

The North Carolina Coaches Association

NC Coach

Volume 27 Issue 2

Summer 2022

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

**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



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NC COACH

*An official publication of the
North Carolina Coaches Association*

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We look forward to seeing you in Greensboro!

East-West All-Star Games & Coaching Clinic

JULY 11-13, 2022

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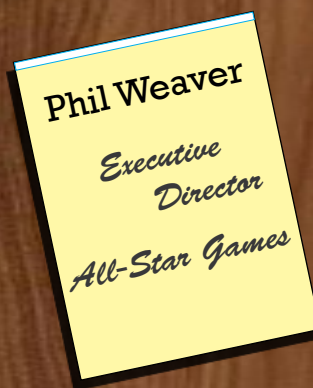
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From the GAMES Desk...

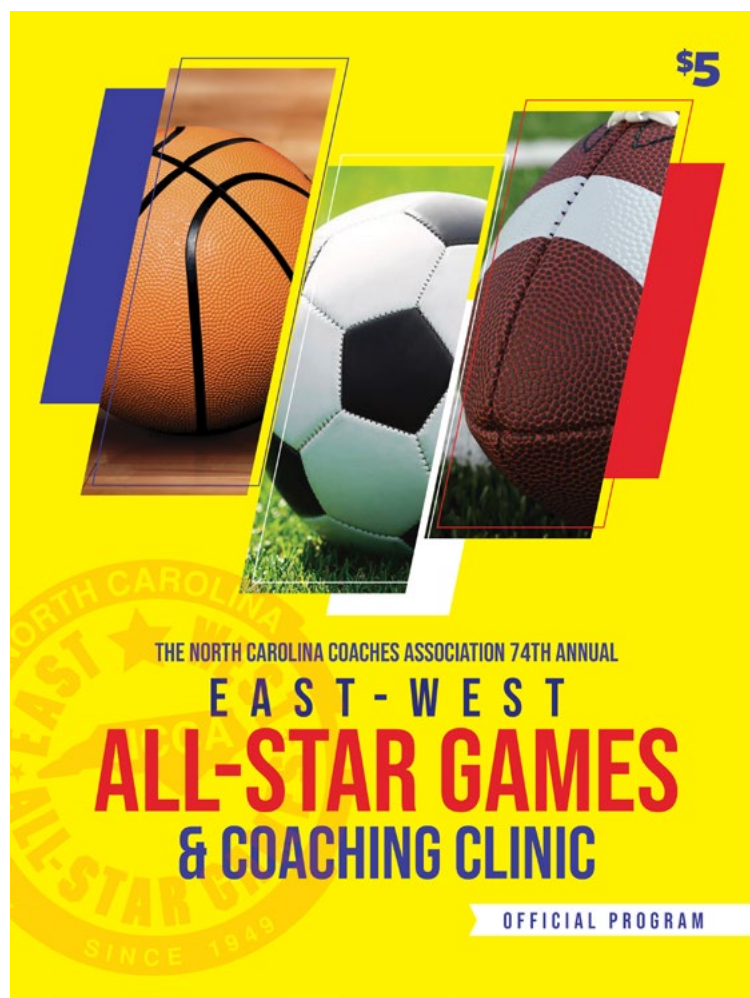


pweaver@ncccoach.org

I REALLY ENJOY HIGH SCHOOL AND COLLEGE ATHLETICS more so than I do the professionals probably because I think most of the athletes really enjoy playing and don't consider it the job it really is. There are, though, a growing number of things which temper my enthusiasm for the college games.

For years I've complained about high school kids graduating early so they can enroll in college early and get started in their college sport; most often football. Not only do these kids miss the best parts of their high school senior years, they will most likely be redshirted in the fall anyway. The colleges are simply selfishly getting another set of practices out of these players. A note to new coaches: rarely should you think a college coach is acting in only the best interests of a recruit. Ask veteran coaches which college coaches can be most trusted.

The Transfer Portal was a good idea poorly executed. I've read that only 26% of those entering the Portal actually land with a scholarship in another college. I guess we can't blame the kids because the college is always trying to recruit players who can come in and beat out the older players. Our all-star games were even affected by the portal this year. We had a player selected who graduated early and enrolled in a college, established collegiate eligibility, but did not participate in spring practice. He then decided to transfer putting his name in the Portal. Because he had officially become a NCAA athlete he couldn't play in a high school all-star game. I assume he will get some college credits to transfer but I wonder if he wouldn't have been better off graduating with his class. I spoke with him and he was impressive. It would have been great to have had him playing this month with us.



The next issue is so old that most of you are very familiar with it. College sports televised or streamed on high schools' traditional playing nights are a national problem; particularly on Friday football nights. There's so much basketball that there's hardly a way to try to "claim" a night for high schools, though Fridays would certainly be the most

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

Games Desk

continued from page 3

obvious. But football revenue drives most athletic departments and that is what we most often complain about nationally. NOCAD (the National Organization of Coaches Association Directors) has long opposed and lobbied against college and pro football on Friday nights. Unfortunately the money involved is so great that our opinions carry no weight. A couple of years ago at a Greensboro Sports Council meeting I confronted an ESPN spokesperson, telling her that in my role leading NOCAD I was speaking for over 165,000 coaches nationwide, and she basically refused to address the issue. They, and the colleges, really don't care. As long as high school football is played and continues to prepare their recruits, colleges are happy. College coaches will sympathize, but they aren't willing to make any waves to help us. I guess they might actually have enough problems of their own with the Portal and NIL.

I could add several more items but these stand out. Also, please don't confuse college coaches with college rules makers in this column. I have found most college coaches willing to help high school coaches in many different ways. Some of it is self-serving, but often it's just them being good people.

THE 74TH ANNUAL EAST-WEST ALL-STAR GAMES & COACHING CLINIC JULY 11-13, 2022

Coaching Clinic

July 11-13 • Greensboro Coliseum

Basketball All-Star Games

Monday, July 11 • Greensboro Coliseum

6:30 pm • Women's

8:30 pm • Men's

Soccer All-Star Matches

Tuesday, July 12 • Macpherson Stadium

6:30 pm • Women's

8:30 pm • Men's

Football All-Star Game

Wednesday, July 13 • Jamieson Stadium

8:00 pm • Kickoff

Unusual Clinic & Games dates this
year... July 11-13, 2022.

*Next year we'll return to
the third Monday start...
July 17-19, 2023.*

YOUR INSURANCE

Both Associates and Members (excluding ATCs) are covered by a \$2,000,000 liability policy. Look elsewhere in this issue for a full listing of your coverages. You are covered if you work any NCCA all-star event or any camp. You may purchase camp liability and accident insurance at competitive rates. If you operate a camp, go here: <https://www.loomislapann.com/page/camp-insurance-2.html>

Any questions should be directed to Loomis and LaPann (800-566-6479).

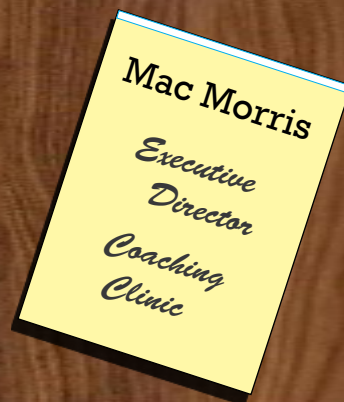
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From the CLINIC Desk...



mmorris@nccoach.org

Mac Morris Executive Director, Coaching Clinic

WHAT DO YOU WRITE ABOUT WHEN YOU'RE NOT SURE ANYONE IS READING YOUR WRITING? The Clinic is the second week in July for the first time because of a request from the Coliseum to change the date. We have such tremendous co-operation from them through the years, we decided to respond to their request, since there were events coming to town the third week that would put motel rooms at a premium for our coaches. It has caused quite a stir because even though we published it a year ago, it is messing with some people's vacation plans. In a Covid year it wouldn't be a problem but since we were back to regular Board Policy and you have to attend the Clinic in order to be a member, it has created some problems. We have procedures in place that will take care of the issues. One question might be, how will the two dead periods in July affect football coaches and practice? It gives continued practice after July 13 rather than another dead period the next week so for some that might be good.

Joe Franks has done a wonderful job organizing the Clinic this summer. You will see the schedule elsewhere in the newsletter and he has a good group of clinicians. You should plan to attend as many Clinic Sessions as possible even if they are not in your sport. You might see that other coaches are dealing with your problems a different way that would probably make your coaching life easier. Joe has included some strength training sessions and some sessions on the Mental Game to experiment in straying from just the X's and O's. It will be interesting to see what the attendance is in those sessions and whether we need to move to other areas as well to further help our coaches.

By attending the Clinic and qualifying, you become a member of the Coaches Association and are eligible for liability insurance for your coaching. If there are other things that we can do for you, we need to know. That is one of our weak points. Our communication from our members is very spotty. We send out a lot of printed material but don't know if any of it is read or how you feel about issues and concerns. When we ask for recommendations for clinicians we get names of those who have been

NC Coaches Clinic July 10-14, 2022			
Hotel	Rate	Breakfast Included	Distance to Coliseum
Holiday Inn Express East 3111 Cedar Park Rd. 336-697-0101	\$96.00	Yes	5 miles
Drury Inn & Suites 3220 W. Gate City Blvd. 336-256-9696	\$137.00	Yes	1.5 miles
Red Roof Inn 1202 Liberty Rd. High Point, NC 27263 336-261-3000	\$56.99	Yes	13 miles
DoubleTree Hotel 3030 W. Gate City Blvd. 336-292-4004	\$129.00	Yes	1 mile
Wingate by Wyndham 6007 Landmark Center Blvd. 336-645-5600	\$92.00	Yes	4 miles
Wyndham Garden Greensboro 415 S. Swing Road 336-299-7650 Ask for "Coaches Clinic"	\$89.00	Yes	6.5 miles
LaQuinta Inns & Suites 1201 Lanada Road 434-942-8834 (Jennifer) Ask for "East/West All Stars"	\$89.00	n/a	5 miles
Springhill Suites 6006 Landmark Center Blvd 336-809-0909	\$119 K Ste \$129 DD Ste	Yes	4 miles
Springhill Suites Airport 505 Hickory Branch Dr 336-884-4900	\$149.00	Yes	9 miles

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



Clinic Desk

continued from page 6

here in the last two or three years. When we send surveys, we get a minimum response. We need to know what we can do better. Send us an e-mail to ncca@ncccoach.org. What benefits should we consider?

The summer time is a good time to do a self-evaluation of your performance this past year so that you can be better in your next season. Were your practices organized and followed? Did you get tired of going to practice? Because if you did, the players were tired two weeks before. Do you need to change things up so you are not doing the same thing in the same order every day? How well did you communicate with your players? Were you aware of situations in their lives that you could have handled

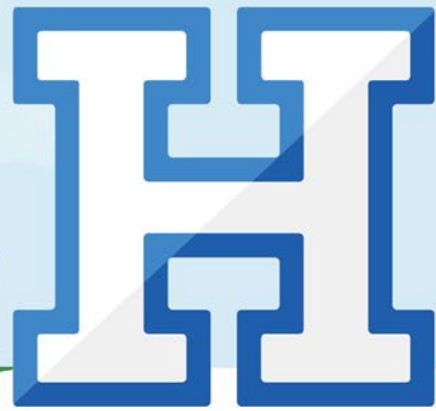
better? Did you have a set of team rules and did you follow them? How did you handle the parents and could you do it better with a few changes? Did you establish lines of communication with your administrators? Administrators don't like surprises, keep them informed. Did you support your fellow coaches? Did you attend their games to show that you care? These are decided in the summer much easier than during the season.

We hope that you enjoy the Clinic and share some ideas and learn from Clinicians and other coaches while you are here. Remember you are representing your school and community while you are here. Have a good year.



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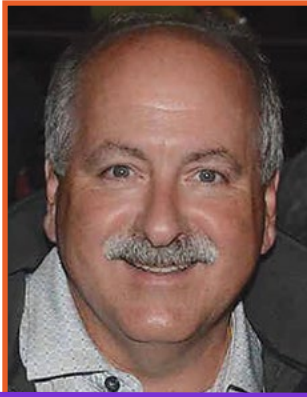


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Joe Franks
Executive Secretary
jfranks@nccoach.org

ONE OF MY FAVORITE SONGS IS GENE AUTRY'S "BACK IN THE SADDLE AGAIN" AND IN A WEEK OR SO, WE GET TO LIVE IT. We have a solid group of clinicians and expect to have a great Clinic.

We have had a change in the opening sessions on Wednesday with football in the field house. Chad Morris took a DI assistant's position which means he is unavailable to be with us. We were able to secure what I feel will be valuable sessions, not only for football coaches, but all of our coaches who would like to benefit from inspiration that we can all use for our student-athletes. I was fortunate to meet Coach DW Rutledge, who is a legend coach from Texas and was the Executive Director of the Texas High School Coaches Association. DW is one of the most impressive men I have ever met and his message to coaches about character development and building young men is beneficial to any coach of any sport. He has had numerous coaching summits in Texas with coaches about instilling positive values and being there for young people. He has been recognized by the AFCA and the National Football Foundation and was inducted into the National Football Coaches Hall of Fame by the NHSAA. He will be joined by his son Clint, who is a best selling author and motivational speaker. Clint has received accolades from Coach Mack Brown and Fox Sports analyst Spencer Tillman. These opening sessions on Wednesday will be outstanding.

While we have stated this over and over, we are back to a pre-COVID set up where members and associates must attend the clinic to get their card. Registration will be from 8-12 and 2-3:30 Monday through Wednesday, July 11-13. You can see all session schedules in the back of this newsletter and online at www.nccoach.org.

Pictures will again be made in the back area of the Trade Show in the East Wing. We have a good number of vendors returning because they want to be a part of our clinic and have contact with YOU! As we get back to some type of normal, please thank these folks for being back with us this year. For sessions in the Fieldhouse, we are asking folks not to congregate in the back and hang out during the sessions. The acoustics in that building makes what would be regular conversations disturbing for those in the session. You all know that the best place to hang out and talk is in the lobby of the Special Events Center!

As I always say, don't ever underestimate what a profound effect you have on the young people for whom you mentor, support, challenge and inspire. Thanks for being a coach! Together, we are keeping the title "Coach" one that is respected and admired – and that can last a lifetime. Have a winning day.



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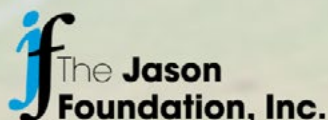
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Check out this video from The Jason Foundation, produced to bring combatting the "Silent Epidemic" of youth suicide to the forefront. The emphasis is on what coaches can learn over the course of the summer and sharing the information about resources available. <https://www.wevideo.com/view/2745718628>



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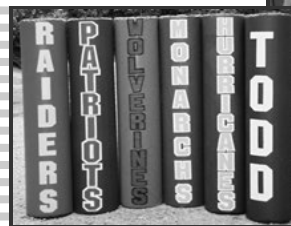


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2022 COACHING CLINIC SCHEDULES • MONDAY

MEN'S BASKETBALL

MONDAY JULY 11, 2022 • THE FIELDHOUSE

Steve Forbes, Wake Forest

Brent Tipton, Porsche Basketball Akademie (Germany)

8:00-9:45	Registration
9:50-10:40	Program Development.....Steve Forbes
10:45-11:35	Wake Forest Offense.....Steve Forbes
11:40-12:30	Wake Forest DefenseSteve Forbes
	LUNCH
2:00-2:50	Playing With Pace and How to Teach 2 Side TransitionBrent Tipton
2:55-3:45	Personal Power/Positional Power – Balancing Both in our Coaching InterventionsBrent Tipton
3:50	Men's Basketball Coaches Meeting

WRESTLING

MONDAY JULY 11, 2022

WEST WING B-2 SPECIAL EVENTS CENTER

O.T. Johnson, UNC Pembroke

9:50-10:40	Why I Became a College Coach and Who We Want at UNCPO.T. Johnson
10:45-11:35	"Bravetough" – What it Means and Who's "Bravetough".....O.T. Johnson
11:40-12:30	Next Level Wrestling.....O.T. Johnson
	LUNCH
2:00-2:50	Keeping it Fun All Year Long – Growing Your RosterO.T. Johnson
2:55-3:45	Perfect Practice Plan/Drills For All/Drills For SomeO.T. Johnson
3:50	Wrestling Coaches Meeting

WOMEN'S BASKETBALL

MONDAY JULY 11, 2022 • MEETING ROOM 1

Angel Elderkin, Appalachian State

Mark Cascio, Appalachian State

9:50-10:40	Developing Team CultureAngel Elderkin
10:45-11:35	Implementing Your Style of Play and "Two Way" TeachingMark Cascio
11:40-12:30	Getting the Most Out of Your PracticesMark Cascio
	LUNCH
2:00 - 2:50	Ball Screen OffenseAngel Elderkin
2:55 - 3:45	0.5 BasketballMark Cascio
3:50	Women's Basketball Coaches Meeting

JUNIOR HIGH/MIDDLE SCHOOL

MONDAY JULY 11, 2022 • MEETING ROOM # 3

James Bazluki, Athletic Trainer, Atrium Health

Bob Hill, CMAA – Retired County Athletic Administrator

Richard Hatley, Retired Middle School AD

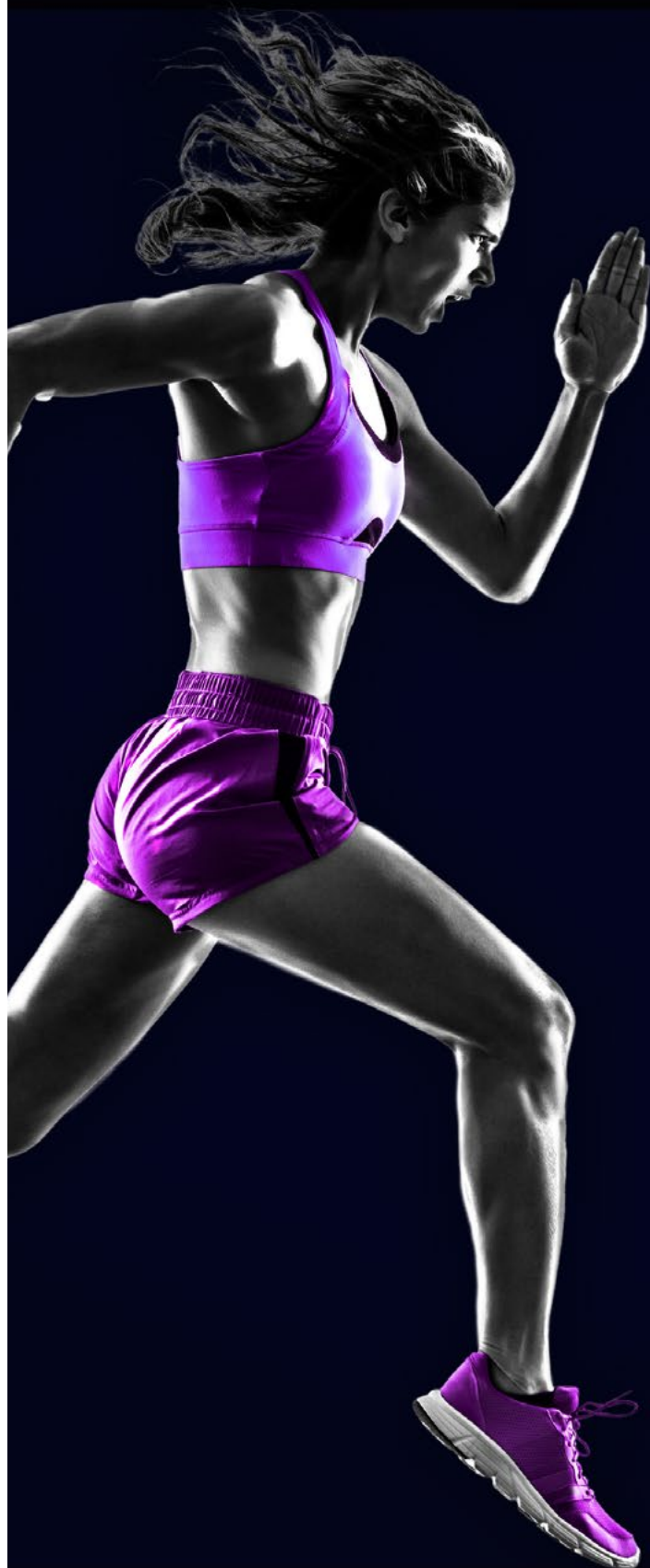
Deanna Morris, CMAA

Burt Jenkins, NCDPI

9:30-10:20	Staying In Your Lane: Providing Appropriate Medical Care at the Middle School LevelJames Bazluki
10:25-11:05	Strategies For Strengthening Your Middle School Sports Programs.....Bob Hill
11:10-12:00	Am I Over-Coaching My Adolescent Student-Athlete?Richard Hatley
	LUNCH
2:15-3:00	Keeping Girls Involved in Interscholastic AthleticsDeanna Morris, CMAA
3:00-4:00	Middle School Handbook UpdateBurt Jenkins
4:00-4:45	Middle School AD's MeetingBob Hill and Deanna Morris

MONDAY • BASKETBALL ALL-STAR GAMES • GREENSBORO COLISEUM

Women's Game at 6:30 pm • Men's Game at 8:30 pm



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2022 COACHING CLINIC SCHEDULES • TUESDAY

BASEBALL

TUESDAY JULY 12, 2022 • THE FIELDHOUSE

*Scott Forbes, UNC
Justin Haire, Campbell*

9:50-10:40	Building the Culture You Want.....Scott Forbes
10:45-11:35	Practice Plans and Details.....Scott Forbes
11:40-12:30	Hitting and Offense.....Scott Forbes
	LUNCH
2:00-2:50	Building a Pressure Driven OffenseJustin Haire
2:55-3:45	Practice Planning for Maximizing ResourcesJustin Haire
3:45	Baseball Coaches Meeting

GOLF

TUESDAY JULY 12, 2022 • Meeting Room #3

*Chris Haarlow, Precision Golf
Robert Linville, Precision Golf
Chris Jones, Head Coach at Pfeiffer University
Josh Nichols, Golf Mental Coaching
Ted Bonham, Northern Guilford HS*

8:55-9:45	Statistics and Course ManagementChris Haarlow and Robert Linville
9:50-10:40	Collegiate Divisions and College RecruitingChris Jones
10:45-11:35	The Power of the Mental Game for HS GolfersJosh Nichols
11:40-12:30	Fitness and Nutrition for Junior GolfersTed Bonham
12:30	Golf Coaches Meeting
3:30	NCCA Business Meeting

MENTAL COACHING AND MOTIVATION

TUESDAY JULY 12, 2022 • Meeting Room #3

Chase Crocker, Winning Mindset

2:00-2:50	Predator Mindset Chase Crocker
2:55-3:45	Developing the Alter Ego Chase Crocker

SOCCER

TUESDAY JULY 12, 2022 • MEETING ROOM 1

Charles Adair – Virginia Tech

8:55-9:45	Building Team Culture and Identity Charles Adair
9:50-10:40	Building a Style of Play / Systems of Play Charles Adair
10:45-11:35	How to Develop and Implement Training Systems..... Charles Adair
11:40-12:30	Transitional Play Charles Adair
12:35	Soccer Coaches Meeting

TRACK

TUESDAY JULY 12, 2022

WEST WING B-2 SPECIAL EVENTS CENTER

*Brandon Hazouri, Wake Forest
Chris Coleman, NC State*

9:50-10:40	Speed Development For Distance Runners Brandon Hazouri
10:45-11:35	Training the Sprint Based 800m Runner Brandon Hazouri
11:40-12:30	Recruiting 101 Brandon Hazouri
	LUNCH
2:00-2:50	Approaching the Approach Chris Coleman
2:55-3:45	Commonalities and Differences in Horizontal Jumps Chris Coleman
3:50	Track Coaches Meeting

STRENGTH AND CONDITIONING

TUESDAY JULY 12, 2022

Meeting Room #1

Dennis Love, Clemson

2:00-2:50	Weight Room Programming Dennis Love
2:55-3:45	Programming for Multidirectional Speed and Conditioning..... Dennis Love

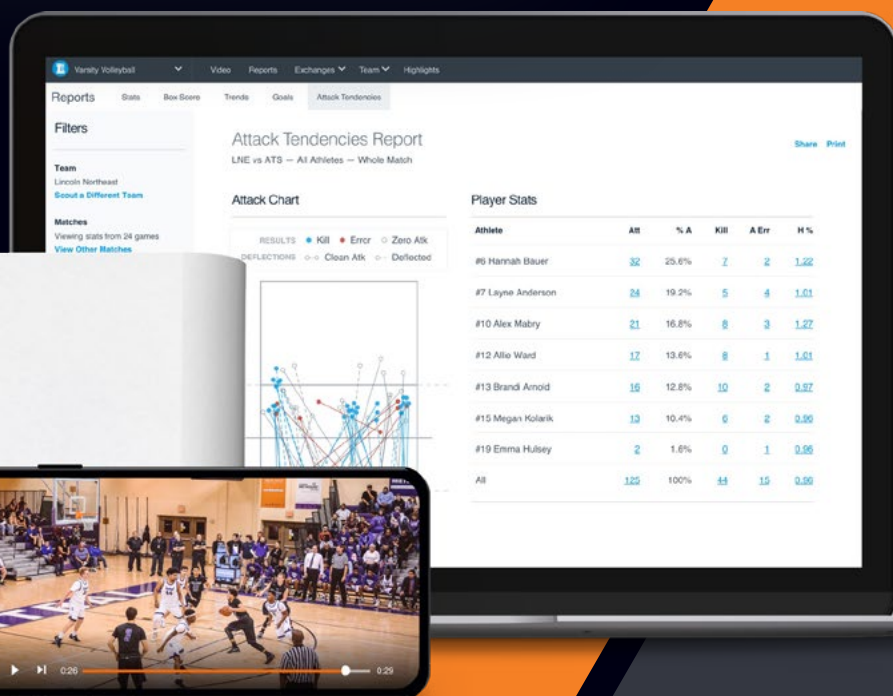
TUESDAY • SOCCER ALL-STAR MATCHES • MACPHERSON STADIUM

Women's Match at 6:30 pm • Men's Match at 8:30 pm



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2022 COACHING CLINIC SCHEDULES • WEDNESDAY

FOOTBALL

WEDNESDAY JULY 13, 2022 • THE FIELDHOUSE

DW Rutledge, Four-Time Texas State Champion - Retired

Clint Rutledge, Author and Motivational Speaker

Daryl Ely, Mt. Union

Jack Wellenhofer, Brevard

8:55-9:45	Coaching to Change Lives	Clint Rutledge
9:50-10:40	Coaching at It's Core	Clint Rutledge
10:45-11:35	Coaching Beyond the Game	DW Rutledge
11:40-12:30	Kicking / Punting / Long Snapping Fundamentals.....	Jack Wellenhofer
	LUNCH	
2:00-2:50	Defensive Philosophy	Daryl Ely
2:55-3:45	3-4 Fronts / Stunts and Adjustments ..	Daryl Ely
3:50-4:40	Coverage 4 Variations	Daryl Ely
4:45	Football Coaches Meeting	

ATHLETIC TRAINING

Wednesday, July 13 • Meeting Room 1

Emily Gaddy – MS, LAT – Orange HS

2:00	Right Place, Right Time, Right Person	Emily Gaddy
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CROSS COUNTRY

WEDNESDAY JULY 13, 2022 • MEETING ROOM #3

Adam Puett, UNC Asheville

8:55-9:45	Philosophy of Coaching Cross Country	Adam Puett
9:50-10:40	Successful Workouts for Cross Country Teams	Adam Puett
10:45-11:35	Auxiliary Training for Cross Country	Adam Puett
11:40-12:30	Team Dynamics in Cross Country	Adam Puett
12:40	Cross Country Coaches Meeting	

SOFTBALL

WEDNESDAY JULY 13, 2022 • THE PLAZA

Mary Beth Dennison, Georgia Southern

Annie Smith, Arkansas

9:50-10:40	Strength and Conditioning for Softball – Implementing Stability, Mobility and Activation Into Playing	Mary Beth Dennison
10:45-11:35	Incorporating Pitching Into Team Practice	Mary Beth Dennison
11:40-12:30	Defensive Drills Along With Q & A	Mary Beth Dennison
	LUNCH	
2:00-2:50	Practice Planning.....	Annie Smith
2:55-3:45	Winning Outfield Play	Annie Smith
3:50	Softball Coaches Meeting	

SWIMMING

WEDNESDAY JULY 13, 2022 • MEETING ROOM #1

Sergio Lopez Miro – Virginia Tech

8:55-9:45	Creating Safe and Effective Dry-Land Training	Sergio Lopez Miro
9:50-10:40	Seasonal Training to Maximize Performance	Sergio Lopez Miro
10:45-11:35	Training Sets for High School Swimmers	Sergio Lopez Miro
11:40-12:30	Tapering for Championship Meets	Sergio Lopez Miro
12:35	Swimming Coaches Meeting	

After we went to press, the Fellowship of Christian Athletes luncheon listed in the Clinic Schedule was cancelled. Please note that when you pick up your registration packet.

WEDNESDAY • FOOTBALL ALL-STAR GAME • JAMIESON STADIUM

8:00 pm Kickoff

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2022 COACHING CLINIC SCHEDULES • WEDNESDAY

TENNIS

WEDNESDAY JULY 13, 2022 • UNCG

Jeff Trivette, Director of Tennis, UNCG

Curtis Lawson, Head Coach, NC Central

USTA North Carolina

NC High School Tennis Coaches Association

9:30-10:00	Arrival (Coffee, Snacks)
10:00-10:10	Welcome from Jeff Trivette & NC Tennis
10:10-10:30	Presentation / Q&A with Curtis Lawson
10:30-11:45	On Court Demonstration – Drills, Games and Practice.....USTA North Carolina
12:00-12:30	Lunch Provided by NC Tennis
12:30-12:40	NC HS Tennis Coaches Association Presentation
12:40-12:50	USTA-NC & NC Tennis Foundation Presentation
12:50-1:20	Coaches Small Group Collaboration Sessions
1:20-1:30	Closing Remarks
1:30-1:45	New / Rookie Coaches Corner (Optional)
1:45	Tennis Coaches Meeting

VOLLEYBALL

WEDNESDAY JULY 13, 2022

WEST WING B-2 SPECIAL EVENTS CENTER

Shannon Wells, University of Virginia

9:50-10:40	Creating Offense and Kills.....Shannon Wells
10:45-11:35	Serve and Pass GameShannon Wells
11:40-12:30	K.I.S.S. – Simplify the Defensive GameShannon Wells
	LUNCH
2:00-2:50	Building CultureShannon Wells
2:55-3:45	The Mental SideShannon Wells
3:45	Volleyball Coaches Meeting

WEDNESDAY • FOOTBALL ALL-STAR GAME • JAMIESON STADIUM

8:00 pm Kickoff

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2022 EAST FOOTBALL

NAME	POS	HT	WT	SCHOOL
Bryan Brewington	DL	6'3	260	South View
Braxton Brown	LB	5'11	205	East Duplin
Jalen Brown	OL	6'3	330	Northern Nash
Klavon Brown	HB	6'1	205	J. H. Rose
Jaiden Covington	OL	6'4	310	Richmond Senior
Paul Edens	LB	6'0	205	Princeton
Xzavier Fields	DL	6'0	300	Corinth Holders
Justin Foreman	DB	6'1	177	D.H. Conley
Kaevon Freshwater	DE	6'4	230	Northeastern
Dasani Gaddy	DL	6'1	285	Wake Forest
Jay Haggins	K	5'10	165	South View
Kedrick "KD" Harrison	LB	6'1	230	Cleveland
Levi Herring	OL	6'3	270	Whiteville
Jewalace Holmes	WR	6'0	184	Southern Durham
Fuller Howard	LB	6'2	205	Wake Forest
Sam Jones	QB	6'6	220	John T. Hoggard
Tyrese McCleese	DT	6'2	240	John A. Holmes
Richard McDonald	WR	6'1	175	Cape Fear
Davon McKayan-Jones	DB	6'3	187	Hunt
Ladarius McNeill	LB	6'2	185	Scotland
Keyshawn Monk	DB	6'0	180	Cleveland
Jamarion Montford	WR	5'10	155	West Carteret
Robert Nicholson	RB	5'9	190	Scotland
Hayes Pippin	QB	5'11	176	Washington
Julius Riley III	WR	5'10	150	Seventy-First
Cyril Rodts	OL	6'3	275	Millbrook
William Santospago	OL	6'3	295	Millbrook
Barnes Smith	OL/LS	5'10	195	Terry Sanford
Edward Stewart	DL	6'4	220	Havelock
Justin Taylor	DB	5'11	174	Goldsboro
Liam Towey	OL	6'3	270	Fuquay-Varina
Jemell Vereen	RB	5'10	205	Jack Britt
Malachi White	DB	5'11	168	John A. Holmes
Leslie Williams	DL	6'4	295	Warren County
Malachi Wolf	WR	6'0	170	Farmville Central
Remington Workman Jr	LB	6'0	210	Westover

EAST COACHES

Head Coach:

Asst. Coaches:

Reggie Lucas

Brian Batchelor

Chris Hall

Luke Little

Andrew Tew

Bryan Till

Wake Forest

Southern Nash

Cape Fear

E.A. Laney

South Central

Richmond Senior

2022 WEST FOOTBALL

NAME	POS	HT	WT	SCHOOL
Layton Allen	WR	6'1	180	East Surry
Erwil Anthony Jr.	OL	6'4	285	A.L. Brown
Javaryon Bruton	OL	6'2	275	A.L. Brown
Jabrii Carolina	RB	6'1	230	Thomasville
Hunter Davis	ILB	6'1	205	Burns
Tim Davis	S	6'1	190	East Forsyth
Zion Dixon	CB	5'11	175	Robert B. Glenn
Landon Eagler	OL	6'4	315	South Mecklenburg
David Eldridge	DT	6'1	280	West Forsyth
Elijah Ellis	DE	6'5	255	North Forsyth
Jordan Farmer	CB	6'0	185	Southeast Guilford
Nicholas Furman	OL	6'1	285	Mallard Creek
Jack Gooch	DE	6'0	190	Northern Guilford
Tre'von Hester	RB	6'0	220	Page
Brub Hines	LB	6'1	230	RS Central
Desmond Jackson	TE	5'11	185	Mooresville
Tanner Jordan	ILB	6'2	215	North Davidson
Bob Kabambi	OLB	6'0	195	Mallard Creek
Orlando Leon	TE/H	6'1	205	Watauga
Khyair Lundy	WR	6'0	165	Eastern Guilford
Will Montgomery	CB	6'0	157	East Forsyth
Elijah Munoz	WR	5'10	165	Statesville
Jonathan Neal	OL	6'0	275	Dudley
Cam Peoples	WR	5'7	170	Reidsville
Jake Prince	DE/LS	6'2	240	Hickory
Tyson Resper	WR	5'8	160	Grimsley
Evan Rhodes	ILB	6'2	205	R.J. Reynolds
Akin Robinson	RB	5'7	170	West Rowan
Antoine Shaw	S	5'10	178	Grimsley
Andrew Siler	S	6'0	175	Ragsdale
Jahmier Slade	QB	6'0	180	Dudley
Riley Sullivan	K/P	6'4	175	North Davidson
Quaidyn Tugman	OLB	6'0	175	Hibriten
Arhman Tyson	DT	6'2	280	Asheboro
Sam Whitt	OL	6'0	289	East Surry

WEST COACHES

Head Coach:

Asst. Coaches:

Darryl Brown

Tiesuan Brown

Randall Gusler

Brian Hampton

Al Hendricks

Joe Nixon

Grimsley

Mount Tabor

Statesville

Ashe County

Reidsville

Mooresville

2022 WOMEN'S BASKETBALL

EAST WOMEN

Head Coach
Chris Bradshaw
Kinston HS

Assistant Coach
Adrienne Gale
Ashley HS

NAME	POS	HT	SCHOOL
Sammy Ackles	C	6'3	Holly Springs
Laney Beale	G	5'8	Chapel Hill
Kayla Friend	F	6'0	South Central
Amiya Joyner	C	6'3	Farmville Central
Jerni Kiaku	G	5'7	Garner
Journee McDaniel	G/F	5'9	Farmville Central
Tamia Morris	G	5'6	Terry Sanford
Chiagozie (Precious) Ogboko	C	6'3	DurhamSchooloftheArts
Trinity Smith	G/F	5'8	Whiteville
Nyah Wilkins	F	5'10	Garner

WEST WOMEN

Head Coach
Brad Mangum
Maiden HS

Assistant Coach
Frank McNeil
Dudley HS

NAME	POS	HT	SCHOOL
Gabriela Greenard	F	5'8	Hickory
Emily Hege	G	5'8	North Davidson
Kate Hollifield	G	5'10	Shelby
Mia McMillen	F	5'10	Surry Central
Olivia Miller	F	5'9	South Caldwell
Olivia Porter	G	5'8	Northwood
Mary Spry	F/C	6'1	Jesse Carson
Aly Wadkovsky	F	6'2	Lake Norman
Julianna Walter	G	5'4	Alexander Central
Ruby Williams	G/F	6'0	Cuthbertson

2022 MEN'S BASKETBALL

EAST MEN

Head Coach

Larry Williford
Farmville Central HS

Assistant Coach

Chris Davis
Millbrook HS

NAME	POS	HT	WT	SCHOOL
Christen Battle	G	5'9	130	Wilson Prep
Mikey Campbell	G	6'4	180	Westover
Jeremy Dixon	F	6'4	210	Kinston
Jaxon Ellingsworth	C	6'8	202	West Carteret
Trey Fields	F	6'6	180	Cleveland
Hoku Fisher	G	6'4	180	Hoggard
Tristin Harkins	G	6'2	160	Pine Forest
Charles Jordan	F	6'4	195	Millbrook
Demetri Patterson	C	6'7	226	Jack Britt
Jeyvian Tatum	G	6'2	185	St. Pauls

WEST MEN

Head Coach

Andrew Muse
Mount Tabor HS

Assistant Coach

Duane Lewis
North Mecklenburg HS

NAME	POS	HT	WT	SCHOOL
Dwight Canady	G	6'0	175	Hendersonville
Zeke Cannedy	G	6'1	165	Kings Mountain
Jordan Crawford	G	6'2	175	North Mecklenburg
Davion Cunningham	G	6'2	175	North Mecklenburg
Jemez Herd	F/C	6'7	195	Olympic
Dawson McAlhany	W	6'5	200	Bishop McGuinness
Ketron Shaw	G	6'4	175	Mooreville
Finley Simmons	G	6'2	180	Mount Tabor
Isaiah Williams	G	6'4	193	Porter Ridge

2022 WOMEN'S SOCCER

EAST WOMEN

Head Coach

Justin Schatz

Hoggard HS

NAME	POS	HT	SCHOOL
Mercy Bell	F	5' 9	White Oak
Taylor Chism	D	5'10	Laney
Lauren Doyle	M	5'6	Cardinal Gibbons
Amelia Forster	D	5'3	Rolesville
Shae Hassig	M	5'7	Fuquay Varina
Kendall Holt	M	5'7	Heritage
Chloe Leffler	GK	5'6	New Bern
Maya McDonald	F	5'3	East Bladen
Kendall Powell	D	5'8	Millbrook
Lilly Smiley	D	5'3	Hoggard
Maggie Stephens	M	5'7	Hoggard
Kyla Stewart	M	5'2	Ashley
Gabby Stidham	F	5'5	Apex Friendship
Jena Wahdan	M	5'4	Middle Creek
Laura Westerbeek	F	5'7	Athens Drive Magnet
Nina Wilson	B	5'4	Millbrook

WEST WOMEN

Head Coach

Shea Bridges

Hibriten HS

NAME	POS	HT	SCHOOL
Harper Boatwright	F	5'7	TC Roberson
Michaela Deas	F	5'7	Comm School of Davidson
Kayla Graham	M	5'9	TC Roberson
Tate McCord	M	5'5	Lake Norman
Maddie Milliron	M	5'9	Hickory Ridge
Madeline Mosteller	M	5'7	Hickory
Emilia PirkI	F	5'2	Bishop McGuinness
Deana Poteat	D	5'8	East Lincoln
Maria Rayburn	M	5'2	Hough
Molly Rotunda	D	5'8	Grimsley
Halle Skibo	D	5'5	AC Reynolds
Haven Stanley	F	5'4	Lake Norman Charter
Cambell Vander Haar	D	5'4	East Lincoln
Jordan Villemagne	F	5'0	South Point
Alexis Wolgemuth	GK	5'7	Foard

2022 EAST MEN'S SOCCER

EAST MEN

Head Coach

Jay Raynor
East Bladen HS

NAME	POS	HT	WT	SCHOOL
Braden Anghie	M	6'1	165	Green Level
Garrett Boucher	D	6'4	175	Croatan
Ethan Gillette	M	6'0	155	Jacksonville
Noah Kump	GK	6'2	175	Wake Forest
Jaques Lavielle	M	5'10	165	Apex
Charlie Letson	D	5'11	165	New Hanover
Marlon Marquez	M	5'8	165	Wallace-Rose Hill
Landon McMinimy	M	5'11	155	Pinecrest High
Aidan Morgan	M	5'10	165	Sanderson
David Newsham	D	5'8	140	Jacksonville
Aidan Payne	F	6'1	160	New Hanover
Brendan Peeples	M	5'9	140	Cardinal Gibbons
Alec Perez	M	5'9	155	Cardinal Gibbons
Josh Rutland	F	5'10	145	Wake Forest
Eli Simonette	F	5'10	170	Croatan
Orlando Zinn	M	6'1	183	Chapel Hill

WEST MEN

Head Coach

Jim Blanton
Hibriten HS

NAME	POS	HT	WT	SCHOOL
Matthew Allen	D	6'1	170	Mount Tabor
Seth Averill	GK	6'3	193	Cent Acad of Tech & Arts
Ian Bacchus	F	5'9	140	Western Alamance
Andrew Beohler	M/F	6'0	157	Concord High
Aidan Cornell	D/M	5'9	150	Western Alamance
Sutherland Fox Tran	D/M	6'0	180	Pine Lake Prep
David Franquiz	M/F	6'1	176	Hibriten
Benny Hernandez	M	5'7	130	High Point Central
Landon Johnson	D	6'2	175	Grimsley
Matthew Lazur	D	6'1	185	Hopewell
Irvin Martinez-Villa	M/F	6'0	175	Fred T Foard
Kheyne Ona	M/F	5'8	150	South Mecklenburg
Nicolas Patrignani	F	5'10	135	William A. Hough
Kevin Rivera Rios	F	5'9	150	Hibriten
Trace Rogers	D	6'1	185	Southwest Guilford
David Twiggs	D	5'9	140	Shelby