All-Star Games

Phil Weaver

Assistant Directors

David Rogers, Reid Holmes

Executive Secretary

Joe Franks

Office Manager • Malea Jones

Editor • Mary Buchanan

sports. All nominations will be made online.

7. Send all player video directly to the head coach of the All-Star team. You will find their email addresses on the next page.

Contact 2021 East-West head coaches with player video

EAST Football: Paul Cornwell

- OLs and Specialists
cornwep@pitt.k12.nc.us

Steven Wright - QB's and RB's
swright@cghsnc.org

Jacob Thomas - Linebackers
jacobthomas@ccs.k12.nc.us

Ryan Gieselman - Def. Backs
jgieselman@lenoir.k12.nc.us

Russell Dove - Defensive line
grdove@columbus.k12.nc.us

Greg Williams - Receivers
gregwilliams@richmond.k12.nc.us

WEST Football: Doug Robertson

robertb@gcsnc.com

EAST MSoccer: Brad Wicker

wwicker.ls@lee.k12.nc.us

WEST MSoccer: Jay Niessner

jay.niessner@ucps.k12.nc.us

EAST WSoccer: Isaac Rancour

isaacrancour@ccs.k12.nc.us

WEST WSoccer: Shea Bridges

sbridges@caldwellschools.com

EAST Men's Basketball:

Eric Davis

eric.davis2@nhcs.net

WEST Men's Basketball:

Sonny Schofield

sschofield@iss.k12.nc.us

EAST Women's Basketball:

Donald Mooring

dmooring@lenoir.k12.nc.us

WEST Women's Basketball:

Brad Mangum

bmangum@caldwellschools.com

IN MEMORIAM

Guy Mendenhall
Cary High School

Russell Priest
East Bladen High School

Phil Senter
Jordan-Matthews High School

Kevin Todd
Apex High School

Hilda Worthington
Farmville Central High School

Emailing capability established

For some time we've been frustrated by our lack of ability to directly email Members and Associates. Now that we have the new Member and Associate database, we can. We are negotiating with a start-up which shows the promise of being able to do all the things we could want: email, text, social media posts, website entry, etc. Until that program is completed and on the market we will need to use Constant Contact. Please be sure that your email address will accept emails through Constant Contact.

We will email all Members and Associates about registration, all-star coaches about their needs, sport specific groups about all-star deadlines and other items concerning just one sport, etc. Please make sure we can reach you and be sure to update your directory information any time you have a change.

We will be sending out a test email on Wednesday, November 4th.

Please update your online membership info ASAP

go to:

www.nccoach.org
Members Only

If you've lost your initial login and password we sent you a few months ago, please email one of us and we will email it to you.

jfranks@nccoach.org
mjones@nccoach.org
mmorris@nccoach.org

You will set up a personal password and make updates and corrections to most of your information, including your email address and sport(s) you coach. Then you will be able to access the online Member Directory. We need to have this email database in place to enable us to send information to member coaches by sport, and will help us keep high school varsity head coaches in our All-star sports up to date on deadlines, etc.

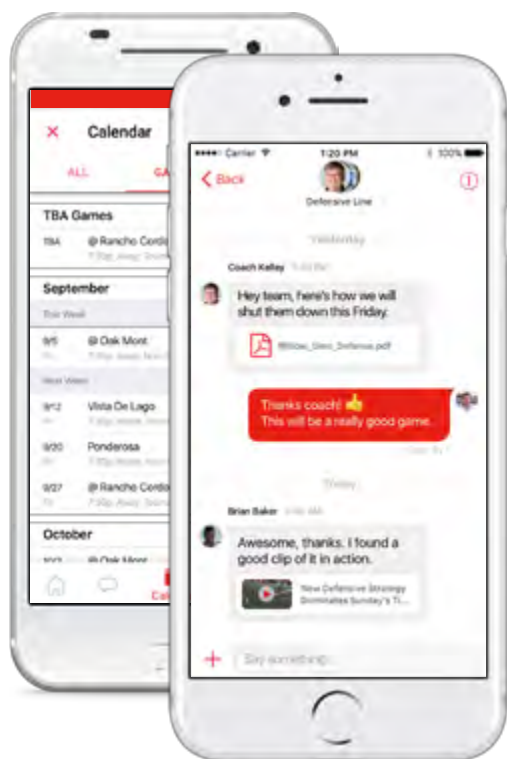
We are making this password-protected so your information can only be viewed by other members. We may send informational emails on behalf of our major sponsors but will not give your information to them. Please take care of this update as soon as possible.



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From the GAMES Desk...



pweaver@nccoach.org

Phil Weaver
Executive Director, All-Star Games

This issue I'd like to write about your players because I'm concerned about their mental health. Before I present anything about current athletes, I'd like to fill you in on what we did for our 2020 East-West All-Stars to try to help ease their discouragement from not being able to play.

We knew some all-stars had dreamed of playing in our game for years and, of course, knew of their disappointment. Half of the teams in North Carolina high schools didn't see a state championship played in their sport. To do something nice for our players we mailed each of them an all-star t-shirt, a bumper sticker, their all-star participant medallion, and the 2020 game program. Mary Buchanan produced the same top quality program as always and the only omission was the archived material. The program was 64 pages with bios, photos, rosters, etc.

We also worked with Adidas and Champion to produce soccer and football game jerseys with the player's

"For some kids, a player's coaches may be their only contact with the world in which they are comfortable."

name for players to buy. Basketball players were sold actual all-star jerseys from past years since we had so many of them in storage. We did not try to profit but only to cover shipping and handling costs on the new jerseys. Our longtime friend in the athletic supplies industry, Bobby Grant, even worked locally to produce replica jerseys for those who missed the sale deadline.

All 2020 all-stars have been invited to attend the 2021 games as our guests where they will be introduced at halftime. I'm proud of the efforts we made to honor these kids as much as we could financially justify.

Those 2020 kids had college just around the corner and were only out of school a few months, but I have much more concern for the 2021 athletes who have already lost so much. I believe the NCHSAA has done what they can to

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Games Desk

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give us sports this school year, but they are certainly constrained by what the governor decrees. Many of our localities have been dreadfully slow in allowing kids to even resume conditioning. Since kids are currently congregating at parks and on fields it would seem these frightened leaders would allow coaches to be the professional in charge of these gatherings. I've heard of only one problem at high schools who have already resumed workouts. Trust our coaches. And we coaches must remain trustworthy even when the guidelines seem capricious, stupid, or impossible to execute. (A side note: Coaches must follow all written guidelines for their NCCA/NOCAD liability insurance to be useful. But, these days, it would seem a good idea to know you have that protection. You know your LEA would likely let you be the first person thrown under the bus.)

My biggest concern is the social isolation some kids are feeling. Social media helps, but there's nothing like being with your friends – at any age but especially for teenagers. We've already suffered two suicides locally and I can't imagine how many marginally depressed kids there are. For some kids, a player's coaches may be their only contact with the world in which they are comfortable. I'd like to make two references to help you.



When this mess started I called a former All-Star Banquet speaker, Dr. Greg Dale, who heads up sports psychology at Duke. I asked for help and within hours, he had coaches Cutcliffe and Danowski lined up to do a video panel discussion. I called an old friend who once recruited my players when he began coaching - Tubby Smith (now Head Men's Basketball Coach at High Point University) and he enthusiastically agreed to join us. I enlisted Amy Green from our Board of Directors, Todd Willert who had recently coached in the all-star game and Kennedy Tinsley who had been a terrific contributor in our inaugural Coaches Summit to participate. Dr. Dale added a gentleman who is a principal and was formerly a coach in Michigan, and within 10 days we had recorded our Zoom panel discussion. It's an hour of ideas on dealing with Covid-19, race relations, the flag/National Anthem issue and a bit more. If you'll watch to the

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Games Desk

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end, I believe you will take away some useful thoughts. Listening to the panelists, I know there were times I wished I had heard of some of these ideas presented that I could have used with my teams. You can access the video by searching for “NOCAD” on YouTube or by accessing this link <https://www.youtube.com/watch?v=4blXiMZX-so8&t=250s> . Please watch. You may not be interested in every segment or like all you hear perhaps, but it’s well worth an hour.

A second source of information deals mainly with those kids you fear may have suicidal ideations. The Jason Foundation (<https://jasonfoundation.com/>) has partnered with the NCCA through our National Organization of Coaches Association Directors (NOCAD) to provide coaches, teachers, parents, friends, or whoever with all the tools they might need. Joe and I know Clark Flatt, whose teenage athlete son Jason committed suicide. Clark is a man driven to prevent any other parent from going through what he has. All the materials are free as is any phone assistance. You can down-

load the “**A Friend Asks**” app for free on the Apple App Store or Google Play for Android devices. Search “Jason Foundation” on either store to find the free app. Download the app today and encourage friends and family to do the same. Education is the key to prevention and with information like this as close as your smartphone; you could help save a life!

The “**A Friend Asks**” App contains the following information:

- warning signs of suicidal ideation
- how to help a friend
- how to get help now
- what to do and what not to do
- the B1 Program

On a brighter note we’re close to resuming practices and games. Let’s be thankful for that and for the fact that the virus and its interruptions appear to have had little lasting effect on the NCCA community.



NCCA Members: Please note the change to EXCLUSIONS below.

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, 2020 – August 1, 2021

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	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.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

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

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

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

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

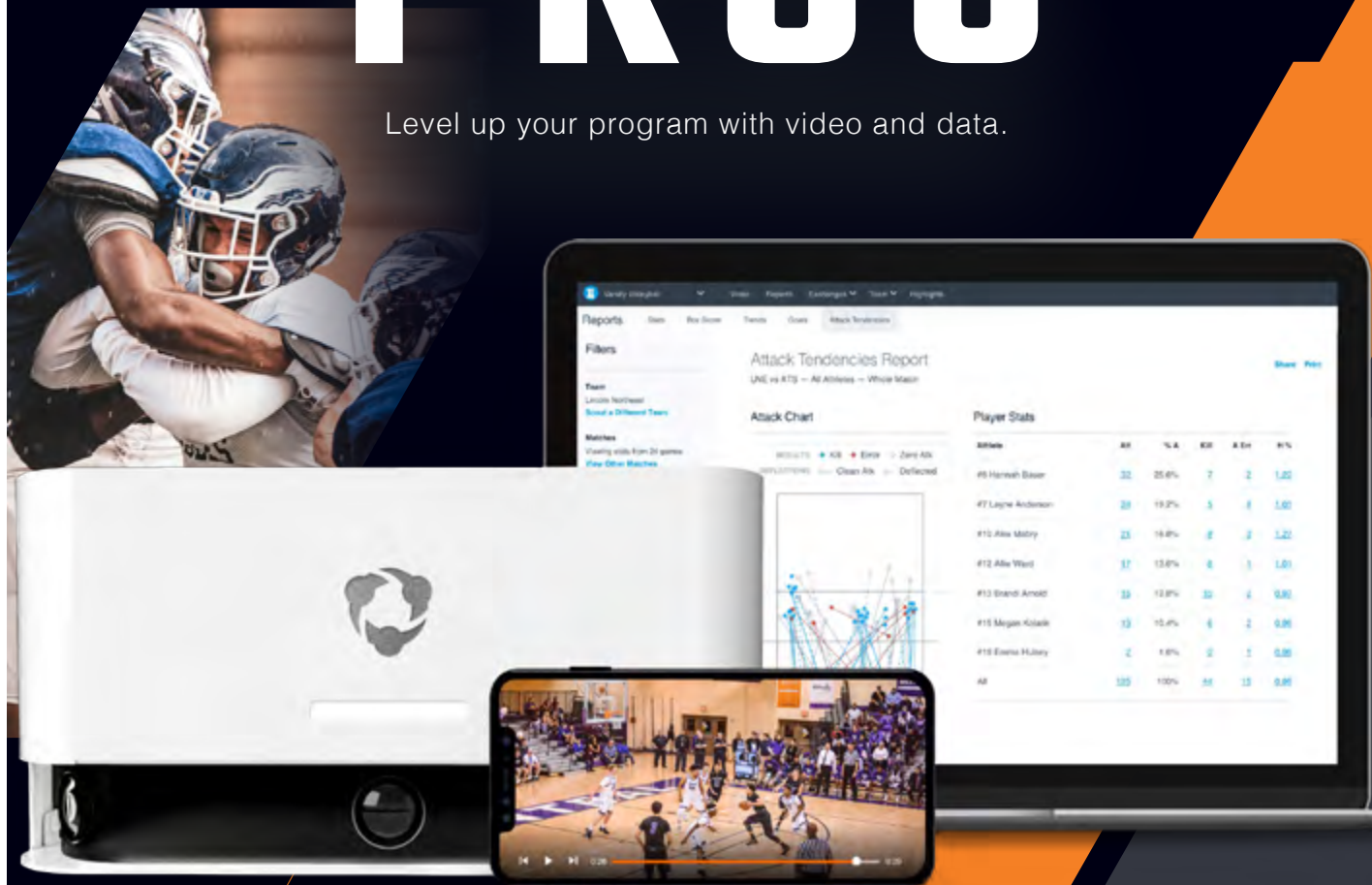
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Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



PLAY LIKE THE PROS

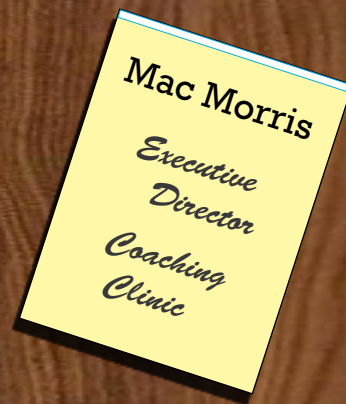
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[See what an athletic department package could do for your school.](#)

From the CLINIC Desk...



mmorris@nccoach.org

Mac Morris
Executive Director, Coaching Clinic

When we made the decision to hold a virtual clinic in 2020 instead of the real thing, we knew that we were going to increase our work loads but didn't realize how much. We asked for the registration blank, check, and 1 1/4 by 1 1/4 color picture in order to make the new cards. This would involve an old membership card or as we found out later a color copy of the driver's license. We got pictures that were 3x3, 5x5 and black and white copies of driver's license. We did the best we could but some of them weren't very attractive and really were not very good quality membership cards.

Once the blanks came in and we were able to make the cards, we had to find a way to store them prior to returning them to the school athletic directors (since we had some schools send in 40 blanks and some schools had 30 individuals). Then we had to figure what vessel to use to send the cards to the schools since some schools had one or two members and some had

between 15 and 45. We found some small boxes online and they worked out real well. We tried to check each one and make sure it was going to the right place, but with over 6,000 cards made, there were some errors. We corrected them as soon as we became aware of the problem.

Then there was the problem folder. We received registration blanks with no checks and no pictures. We received pictures with no registration blanks. We received duplicated registration blanks. As each of these instances came through, we contacted the person and asked them to correct the mistakes. We still have close to fifty problems that have never been cleared up, so those cards haven't been made and are still sitting in the problem folder.

Congratulations to the NCHSAA for coming up with a plan to carry on athletics for the coming school year. Due to governmental restrictions, this was an impossible task and they met and worked and had zoom sessions to try to come up with a plan that would

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Clinic Desk

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work for the whole state. Does everyone like it? Of course not, but I've read that a sure fire plan for failure would be to constantly try to please everyone. They did the best they could and now we have to live with it and make it work to benefit our student athletes for this year. It isn't what we hoped for in regard to schedules, but under the circumstances we have a plan and it will be better than last year's cancellation of sports. It will be interesting to see how you make it work for your school situation. Hopefully next year will find the pandemic having eased its hold on our country so that we may go back to regular schedules and try to recover from the financial losses during the last two years. The measure of who we are is what we do with what we have.

The essence of sports in our area is that

we learn to get knocked out and fight back the next day. This is not something that we would have ever wished for but using this spirit, we will be back as soon as it is feasible.

With all of this in mind, what are you going to do to make this the best possible year for our young people? Your attitude will determine this for many of your athletes. If you are going to complain about how bad it is and how things used to be better, it will not be a happy place to work or play. If you are going to make it the best year possible and talk about how happy you are to have a season no matter what the time frame is, athletes will follow your lead. Surely the weather may not favor your season but it really is like that every year. Make the best of your year and hope for a better future.

*Did you
know?*

The NCCA published a 2020 East-West All-Star program and you can access it. You can order a printed version for \$7.00 each by calling the office at 336-379-9095 to pay by credit card and it will be shipped to you.



Joe Franks
Executive Secretary
jfranks@nccoach.org

This year has never been short on throwing us curves and we, like you, are dealing with it the best we can. Our virtual clinic this summer was well received as folks knew we did the best with what we had. The video sessions that we were able to secure were informative, and as we establish the active membership rolls soon, those sessions will be posted to the “Members Only” section of the website for our members and associates to access throughout the year. Unfortunately, we had folks commit to doing video sessions and then as we came to the deadline, some chose not to follow through on their commitment and we filled in the best we knew how on the short notice.

Our new active members and associates will be receiving email notification on how to log in to the “Members Only” section of the website to create a unique username. Those who were members last year got a letter about setting up their status and only about 10% did. As we move to providing more information on that section, it will be good for our members and associates to keep their info up to date and

access that information.

Many school systems have been allowing conditioning for some time and others are coming on board. Soon, we will begin practices for volleyball and cross country and others sports will be following quickly. We all know how important this is to our students – to be able to get involved again and have some sense of normalcy they can hold on to. If we are going to make this work, our student-athletes, coaches and parents will have to be on the same page with regard to procedures. Obviously, there will have to be a ton of adjustments during these “seasons” and the saying “one day at a time” will take on new meaning for all of us. Our coaches will be the leaders as we move forward and I’m confident that we can work together to have our “seasons” in a meaningful and safe way.

There’s been a great deal of work by the NCHSAA to find ways to make athletic competition possible for this year. Folks have to remember that the NCHSAA provides governance for athletics, but it doesn’t supersede rules

See “**Corner**” on page 14

“Corner”

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and regulations from local LEA’s and the State of NC. It’s always amazing to me how people are quick to criticize without regard for these facts. Just because things are being done in other states, doesn’t mean that the public schools of NC can do it as well. Just because there are private schools that are competing at this point doesn’t mean that we all can. The NCHSAA has asked for input and through the work of committees has considered many options and tried to make the best decisions for ALL member schools – a really difficult task.

As your representative on many of these committees, I’ve seen this work first hand and how the staff of the NCHSAA has consulted with many constituents to come up with the plan. As we all know – when tough decisions have to be made, you’re not going to please everyone, but if everyone will commit to working together for the student-athletes, we can get it done.

Another item that is on the table for the NCHSAA membership is realignment. Originally scheduled to take place this year, the NCHSAA Board has recommended to the staff and the realignment committee that this should not be delayed. The NCHSAA staff discussed this at the virtual regional meetings recently and member schools and

conferences will have opportunities to have input on realignment ideas and proposals. This too is a daunting task for the NCHSAA and the committee but the commitment is there to make it happen.

Thanks again for all you do for our young people. Our coaches have always been teachers, mentors, counselors and friends to our student-athletes. With our kids looking for ways to deal with and rebound from the curves that COVID has and continues to throw at us, not to mention the societal issues at our doorsteps, I’m thinking that these relationships are more critical now than at any point in our lifetimes. We can do this – and do it well. Together, we are keeping the title “Coach” one that is respected and admired.



Hudl Provides Free Online Education, Community and Training for Distance Coaching

Hudl has new resources to help coaches connect and learn while their teams can't meet in person due to the COVID-19 outbreak.

The new Digital Coaching Center is a hub with remote coaching tactics for coaches, by coaches. Topics include crisis leadership, building scouting reports, athlete nutrition and establishing home routines. The videos are free and available to all coaches.

Since most in-person events are in question, the Hudl Up Coaching Community on Slack connects coaches online. Slack is a platform that allows users to directly message each other and post in open chat rooms called channels.

All coaches can join the community for advice and networking with coaches across the country. Members can share home workouts with other coaches in their sport or find motivation and career advice.

Hudl is also offering more chances for training on their product. Interested coaches can sign up for one-on-one expert chats here or browse the online classes.

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They still call me “Coach”

Rex Wells

Rex Wells was born and grew up in the mountain town of Enka, NC. He attended Enka HS, where he played football (2-time All-County), ran track (State qualifier in discus), and wrestled (Sectional Champion and placed third in NC at 185 lbs.). He earned his BS Ed. in Health and PE at Western Carolina University in 1977. While there, Rex lettered in wrestling for 2 years before the program was dropped, qualifying for the NCAA D-II Championships in 1975.

After beginning his coaching career in Sylva, NC and Gainesville, GA, Coach Wells landed at Brevard HS in 1979 as Head Wrestling and Football Assistant coach. He led Brevard wrestling to two State Runner-Up finishes (1984, 1987) and to a State Championship in 1985. Rex continued his career at his alma mater in 1988 as Head Football Coach and also served as Enka's Athletic Director. In 1992, he began a long career stint at Asheville HS as Head Wrestling Coach until 2004, then as Athletic Director from 2003 until his retirement in 2015. He was also Defensive Coordinator on Asheville's 2005 State Football Championship team. Over his football coaching career, Rex was part of 22 Conference Champion teams, one State Runner-Up, and two State Championships as Defensive Coordinator.

During Coach Well's 23 years as a Wrestling Head Coach, his career record stands at 326-76-1, including multiple Conference, Sectional and Regional Championships. His squads have won over 40 tournaments, and he has coached 28 State placers and 13 State Champion wrestlers. Rex was named NC Wrestling Coach of the Year in 1985. He has also served in various capacities at several Olympic and NCAA wrestling tournament venues. In 2009, he was inducted to the NC Chapter of the National Wrestling Hall of Fame.

Coach Wells has shown dedicated service to both the NCHSAA and NC Athletic Director's Association. He has served on the Board of Directors of both organizations and headed up the NCADA as President in 2013-14. He was inducted to the NCADA Hall of Fame in 2018. Rex has garnered multiple awards over his career recognizing his leadership abilities and distinguished service to high school



athletics in North Carolina.

Rex is married to his wife, soulmate, and best friend Tracy. They have four adult children and are proud of their nine grandchildren. These days, Coach Wells enjoys being with his grandkids, watching them grow up and participate in sports. Rex and Tracy love to travel, especially to Maine, where they dine on lobster twice a day!

NCC: WHAT SPORTS DID YOU COACH?

“ I’ve coached Football, Wrestling, Softball and Track.

NCC: WHERE DID YOU COACH?

“ Sylva-Webster HS 1976-77, North Hall HS-Gainesville, GA 1977-79, Brevard HS 1977-88, Enka HS 1988-92, Asheville HS 1992-2015, Polk Co. HS 2016-present.

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“Wells”

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NCC: HOW MANY YEARS DID YOU COACH?

“ Football 38 years, Wrestling 26 years, Softball 2 years, Track 1 year, and have been an Athletic Director 22 yrs.

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

“ I retired in 2015 and went back to work at Polk County HS as their Athletic Director. I have also coached Wrestling and may do it again. I love wrestling more than anything.

NCC: WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?

“ There are so many great memories. I was very fortunate to work with outstanding athletes, coaches and administrators during my entire coaching career. I value the friendships and associations made with so many Coaches and Athletic Directors that are still a part of my life today. I have been very fortunate to be a part of some outstanding programs during my career and be a part of 3 State Championship teams: 1982 Brevard Football, 1985 Bre-

vard Wrestling and 2005 Asheville Football.

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

“ There were so many, but I would say relationships with my athletes, teaching them, seeing them grow physically, mentally and emotionally from one season to another. Knute Rockne was asked about how good his team was and he replied, “Ask me in 10, 15, 20 years from now when we see what kind of husbands, parents and positive impact they have been on their community. That will be the true measure of a man.” Seeing how these athletes have taken the ideals and principles they learned in athletics and turned them into successes in life mean more than anything to me. My wife made a Facebook page for me to keep up with my athletes and it has been most rewarding.

NCC: WHY DID YOU GO INTO COACHING?

“ My father grew up during the Great Depression and felt that there were no benefits in athletics and it was a waste of time. My mother was persuaded by some men in our community to let me participate in football. I had a 9th grade P.E. teacher and football coach Randy Rice that became like a second father to me. He was only there my 9th grade year because he got the A.C. Reynolds Head Football job. I decided I wanted to be a teacher and coach because of his positive influence. Jim Whitmer came to Enka my sophomore year and started a wrestling program and my senior year we finished 3rd in

See “Wells” on page 18

“Wells”

continued from page 17

the State. I knew then I wanted to coach football and wrestling.

NCC: WHAT IS YOUR FUNNIEST COACHING MEMORY?

“ When I was at Asheville we were at the NCCA Clinic in Greensboro and our Head Football Coach Lou Fogle got left at the Coliseum by mistake. He called me at the hotel and told me to come and get him. We got back and went to the room for a meeting with all the coaches. There were about 10 coaches in the room sitting on the beds etc. Lou and I decided we were going to stage a fight because he was blaming me for getting left behind. We came into the room arguing and I told him I was tired of his abuse and he took a swing at me, I ducked the so-called punch and grabbed Lou and hit a lateral drop to the bed. All the coaches scattered and started trying to separate us and we burst out laughing. We laughed the rest of the night about how we tricked them.

NCC: WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

“ In 1987 the NCHSAA divided wrestling into classifications and the 3A was at Carmichael Auditorium at UNC. I had a 195 lb. wrestler in the semi-finals. It was a tight match and I had squatted down in front of my coaches chair mat

side. Joe Jones was the head referee and was in CHARGE. Joe saw me squatting and moved my chair back 10 feet because he didn't like us so close to the mat. I raised my butt to slide back onto my chair and fell hard to the floor. I looked over my shoulder and there was Joe horse laughing at me. Thank goodness my kid won, as that took a little of the embarrassment out of it. Joe and I are still friends.

NCC: WHAT WAS YOUR FAVORITE PLAY OR STRATEGY?

“ The ultimate in wrestling is the fall. We always were looking to pin someone from all positions. Early in my career we used the bar arm, then it was the tilt, the Mill's half nelson and then the cement mixer.

NCC: WHO WERE THE TOUGHEST TEAMS YOU COACHED AGAINST?

“ In wrestling: John Sanderson at Tuscola, Jim Whitmer at Enka, Wally Burke at High Point Andrews and Jim Barnes at Rock Hill, S.C. In football: A.C. Reynolds, Erwin, Tuscola and South Point.

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

“ I would not change anything. I think we are at a good point in North Caroli-

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na.

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

“ Be a sponge! Try to get with well-established coaches that will not only teach you the sport but also the ideals and principles that will make your athletes better people. Be a good listener, be fair and consistent. You earn their respect by letting them know that you care about them not only as an athlete but as a person. You will touch more lives in a year than a normal person touches in a

lifetime.

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

“ ATHLETES: You need to be honest. Believe it or not, they know real quick when you are sincere and telling the truth. This is one way to gain their respect. Define their roles, be fair, learn patience, play by the rules. Be a friend, but don't forget you are their coach. Control your emotions, treat the players equally, and learn to handle different

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personalities.

“PARENTS: Do a good job at parent meetings by being professional. Outline your expectations and assure them you will not mistreat or abuse their child. Be open and honest. I got this from the great Fred McDaniel and end every parent meeting with this:

Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, and a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.

“ADMINISTRATORS: Respect their authority. They know that you are a part of the best dropout prevention program in your school. Get a NCHSAA handbook from your AD. Assure them you will follow not only the State rules but also will follow team, school, and conference rules. Let them know you appreciate them.

“ATHLETIC DIRECTORS: Keep administrators and athletic directors in the loop, particularly with problems or discipline issues that may develop on your team. These folks do not want to be blindsided.

“OTHER COACHES: Support other programs at your school. Encourage your athletes to play multiple sports because in many cases it will make them better for you. Collaborate with your coaching staffs because other than their particular sports skills, they are dealing with the same issues.

“THE PRESS/MEDIA: The media can be your best friend or your worst enemy. Make sure you have information for them like schedules, rosters and stats. Invite them to events when you can. Report all results to them in a timely fashion win or lose. Never attack them for their questions and always have class. Make certain you never criticize your own players, the other team's players, the coaches or the officials. When your team wins, give them the credit and be able to take responsibility when you lose.

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

“I have been a member of the NCCA for 41 years and have not missed a clinic because the information you receive is so valuable to your professional growth as a coach. It is very well-organized and provides an opportunity to network and create lasting friendships with oth-

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er coaches and athletic directors. The vendors give you an idea of what's on the cutting edge to help your program. The NCCA provides opportunities to showcase outstanding players in all-star games, and bring pride to their schools. I look forward to the NCCA Clinic every

July and enjoy every aspect of it!

NCC: OTHER COMMENTS YOU WOULD LIKE TO SHARE?

“ Be a Servant-Leader and lead by exaple. Be yourself and don't try to imitate other coaches. Develop your own style and like Bear Bryant always said, “Always Have Class.” And lastly, coach EVERY athlete every day. **NCCoach**

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