

# The North Carolina Coaches Association



Volume 25

Summer 2020

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

## **\*Attention NCCA Members and Associates 2020-21 Registration is STILL ongoing!**

**Mail your completed Registration card with  
payment of \$45.00 before July 23, 2020.**

**Be sure to include your old NCCA ID card OR a color driver's  
license-size photo (1¼ x 1¼) with your Registration card.**

**If postmarked *after* 7/23/20,  
the registration fee will be \$65.00.**

**Your new **NCCA ID Card** will be mailed to your school's  
Athletic Director in early August.**

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

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



Welcome to the digital  
NC Coach newsletter!

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

**[nccoach.org](http://nccoach.org)**



# Decision to cancel Games and Clinic was not an easy one

*by Phil Weaver*

There are several aspects of the cancellation of the games and clinic and the accompanying financial issues you deserve to know. Mac and I are proud of how we have been good stewards of your money and we had prepared for a disastrous year financially. Therefore your organization is still quite stable despite the very low numbers who have registered as of this writing.

I'm sure you're aware that neither we in the office nor the Board of Directors acted in haste or without much thought and consideration of as many factors as we could imagine before making the decision to cancel. The last week in June, Governor Cooper delayed going to phase three by three more weeks, thus vindicating our decision to cancel.

The cancellation of the Carolinas Classic Basketball All-Star Games in March was a call I had to make with my counterpart from South Carolina, Shell Dula of the SCACA. He and I had several phone conversations and we studied what little available information that seemed to be agreed upon by the medical experts. There was no logical way we could have decided to try to hold the games.



## **NC COACH**

*An official publication of the  
North Carolina Coaches Association*

P.O. Box 10708  
Greensboro, NC 27404  
*Physical Address*  
1101 N. Josephine Boyd St.  
Greensboro, NC 27408  
336.379.9095 • Fax 336.379.0874  
ncca@ncoach.org

**2019-20 President •** Chuck Henderson

**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

## 2020 NCCA Business Meeting cancelled

The 2020 Business meeting of the NCCA has been cancelled. We feel the extenuating circumstances warrant this move because we cannot hold a 6,500 member Zoom meeting.

If you have any issues, we will bring them before the Board of Directors during our July 19, 2020 meeting. Send any items by email to **pweaver@nccoach.org** and we'll include them.

# 2020 VIRTUAL CLINIC SESSIONS



The following coaches have committed to provide videos for our 2020 Virtual Clinic\*. They will be available beginning on Monday, July 20th at [nccoach.org](http://nccoach.org)

\*to be updated

## **FOOTBALL**

*Todd Dodge*  
**Westlake HS (TX)**

*Curt Newsome*  
**Emory and Henry**

*Anthony Decker*  
**Coastal Carolina**

## **BASKETBALL**

**Indiana Basketball  
Coaches Association**  
*will provide both  
Men's and Women's sessions*

## **WRESTLING**

*Dave Crowell*  
**Nazareth Area HS (PA)**

*Joan Fulp*  
**USA Wrestling**

## **BASEBALL**

*Jason Mills*  
**DH Conley HS**

*Jake Lowery*  
**Washington Nationals**

*Jim Chester*  
**Gardner-Webb**

*Joey Holcomb*  
**NCSU**

## **SOCCER**

*Tim Guter*  
**New Bern HS**

*Mark Kadlecik*  
**Soccer Official**

## **VOLLEYBALL**

*Randi Smart*  
**Wake Forest**

## **GOLF**

Chris Haarlow  
**Precision Golf**

## **TENNIS**

*Provided through the*  
**USTA**

## **TRACK**

Earl Graves  
**Mt. Olive**

Collin Post  
**Wake Forest**

## **SOFTBALL**

Ashley Chastain  
**Charlotte**

Jessica Sinclair  
**Parkview HS (GA)**

## **CROSS COUNTRY**

Dylan Sorensen  
**UNC**

## **SWIMMING**

Mark Gangloff  
**UNC**

## **IN MEMORIAM**

**Don Dixon**  
*Southwest Guilford High School*

**Bobby Purvis**  
*Union Pines High School*

**Pete Shankle**  
*Southern Durham High School*

## **Attention: 2019-2020 State Championship Coaches**

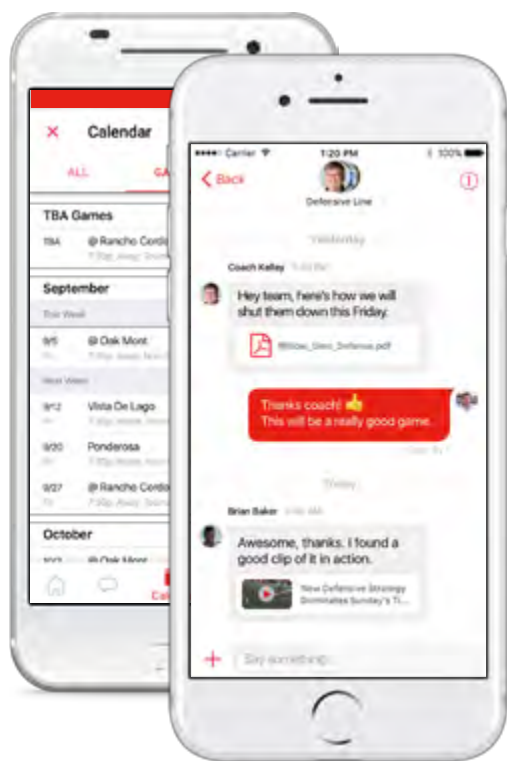
Balfour will again present rings to the 2019-2020 State Championship Coaches. We will mail them to appropriate athletic directors with the school's membership cards. If you have changed schools, please let Reid Holmes know as soon as possible at [rholmes@nccoach.org](mailto:rholmes@nccoach.org)



# TEAMS

BY **MAXPREPS**

## TEAM MANAGEMENT AND COMMUNICATION MADE EASY



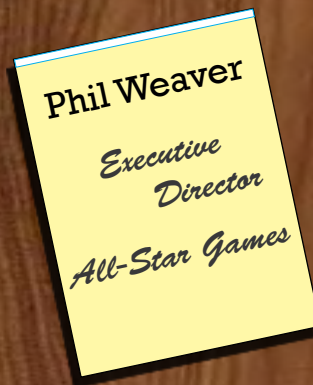
- Send direct or group messages to coaching staff, athletes and parents
- See 'delivered' & 'seen' confirmations on your messages
- Enter your roster, schedule, scores and stats on the go
- Share pictures, videos and file attachments
- Sync your team's schedule with your iOS or Google calendar



[MAXPREPS.COM/TEAMS](https://maxpreps.com/teams)



# From the GAMES Desk...



pweaver@nccoach.org

AS COACHES IT IS IMPOSSIBLE FOR ANY OF US NOT TO CONSIDER HOW RACE and any group's cultural differences affect our dealings with our players. Just today I had a request from a coach to address "building a culture for your program." Both of these topics blend nicely into one.

I coached forty-two years in high school consisting of 79 different teams. Not to brag, but we were pretty successful overall in both games and championships won as well as in the successes players have enjoyed in life. Many of my most gratifying moments have come from the accomplishments my players have had upon entering "real life." Few question the impact coaches have on their players. It wasn't until many years after they graduated that I learned how much some players had valued our staffs' influence.

Certainly I had some failures when I didn't provide what a particular kid needed at that time. But, it is rewarding to have players you had to kick off a team come back as adults and praise that move and your general approach with them. Whether you have the luxu-

**"Certainly one notices race, but other than trying to understand where a player is coming from, how could race possibly matter on a team?"**

ry to control your team like that today or not, you are likely the most influential person outside a player's family.

So, how did I try to build a "culture" around a sport at my school? I think my staying at the same school for my entire career helped. It provided carryover among the six sports I coached at one time or another. I was an assistant in football, baseball and golf and borrowed great ideas from those head coaches to take to the sports where I was the head coach: men's and women's basketball and softball. As an assistant, I was helping refine and develop the culture for another coach's vision which I shared as being beneficial to kids. I was fortunate to work with good people and my longest relationship was with Raymond Johnson, a black man a generation older than I. I served as his assistant in baseball for

See **"Games Desk"** on page 7

## Games Desk

*continued from page 6*

five years as forced bussing began and he as my assistant in men's basketball for ten years until he became deathly ill. Raymond was wise and though he had the reputation of making certain his opinions were known, I found him to be a very reasonable man. I'd like to think we both learned how much more we were alike than different. We came from different backgrounds but ended up with essentially the same philosophy about sports and life. I think the respect we showed each other helped our kids learn to respect everyone as we developed teams with a very diverse group of kids.

No one can develop a program until the coach earns their player's respect and players know they are being treated fairly and respected in return. I don't believe coaches see kids as being of one race or another. Certainly one notices race but, other than trying to understand where a player is coming from, how could race possibly matter on a team? I always sold Whirlie navy blue as the only important color in the universe. I cannot imagine a coach being so stupid to cut, bench, or misuse a player because of his/her color. I cannot imagine any of the coaches I competed against not taking advantage of every resource they had in order to beat my team. I was certainly doing just that to try to beat them.



However, there's a great distinction between treating all kids the same and treating all fairly. My mentor, Bob Jamieson, treated all kids the same as best I could tell. That was certainly "fair" in one sense, but perhaps not best in every situation. Most rules must be enforced equally among all players but there are instances where exceptions or different judgments have to be made. I coached a guard who was so fast up and down the floor that he could coast and still make any required time. So we made him dribble while running his sprints. He then worked on another set of skills and still made the required time. A few years later we had a really big player transfer in. He came in at 6'6" and 265 pounds and there was no way he could make timed sprints, nor would it have been fair for us to expect him to come in ready to

*See "Games Desk" on page 8*



## Games Desk

*continued from page 7*

do so. We knew we had to adjust his required time and gradually lowered it as his conditioning improved. All of his teammates could see he was running as hard as or harder than they were so we had no complaints. In both cases, both the teams considered these adjustments to be fair.

Teenagers like to identify with groups or entities. Hopefully your school is one where students are proud to attend and relate the athletic teams' successes which enhances the image they have of their school. If the school or nickname doesn't inspire loyalty then you must create that from within the team itself. For instance, almost all Americans once felt the flag and the National Anthem represented what was good about the aspirations of the

country and they served as icons we could rally around. Think of the Union soldiers who picked up the flag from a fallen flag bearer on the battlefield and carried it forward. Sadly, this is no longer a cherished nationwide symbol for everyone. As a coach you must create something that your kids can rally around. Clemson's Howard's Rock and the Notre Dame slogan on the tunnel wall leading to the football stadium come to mind. At Grimsley we put a navy blue "G" on the gym wall for players to touch when taking the floor for basketball games. It still serves as a reminder that the kids are playing for something greater than just themselves or this year's team. It's a part of the culture now. I also made a big point of getting our kids to believe that they had to "defend" our home court or field.

*See "Games Desk" on page 9*





## Games Desk

*continued from page 8*

It became a tradition that one team passed down to the next --“Don’t lose at home” and “Protect what’s ours”. This is not meant as taking a belligerent attitude but serves to motivate and unify. These were things we had together.

Everyone in this office agrees that you can help develop good behaviors



in players by being clear, insistent, and frequent in noting expectations for the team and its individuals. When deserved, it is much easier to administer punishment when it is obvious someone has failed to meet clearly established expectations.

Developing pride in the program is essential. I know the Bible says “Pride goeth before the fall”, but I’m referring to taking pride in doing things well; both as an individual and as a team. That means playing well, playing hard, playing fair; and keeping a cool head when someone on the other team is losing their’s. We had a policy that our teams left every locker room and field in as good or better shape than we found it on arrival. I think this helps kids appreciate those folks who keep their facilities clean and orderly. It then becomes a source of pride to do things other programs may not do. A few sprints for everyone will soon have team members policing other players as well as keeping the facilities in good order.

Take pride in how you present yourself. Joe Franks preached to our golfers that they be a golfer, not just a person who plays golf. A golfer fixes his ball mark *and* any other ones he sees. A golfer respects the dress code at the facility which is hosting the practice or match. A golfer strictly follows the rules just as Bobby Jones famously did in the U.S. Open, penalizing himself when his playing partners did not see an infraction. A person who just plays only has fun and doesn’t really care about the game or its traditions as a true sportsman does.

*See “**Games Desk**” on page 10*

## Games Desk

*continued from page 9*

A good program takes pride in the success of teams and players who came before them. Former players, whether yours or a past coach's, need to be welcomed and often a word or two from them to your team can provide a great motivational moment. Make your kids part of a long successful line or sell them on becoming the first in a line for others to follow. Bill Foster, Duke basketball coach in 1978, used that strategy to lure the great Gene Banks to this program. I also admire Coach Fuente at Virginia Tech for keeping legendary coach Frank Beamer involved with the program. One player a week is honored to wear Beamer's old Tech number from his playing days. You can bet that player is an inspiration to his teammates. No matter how successful your

program is today, if your school has been in existence for awhile, there is likely a former player or team that had success in your sport. Use them.

Develop a culture kids will want to join by having captains and seniors welcome new underclassmen onto the team. Of course, you cannot allow hazing. However, I do not think it is hazing when these same new players are asked to carry the bats and balls etc. This is a harmless way the rookies can show they value the team's culture. Dean Smith always did this and there is no team culture better than that which he created.

All schools and their communities already have many traditions in which students, staff, and fans can take pride. Find them and build on them and soon your teams will have a culture to be valued.

---

## Panel offers advice amid uncertain return to athletics

We recently produced a video for coaches on the concerns of athletes when they are allowed to return (or not), questions you should anticipate, and some suggested ways to answer.

Lem Cox, retired Greensboro City Schools Athletic Director, deserves credit for suggesting this forum. I called Dr. Greg Dale, Director of Sports Psychology and Leadership at Duke who spoke to our All-Stars a few years ago. He immediately jumped on board, bringing in Duke's video capabilities to tape and edit a panel discussion featuring college and high school coaches. We will include this video as part

of our Virtual Clinic and it will also be available on the website of the National Organization of Coaches Association Directors.

*Forum participants are:*

**Dr. Greg Dale** - Duke Sports Psychology and Leadership

**David Cutcliffe** - Duke Football

**Tubby Smith** - High Point Univ. Basketball

**John Danowski** - Duke Men's Lacrosse

**Kennedy Tinsley** - Mallard Creek HS Football  
**Amy Green** - N.C. School of Math and Science Athletic Director

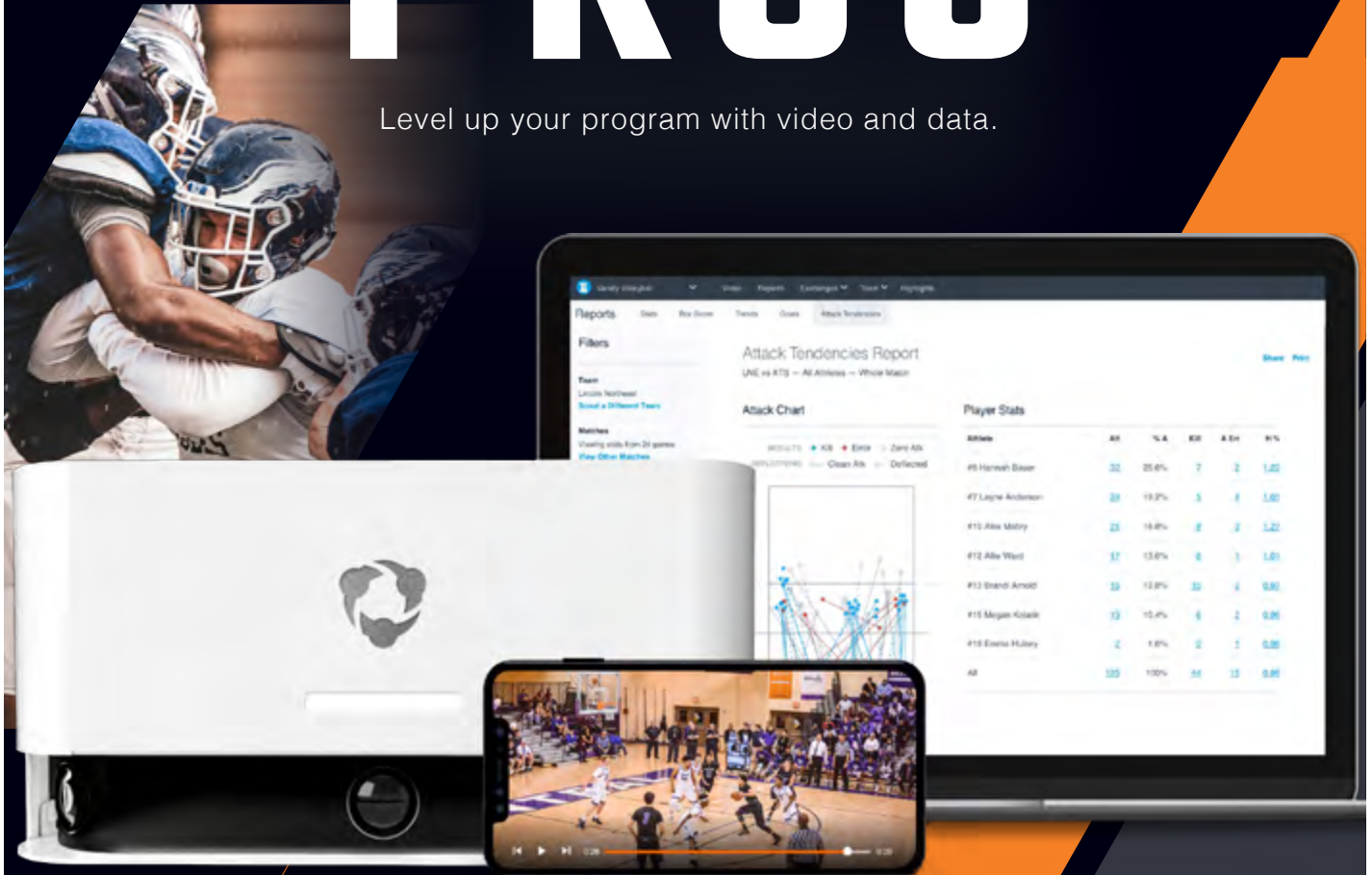
**Todd Willert** - East Forsyth HS Football

**Phil Weaver** - N.C. Coaches Association



# PLAY LIKE THE PROS

Level up your program with video and data.

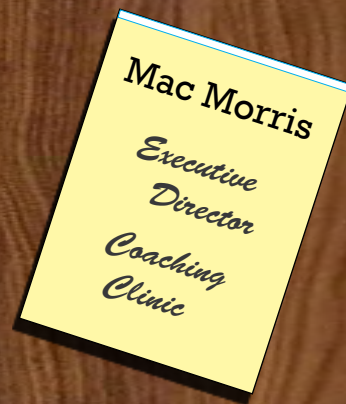


Technology is changing the way teams compete—help your coaches stay ahead of the game with an athletic department package from Hudl. A package includes a smart camera and unlimited game breakdowns, so your teams have everything they need to do everything from recording their games to analyzing their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

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



# From the CLINIC Desk...



mmorris@nccoach.org

Mac Morris

Executive Director, Coaching Clinic

2020 IS OBVIOUSLY A YEAR THAT WE ARE NOT GOING TO WANT TO REMEMBER very fondly. We went from getting clinicians ready to speak at our on-site clinic to a time when I was the only one in the office for several weeks. I don't know if that meant that I was an essential worker or that no one else wanted to do it and I needed something to do. Then we started the process of trying to make a decision on whether we would be allowed to have an on-site clinic. The most frustrating part of this time was finding someone who would tell the truth about whether it was going to be allowed under government regulations.

We had a Zoom board meeting at the end of May and relayed what we had found out, with the recommendation that we host a virtual clinic through our website instead of the on-site clinic. The Board accepted our recommendation and Joe immediately contacted our clinicians to see if they were willing to do the videos. Some said they would be happy to and others

had rather come back in 2021 to speak in person.

Registrants were asked to send a 1 1/4" by 1 1/4" color photo to make their new ID card. This could be satisfied by sending an old ID or the best way is to make a color copy of your driver's license. You should see some of the pictures we have received. They have helped keep us amused during our making of the new ID Cards.

Dealing with the pandemic and all the things that are going on in our world can be very discouraging. I have a cousin who wrote a positive blog for every day of the pandemic up until last week. She was able to find something positive to say every day during that time period. I think she may have it right. There is no point in being negative and feeling sorry for ourselves since that doesn't help anyone. No matter what the score is or how the game is going, we strive to make things better and come away with a win. Some of the greatest comebacks ever have come when things looked horrible. But you believed in what you were do-

See "**Clinic Desk**" on page 13





## Clinic Desk

*continued from page 6*

ing and the athletes believed in what you were teaching and came through. These are troubling times but negativity doesn't help anything.

We don't know what the opening of school will be like or whether or not we will have athletics in the fall, but we don't solve anything by being negative about it. We take whatever the situation is and do our best. That is all we can do. Young people probably need coaches and mentors at this time more than they ever have. If restrictions are such that you can't hold regular practices, remember to stay in touch with them and let them know that you care. I know I am old and I remember when football practice started August 15th and you began playing early in September. It can be done, maybe not with all

the skills you would want to teach or having an offense honed like a "Wilkinson Sword", but you are no worse off than anyone else. If you are off to a bad start in the first few games, just get better and work harder to make up for the short teaching period.

You have no role in making the rules for getting us through this stressful time, so you do the best you can with what you have. Hopefully before we know it, things will improve but if not, we would have done our best and would have helped young athletes through a tough period. I know that the coaching restrictions are tough and make it hard to coach. But what if some of your players contracted the virus and were really ill? Anything we can do to prevent that is worth it. Stay safe, do the best you can and most of all, stay positive.

*Did you  
know?*

---

**The NCCA subscribes to the nationally-acclaimed newsletter "From the Gym to the Jury", a source for legal trends and risk management strategies. It provides information to help protect sports programs from costly injuries, liability and lawsuits.**

---



Joe Franks  
Executive Secretary  
jfranks@nccoach.org

WHEN I WAS TEACHING AND COACHING A FEW YEARS AGO, my first three classes in the morning were senior only electives (yeah, I know). One year we had a new principal come in who wanted to make all kinds of changes on procedures, etc. The seniors were furious – they had done their time and this was THEIR year. I knew stuff would blow over, but you can't tell that to 17 year olds. For about two weeks, every morning as they came to class I would have the song "Roll With It" by Steve Winwood playing. Before class started, we would talk for a bit. Most things eventually worked out to their satisfaction, but some didn't and it was all ok. We are living in crazy times, but it's not like our country hasn't had to survive some crazy ones and grow from them as well. The problem is – it's the first time we have had it happen to US! My point is that we all want answers and we want them now, but nobody has all the right answers and we have to step back a little and weather the storm.

As coaches, we know that in competition, we will all face adversity –

that is a given. But it's how we deal with adversity will eventually define us. Our students and student-athletes are crying out for leadership and mentorship (so is everyone else). By taking things one day at a time and not getting too far ahead of ourselves, and not trying to speculate or getting wrapped up in others' speculation, we will set positive examples for those around us. Hang in there folks – this is going to be a haul – but we'll get there.

With regard to the Clinic, you already know that we will be posting video sessions at [www.nccoach.org](http://www.nccoach.org). Some of the clinicians that we had commitments from wanted to postpone until next summer and some were reluctant about making videos. Nevertheless, we will have sessions for our members and associates that will be posted on 7/20 – the date that the Clinic was scheduled to start. We will have some of the featured clinicians, but we will also have new clinicians doing sessions as well.

At this point, registration numbers are below what we had anticipated. We knew that we would see lower num-

See "Corner" on page 15

## “Corner”

*continued from page 14*

bers, but I do want folks to remember that membership and associate status is not just about the ID card – if you don’t join, you are passing on the coaching liability insurance program for this year. We have had lots of inquiries about the rules sessions and are waiting to hear from the NCHSAA with regard to links for the rules sessions, but they are on it. Make sure to check the website for our dedicated links on July 20. We will also post on social media and send an information email to AD’s.

The NCCA is taking incremental steps towards moving to online services. We are now utilizing an online database and directory that will include both members and associates beginning this fall. Many of you remember getting a letter in the mail about user-

names and passwords to update personal information and less than 10% of the membership followed up on that. We will continue to improve this system, but in the fall we will need your help as well. You’ll get a notification via email asking you to update your profile information in the online database. This reminder also appears on the back of both the membership and associate cards. Thanks in advance for taking the time to do that.

We can all make a difference for our young people. Let’s continue to make the title “Coach” one that is respected and admired. And don’t forget – like Winwood said, let’s “Roll With It”. –



# 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.

**LeBleu®**  
ULTRA | PURE | WATER

11% hydrogen + 89% oxygen =  
Ultra Pure Le Bleu Water

Le Bleu is Fractional Vapor Compression Steam Distilled Water. Le Bleu Ultra Pure Bottled Water is heated to over 212 degrees to make sure that no disease causing micro-organisms are in our water. Le Bleu is recommended by doctors and nutritionists worldwide for its taste and purity.

- ✓ Virus Free
- ✓ Inorganic Mineral Free
- ✓ Chemical Free
- ✓ Arsenic Free
- ✓ Lead Free
- ✓ Disease Causing Micro-organism Free

Made In The USA  
© 2020 An American  
Company



[www.LeBleu.com](http://www.LeBleu.com)



# They still call me “Coach”

## Gosnell A. White

Coach White was born June 10, 1955 in Charlotte. He attended University Park Elementary, Northwest Junior High and West Charlotte High School, graduating in 1973. At West Charlotte, he played varsity basketball and ran track and cross-country. He was voted the Pettis Norman Outstanding Student-Athlete award winner. He was also named Best Defensive Player in basketball and MVP in track & field. With Gosnell as the lone participant from the school, West Charlotte placed 5th in the state track & field Championships. He attended Howard University on a full track scholarship from 1973-77, where he was a 3-time All-American. In 2016, he was honored with induction into the Howard University Athletic Hall of Fame.

Over 37 seasons, White's career record is 550-256. He first coached at Harding before taking over at West Charlotte in the middle '90s. He led West Charlotte to a record eight straight conference championships from 1997-2004, including a 4A state title in the 1998-99 season, when the Lions were ranked among the top 10 in the nation by USA Today. That team is arguably the best public school team in N.C. history. In 2008, he headed up the brand new program at Marvin Ridge and compiled a record of 117-83 over 7 seasons, including conference championships in 2011 and 2013. He has been honored with over 10 Coach of the Year awards. Coach White was chosen an assistant coach for the West Men's All-Star squad in 2010.

Coach White is the proud father of two sons, Damien and Isaiah. Damien played quarterback at Davidson College and is now a high school coach in Austin, Texas. Isaiah is a rising 9th-grader at Mallard Creek High School. In his retirement, Coach White has enjoyed playing golf until recent hip replacement surgery has sidelined him.



**NCC:** WHAT SPORTS DID YOU COACH?

“ I coached football, basketball, track and golf.

**NCC:** WHERE DID YOU COACH?

“ I coached at Ranson Junior High, Harding University High, West Charlotte High and Marvin Ridge High.

**NCC:** HOW MANY YEARS DID YOU COACH?

“ 37 years.

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

“ Yes, I still work at Duke University's basketball camps.

**NCC:** WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?

“ It was probably the 2002 conference championship tournament game. We were down 9 with 45 seconds left and fans were leaving the gym. All of a sudden, we start a comeback and eventually ended up winning the game.

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

“ I truly enjoyed the development of young men and the practices more than anything else.

*See “White” on page 18*

## “White”

continued from page 17

### **NCC:** WHY DID YOU GO INTO COACHING?

“ I was encouraged by my dad, Joe White, who was my first coach; by Ernest Cherry, my coach at Northwest Junior High and then West Charlotte; by my West Charlotte High coach Charles McCullough; and by my college track coach, William Moultrie at Howard University.

### **NCC:** WHAT IS YOUR FUNNIEST COACHING MEMORY?

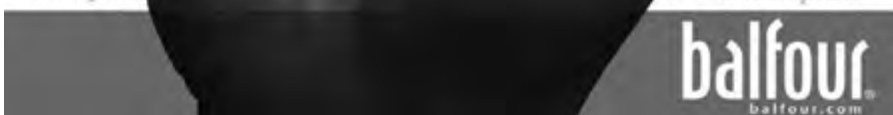
“ It was probably my first technical foul. In a game against East Meck, I was screaming at the ref Jerry Heater and asking him what color his whistle was. I told him it was blue and he turned to me after the other team scored and gave me a tech. We’ve grown to be friends ever since and Jerry has been an ACC ref for some years now.

### **NCC:** WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

“ I was coaching a game at Harding University High and my dad came to the game. He was sitting right behind the bench and was raising “sand” during the game. One of my players asked my oldest son who that was raising all that ruckus. My son replied, “That’s the coach’s dad”, not wanting to admit it was his own Grandad!

## Choice of Champions™

New York Yankees 2009 and previous 26 World Series • Professional Football Hall of Fame Annually 1967-1988 • US Women's Soccer Team 1998 World Cup Championship • 1996 Olympic Team 1996 Team Ring • San Francisco 49ers 1994 Super Bowl • New York Rangers 1994 Stanley Cup • Dallas Cowboys 1993 Super Bowl • Toronto Blue Jays 1993 World Series • 1992 Super Bowl • US Olympic Basketball Dream Team 1992 Gold Medalist Ring • Toronto Blue Jays 1992 World Series • Pittsburgh Penguins 1991 Stanley Cup • Washington Redskins 1990 Super Bowl • New York Giants 1990 Super Bowl • Cincinnati Bengals 1990 World Series • Detroit Pistons 1989 NBA Championship • Boston Celtics 1986 NBA Championships • Los Angeles Dodgers 1985 World Series • Los Angeles Lakers 1985 NBA Championship • Kansas City Royals 1985 World Series • Detroit Tigers 1984 World Series • Boston Celtics 1984 NBA Championship • Boston Red Sox 1983 World Series • New York Islanders 1982 Stanley Cup • Los Angeles Dodgers 1981 World Series • 1981 Super Bowl • Boston Celtics 1981 World Series • Philadelphia Phillies 1980 World Series • Boston Celtics 1976 World Series • Philadelphia Flyers 1974 Stanley Cup • Dallas Cowboys 1974 Super Bowl • St. Louis Cardinals 1964 NFL Championship • Baltimore Colts 1958 NFL Championship • New York Giants 1948 World Champion



### **NCC:** WHAT WAS YOUR FAVORITE PLAY OR STRATEGY?

“ My favorite strategy would be the press we called 12 or Diamond. We ran it everywhere I coached and for some reason or another it worked at every school we played against.

### **NCC:** WHO WERE THE TOUGHEST TEAMS YOU COACHED AGAINST?

“ Coach McCullough at West Charlotte,

See “White” on page 19

---

## “White”

*continued from page 18*

Leroy Holden at North Meck, Coach Blalock and Coach Brey at Hunter Huss, Tony Huggins at Independence, and Coach Mason at Sun Valley.

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

“ I think I would add the shot clock now and maybe increase the number of timeouts. I would also go back to playing just 2 games at one site instead of all four games at one site.

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

“ Learn how to plan your practice, how to set your system to match the talent you have, and to trust your players to do what you teach them in practice.

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

“ ATHLETES: Trust them, make them compete and give them some responsibility in the offense and defense.

“ PARENTS: Let parents know that all success depends on them. If they are disruptive, eventually their kid will also become disruptive to the program. All success depends on everyone being on the same page.

“ ADMINISTRATORS: We need them to assist in every area and we need to help, not hinder.

“ ATHLETIC DIRECTORS: They help and assist coaches, but we all know they have to correct when coaches are wrong.

“ OTHER COACHES: Be loyal like my 11-year assistant Dwight Miller. Listen and learn, but know what to keep in your info bank and what to discard.

“ THE PRESS/MEDIA: Tell them only what you want them to know and never give the opposing teams or coaches any bulletin board material.

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

“ It means a lot to me because my coaching growth is attributed to an awful lot of the basketball clinic sessions I sat through at the Greensboro Coliseum.

**NCC:** OTHER COMMENTS YOU WOULD LIKE TO SHARE?

“ I am retired, but I still love to come to Greensboro and enjoy the camaraderie of other coaches. And now I don't have to come for the rules interpretation!! LOL!!

Please be conscious of following every state, local, NCHSAA, and LEA guideline regarding return to and continuing play in order to keep your insurance effective. More importantly, those guidelines are there for your and your players' safety. Though point of infection with the virus may be hard to prove, if you have not been following the guidelines, you do run the risk of the insurer declining to defend you in a lawsuit.

## 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.

## CAMP INSURANCE

Today, most Coaches are involved in some type of sport. Please note that our General Liability Program follows the same guidelines for members while working at camps and/or conducting personal camp.

In addition, Participant/Accident Coverage is required for all coaches and/or participants. Should an accident occur during a camp or event, this secondary coverage helps offset the loss to the 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 all coaching activities. In order to protect the General Liability 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
- ❖ **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 at [www.loomislapann.com](http://www.loomislapann.com)

### INSURANCE ADMINISTRATOR



[www.loomislapann.com](http://www.loomislapann.com)  
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly  
Lori George  
Karen Boller

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)



# 2020 East Men's Soccer All-Star Roster

**EAST COACH: Brad Wicker - Lee County HS**

NAME	POS	HT	WT	HIGH SCHOOL	COACHED BY:
Gabe Barber	M	5'9	170	East Bladen	Jay Raynor
Joshua Bratager	M	5'11	160	Heritage	Scott Sloan
Jackson Burkhart	D	5'9	150	Sanderson	Michael Worley
Jaden Cross	M	5'7	150	Panther Creek	Chad Sichak
Aleksandros Dako	M	5'10	150	Cary	Laura Kerrigan
Ryan Doyle	M	6'	154	Clayton	John Asmussen
Zachary Ehmann	D	6'1	170	Jacksonville	David Miller
Reese Jahoo	F	6'1	180	Carrboro	Jared Drexler
Zachary Jamison	M	6'2	172	Holly Springs	Jonathan Will
Tripp Kidd	GK	5'11	200	Swansboro	Doug Kidd
Kalvin Matischak	D	6'2	160	Chapel Hill	Jason Curtis
Evan McIntyre	F	5'10	140	Durham School of the Arts	Amy Green
Sean Nolan	F	5'7	135	Cary	Laura Kerrigan
Hector Reyes-Zavala	F	5'8	145	Wallace-Rose Hill	Rodrigo Diaz
Tennyson Wnek	M	6'4	175	New Hanover	Theodore Rennie
Matthew Wolf	GK	6'1	205	Chapel Hill	Jason Curtis



# 2020 West Men's Soccer All-Star Roster

**WEST COACH: Jay Niessner - Central Academy of Technology Arts**

NAME	POS	HT	WT	HIGH SCHOOL	COACHED BY:
Jose Almanza	D	5'8	140	High Point Central	Daniel Villa
Daniel Anani	M	5'10	160	Ledford	John Blake
Aldair Anica-Hernandez	F	5'6	135	RJ Reynolds	Antonio Sabio
Andrew Brown	M	5'10	160	West Davidson	Joseph Patterson
Gerardo Castillo	GK	6'0	218	Forest Hills	Michael Gee
Chase Gilley	F	5'10	133	East Lincoln	Billy Howell
Logan Gilley	F	5'11	140	East Lincon	Billy Howell
Silas Goss	M	5'10	140	Shelby	David Steeves
Max Huber	M	6'0	150	Northwest Guilford	Jason Allred
Jon Joplin	GK	6'3	170	Newton Conover	Angelo Palozzi
Adam Kluge	M	6'0	160	AC Reynolds	Patrick Gladys
Brennan Lagana	M	6'1	170	Walter M. Williams	Jeremy Krist
Jorge Lemus Alfaro	F	5'9	150	Walter M. Williams	Jeremy Krist
Mason Paschold	D	5'8	150	West Forsyth	Jeffrey Williams
Luke Sloan	D	5'11	160	AC Reynolds	Patrick Gladys
Carson Trott	M	5'8	150	Concord	Todd Tinsley

# 2020 East Women's Soccer All-Star Roster

**EAST COACH: Isaac Rancour - Pine Forest HS**

NAME	HT	POS	HIGH SCHOOL	COACHED BY:
Brynn Adams	6'0	M	East Chapel Hill	Austin Collins
Gracie Athus	5'7	M	Cardinal Gibbons	Brian Morgan
Mia Davis	5'2	D	East Chapel Hill	Austin Collins
Ashley Finn	5'6	F	Wake Forest	Jeremiah Mattingly
Megan Gregg	5'7	M	Green Hope	Jason Wolfe
Micah King	5'6	GK	Hoggard	Justin Schatz
Abby Mayer	5'7	F	Person	Lynn Ward
Raegan Meyer	5'4	M	Heritage	Scott Sloan
Lorena Montesano	5'7	M	Croatan	Paul Slater
Kaitlin Neighbour	5'6	F	Hoggard	Justin Schatz
Makaya Parham	5'2	D	Millbrook	Matt Edwards
Austin Parker	5'7	D	Millbrook	Matt Edwards
Maiya Parrous	5'3	F	Terry Sanford	Jared Kaiser
Corbin Reifschneider	5'11	F	Wakefield	Tommy Retzlaff
Claudia Reiter	5'11	D	Chapel Hill	Jason Curtis
Makaela Stokes	5'8	F	Wakefield	Thomas Retzlaff



# 2020 West Women's Soccer All-Star Roster

**WEST COACH: Shea Bridges - Hibriten HS**

NAME	HT	POS	HIGH SCHOOL	COACHED BY:
Camryn Belin	5'3	D	West Forsyth	Scott Bilton
Camryn Bolick	5'3	M	Asheville	Mike Flowe
Sarah Brown	5'6	M	Union Academy	Vic Johnson
Kerri Coffman	5'7	D	Lake Norman	Matt Bice
Nicole Cristy	5'4	D	Porter Ridge	Ron Ladimir
Hannah Dunn	5'5	F	Cox Mill	Adam Henry
Sarah Groce	5'5	M	AC Reynolds	Patrick Gladys
Kasey Hahn	5'4	M	Lake Norman Charter	David Crutchfield
Madison Henry	5'6	M	South Rowan	Russ Fisher
Hayley Magnussen	5'7	F	Northern Guilford	Frank Tamborino
Sydney Smith	5'9	D	Cox Mill	Adam Henry
Lily Suyao	5'6	M	Watauga	Chris Tarnowski
Emma Wakeman	5'6	GK	Hickory Ridge	Todd Spinell
Logan Webb	5'8	F	Charlotte Catholic	Gary Hoilett
Izzi Wood	5'7	F	Hickory	Brian Jillings
Ayden Yates	5'6	F	Lake Norman Charter	David Crutchfield

## 2020 East Women's Basketball All-Star Roster

**EAST HEAD COACH:** Donald Mooring - South Lenior HS

**EAST ASST. COACH:** Andrew Gurley - Croatan HS

NAME	HT	POS	HIGH SCHOOL	COACHED BY:
Faith Blackstone	6'0	W	Hillside	Ovester Grays
Makayla Everette	6'5	C	Beddingfield	Debra Pegram
Faith Francis	6'1	W	Westover	Michael Ferguson
Kelly Hagerty	6'1	F/C	Croatan	Andrew Gurley
Jamia Hazell	5'8	W	SE Raleigh	Nicole Myers
Sheriece Jones	5'4	G	Kinston	Christopher Bradshaw
Hanna Malik	5'6	G	Athens Drive	Ally Stephenson
Mia Seemadray	5'11	W	Ashley	Adrienne Gale
Skylah Travis	6'3	C	Weldon STEM	Grady Williams
Kennedy Todd-Williams	6'0	G	Jacksonville	Monique Gidrey



## 2020 West Women's Basketball All-Star Roster

**WEST HEAD COACH:** Brad Mangum - West Caldwell HS

**WEST ASST. COACH:** Amy Sarratt - Southern Alamance HS

NAME	HT	POS	HIGH SCHOOL	COACHED BY:
Nevaeh Brown	5'8	G	Mallard Creek	Clarence Johnson
Jacee Busick	6'1	F	Glenn	Melvin Heggie
Brooke Byrd	5'10	G	Watauga	Laura Barry
Chyna Cornwell	6'3	C	Newton-Conover	Sylvia White
Blaikley Crooks	5'9	F	Freedom	Amber Reddick
Aniya Finger	6'1	F	Hopewell	Scott Parkin
Josie Hise	5'7	G	Freedom	Amber Reddick
Nikya Lynch	5'9	F	R-S Central	Norman Aiken
Evan Miller	5'11	G	Ardrey Kell	Jeff Buseick
Kennedi Simmons	5'8	G	SE Guilford	Rachel Clark

## 2020 East Men's Basketball All-Star Roster

**EAST HEAD COACH: Eric Davis - Laney HS**

**EAST ASST. COACH: Bobby Williams - Riverside Martin HS**

NAME	HT	WT	POS	HIGH SCHOOL	COACHED BY:
Dylan Blake	6'0	160	G	First Flight	Chad Williams
JaJuan Carr	6'1	180	G	Pender	Rayford Hankins
Ricky Council	6'6	200	G	Southern Durham	Gregory Motley
Nick Farrar	6'7	240	F	Apex Friendship	PJ Lowman
Brandon Johnson	6'8	200	F	Rolesville	Thurman Jordan
Chris Nobles	6'6	195	F	Garner Magnet	Kent Bloms
Jadyn Parker	6'10	180	C	West Brunswick	Aaron Taylor
Keishon Porter	6'5	190	G	SW Edgecombe	Shelton Langley
Samage Teel	6'2	172	G	Farmville Central	Larry Williford
Justin Wright	6'2	190	G	Farmville Central	Larry Williford



## 2020 West Men's Basketball All-Star Roster

**WEST HEAD COACH: Sonny Schofield - Statesville HS**

**WEST ASST. COACH: Billy Martin - RJ Reynolds HS**

NAME	HT	WT	POS	HIGH SCHOOL	COACHED BY:
Ahmil Flowers	6'4	181	SW	Grimsley	Darren Corbett
Bailey Gentile	6'3	185	G/F	Cox Mill	Ty Johnson
Chris Hampton	6'2	205	PG	Northwest Guilford	Lee Reavis
Lane Harrill	6'4	178	F	Cherryville	Scott Harrill
Avery Keller	6'4	205	SW	Hibriten	Chad Keller
Justin Kuthan	6'6	205	P	East Lincoln	Jon Hancock
Jalen McAfee	6'5	184	SW	Northwood	Matt Brown
Wesley Poindexter	5'11	170	G	Cox Mill	Ty Johnson
Aaron Ross	6'1	185	PG	Northwood	Matt Brown
Isaac Spainhour	6'3	175	G	West Stokes	Dan Spainhour



# 2020 East Football All-Star Roster

**Head Coach: Paul Cornwell (Ayden Grifton HS)**

**Assistants: Russell Dove (South Columbus HS), Steven Wright (Cardinal Gibbons HS), Ryan Gieselmann (Kinston HS), Greg Williams (Richmond Sr. HS), Jake Thomas (Cape Fear HS)**

NAME	POS	HT	WT	HIGH SCHOOL	COACHED BY:
George Ayino	OL	6'2	280	South Central	Andy Tew
Dereck Barringer	DB	6'0	182	Richmond Sr.	Bryan Till
AJ Boulware	RB	5'10	195	Lee County	Steve Burdeau
Michael Bunn	LB	6'3	200	Northern Nash	Andrew Farriss
Mark Burks	LB	5'9	173	Cape Fear	Jake Thomas
Matthew Cairns	OL	6'5	285	Cary	Jason Wilkes
Mark Charnot	OL	6'0	235	Cardinal Gibbons	Steven Wright
Davis Clemmons	WR	5'9	150	Broughton	Chris Dawson
Myles Coble	WR	6'1	185	Athens Drive	Jeremy Fulbright
Jaheim Covington	RB	5'7	165	Richmond	Bryan Till
Jackson Deaver	LB	5'11	225	Terry Sanford	Bruce McClelland
Jacquez Durham	DB	5'7	168	Cleveland	Scott Riley
Anthony Fiffie	WR	6'0	185	Jack Britt	Brian Randolph
Matt Foster	ATH	5'10	187	Southern Nash	Brian Foster
Myles Harp	DL	6'1	285	Cardinal Gibbons	Steven Wright
Jordan Harris	OL	6'3	290	Wakefield	James Ward
Ja'lin Harris-McLean	DL	5'10	280	Scotland	Richard Bailey
Brian Harrison	DB	6'0	183	Hillside	Ray Harrison
Zaphyere Harvey	DL	6'0	245	Havelock	Allen Wooten
Paulvin Horton	WR	6'2	186	Garner Magnet	Thurman Leach
Trexler Ivey	QB	6'1	190	Wakefield	James Ward
Storm James	OL	6'1	260	J.H. Rose	Clifton James
TyQuan Kearney	LB	5'10	195	West Craven	Michael Twichell
Sincere Lecraft	DB	5'10	185	Southern Durham	Darius Robinson
Jake Locklear	OL	6'3	240	DH Conley	Nate Conner
Darius McDuffie	DL	6'0	280	Southern Durham	Darius Robinson
Nickili Muhammad	LB	6'1	225	Knightdale	Anthony Timmons
Damien Peacock	DB	6'0	165	Wake Forest	Reginald Lucas
Matthew Pemberton	QB	5'8	185	South View	Rodney Brewington
Shane Perry	LB	5'10	205	Holly Springs	Robert Furth
Christopher Redmon	DL	5'11	240	Hoggard	Craig Underwood
Austin Riley	K/P	6'1	185	Wake Forest	Reginald Lucas
Hunter Sauls	OL	6'2	270	Holly Springs	Robert Furth
Devin Smith	WR	5'10	175	Riverside	Corey Lea
Bruce Wall	ATH	6'2	200	Scotland	Richard Bailey
Mike Webb	DB	5'11	170	Ayden Grifton	Paul Cornwell

# 2020 West Football All-Star Roster

**Head Coach: Doug Robertson (Page HS)**

**Assistants: Clint Bland (East Rutherford HS), Chuck Cannon (Wilkes Central HS),  
David Devine (Burns HS), Nick Eddins (Crest HS), Wayne Hicks (St. Stephens HS)**

NAME	POS	HT	WT	HIGH SCHOOL	COACHED BY:
Tyrese Blake	RB	5'7	185	Northwest Cabarrus	Brandon Gentry
Jaiden Bond	S	5'9	185	Watauga	Ryan Habich
Rasheed Burns	ILB	5'7	200	Anson	Ralph Jackson
Jacob Clark	OL	6'2	280	Hibriten	Sam Mackey
Holt Cloninger	K/P	5'10	195	Forestview	Chris Medlin
Diavonni Daley	WR	5'11	170	Shelby	Mike Wilbanks
Quintin Davidson	WR	5'11	165	Kings Mountain	Greg Lloyd
Joe Elberti	OL	5'11	250	North Lincoln	Nick Bazzle
Nikolas Everhart	DL	6'2	240	Oak Grove	Mark Holcomb
BJ Foster	OL	6'1	235	A.L. Brown	Mike Newsome
Edwin Fuentes	OL	6'4	270	West Rowan	Joe Nixon
Anthony Hairston	DL	6'2	225	Northeast Guilford	Earl Bates
Alston Hooker	QB	6'2	180	Ragsdale	Johnny Boykin
Jalen Houston	WR	5'8	160	West Rowan	Joe Nixon
Landon Hoyle	OL	6'3	250	Burns	David Devine
Xavier Jennings	OL	6'3	283	Burns	David Devine
Devon King	S	6'0	183	South Point	Adam Hodge
Brooks Lawing	DL	5'9	175	Central Cabarrus	Kenneth McClamrock
Nasir Lawrence	OLB	5'11	178	North Forsyth	Jay Blair
Lionel Long	RB	6'2	185	Reidsville	James Teague
Austin Longworth	DL	6'3	215	Elkin	Scott Wood
Javon McAllister	S	5'9	160	East Forsyth	Todd Willert
JaHari Mitchell	WR	5'11	170	Shelby	Mike Wilbanks
Steven Montgomery	RB	5'7	175	Alexander Central	Butch Carter
Jabin Reid	DL	6'2	220	North Mecklenburg	Eric Morman
Cam Saunders	WR	5'10	165	Northwest Cabarrus	Brandon Gentry
Quincy Smith	ILB	6'2	210	East Surry	Trent Lowman
Jake Soorus	OLB	5'11	190	North Lincoln	Nick Bazzle
Tradjon Suggs	OL	6'0	287	North Davidson	Brian Flynn
Elijah Thomas	OLB	6'0	205	East Forsyth	Todd Willert
Jovan Turner	OL	6'0	330	Reagan	Josh McGee
James Ussery	CB	5'10	175	Kings Mountain	Greg Lloyd
Zo Wallace	QB	6'1	215	Hunter Huss	Jamar McKoy
Jordan Williams	CB	5'9	160	Thomasville	Doug Robertson
Nehemiah Williams	ILB	6'2	185	Central Cabarrus	Kenneth McClamrock
Delone Willis	CB	6'0	174	Crest	Nicholas Eddins