

The North Carolina Coaches Association

NC Coach

Volume 27

Summer 2021

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

**Welcome to the digital
NC Coach newsletter!**

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please go to the NCCA website:**

nccoach.org



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NC COACH

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We look forward to seeing you in Greensboro next year!
East-West All-Star Games & Coaching Clinic
JULY 11-13, 2022

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From the GAMES Desk...



pweaver@nccoach.org

THE ENTIRE STATE OWES A TREMENDOUS “CONGRATULATIONS” to the high school coaches, athletic directors, and athletic trainers of this state who have followed guidelines and pulled off athletic seasons with very few contests being cancelled. In late fall I doubt most citizens believed coaches and players would follow protocols and actually play seasons to state championships. You have exceeded expectations and have made life better for countless people. Thanks!

Though I hate paying the money, the **NFHS network** has been a God-send for me and many families of athletes. Not only could I follow North Carolina athletics, I could follow my grandson who is a freshman wrestler in Atlanta. With Governor Cooper finally opening up outdoor crowd sizes, we can celebrate parents and fans being able to see games in person and we plan to play our East-West Games with no restrictions.

I have talked extensively with the Director of the **Guilford County Health Department** and she feels we are on solid ground. We have a **COVID-19 waiver** of sorts that our NCCA attorney has created and all of our team ATCs and practice site and game venue ADs are already familiar

“You have exceeded expectations and have made life better for countless people. Thanks!”

with NCHSAA procedures which we will use as guidelines. We will require the players and coaches to be fully vaccinated by July 1 or give us a valid certification of a negative testing. Coaches of all-star players will need to make certain the negative testing was done within the proper time frame.

We will be using **GoFan** for football and soccer ticket sales. We will have an East-West account and will charge \$9 for each ticket. The added dollar for using GoFan will make the number a nice \$ 10 for most fans. No tickets may be purchased using cash except group sales which are made only through our office. You may call Tim or Malea for a discount of \$2-a-ticket for groups of 10 or more. Basketball tickets are available through Ticketmaster.

See **“Games Desk”** on page 4

Games Desk

continued from page 3

Johnson and Lambe and **BSN**, the sporting goods dealers many of you know, have stepped up to help us with some items for which we lost sponsorship. Johnson and Lambe has created online apparel stores for the all-star games and will also create one for you before the coaching clinic and all-star games. It can be found at *www.eastwestallstars.com*.

It will be so good to see folks again at the clinic and to be able to get out for a pretty normally run activity. I hope to see you at the clinic and games because if your knowledge base isn't growing and your opponents are, you're falling behind.

IN MEMORIAM

*Tom Brown
Maiden*

*Bill Carver
Cumberland County*

*Jim Oddo
Charlotte Catholic*

*Lester Wilder
Franklinton*

*Eddie Flinchum
Western Guilford*

*Richard Thomas
Eastern Randolph*

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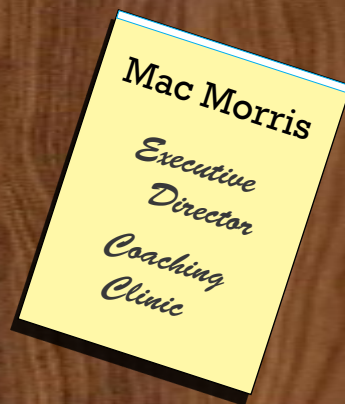
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From the CLINIC Desk...



mmorris@nccoach.org

Mac Morris
Executive Director, Coaching Clinic

THE GOOD NEWS IS THAT IT LOOKS AS IF WE ARE GOING TO BE ABLE TO HAVE SOME KIND OF CLINIC THIS SUMMER.

The bad news is that there will be some restrictions number wise and space wise that will make it a little harder.

In meeting with the Coliseum Officials, we decided that we would not have a trade show this summer because we need the space to have larger sessions if the numbers that can attend are limited. So the plan is to have men's basketball, baseball and football in the Field House and have women's basketball, soccer and softball in the East Wing with bleachers pulled out and be able to house more participants. Golf, cross country and swimming will be held in the Meeting Rooms since their numbers are less.

There will be no Rules Interpretations at the Clinic. The NCHSAA will continue the rules on-line procedure that they used this year. Since there will be no rules sessions, we decided that the Clinic this summer would be only three days (July 19-21) since it made no sense to bring football in for a second day just to have the rules. We will have seven football sessions on Wednesday but nothing on Thursday. This can change in the future

but works with the plans for this year.

Because of our lack of space, we are not hosting the "Old Timers Lunch" this summer. This hurts because it is one of the most appreciated things we do and the attendees have a great time every year. Even with vaccinations, we were afraid that our older members might not want to travel. This certainly will be considered for inclusion in future clinic weeks.

Due to the numbers crunch, we will do all the pre-registered membership cards in our office just as we did last summer. In order to get a new membership card, you will have to provide a previous year's membership card or a color copy of your driver's license. We will send to the pre-registrants a document that will allow them to enter all the clinic sessions and therefore they will not be in the long lines at registration. These membership cards will be sent to the athletic directors of their schools before school starts. So if you choose not to attend the Clinic, you will still get a membership card. There will be new registration at the \$85 rate at the Clinic and there will be picture lines for these individuals but much shorter than in the past.

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



Clinic Desk

continued from page 6

We might have to require masks and establish social distancing but this should not be a problem in the larger area that we are using for sessions. We will continue to have Athletic Injury Management Seminars and CPR Training during the Clinic but the rules haven't been set for these sessions.

We are working now on obtaining clinicians for this summer. Because of travel fears, we are tending to try to get more local folks so they won't have to face the restrictions of travel. We sent registration materials around May 1. The Clinic Schedule will be posted on our website as we get the topics in. We have put in a lot of planning to get this done and we hope it will work. Obviously we are

hoping that things will continue to move toward normalcy so that next year's clinic will be even better. Have a good summer and congratulations for making it through a very stressful year. To put up with what you have dealt with is a great accomplishment.

We feel that with the speakers we have, we are going to have a good clinic but there will be a few differences. The Coliseum is still the host for vaccinations and will take up some of the space. Please try not to interfere with their operation. Pictures for those who didn't pre-register will be made in the Plaza which is upstairs. There will be no meal functions this summer but hopefully next year. With all of these things going on, we ask you again not to bring children to the Coliseum this year. Space is limited and we have no place for babysitting.

Due to space limitations at the Coliseum, there will NOT be an Oldtimers' Luncheon this year.

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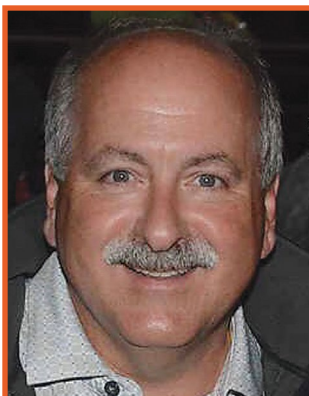


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Joe Franks
Executive Secretary
jfranks@nccoach.org

YES, THERE IS LIGHT AT THE END OF THE TUNNEL. The COVID situation in our state seems to be improving each week and we have been blessed to have athletic competition all the way through the NCHSAA State Championships. As I've kept up with all of these activities, I'm amazed at what our athletic directors, coaches, athletic trainers and support personnel have made happen for our student athletes. We all know how much our young people need the social interaction and outlets for activities and that's what we provide through athletics and from what I hear from coaches it is having a major impact. Although your venues have been really stressed as we have had truly overlapping seasons, folks have found a way to make it happen. We too, are going to find ways to make things happen – and that means we are planning to be in person for the 73rd Annual Coaching Clinic. Like so many of you, I can't wait for the opportunity to get back together with friends and colleagues. The clinic will only be three days this year – July 19-21. With the NCHSAA moving to online rules sessions and football the only sport going on Thursday with the rules being a primary driver, we decided to cut back on those sessions and end the clinic Wednesday. We made the decision to proceed with the in person clinic after seeing the progress against COVID in N.C. and listening to the governor and health experts

as restrictions were being reduced and more and more businesses and venues began opening back up across our state. Our Board is totally behind this effort to get the clinic back in person and we are updating the clinic schedule regularly on our website www.nccoach.org.

As a reminder, ALL preregistrations are being done in the office and member/associate cards will be mailed to the AD's in August. The reason is simple – we are going to have to do all we can to limit crowd size in the registration and picture areas. The ONLY registration and picture taking on site will be for new registrations. In addition, we anticipate masking and social distancing will still be in place in July.

Also as a reminder, there will be no trade show / exhibition hall this year. Again, we are working with the Coliseum to have the clinic in the best way possible as we move toward normalcy – and it is a step by step process. Having big crowds in confined areas like we normally have with the trade show and pictures would be problematic this year. What this will do is provide larger clinic venues for those sports that have larger session attendance. The sports that don't usually have crowds over 100 or so will

See “**Corner**” on page 10

“Corner”

continued from page 9

continue to be in the larger meeting rooms that will have more spaced out theatre style seating. Sport days will remain the same as they have been for years – Basketball and Wrestling on Monday; Track, Baseball, Soccer and Golf on Tuesday; Football, Volleyball, Cross Country, Swimming and Tennis on Wednesday.

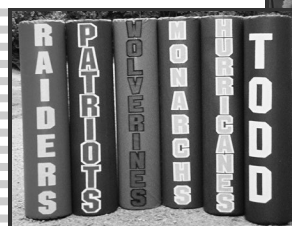
Personally, I can’t wait for the Clinic and the opportunity to see folks again – and not on ZOOM! Thanks again for all you do for our young people. Kids need coaches – and our kids need YOU! The relationships between coaches and student athletes have never been more important than they are for this generation right now. You are the contact

with what should be normal for these kids and the chance to have that mentoring and being involved again is absolutely critical. Together, we are keeping the title “Coach” one that is respected and admired – and that can last a lifetime.

Attention: 2020-2021 State Championship Coaches

Balfour will present rings to the 2020-2021 State Championship Coaches during the 2021 Coaching Clinic. Rings will be presented at the first clinic session of each sport. For late finishing championships, rings will be mailed to the athletic director.

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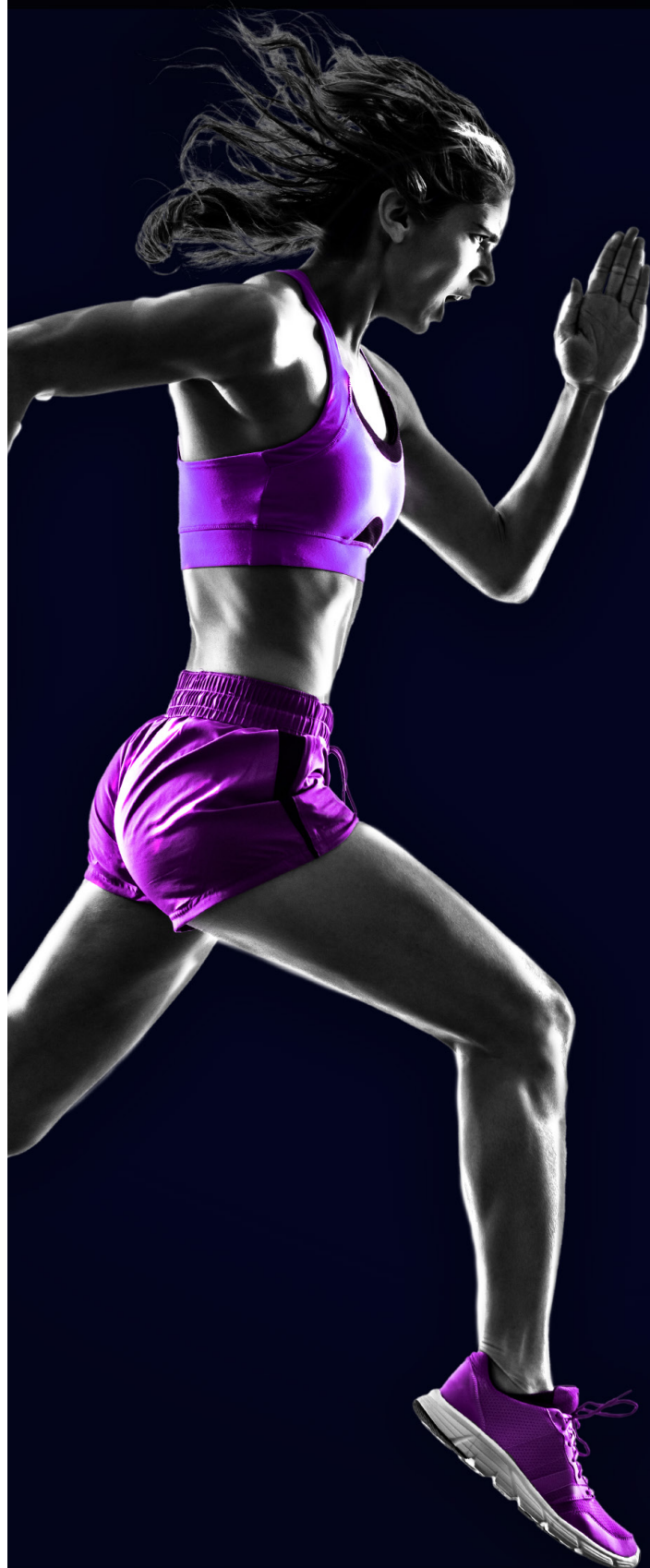


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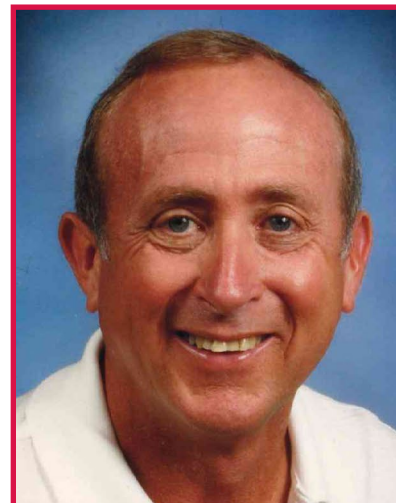
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They still call me “Coach”

Daniel Barrow

I grew up in the Guilford College community. I've been married for 40 years to my wife Laurie. We have two children a son Daniel and daughter Abigail. Daniel is married to Carrie and they have a son Daniel Rush-1. Abigail is married to Troy, and they have two sons Caden-5, and Ashton-2. attended Western Guilford High School and Guilford College where I played football and ran track. I enjoy yard work and playing golf if I have time. Since I have retired, I stay busy with the North Carolina Football Coaches Association, helping with West Carteret football, and the University of Mount Olive in track. I have been an All-Star coach, a member of the Board of Directors and a Past-President of the NCCA.



NCC: WHAT SPORTS DID YOU COACH?

“Football, Basketball, and Track & Field

NCC: WHERE DID YOU COACH?

“Began coaching in 1978 at Western Guilford under Doug Henderson as an assistant in football and track. 1980-81 Northern Durham under Ken Browning served as assistant in football, basketball, and track. In 1981 came back to Western Guilford as head track coach and assistant football, basketball, and 2 years as head girls basketball. In 1987 went to Northeast Guilford as head football and track coach. In 1993 went to Rosewood as head football and track and served as athletic director. 2007 until retirement in 2010, finished up at Southern Alamance as head football and assistant track and assistant athletic director.

NCC: HOW MANY YEARS DID YOU COACH?

“32 years.

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

“Yes. I still stay highly active in athletics. I am the Executive Secretary of the North Carolina Football Coaches Association. I serve as assistant coach at West Carteret HS in football, which my son Daniel is the head coach there, I coach the running backs for him. I'm also, an assistant coach at the University of Mount Olive in track and field and serve as their jumps coach.

NCC: WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?

“In 32 years, there are many from being a part of a state championship track and field team to having the opportunity to coach my children (Daniel and Abigail). But one football season was most memorable for me. We had a team that may not have looked as talented as some, but they loved the game and loved each other. They responded to

See **“Barrow”** on page 13

“Barrow”

continued from page 12

every challenge and adversity and made it to the playoffs, but they did not want it to end there. They knew they had to keep winning to keep playing so, they played at an extremely high level through three rounds before losing out in a close game after Thanksgiving.

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

“ Seeing the improvement of players from the ninth grade until graduation.

NCC: WHY DID YOU GO INTO COACHING?

“ I wanted to teach and continue my association with athletics. I knew what I wanted to do when I was in the 7th grade. My brother (David) played football and ran track, and because I idealized him, I did those sports too. The great coaches I had in high school helped solidify my desire to teach and coach.

NCC: WHAT IS YOUR FUNNIEST COACHING MEMORY?

“ I always seemed to have a good relationship with officials over the years. Back before they put an emphasis on coaches staying in the coaches box, they would if they knew me well, let me ease out on the field a little when we were on offense so that I could signal to my quarterback the next play. One game in the heat of battle, before I knew it, I was standing on the numbers painted on the field and standing in front of the official on our sideline. He said, “Coach do you mind sliding over a little bit, I can’t see”. I look at him, he was laughing and then I looked down and saw where I was at on the field, and I started laughing and told him I was sorry and went back to the coaches box. On the way back I told him, “You know I’m harmless.” He said, “Yeah coach I know, but I

got to see it to call it.”

NCC: WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

“ It occurred on the coin flip before a game. The first year that they started giving teams a choice of using their option in the first half or defer it to the second half, did not go well for us in one game. It was early in the season and with our captains we would rotate who would be the speaking captain. I would always meet with the captains before my final remarks to the team. I explained to them we wanted our defense to be on the field first if possible, so if we won the toss, we would defer our option to the second half. The speaking captain look at me with a puzzled look and said “Coach, so we win the toss you want us to kick right?” Instead of reminding him to use the term defer, I said “yes”. The captains go out, we win the toss, the speaking captain instead of saying we defer our option to the second half, said “we want to kick”. So, we had used our option in the first half and our opponent used their option the second half to receive. Therefore, we had to kick-off to them to start the first half and the second half. As you can imagine I got asked over and over, “coach why did we kick-off to start both halves?” It was not long after that, the referees started checking with the coach before the captains met as to what they wanted to do if they won the toss.

NCC: WHAT WAS YOUR FAVORITE PLAY OR STRATEGY?

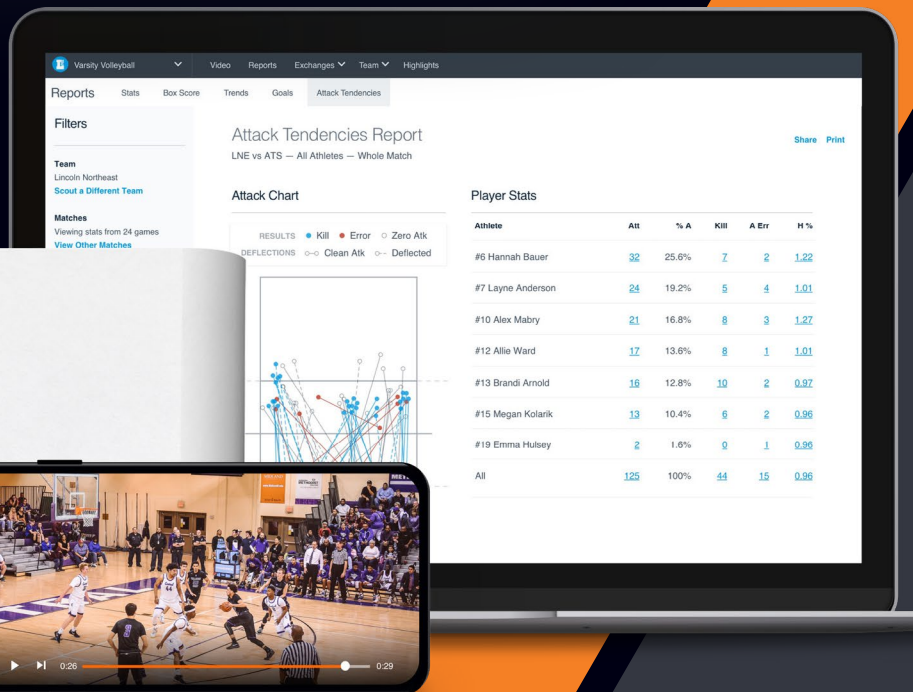
“ My favorite play was a goal line play action pass. A favorite strategy was increasing the offensive tempo at a crucial point in the game in order to pressure the opponents.

See **“Barrow”** on page 15



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“Barrow”

continued from page 13

NCC: WHO WERE THE TOUGHEST TEAMS YOU COACHED AGAINST?

“The teams that come to mind, that were well coached and were talented year after year were the Western Guilford teams coached by Doug Henderson, the Reidsville teams coached by Mark Barnes, the Midway teams coached by Tommy Sloan, the Hobbton teams coached by Al Britt, the Farmville Central teams coached by Dixon Sauls, the Ayden-Grifton teams coached by Paul Cornwell, the Western Alamance teams coached by Hal Capps, the Eastern Alamance teams coached by John Kirby, the Page teams coached by Kevin Gillespie, and the Cummings teams coached by Steve Johnson.

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

“A result of a play that has always seemed harsh to me, is a touch back when it involves a fumble in the field of play, and the ball goes out of bounds in the endzone. Also, eliminate stopping the clock after change of possessions would help speed up the game.

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

“Work hard, be honest and find a system and stick with it. Every coach must develop a system with foundations, in which his teams can compete. Changing year to year, week to week, causes the beginning coach and his players to lose confidence.

See **“Barrow”** on page 16



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“Barrow”

continued from page 15

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

“ATHLETES: *Set high expectations, demand the best, and do not accept mediocrity.*

“PARENTS: *Deal with them on a professional basis, tell them what is expected, how they can help their child in the program, and have no favorites.*

“ADMINISTRATORS: *Be an excellent teacher, be prepared, and do your job.*

“ATHLETIC DIRECTORS: *Athletic Directors and coaches should work together to make the athletic program successful. Get needed paper work in on time and help out without being asked. Keep the AD updated on what is going on and don't let them be blindsided on an issue.*

“OTHER COACHES: *Cooperate, go the*

extra mile to help them with their sports, have no ego concerning your work.

“THE PRESS/MEDIA: *Deal with honestly. Do not single out individuals.*

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

“*The first clinic I attended in 1978 impressed me with the fact that some of the top coaches in the state went to every session, listened to the presentations, and took notes. The NCCA has been an organization which helped me increase my knowledge of athletics. It afforded me an opportunity to serve on the board of directors and later serve as president and it enabled me to try to help others.*

NCC: OTHER COMMENTS YOU WOULD LIKE TO SHARE?

“*Coaching is a noble profession. Its demands are great, and no place for the weak. There is no finer calling than to lead young men in battle when you have prepared them well.*

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2021 COACHING CLINIC SCHEDULES

MEN'S BASKETBALL JULY 19, 2021 • THE FIELDHOUSE

*Jeremy Growe, Furman University
Mark Prosser, Winthrop University*

8:00-9:45	Registration
9:50-10:40	Ballscreen Concepts / Playing Off PenetrationJeremy Growe
10:45-11:35	5 Out OffenseJeremy Growe
11:40-12:30	Special Teams and Transition DefenseJeremy Growe
12:30-2:00	LUNCH
2:00-2:50	Ballscreen/Screen DefenseMark Prosser
2:55-3:45	Transition / Press OffenseMark Prosser
3:50	Men's Basketball Coaches Meeting

WRESTLING JULY 19, 2021 WEST WING B-2 • SPECIAL EVENTS CENTER

Blake Roulo, Averett University

9:50-10:40	Building Your Program.....Blake Roulo
10:45-11:35	Defense On the FeetBlake Roulo
11:40-12:30	Counter Offense When They Fight InsideBlake Roulo
12:30-2:00	LUNCH
2:00-2:50	Clearing Ties to ScoresBlake Roulo
2:55-3:45	Bottom and Top Wrestling.....Blake Roulo
3:50	Wrestling Coaches Meeting

WOMEN'S BASKETBALL JULY 19, 2021 • EAST WING

*Jen Hoover, Wake Forest University
Rhonda Dreibelbis, Jordan HS*

9:50-10:40	Developing Deacs - Individualizing Player DevelopmentJen Hoover
10:45-11:35	Hoover's Habits - O & D Development DrillsJen Hoover
11:40-12:30	COVID Chaos - Focus & FunJen Hoover
12:30-2:00	LUNCH
2:00 - 2:50	Building a Culture of Excellence Rhonda Dreibelbis
2:55 - 3:45	The Little Things That Can Create Big Wins Rhonda Dreibelbis
3:50	Women's Basketball Coaches Meeting

JUNIOR HIGH/MIDDLE SCHOOL JULY 19, 2021 • MEETING ROOM # 1

Jim Bazluki - M.Ed.,LAT, ATC, Atrium Health

Bobby Hill, CMAA, Retired AD

Richard Hatley, Retired Middle School AD

Larry McDonald, Retired County AD

Burt Jenkins, NCDPI

9:30-10:20	Caring for M.S. Athletes.....Jim Bazluki
10:25-11:05	Using Non-Faculty Coaches.....Larry McDonald
11:10-12:00	Legal Duties of M.S. Coaches... Richard Hatley
12:00-2:00	Lunch
2:30-3:10	Middle School Sports Start-Up PlanBobby Hill
3:15-3:55	Middle School Manual Update Burt Jenkins
4:00-4:45	Middle School AD's Meeting

2021 COACHING CLINIC SCHEDULES

BASEBALL

JULY 20, 2021 • THE FIELDHOUSE

*Scott Jackson, Liberty University
Randy Hood, UNCW*

8:55-9:45	Daily Defensive Routines for INF and OF Play Scott Jackson
9:50-10:40	Today's Pitcher – What Matters Most Scott Jackson
10:45-11:35	Your Program—Impacting Your Players and Their Future Scott Jackson
11:40-12:30	Offensive Mindset / Simple Hitting Drills Randy Hood
12:30-2:00	LUNCH
2:00-2:50	Recruiting Today's Athlete Randy Hood
2:55	Baseball Coaches Meeting

SOCCER

JULY 20, 2021 • EAST WING

Chris Rich, UNCG

8:55-9:45	Building a Team Culture and Identity Chris Rich
9:50-10:40	Player Identification, Recruitment and Player Development Chris Rich
10:45-11:35	Opponent Analysis – How to Prepare for an Opponent..... Chris Rich
11:40-12:30	Building a Style of Play..... Chris Rich
12:35	Soccer Coaches Meeting
6:30 & 8:30	All-Star Soccer Matches Macpherson Stadium

TRACK

JULY 20, 2021

WEST WING B-2 • SPECIAL EVENTS CENTER

*Will Bradley, Will Bradley Sports Performance
Rodney Stewart, Ragsdale HS*

8:55-9:45	Teaching Sprint Mechanics from Outside the Box Phase I..... Will Bradley
9:50-10:40	Sprint Mechanics from Outside the Box Phase II..... Will Bradley
10:45-11:35	Sprint Mechanics from Outside the Box Phase III..... Will Bradley
11:40-12:30	Training a Championship Discus Thrower – From Grip through Release Rodney Stewart
12:30-2:00	LUNCH
2:00-2:50	Training a Championship Shot-Putter – From Grip Through Release Rodney Stewart
2:55	Track Coaches Meeting

GOLF

July 20, 2021 • Meeting Room #1

*Chris Haarlow, Precision Golf
Dr. Robert Christina, Precision Golf and Pinehurst CC
Chris Finn, Par4Success Physical Therapy/Golf Performance Center
Terrance Stewart, UNCG*

8:55-9:45	Mental Aspects of High School Golf Dr. Robert Christina
9:50-10:40	Best Warm-up, Strength and Conditioning Chris Finn
10:45-11:35	College Recruiting for High School Golfers Terrance Stewart
11:40-12:30	Skills and Drills Players Can Take to the Course Chris Haarlow
12:30	Golf Coaches Meeting
3:30	NCCA Business Meeting

2021 COACHING CLINIC SCHEDULES

FOOTBALL

JULY 21, 2020 • THE FIELD HOUSE

Mark Barnes, Sumter HS (SC)

Jeff Fruster, Daniel HS (SC)

Kennedy Tinsley, Mallard Creek HS

John Kirby, Eastern Alamance HS

8:55-9:45	Organize Your Program for SuccessMark Barnes
9:50-10:40	Protect Box Run Plays With RPO'sMark Barnes
10:45-11:35	Program Building Jeff Fruster
11:40-12:30	Teaching Defensive Basics..... Jeff Fruster
12:30-2:00	Lunch
2:00-2:50	Scheming and Aligning Organizational Culture and Leadership.....Kennedy Tinsley
2:55-3:45	Blocking the Outside Zone John Kirby
3:50-4:40	Everyday Offensive Line Drills..... John Kirby
4:45	Football Coaches Meeting

VOLLEYBALL

JULY 21, 2021

WEST WING B-2 • SPECIAL EVENTS CENTER

Matt Ginipro, Appalachian State University

8:55-9:45	Want to Win? Focus on Your Team's Culture Matt Ginipro
9:50-10:40	Next Level Stats You Should Be Tracking Matt Ginipro
10:45-11:35	First Ball Contact Should be the Majority of Your Practices..... Matt Ginipro
11:40-12:30	My Favorite Drills..... Matt Ginipro
12:35	Volleyball Coaches Meeting

TENNIS

JULY 21, 2021 • UNCG

Jeff Trivette, Director of Tennis, UNCG

Kelly Gaines, USTA

Donald Clark, NC Tennis Coaches Association

Andrew Tuttle, NC Tennis Coaches Association

Scott Handback, USPTA and USPTR High Performance Coach

Bert Poole, Averett University

9:00-9:15	Arrival and Introduction at UNCG Tennis CourtsJeff Trivette
9:15-9:30	USTA North Carolina Information and Presentations.....Kelly Gaines
9:30-9:45	North Carolina Tennis Coaches Association Donald Clark / Andrew Tuttle
9:45-11:30	Speaker Sessions and On-Court Presentation/ Demos Scott Handback / Bert Poole
11:30-12:15	Closing Discussion
12:15	Tennis Coaches Meeting

CROSS COUNTRY

JULY 21, 2021 • MEETING ROOM #3

Josey Weaver, East Carolina University

8:55-9:45	Philosophy and Motivation – Build Me a Legend..... Josey Weaver
9:50-10:45	Harriers..... Josey Weaver
10:50-11:40	Forgotten Athletes-Clearing Up The Recruiting Process..... Josey Weaver
11:45-12:35	The Trust Impact–Goal Setting Made Simple Josey Weaver
12:40	Cross Country Coaches Meeting
2:00-5:00	National Federation Rules Certification

2021 COACHING CLINIC SCHEDULES

SOFTBALL

JULY 21, 2021 • EAST WING

John Rittman, Clemson University

Monte Sherrill, Pfeiffer University

8:55-9:45	BaserunningJohn Rittman
9:50-10:40	Hitting ProgressionJohn Rittman
10:45-11:35	Outfield Checklist.....John Rittman
11:40-12:30	Getting Elite Hitters Out With Average PitchingMonte Sherrill
12:30-2:00	LUNCH
2:00-2:50	Building a High School Softball PowerhouseMonte Sherrill
2:55	Softball Coaches Meeting

SWIMMING

JULY 21, 2021 • MEETING ROOM #1

Andrew Shaff, University of Virginia

8:55-9:45	The Art of Coaching SwimmingAndrew Shaff
9:50-10:40	Sprint Technique and TrainingAndrew Shaff
10:45-11:35	Dryland & Strength Training for SwimmingAndrew Shaff
11:40-12:30	RecruitingAndrew Shaff
12:35	Swimming Coaches Meeting



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

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2021 – August 1, 2022

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

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

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

EAST FOOTBALL ROSTER

#	NAME	POS	HT	WT	SCHOOL
1	Tremel Jones	WR	5'9	170	Richmond
2	Triston Spencer	DB	5'10	185	Wake Forest
3	DeAndre Proctor	QB	6'3	208	Northeastern
4	William Lovick	RB	5'7	190	New Bern
5	Jaylin Allen	DB	6'	167	Hoggard
6	Micah Nelson	LB	6'	190	Cape Fear
7	Teddy Wilson	LB	6'1	185	John A Holmes
8	Jerron Hinton	DB	5'10	175	Northeastern
9	Kevin Hamilton	DB	6'4	202	J.H. Rose
10	Tate Davis	WR/P	6'4	181	North Brunswick
11	Khyllil Jones	WR	5'10	155	Chapel Hill
12	Tye Saxby	QB	6'1	210	Hertford County
15	Joshua George	TE/K/P	6'3	225	South View
21	Donta Autry	LB	5'10	185	South View
22	Josh Holloway	DB	5'9	175	Kinston
23	Blake Paul	DB	6'0	160	Pine Forest
24	"Hunter" Jonathan Morris	LB/LS	6'2	215	Cleveland
25	Trey Chavis	WR	6'	180	Scotland
30	Colton Sullivan	RB	5'11	170	Croatan
33	Alonza Moore Jr	LB	5'10	230	Havelock
34	Javontae Scott	LB	6'1	220	Northampton
44	Xavier Johnson	DL	6'2	250	Pine Forest
47	Kaleel Brown	DL	5'11	296	Richmond
53	James Gartin	OL/SS	5'11	225	Cleveland
55	Keyonte Bronson	DL	6'0	255	Hoke County
60	Jordan Hughes	DL	6'2	300	Northern Nash
65	Ethan Best	OL	6'5	275	Scotland
71	Oronde Whitfield	DL	6'2	285	Kinston
74	Zachary Fonvielle	OL/LS	6'2	290	South Columbus
75	Alphonso Boyd	OL	6'1	287	Ayden-Grifton
77	Coy Turnage	OL	6'4	315	Clayton
78	Ben Swinson	OL	6'3	280	Washington
79	Jelan Greene	OL	6'2	305	Clayton
81	Jonah Portugal	WR/TE	6'4	210	Heritage
95	John Caramanico	DL	6'1	257	Cardinal Gibbons
	Anthony Daniels		5'9	150	J.H. Rose

EAST COACHES

Head Coach:	Paul Cornwell	Ayden-Grifton
Asst. Coaches:	Russell Dove	South Columbus
	Ryan Gieselmann	Kinston
	Jake Thomas	Cape Fear
	Greg Williams	Richmond
	Steven Wright	Cardinal Gibbons

WEST FOOTBALL ROSTER

#	NAME	POS	HT	WT	SCHOOL
1	Jalen Fairley	RB	5'7	175	Southeast Guilford
2	Johnny Peay	WR	6'2	190	Erwin
3	Caleb Borders	WR	5'9	160	Crest
4	Malik Corry	WR	5'8	180	Hunter Huss
5	Kaden Hampton	ATH	5'11	210	Chase
6	Alphonso Goodson	DL	5'9	180	Burns
7	Jimmy Whisnant	LB	6'2	200	Shelby
8	Sterling Brewer	DB	6'	170	Dudley
8	JoRaye Morrison	RB	5'8	205	Wilkes Central
9	Zae Clay	DL	5'11	230	Salisbury
10	Desmond Caldwell	DB	6'	170	Freedom
11	Jake Marion	PK/P	5'11	195	North Davidson
12	Rodney McDay	WR	6'	180	T.C. Roberson
15	Brody Whitson	QB	6'1	190	T.C. Roberson
16	Jacob Booker	DB	6'2	180	A.L. Brown
19	Will Lenard	QB	6'1	185	Northern Guilford
20	Hezekia Newby	RB	5'11	210	Eastern Guilford
21	Zak McLaughlin	WR	5'8	155	Saint Stephens
22	Kristian Lyons	DB	5'10	180	Davie County
23	Ray Mackey	DB	5'11	180	Hunter Huss
24	Chance Cannon	LB	5'11	195	Kings Mountain
26	Travis Hunter	LB	5'9	190	Thomasville
31	Marc Golden	LB	5'11	215	A.C Reynolds
32	Omari Hunt	LB	5'11	190	South Point
33	Jayden Hooper	LB	5'11	190	R-S Central
50	Jhaki Rankin	DL	6'	245	Reidsville
54	Blake Martin	DL	6'4	285	Alexander Central
54	Isaiah Mosqueda	OL	6'2	299	Reidsville
56	Shayle Gash	OL	6'1	265	Shelby
57	Gavin Awtrey	OL	6'1	240	Franklin
58	Carter Marzano	OL	6'1	250	West Forsyth
65	Grady Brooks	OL	6'2	290	Mountain Heritage
70	Taujmel Mouzon	DL	5'11	300	Thomasville
72	Colin Sarratt	OL	6'0	290	Crest
73	Jayson Royster	OL	6'3	310	Eastern Guilford
???	Jake Hill	DB	6'0	187	West Forsyth
	Donta Autry	LB	5'9	182	South View

WEST COACHES

Head Coach:	Doug Robertson	Page
Asst. Coaches:	Clint Bland	E. Rutherford
	Chuck Cannon	Wilkes Central
	David Devine	Burns
	Nick Eddins	Crest
	Wayne Hicks	St. Stephens

EAST & WEST WOMEN'S BASKETBALL ROSTERS

EAST WOMEN

	#	NAME	POS	HT	SCHOOL
	4	Jordan Everett	F	6'0	EE Smith
Head Coach	10	Virginia Grace McAllister	G	5'9	Swansboro
Don Mooring	12	Diamond Thomas	PG	5'3	Knightdale
South Lenoir HS	14	Meredith Wooten	G	5'4	Princeton
	20	Isa Banks	F	5'11	Clinton
Assistant Coach	22	TJ Eichelberger	G	5'9	St. Pauls
Andrew Gurley	24	Janiya Foskey	C	6'1	Farmville Central
Croatan HS	30	Morgan Graham	C	6'0	Southeast Raleigh
	32	Ashara Hayes	F	6'0	Jack Britt
	40	Shaylin Pollock	PG	5'6	Southwest Onslow

WEST WOMEN

	#	NAME	POS	HT	SCHOOL
	4	Shakira Baskerville	F	6'1	West Forsyth
Head Coach	10	Emily Carver	G	5'9	Enka
Brad Mangum	12	Braylyn Milton	G	5'11	Independence
North Lincoln HS	14	Hannah Tipton	PG	5'8	Mountain Heritage
	20	Maddie Dillinger	F	6'1	Cuthbertson
Assistant Coach	22	Mariah Frazier	G	6'0	Dudley
Amy Sarratt	24	Diamond Monroe	G	5'9	Dudley
Southern Alamance HS	30	Jessica Timmons	PG	5'9	Independence
	40	Adair Garrison	C	6'1	Freedom
	42	Jadyn Murray	C	6'1	Northwest Guilford

EAST & WEST MEN'S BASKETBALL ROSTERS

EAST MEN

Head Coach

Eric Davis

Laney HS

Assistant Coach

Bobby Williams

Riverside Martin HS

#	NAME	POS	HT	WT	SCHOOL
3	Terquavion Smith	G	6'3	170	Farmville Central
5	Daylan Askew	G	6'4	160	Hertford County
11	Bradlee Haskell	G	6'2	172	Pinecrest
15	Makoa Surigao	G	6'2	185	Laney
23	D'Marco Dunn	G	6'5	180	Westover
21	Kenny Noland	G	6'3	180	Apex Friendship
31	Bennie Brooks	F	6'4'	210	East Carteret
33	Matthew Locklear	F	6'4	185	Lumberton
41	Leontae Kornegay-Moye	C	6'7	205	Farmville Central

WEST MEN

Head Coach

Sonny Schofield

Statesville HS

Assistant Coach

Billy Martin

R.J. Reynolds HS

#	NAME	POS	HT	WT	SCHOOL
3	Knoah Carver	G	6'3	180	Ardrey Kell
5	Breon Pass	G	6'0	175	Reidsville
11	Brock Bowen	G	6'0	175	Weddington
15	Daniel Cooper	G	6'3	187	Grimsley
21	Chris Ford	F	6'5	210	North Mecklenburg
23	Jonathan Foust	G	6'2	184	Providence Grove
31	Grant Thompson	F	6'5	190	Southern Alamance
32	Peyton Gerald	F	6'8	200	Ardrey Kell
33	Caleb Lominac	C	6'6	210	North Buncombe
41	Ayden Baker	C	6'7	190	South Point

EAST & WEST WOMEN'S SOCCER ROSTERS

EAST WOMEN

Head Coach

Isaac Rancour
Pine Forest HS

#	NAME	POS	HT	SCHOOL
2	Maleah Bainer	G	5'11	Ashley
3	Makenzie Lipscomb	F	5'4	Heritage
4	Reagan Baiotto	M	5'8	Swansboro
5	Isabelle Losavio	M	5'8	Apex Friendship
6	Lizzie Ball	D	5'7	Chapel Hill
7	Catherine MacNichol	F	5'9	Roanoke Rapids
8	Stephanie Barbosa	M	5'5	Riverside
9	Ella Matischak	M	5'7	Chapel Hill
11	Kylie Morris	D	5'8	Holly Springs
12	Summer Beesley	D	5'4	Hoggard
15	Navia Mosley	D	5'7	Carrboro
16	Addie Cooper	M	5'4	Green Hope
17	Ainsley Norr	F	5'6	Hoggard
18	McKenna Gardner	F	5'7	Ashley
19	Avery Vorholt	D	5'4	Pine Forest

WEST WOMEN

Head Coach

Shea Bridges
Hibriten HS

#	NAME	POS	HT	SCHOOL
2	Avery McGuirt	D	5'5	West Forsyth
3	Emily Bertanzetti	D	5'5	Cox Mill
4	Asha Means	F	5'6	Lake Norman Charter
5	Payton Eubanks	M	5'7	East Forsyth
6	Piper Muire	M	5'6	Salisbury
7	Samantha Ferry	F	5'9	Charlotte Catholic
8	Millie Murphy	M	5'6	R.J. Reynolds
9	Kendall France	M	5'6	Southwest Guilford
10	Addison Porter	F	5'9	A.C. Reynolds
11	Alyssa Hackett	M	5'7	Charlotte Catholic
12	Lillie Rusher	D	5'6	Salisbury
14	Emma Smith	M	5'5	Asheville
15	Anna Hamner	G	5'8	Asheville
16	Skyler Walk	F	5'3	Providence
17	Madison Lockett	F	5'8	TC Roberson
19	Mya Manivanh	D	5'8	Union Academy

EAST & WEST MEN'S SOCCER ROSTERS

EAST MEN

Head Coach

Brad Wicker
Lee County HS

#	NAME	POS	HT	WT	SCHOOL
2	Travis Garner-McGraw	S	5'10	170	Croatan
3	Arun Kirk	D	6'0	160	Chapel Hill
4	Alex Macedo	M	5'6	140	Southern Lee
5	Garrett Melvin	M	5'10	145	East Bladen
6	Stephen Sopp	M	5'10	150	Apex Friendship
7	Tanner Bouker	M	6'	154	First Flight
8	Lyle Brewington	M	6'0	157	Clinton
9	Jalen Grant	D	6'5	185	Heritage
10	Lukas Haritos	G	6'2	180	Clayton
11	Andrew Hayman	S	6'2	170	Manteo
12	William Jurney	M	5'10	155	Millbrook
14	Connor Kitson	G	6'2	190	Wake Forest
15	Drew Lovelace	M	6'1	170	Holly Springs
16	Massimo Mannino	M	5'9	160	D.H. Conley
17	Will Allen	M	6'1	165	Carrboro
19	Selden Baldwin	D	5'9	165	New Hanover

WEST MEN

Head Coach

Jay Niessner
Central Academy of
Technology Arts

#	NAME	POS	HT	WT	SCHOOL
3	Jonthomas Buckley	M	6'1	165	Northern Guilford
4	Rohan Gupta	D	5'9	140	Ragsdale
5	Jesse Guzman	M	5'3	120	West Forsyth
6	Carter Holt	F	5'10	150	Hickory
7	Chase Lynch	D	5'10	130	East Lincoln
8	Gaston Moise	F	6'0	178	Union Academy
9	Raimondo Sastoque	F	5'7	155	Christ the King
10	Justin Seelal	F	5'10	170	Ledford
11	Ben Boston	D	6'0	157	Hickory
12	Lane Decker	D	6'0	185	Western Guilford
14	Sean James	M	6'1	175	Weddington
15	Axel Martinez	F	5'10	195	AL Brown
16	Sullivan Smith	D	6'3	175	High Point Central
17	Humberto Tapia	G	5'9	180	North Forsyth
18	Alexandro Velazquez	F	5'5	135	Forest Hills



Subject: Natural Grass Athletic Fields

To: Board Members
Administrators
Athletic Directors
Athletic Head Coaches

Greetings,

There are many reasons to consider natural grass as the preferred surface for football and other sports. These include reduced injury rates when compared to plastic fields, safer surface temperatures for practice and play, no plastic or crumb rubber pollution, and reduced environmental impacts. Further, research among athletes indicate that natural grass is continually ranked by football players as the preferred field surface.

Without question, the extreme wet conditions many of us have experienced these past several months have left Athletic Departments pondering over resulting poor playing conditions. This has encouraged the plastic surface industry to push even harder the use of their products on the athletic fields of our high schools, colleges, and community parks. However, the real truth is that the vast majority of these older existing fields were never constructed correctly in the first place. These fields were simply tilled, shaped and planted using existing soil conditions already on site. We are paying the price now for not using correct subsoil structure and aggregate material that allows for good drainage and healthy turf. Additionally, many schools and colleges have increased the number and types of sports offered, therefore putting more demand on existing playing surfaces. These three factors; weather, improper original construction, and increased usage, are today's main reasons for poor field performance. All of these issues can be resolved simply by using improved and proper construction methods for a natural grass field. This also keeps the door open for enjoying all the additional benefits a natural grass playing surface provides.

Replacing natural grass and making new field installations with plastic is troubling and should be cause for concern. The health and welfare of our student athletics and the countless children in our local schools and communities will suffer greatly if we abandon natural turfgrass as the preferred playing surface. For these reasons we ask that anyone considering a new playing surface study the points below before determining what's best for their athletes.

Injury Rates Research

The American Journal of Sports Medicine recently published two peer-reviewed research articles in 2019 that prove plastic athletic fields result in a significantly higher injury rate among NFL and NCAA athletes. The highlights of this research study are provided in the attached fact sheets and show that natural grass fields are safer than plastic fields and result in fewer lower-body injuries to athletes. It has also been shown that 1 in 5 concussions are caused by head-to-field impacts and that the critical fall height for concussions on plastic fields is less than half of the critical fall height on natural grass.

- NFL Injury Rates Research - [TPI-NFL-Case-Study-FINAL.pdf \(turfgrasssod.org\)](#)
- NCAA Injury Rates Research - [TPI-NCAA-2013-2014-Case-Study-7.12.pdf \(turfgrasssod.org\)](#)

The original research referenced in this letter appears in The American Journal of Sports Medicine, 2019;47(1): 189-196, DOI: 10.1177/0363546518808499 and 2019;47(6):1294-1301.

NFL Players Union Statement on Natural Grass Field Safety

NFL Players Union - <https://nflpa.com/posts/only-natural-grass-can-level-the-nfls-playing-field>

- 82.4% of NFL players think that plastic surfaces contribute more to injury
- 89.1% of NFL players think that plastic surfaces cause more soreness and fatigue
- 89.7% of NFL players think that plastic surfaces are more likely to shorten their career

Cooler, Safer Temperatures

- The National Athletic Trainers Association (NATA) places activity restrictions at temperatures as low as 87 °F and restricts any outdoor workouts at temperatures over 92.1 °F. It is not uncommon in southern or transition zone climates for artificial fields to read as high as 150 to 180 °F during the summer and fall when football activities are at their peak.
- Wet Bulb Globe Temperature is the recommended way for determining safe playing temperatures for artificial surfaces when calculating onsite temperatures. See the link below for a short video.
<https://ksi.uconn.edu/prevention/wet-bulb-globe-temperature-monitoring>

Environmental Impact

- Recent research has highlighted the various Ecosystem Services provided by natural grass parks, fields, lawns, etc. and other green spaces. They allow infiltration of rainwater, they capture, filter, and clean storm flow or runoff water from impervious surfaces, they capture carbon, cool our environment, reduce cooling costs from air conditioners, reduce carbon emissions from power plants, restore soils to native conditions, provide a habitat for beneficial arthropods/insects, and more. Plastic surface fields do none of this and can often contribute negatively through crumb rubber and microplastics pollution. This is becoming an enormous concern among environmental groups. Go to a plastic field and rub your hand across the surface, you will see the crumb rubber and plastic fibers that come out of these fields. They get carried home in kids cleats, clothes, end up in washing machines and ultimately in public water systems. These stories can be found through a quick internet search or through <https://www.turfgrasssod.org/category/heat/>.

Construction, Maintenance, Disposal, and Replacement Cost

- It is a myth that plastic fields require less maintenance than natural grass fields.
- Case studies have demonstrated users could take the money used to put in a plastic field that will only last 5-8 years and instead invest it into properly maintained and constructed natural grass fields and come out cheaper with a better, safer, and more natural product. Plastic surface fields are not maintenance-free as they are often thought of when purchased.

Plastic Fields Require

- Additional infill
- Irrigation because of high temperatures on warm sunny days
- Chemical disinfectants
- Spray to reduce static cling and odors
- Drainage repair and maintenance.
- Repainting temporary lines
- Removing organic matter accumulation

Typical annual maintenance costs of a plastic surface have a very similar range as natural grass fields.

Disposal Costs

Plastic surfaces need renovating every 5-8 years, and there is a hidden cost of disposal. Because of the crumb rubber top-dressed material, special disposal costs are often required. These disposal costs can range from \$75,000 to \$125,000 depending on transportation and landfill charges per field.

Long-Term Annual Costs

Natural grass fields last longer, often over 20 years. Therefore, long term annual costs are less with natural grass fields compared to plastic fields that need replacing every 5-8 years. Many variables influence the overall annual cost of a natural grass field, but the expenditure data have shown that the annual average costs for a sand-cap natural grass field range from \$15,000 to \$32,000. For example, the Sports Turf Managers Association reports that Duke University spends roughly \$24,500 annually on a sand based field. This includes all material and labor.

Annual costs of basic plastic surfaces can range from \$45,800 to \$89,000. Again, this is a result of the high initial costs of installation and the fact that in 5-8 years the field will need to be resurfaced. Labor to remove, cost of disposal of worn carpet, cost of new materials and labor to install are all important and expensive but required to complete the effort.

More resources can be found at <https://www.stma.org/synthetic-turf-or-natural-grass-sports-fields/>

Sincerely yours,



Casey Reynolds, PhD
Executive Director, TPI
creynolds@turfgrasssod.org



Keaton Vandemark
Vandemark Farms, LLC
keaton@vandemarkfarms.com

I have reviewed the information detailed in this letter and the corresponding referenced materials. I find the data in the letter to be accurate and aligned with the current information available in the literature.

Sincerely,



Grady L. Miller, PhD
Professor and Extension Specialist
Co-Director, Center for Turfgrass Environmental Research & Education
North Carolina State University

Higher Rates of Lower Extremity Injury on Synthetic Turf Compared with Natural Turf Among National Football League Athletes

Published in the American Journal of Sports Medicine, 2019

Overview

Football is a strenuous sport for athletes. Researchers set out to test the hypothesis that playing on synthetic turf leads to an increased risk of lower body injury. Their hypothesis was informed by previous research showing a difference between synthetic turf and natural grass in releasing a cleat before reaching a potentially injurious overload situation. From collecting and analyzing injury report data from the NFL between 2012 and 2016, researchers deducted that if all NFL games played on synthetic turf were played on natural grass during the study period, 319 fewer lower body injuries would be expected. When examining noncontact knee, ankle and foot injuries, play on synthetic turf had a 56 percent higher rate of injuries resulting in any time loss and a 67 percent higher rate of injuries resulting in more than eight days of time loss. The increased risk of ankle/foot injuries on synthetic turf was greatest among the three types of injuries examined with a 68% increase in ankle/foot injuries resulting in any time loss and a 103% increase in injuries resulting in more than eight days of time loss. These findings support the hypothesis that playing on synthetic turf increases the risk of lower body injury.

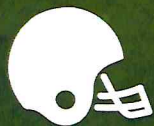
Background and Method

Previous research has revealed that football cleats interact differently on synthetic turf and natural grass, which may lead to a different risk of injury. Divots—when a cleat creates a hole in the field—signal that the grass has absorbed force from the cleat and released the cleat back again, rather than capturing the cleat and releasing the force through a players' foot, ankle or knee, which could cause injury. Since

cleats can easily create divots on natural grass and not on synthetic turf, less force is placed on the lower body, which may help prevent injury.

Data for this study came from the analysis of all 1,280 NFL regular season games played from 2012 through 2016, 555 of which were on synthetic turf and 725 on natural grass.

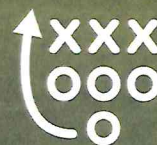
- **All 32 NFL teams report injuries** through a robust, unbiased electronic health record system. Each injury report gives full details of the injury and circumstance, such as the contact, impact, activity, time lost, game-day weather, and surface type and conditions.
- The researchers also examined the rates of contact-related injuries and noncontact-related injuries, **since noncontact injuries are more likely to be related to the playing surface.**
- **Incidence Rate Ratios (IRR)** were calculated to determine the exact amount of exposure to injury players may have in each game.



A total of
4,801
lower body injuries occurred
from 2012 to 2016 affecting
2,032
players.



If all NFL games played
on synthetic turf were
played on natural grass
during the study period,
319 fewer
lower body injuries
would be expected.



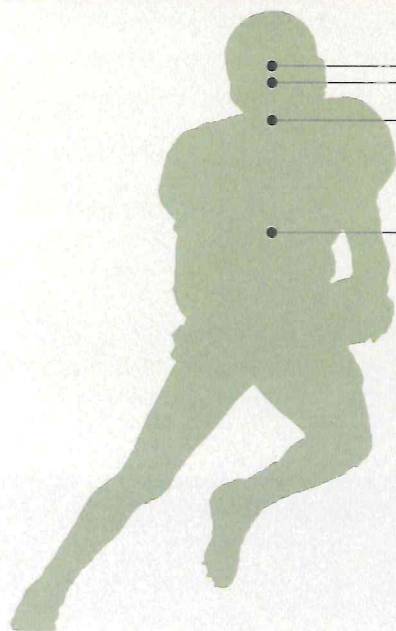
Play on synthetic turf had a
16% higher rate
of lower body injuries than on
natural grass. This included
contact and non-contact
injuries that resulted in any
time loss.

Noncontact injury rates to the lower body on synthetic turf vs. natural grass

27%
higher
on synthetic turf

When examining noncontact knee, ankle and foot injuries, play on synthetic turf had a **56%** higher rate of injuries resulting in any time loss and a **67%** higher rate of injuries resulting in more than eight days of time loss.

The greatest difference in noncontact injury rates between synthetic turf and natural grass were to the ankle/foot: synthetic turf resulted in a **68%** higher rate of injuries resulting in any time loss and a **103%** higher rate of injuries resulting in more than eight days of time loss.



64.4%
of NFL players think that **artificial turf is more likely to negatively affect their quality of life** after football.

82.4%
of NFL players think that **artificial turf is more likely to contribute to injury**

89.1%
of NFL players think that **artificial turf causes more soreness and fatigue**

89.7%
of NFL players think that **artificial turf is more likely to shorten their career**

Increased Risk to Athletes of Suffering Noncontact Injuries on Synthetic Turf

	More than 1 Week of Time Loss	Any Time Loss
Lower Body	20%	27%
Knee	45%	46%
Knee/Ankle/Foot	67%	56%
Ankle/Foot	103%	68%

Conclusions

Higher rates of lower body injury occurred on synthetic turf than on natural grass among NFL athletes from 2012 to 2016.

This trend was observed over 5 playing seasons, 1,280 games, and 213,935 distinct plays. The researchers' findings support that there is a difference between synthetic turf and natural grass in the ability to divot and release cleats from the surface.

More broadly, their findings support the hypothesis that playing on synthetic turf increases the risk of lower body injury and that field surface has a causal effect on injury rates due to synthetic turf's lack of ability to release an athlete's shoe.

Acknowledgments

The title of this research study is Higher Rates of Lower Extremity Injury on Synthetic Turf Compared With Natural Turf Among National Football League Athletes: Epidemiologic Confirmation of a Biomechanical Hypothesis. Investigation performed at IQVIA, Research Triangle Park, North Carolina, USA. The authors are as follows: Christina D. Mack, PhD, MSPH, Elliott B. Hershman, MD, Robert B. Anderson, MD, Michael J. Coughlin, MD, Andrew S. McNitt, PhD, Rachel R. Sendor, MPH, and Richard W. Kent, PhD. This study appears in The American Journal of Sports Medicine, 2019;47(1): 189-196, DOI: 10.1177/0363546518808499.



Incidence of Knee Injuries on Artificial Turf Versus Natural Grass in National Collegiate Athletic Association American Football: 2004-2005 Through 2013-2014 Seasons

Published in the American Journal of Sports Medicine, 2019

Overview

As knee injuries continue to be one of the most common injuries among football players, researchers set out to learn if playing surface makes a difference. From collecting and analyzing National Collegiate Athletic Association (NCAA) Injury Surveillance Systems (ISS) data from 2004 to 2014, researchers found that athletes in all divisions experienced posterior cruciate ligament (PCL) injury rates nearly 3 times higher on synthetic turf than on natural grass. Lower NCAA divisions also showed 63% higher rates of anterior cruciate ligament (ACL) injuries during competitions on synthetic turf than on natural grass. The researchers' findings support that there is a difference between synthetic turf and natural grass in the rate of specific knee ligament injuries, making artificial turf an important risk factor for certain injuries in NCAA football.

Background and Method

Knee injuries account for more than 30% of all lower-body injuries in NCAA football. Previous research demonstrates that synthetic turf is unable to easily release players' cleats in potential injurious situations; in contrast, natural grass can shear, divot and allow cleats to slide, resulting in reduced force and stress on players' lower bodies, particularly the knee. A 2013 research study found that ACL injuries in NCAA football from 2004 to 2009 were 1.39 times higher on synthetic turf than on natural grass. Data for this

study came from the NCAA Injury Surveillance System Men's Football Injury and Exposure Data Sets for the 2004-2005 through 2013-2014 seasons. Injury rates for anterior cruciate ligament (ACL), posterior cruciate ligament (PCL), medial collateral ligament (MCL), medial meniscus, and lateral meniscal injuries were calculated per 10,000 athlete exposures. Rate ratios (RRs) were calculated for injury rates on artificial turf and natural grass and were analyzed by event type (competition and practice) and NCAA division (I, II and III).

Findings

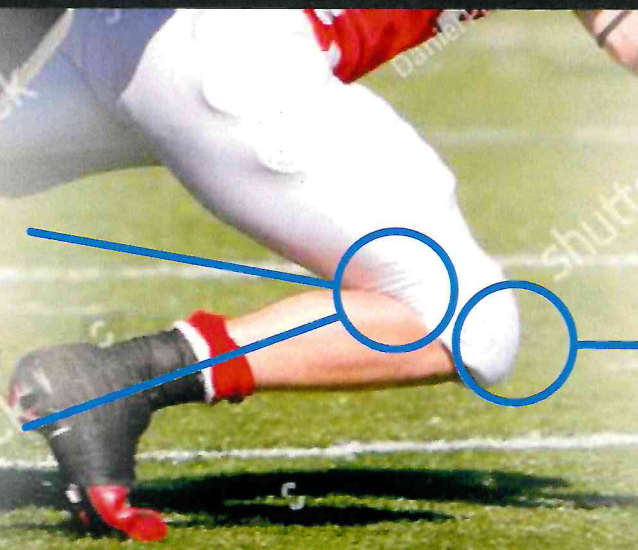
A total of **3,009,205** athlete exposures and **2,460** knee injuries were reported from **2004 to 2014**.

Athletes in all NCAA football divisions experienced PCL injury rates **194%** higher on artificial turf than on natural grass.

Athletes in Division I competitions experienced **199% higher** PCL injury rates on artificial turf than on natural grass.

Athletes in Division II and III competitions experienced **213% higher** PCL injury rates on artificial turf than on natural grass.

Athletes in Division II and III competitions experienced **63% higher** ACL injury rates on artificial turf than on natural grass.



Acknowledgments

The title of this research study is Incidence of Knee Injuries on Artificial Turf Versus Natural Grass in National Collegiate Athletic Association American Football: 2004-2005 Through 2013-2014 Seasons. Investigation performed at Georgetown University School of Medicine, Washington, D.C. USA. The authors are as follows: Galvin J. Loughran, BS, Christian T. Vulpis, BS, Jordan P. Murphy, MS, David A. Weiner, MD, Steven J. Svoboda, MD, Richard Y. Hinton, MD, MPH, PT, and Dave P. Milzman, MD. This study appears in The American Journal of Sports Medicine, 2019;47(6): 1294-1301, DOI: 10.1177/0363546519833925.



Synthetic turf increases the risk for non-contact injuries resulting in ≥ 8 days of time lost for professional football players by:

103%

for ankle & foot injuries

67%

for knee, ankle & foot injuries

45%

for knee injuries

20%

for lower body injuries



#KeepItREALTM
www.TurfgrassSod.org

Source: The American Journal of Sports Medicine (2019;47(1):189-196)

NATURAL GRASS - NATURE'S BEST



Research indicates **319 fewer**
lower body injuries would be
expected in 5 seasons of professional football
if all games were played **on natural grass**



#KeepItREALTM
www.TurfgrassSod.org

Source: The American Journal of Sports Medicine (2019;47(1):189-196)

NATURAL GRASS - NATURE'S BEST



Division II and Division III athletes
were **3 times more likely (3.13)**
to have PCL injuries on artificial turf.



#KeepItREAL™
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Source: The American Journal of Sports Medicine (2019;47(6):1294 – 1301)

NATURAL GRASS - NATURE'S BEST



**89%
OF NFL
PLAYERS**

think **artificial turf** may
shorten their career



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Source: (2010 NFL Players Playing Surfaces Opinion Survey)

NATURAL GRASS - NATURE'S BEST



Looking at
**5 NFL seasons,
1,280 games and
213,935 plays,**

athletes can have up to
103% more injuries
on synthetic turf.



#KeepItREAL™
www.TurfgrassSod.org

Source: The American Journal of Sports Medicine (2019;47(1): 189 – 196)

NATURAL GRASS - NATURE'S BEST

SYNTHETIC TURF OR NATURAL GRASS SPORTS FIELDS?

WHAT ARE CONSTRUCTION COSTS?

SYNTHETIC TURF

Single-field building costs range from **\$6.00-\$10.25/sq ft**.

NATURAL GRASS

Single-field building costs are dependent on soil used:

On-site native soil: **\$0.60-\$1.50/sq ft**

Native soil: **\$1.50-\$3.00/sq ft**

Sand cap: **\$2.75-\$4.00/sq ft**

Sand: **\$5.50-\$8.00/sq ft**

HOW HOT IS EACH SURFACE?

SYNTHETIC TURF

High surface temperatures are directly related to clear, sunny, and hot conditions. The **maximum surface temperature** recorded is **183°F**.

NATURAL GRASS

Surface temperatures **rarely rise above 85°F**, however, in **dry conditions midsummer**, temperatures have been recorded at **98°F**.

WHAT ARE MAINTENANCE COSTS?

SYNTHETIC TURF

A **K-12 School in Kansas** spends **\$6,800** on maintenance annually. Additionally, the field averages **360 labor hours**.

Michigan State University spends about **\$22,760** on maintenance and labor annually. The field averages **280 hours in labor**.

NATURAL GRASS

A native soil field at a **K-12 School in South Carolina** spends roughly **\$9,450** on maintenance annually. Additionally, the field averages **300 labor hours**.

Duke University spends roughly **\$24,550** annually on maintenance and labor for a sand-based field. The field averages **480 hours in labor**.

WHAT CAUSES FIELD HARDNESS AND WHAT IS THE THRESHOLD?

SYNTHETIC TURF

Areas that lose infill, such as **inlays, painted areas, seams, and high-use areas** can have increased surface hardness. The values of **100 Gmax*** (Clegg Impact Tester, ASTM 1702) and **164 Gmax*** (ASTM F355 missile A) are the upper limits.

NATURAL GRASS

Gmax* of natural grass fields can vary greatly over short periods of time due to **changes in soil water content and the amount of field usage**. The same values of Gmax* apply to natural grass fields.

*Gmax is the value generated when testing surface hardness and provides an indication if a field is safe for play or if steps must be taken to reduce surface hardness. Gmax testing should occur annually, with more frequent testing suggested on heavily-used fields.