

Volume 28 Issue 3

Fall 2023

The official newsletter of the North Carolina Coaches Association

News & information for North Carolina high school & 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





What's Inside?

From the Games Desk	3
From the Clinic Desk	7
Joe's Corner	11
NC Basketball Coaches Association	13
Insurance Liability Coverage	17
School Ads for December Game Program	5
2023 All-Star Football Game Rosters Att	achment

IMPORTANT DATES

Sport Nominati	port Nominations Deadline	
Basketball		
East-West	March 9	April 1
NC/SC	Dec. 31	Jan. 21
Men's Soccer	Dec. 1	Jan. 21
Women's Soccer	March 9	April 1

See you in Greensboro!
Buy Tickets Now!

East-West All-Star Football Game

Dec 17, 2023



NC COACH

An official publication of the
North Carolina Coaches Association
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From the GAIVIES Desk...

Phil Weaver

Executive
Director

All-Star

Games

pweaver@nccoach.org

Coaches with many years of experience may understand the following better than newer coaches. Wins and championships are great, for us as the coach, for the players, the school, and often the community but these are things that pale in comparison to some of the life lessons players learn and put into practice later.

About forty years ago, a young man played for me who was a really smart player but not physically gifted. His team was good so the only time he saw was basically mop-up time. Around the end of August this year, he was hospitalized with heart failure and other diabetes-related problems. He was near death but continues to make progress in intensive care a month later. He's now sitting upright and talking having been taken out of the induced coma. One of his teammates has made it his mission, from hundreds of miles away, to keep me and his teammates up to date on the medical situation. He calls the hospital every couple of days and relays a lengthy text to us.

It is actions like this which make coaching so gratifying. The closeness of players on a team often does extend beyond the season and the high school years. I'm sure this is not a rare occurrence and that many of you can relate similar stories. I hope the now liberalized transfer rules and the NIL monies that will come as soon as a lawsuit is filed will not promote a selfish atmosphere on teams and hinder kids bonding with each other.

Sport-Specific Organizations

We've long had a policy of allowing North Carolina sport-specific organizations to put articles in our newsletters. You'll see one from the NCBCA in this issue. If you lead such an organization, openly support the NCCA, and want to have something inserted in future issue(s) please contact us at: pweaver@nccoach.org.

Want to be an All-Star Coach?

Please don't fill in the "All-Star Coach Information" form on eastwestallstars.com unless you have been notified that you have been selected as an all-star coach. Doing so will not help you be selected because all of those entries are simply deleted. If you want to be nominated, your best bet is to have a highly respected coach in your sport send me an email suggesting the Board of Directors consider you. All such nominations are considered for at least three years. Longevity of membership matters, particularly in football and basketball. Coaches selected usually have twenty years of membership in the NCCA and have had some successful teams.

Junior and Senior Football Combines

We are partnering with the NCFCA and the Shrine Bowl this spring to have four combines for juniors and seniors. East-West and Shrine staffs will be there to scout talent. Thanks to Princeton (Travis Gaster), West Brunswick (Shane Handy), Page (Doug Robertson) and A.C. Reynolds (Shane Laws) for agreeing to be hosts. The Catapult firm will be running the combines employing our coaches. Catapult has done this for the Shrine in South Carolina for several years and is well respected. The cost will be \$ 30 per player.

There are set costs and the turnout will be unpredictable. If you're interested in helping please contact Chuck Henderson or one of the four coaches running the sites.

Next December (2024) the best juniors from these combines will be invited cost free to Myrtle Beach to compete against South Carolina in a 7 on 7 format. Our East-West and Shrine coaches will also be attending and observing with their expenses paid.

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For coaches, by coaches

I've spent my career as a coach and as a coach association director. I started this company to continue my commitment to the coaching profession by helping you with your career as a coach. Better coaches make us stronger and more effective in teaching athletes. I want to help you be a better coach. There is a lot of energy and effort that's been put into this company for your benefit. From your coach association to our dedicated staff to a host of other people that are invested in your success and the success of the coaching profession. Join one of our partner coach associations and register with MyCoachingTree as soon as you can. Do it for our profession. Do it for the association. And most importantly, do it for yourself.

D.W. Rutledge

President and Founder

- Years as a college and high school coach: 27
- Head coaching record over 17 sessons: 198-31-5 with 4 Texas 6A Championships
- Years as Executive Director with Texas High School Coaches Association: 20
- · Author of Coaching to Change Lives

Recruiting Fairs

Though we know many of you live too far away to take advantage of this; you deserve to know of this opportunity for your kids. With the East-West All-Star Football Game moving to December, we have some nights to find activities. Coach Sochovka suggested we have a Recruiting Fair for the All-Stars where we'll invite college coaches to come meet with our kids. Since the colleges are already there, we will expand the fair to our member NCCA football coaches after our guys finish.

So, you are invited to come between 7:30 and 9:00 pm on Thursday night, December 14 to the Terrace venue at the Greensboro Coliseum (northeast corner of the Coliseum property.) Please don't arrive early as we want the All-Stars to get full access first. You'll be able to talk to coaches about your players and we'll send you a list of those colleges sending coaches the week before the 14th. If you will be attending, please email us at ncca@nccoach.org by December 7th with your and your school's name.

This is what we're sending to the college football coaches so please pass it on to any you know: If you know a college coach who would be interested, please copy this to him. We can't advertise it enough.

"The North Carolina Coaches Association would like to invite college football coaches to attend a Recruiting Fair on Thursday, December 14th featuring the East-West All-Star players. After the All-Stars meet with you, we'll open things up for any NCHSAA high school football coach to come meet with you to discuss his kids.

Our players will eat at the Greensboro Coliseum's Terrace venue(which is entered on the northeast corner of the Coliseum). The Coliseum will provide 8' circular tables and you may arrive to set up at 6:30. Our players will meet with you about 6:45 and we'll invite the high school coaches to come at 7:30.

If you wish to attend, practices that day are scheduled for: East at Southwest Guilford HS from 11:00 - 1:00 and 1:45 - 3:45 and the West at Grimsley HS from 10:45 - 12:45 and 1:45 - 3:45.

If you will be attending the Recruiting Fair, please email me at ncca@nccoach.org by December7th."

IN MEMORIAM

McCoin Brown
Warren County

Jim Coggins
Southwest Guilford

Bill Frazier Warren County

Colon Nifong North Forsyth

Bobby Rowe Newton-Conover

Ken Solesbee Andrews

School Ads in December 2023 Game Program

There is a NEW PROCESS for ordering school ads for the game program. Please use the link below to complete the online form.

https://forms.gle/qa77PhWyGWrm6vKq6

Half Page (7.5" W x 4.5" H) -- \$250 (ONLY FOR MULTIPLE PARTICIPANTS) Quarter Page (3.75" W x 4.5" H) -- \$175 Business Card (3.27" W x 2.75" H) -- \$100 If you have questions, please email eastwestprogram@gmail.com.





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Mac Morris Executive Director, Coaching Clinic

Got the sad news today that Coach Bob Knight passed away. His health had been declining so it was no big surprise but sad because he was a basketball purist. He believed that played correctly, basketball was the most beautiful game on earth but could also be the ugliest.

He was one of my favorite clinicians, having been to the Clinic three times. While here, he showed a side of himself that not many people ever saw. During one of his visits, Coach Jamieson was in the hospital with a heart condition. Coach Knight asked if he could go to the hospital to visit Coach to pay his respects. He was just doing what was right. During one of his visits, I asked him a question between sessions and he went backstage to a dressing room to talk about the questions and give me his ideas taking whatever time was necessary to let me understand. He was also here the first year we had women coaches in attendance and made aware of this made many jokes which probably weren't acceptable but were typical Knight. I think some of his public persona was put on to give the rough look that he wanted. He had a big heart and will be missed by those who had contact with him.

See "Clinic Desk" on page 9





NC Coach • Fall 2023 • Page 8 • nccoach.org



Clinic Desk continued from page 7

Thinking of this passing, I wanted to categorize some of the things that I think make a good coach. They are not necessarily in order of importance but as they came to mind. You can agree or disagree. I think a good coach is also a teacher. One of the worst things I hear from a coach is "Johnny, I told you about that". If Johnny had been taught his chances of success may have been better. A good coach is one who pays attention to detail. I worked for a football coach who would not run a play in the game that hadn't been run in practice 100 times. A good coach is willing to work to get the job done (leaving after practice to scout a game rather than going home to dinner). A good coach has an eagerness to learn. That has always been one of the strong points of our Clinic and most coaches learned as much as they could during that week no matter what the sport. You see coaches sharing ideas all during the week.

A good coach is organized. Practice is planned and carried out on time. If a coach is tired of practice the kids have felt that way for weeks and nothing is getting done. Enthusiasm is important, if the coach is not upbeat how can the players be excited. A good coach must be caring. If the players know that their coach really cares for them, they will run through walls for him/her. A good coach must have the ability to relate. Things have changed and while you don't have to be their friend you can't be despotic. A good coach must be adaptable. No one hates to lose more than a good coach but a good coach won't let his attitude about a loss lead to more losses because of it. He/she must be disciplined and I believe that young people need discipline in their lives today more than any time in the past. He/she must have high standards in coaching as well as life. Again this is a time that young people need this in their lives and must have something to shoot for.

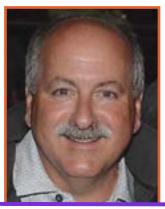


A coach must be able to see things as they are and not worse than they are. Kids don't like to lose either and berating them because they made errors that resulted in the loss doesn't build much confidence. A coach I knew always believed that in talking to players you always complimented before you criticized. Criticism alone only closes the ears to those you are speaking with. A coach must have communication skills with players, parents and administrators, which will make their lives much easier. A coach should be trustworthy. If you say something is a rule, you must follow through with it.

None of these ideas are new or sensational but losing a great coach made me think about them. They might be a good checklist for you as you evaluate your performance or prepare for a new season. I know that we all try to be the best that we can.

CORNER





Joe Franks
Executive Secretary
ifranks@nccoach.org

serve on this Board have the best interest of high school athletics, the membership and our studentathletes at the front. Through the years, the way this

Our 75th Anniversary of the North Carolina Coaches Association Clinic and the East-West All-Star Games provided a lot of excitement and special times. We are starting to work our way back post-COVID, to good numbers at the clinic. 2023 showed about a 400 member increase over 2022 and that is encouraging. The obvious highlight for many was the session with Roy Williams and Mike Krzyzewski on Monday in the arena. It was really well attended and both coaches had great comments about the session. We had been told this summer that the event would air early in the basketball season on the ACC Network, but we have not heard a specific date as of yet. We are beginning work on a 2024 coaching clinic speaker "wish list" for folks and I'm sure we will have another outstanding lineup for you.

Once again, I was able to represent the NCCA at the NCHSAA Regional Meetings in September. It is always good to interact with AD's, principals and superintendents across the state. The "elephant in the room" was obviously what the state legislature continues to do with regard to the governance of high school athletics and the role of the NCHSAA. As we have now started the winter sports season, I'm sure you are aware of the new guidelines dealing with eligibility that went into effect October 30. If you are not familiar with those, touch base with your AD. I will also represent the NCCA as an affiliate on the NCHSAA Board of Directors at the end of the November and it will certainly be interesting to see how this new relationship between the NCHSAA and the State Board of Education through the State Superintendent is taking shape. I have had the privilege to serve with this Board for many years and I can tell you that the superintendents, principals, AD's and coaches that school athletics, the membership and our studentathletes at the front. Through the years, the way this knowledgeable Board has worked together with the staff of the NCHSAA for the betterment of educationbased athletics in North Carolina is impressive. I'm proud to represent our coaching membership.

It is worthy to remind everyone that September was Suicide Prevention Month and we need to constantly be aware of the national tragedy that suicide brings to families and communities each and every day. The NCCA is proud to continue to partner with an organization called the Jason Foundation and they have a tremendous number of resources available on the website www.jasonfoundation.com And a reminder, there is a free app on both Apple and Android called "A Friend Asks" that has resources for coaches, teachers and students. It's worth a download.

Our social media presence is growing on both Facebook and X (Twitter) thanks to legendary Fayetteville sports writer and NCHSAA Hall of Famer Earl Vaughan. Earl has done a fantastic job and I encourage you to follow if you aren't already. Updates about the clinic, all-star games and other relevant information is posted regularly. North Carolina East-West All-Star Games (for Facebook) and @NCCoachesAssn (for X).

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.



Athletes and Mental HealthCoaches have a lasting impact on the lives of young athletes. Not only do they guide their physical development, but coaches must also serve an athlete's mental health needs. Below is a link to an article sharing the impact of mental health on the lives and performance of athletes. Making the mental health of athletes important is the new norm and coaches must continue making the mental health of athletes a priority. https://health.clevelandclinic.org/mental-health-in-athletes/able.

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The North Carolina Basketball Coaches Association this year celebrates our 25th anniversary as an association that specifically promotes, advocates for, and honors the game of basketball in our state. Last year we saw a record number of members join the NCBCA (1186). This past summer we also ran 3 different NCAA-sanctioned June Live Period events (1 for Girls teams, 2 for Boys teams) where college coaches could evaluate players while they competed on their high school teams. At the Girls event, 61 college coaches attended from 41 different schools (20 of those D1 & 4 from the ACC) to see the 83 different high school Girls teams compete. Over 280 college coaches attended the 2 combined Boys events, which had over 170 Boys high school teams participate over both weekends. Those college coaches came from virtually every college in NC, along with 71 institutions from out of state, representing schools from 25 other states across the country.

The NC Basketball Coaches Association has joined with most of the other sports coaches associations, along with the NCCA, in sharing our alarm and concern over the legislative assaults that have been waged against the NCHSAA. We find it extremely disheartening that the governance of high school athletics in our state will, after over 110 years of being ran by the member schools themselves, soon transition to a governance structure where one elected politician will have the final say in issues related to high school athletics. We encourage any coach that has not read Senate Bill 452, now Session Law 2023-133, in its entirety to take a few minutes and read this new law (LINK to the law). Understand that you will have to scroll through the first 26 pages of it that deals with Insurance laws before you get to the section that completely overhauls the governance of high school athletics. WE STAND WITH THE NCHSAA.

We wish all basketball coaches the very best of luck during the 2023-24 campaign and we look forward to seeing what the new Final Four format of the state Basketball Semis and Finals will look like at Lawrence Joel Coliseum in March 2024.

For more information about the NC Basketball Coaches Association, including becoming a current member, visit our website at www.NCBCA.com

Greg Grantham











MaxPreps is a proud partner of the North Carolina Coaches Association and the North Carolina High School Athletic Association.



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.

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\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- Educator Professional Liability
- Participant Legal Liability for insured members
- Liability assumed under insured written contract
- Defense Cost outside limits

EXCLUSIONS

- The use of automobiles, buses, watercraft and aircraft
- Property of others in the care, custody, and control of the insured.
- This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP INSURANCE

Today, most Coaches are involved in some type of 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



<u>www.loomislapann.com</u> (P) 800-566-6479 | (F) 518-792-3426

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Karen Boller 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.



Coach -

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2023 EAST FOOTBALL

NAME	POS	HT	WT	SCHOOL
Jaquan Bowen	DL	218	6′4	EA Laney
Chris Bryant	LB	200	6′0	Saint Pauls
Javon Cowan	RB	190	5′11	Triton
Tavares Carter	WR	180	6′3	Heritage
Tyjhere Crudup	RB	185	5′11	EA Laney
Isaiah Crumpler	DB	191	6′0	DH Conley
Brandon Crutchfield	DB	170	5′10	Heritage
Jordan Davis	WR	175	6′4	South Brunswick
Malaki Dobbins	DL	235	6′3	Southern Nash
Alex Evans	DB	180	6′0	Clinton
Jodi Freeman	OL	333	6′6	Purnell Swett
Juan Hernandez	K	168	5′9	Pine Forest
Gates Hinton	LB	225	6′	Fuquay Varina
Carter Jacobs	OL	285	6′5	Middle Creek
Zay Jones	RB	179	5′9	Scotland
Randall King	WR	190	6′1	Northern Nash
Rodney Lacewell	OL	300	6′6	East Bladen
Braxton Lassiter	DL	245	6′4	Leesville Road
Preston Lilley	OL	258	6′4	Leesville Road
Robert Magwood	OL	300	6′0	New Bern
Jacoby Martin	DL	255	6′2	Richmond
Rico McDonald	WR	160	6′2	Cape Fear
Edward Padgette	OL	276	6′4	Havelock
Josiah Peters	DB	165	5′10	Cleveland
Kendrick Polluck	QB	223	6′3	Nortside-Jacksonville
Reagan Printy	LB	205	6′0	Hoggard
Keveon Rodgers	QB	215	6′3	Hertford County
Jymiek Sampson	DL	290	6′0	Clinton
Landon Sargent	LB	235	6′2	Cape Fear
Joel Sheehan	QB	180	6′2	Holly Springs
Matthew Smith	LB	205	6′2	Hillside
Russell Sykes IV	DL	255	6′3	Rolesville
Kamal Thames		183	6′1	Terry Sanford
Gage Tremaine	LB	197	5′10	Cleveland
Thaddeus Tucker	OL	297	6′2	Hunt
Malakahi West	DL	225	6′3	John T Hoggard

EAST STAFF

Head Coach Assistant Coaches

Bill Sochovka Steve Burdeau Nate Conner Cory Johnson Jeff Morehead Scott Riley Pine Forest Lee County DH Conley Clinton Terry Sanford Cleveland

2023 WEST FOOTBALL

NAME	POS	нт	WT	SCHOOL
John Armstrong	OL	235	6′0	South Point
Spencer Baldwin	OL	230	6′5	Mount Airy
Charlie Birtwistle	K	200	5′11	South Point
Graham Buckrham	OL	230	6′1	Grimsley
Jaylen Carl	TE	250	6′4	Southwest Guilford
Noah Comer	OLB	225	6′2	Forestview
Jamarie Davis	OLB	170	5′10	Grimsley
Thomas Dobias	ILB	210	5′11	Randleman
Dillan Earp	ILB	190	5′9	Hibriten
Caleb Edstrom	ILB	212	5′11	Mooresville Senior
CJ Ferguson	RB	220	6′2	West Iredell
Nigel Gay	DB	165	5′10	East Forsyth
Eli Greene	OL	275	6′2	Watauga
Cassidy Harvin	WR	165	5′11	Reagan
Nytavious Huskey	ATH	185	5′10	Crest
Jonathan Johnson	DB	180	5′11	Burns
Colt Kluttz	DT	225	6′2	Mount Pleasant
Hayden Lam	OL	265	6′1	Northeast
Christian Lewis	WB	205	5′11	AC Reynolds
Tristen McBride	DT	285	6′3	Carson
Dashawn Medley	DB	165	6′0	Hickory
Tanner Moore	QB	180	6′1	Alexander Central
Michael Mullins Jr	DT	265	6′2	East Forsyth
Jeremiah Norris	RB	155	5′8	Burns
Jaden Pierce	NG	290	6′2	Shelby
Brendan Pohl	OL	250	6′4	A.C. Reynolds
Jackson Pryor	OLB	215	6′5	Watauga
Tate Robertson	OL	270	5′10	Page
Antonio Simpson	WR	180	6′4	Polk County
Jaquavion Smith	OLB	210	6′1	Forest Hills
Hunter Stalcup	RB	175	5′11	Murphy
Walker Stroup	DB/K	180	6′0	Mount Airy
Jalen Thomas	DB/K	180	6′1	Thomasville
Elijah Tillery	QB	190	6′7	Draughn
Marquis Varner-James	NG	270	5′11	Ragsdale
Corbin Wilson	WR	200	6′3	Southwest Guilford

WEST STAFF

Head Coach Assistant Coaches

Butch Carter
Derek Anderson
Adam Hodge
Sam Mackey
James Phillips
Jeff Snuffer

Alexander Central Bishop McGuiness South Point Hibriten Andrews Western Alamance

2023-24 East-West All-Star Football Game School Ad Request

This ad form is for use by high schools to recognize their participating football player(s), coach, and all-state cheerleader(s).

Please complete the below form as soon as possible. Space is limited and orders will be filled in the order that **PAYMENT IS RECEIVED**. You must provide camera-ready artwork in the appropriate ad size no later than Dec: 11. Schools without camera-ready artwork by the deadline may be subject to losing their ad space to others on the waiting list.

ARTWORK REQUIREMENTS: Please save your graphics file as a **High Resolution Grayscale PDF or PNG (300 dpi or better)** and email it before the deadline. When producing your ad, be sure to use the correct dimensions (see below) for the ad size you have ordered. <u>GREAT OPPORTUNITY FOR ART and/or MEDIA CLASSES!</u>

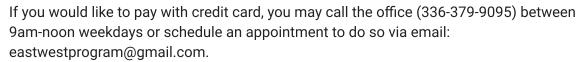
Final artwork should be emailed to <u>eastwestprogram@gmail.com</u> no later than **December 11, 2023**.

PAYMENT: Please mail full payment by check (<u>payable to North Carolina Coaches Association</u>) along

with this completed Order Form. All school ads must be prepaid in order to be placed in the 2023

All-Star Program.

North Carolina Coaches Association Attn: Heather Hirschman P.O. BOX 10708 Greensboro, NC 27404



* Inc	ndicates required question	
1.	Name of High School *	

2.	Please enter the product number
	Mark only one oval.
	East
	West
3.	Ad Size *
	Mark only one oval.
	Half Page (7.5" W x 4.5" H) \$250 ONLY IF YOU HAVE MULTIPLE PARTICIPANTS
	Quarter Page (3.75" W x 4.5" H) \$175
	Business Card (3.27" W x 2.75" H) \$100
4.	Name of Contact Person for Ad *
5.	Email of Contact Person for Ad *
6.	Best Phone Number of Contact Person for Ad *
7.	Alternate Phone Number of Contact Person for Ad