

The North Carolina Coaches Association

NC Coach

Volume 28 Issue 1

Spring 2023

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



NC COACH

*An official publication of the
North Carolina Coaches Association*

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What's Inside?

From the Games Desk	2
MyCoachingTree.....	3
Coaches Clinic Hotels	4
Earl Vaughan Jr. Added to NCCA Staff.....	4
From the Clinic Desk.....	5
Joe's Corner	9
They Still Call Me "Coach"	13

*We look forward to seeing
you in Greensboro!*

East-West All-Star
Games &
Coaching Clinic
JULY 17-19, 2023

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From the GAMES Desk...



pweaver@ncccoach.org

First, an announcement. I'm honored to be able to make. Earl Vaughan Jr, former Prep Editor and Hall of Fame journalist for the *Fayetteville Observer*, will be heading up our social media efforts. More can be found elsewhere in this newsletter. Joe and I had a long meeting with a local professional in the field and he made some strong, but polite thankfully, suggestions on how we can build our programs through social media. Joe and Tim have been putting the most important items out there but we really had no plan or anyone really adept at it. We have expanded to Facebook and Instagram for players and fans. Twitter and email will be our means of making announcements to our members.

In keeping with this move, we've partnered with "Gipper" as our "Official Social Media Graphics Solution of the NCCA." Gipper is offering you a 20% discount off their "Basic" plan and 30% off their "Pro" plan in April. Gipper will schedule a free demo for you and can help you elevate the social media presence of your teams by making your posts more visually attractive. If you're interested but want to see more, Gipper will be at the clinic trade show in July.

For a different matter we need the help of coaches of all-star players. There are too many coaches who seem to think that having a player accepted for an all-star team is the end of their job. To quote one of my favorite comedians, John Pinette, "Nay Nay." A player's coach is responsible to make certain the player remains committed to play and stay in condition. The coach is also responsible to see that the player has transportation to and from the games. Coaches should also serve as the go-between

with the family and our office. There are many questions players and parents have that the coach can answer. Coaches should also make sure the player has suitable attire for the banquet and church attendance for football and basketball kids. It is important that players bring enough socks and for football, all pads and a helmet.

Since I mentioned a helmet, I hate to see the sticker collections on some helmets on game nights. I, and many fans, like to be able to identify the player's school by the helmet. When the kids trade stickers there's a mess. If you could discourage/prohibit that and not give players more of your stickers, it would be appreciated.

Although the Clinic is not my main function here, I do like to throw my two cents in at times just as I depend on Joe, Mac, and David for input on the games. Last year we had an inordinate number of coaches register and then not attend. A few with good reasons appealed and kept their memberships but many did not. I think Coach Jamieson always said it best. I overheard him often say bluntly something to the effect that if you don't come to the clinic you must not want to be the best coach possible. With the quality clinicians we have every year, I don't see how a coach can fail to learn something. An old coaching buddy of mine, Jay Randall, always said that a clinic was worthwhile if he took away one thing he could use. I agree.

We partnered last year with MyCoachingTree to offer a job service for our members. This year we're excited about the upgrades they've made and we hope you'll take advantage of them.



New this year - posting jobs is now free for athletic directors who are members of NCCA. If you don't already have an account - sign up today for free and get your coaching jobs posted.

Also new this year - now it's easier than ever to create your coaching tree and build out your network of coaches and message them - all FREE. Coaches, use this system to:

- **Network** - find ideas about dealing with the challenge of being a coach and re-connect with friends.
- **Find a job** - take advantage of the My Jobs search feature to notify you when your ideal job gets posted.
- **Research coaches** - navigate the interconnected coaching trees of your peers, your next boss, or your next competitor.
- **Let the right people know you're looking for work** - put yourself out there with your personal coaching tree and list all your experience and certifications so employers can easily find you.

Whether you're a coach looking to build your network, or an athletic director looking to hire one, sign up today at <https://www.mycoachingtree.com>

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NCCA Adds Vaughan as Social Media Coordinator

Earl Vaughan Jr. has been added to the NCCA staff as its social media coordinator. Vaughan will plan and manage the association's presence on Facebook, Instagram, and Twitter as well as serving as the NCCA liaison with Gipper, the Official Social Media Graphics Solution of the NCCA.



Vaughan is a native of Fayetteville. He attended Swain County and West Rowan High Schools, graduating from the latter. He attended Catawba College and graduated summa cum laude with honors from UNC Wilmington.

After a brief stint teaching high school English he joined the sports staff at the Fayetteville Observer where he worked nearly 40 years, retiring in 2016. He currently works as a correspondent for CityView in Fayetteville.

He is a member of three halls of fame and a winner of multiple N.C. Press Association awards.

NC Coaches Clinic 2023				
Hotel	Rate	Peak Night Rooms	Breakfast Included in Rate	Distance to Coliseum
Baymont Inn 2001 Veasley St. 336-294-6220	\$ 72.00	40	yes	2 miles
Clarion Pointe Airport 7800 National Service Rd. 336-454-0333	\$ 99.11	20	yes	7 miles
Clarion Pointe Coliseum 2003 Athena Court 336-294-9922	\$99 DD \$89 K	10	yes	1.5 miles
Country Inn & Suites 3314 Isler St. 336-553-3235	\$99 DD \$109 K	20	yes	3 miles
Days Inn Airport 501 S Regional Rd. 336-668-0476	\$ 94.94	50	yes	7 miles
DoubleTree 3030 W. Gate City Blvd. 336-292-4004	\$ 134.00	20	yes	1 mile
Drury Inn & Suites 3220 W. Gate City Blvd. 336-856-9696	\$ 174.00	40	yes	2 miles
Fairfield Inn & Suites 3308 Isler St. 336-235-4002	\$ 119.00	20	yes	1.5 miles
Four Points by Sheraton 7619 Thorndike Rd. 336-882-6666	\$ 119.00	40	no	9 miles
Hampton Inn Downtown 222 W. McGee St. 336-553-1280	\$ 149.00	20	yes	3 miles
Haynes Bed & Breakfast 320 Gorrell St. 336-378-9984	\$ 139.00	2	yes	2 miles
Hilton Garden Airport 238 NC Highway 68 South 336-881-1111	\$ 159.00	30	no	7 miles
Hotel Denim 1517 Westover Terrace 336-272-4737	\$ 139.00	20	yes	3 miles
Marriott Downtown 304 N Greene St. 336-379-8000	\$ 175.00	50	no	3 miles
O. Henry 624 Green Valley Rd. 336-854-2000 Access code: COACH	\$ 229.00	ROH	no	3 miles
Proximity 704 Green Valley Rd. 336-379-8200 Access code: COACH	\$ 229.00	ROH	no	3 miles
Quality Inn & Suites Airport 7067 Albert Pick Rd. 336-292-2020	\$ 69.99	50	yes	9 miles
Sleep Inn & Suites Coliseum 3312 Isler St. 336-894-2599	\$89 DD \$99 K	30	yes	2 miles
Tru by Hilton 1706 S. 40 Driver 336-763-6704	\$ 135.00	15	yes	3 miles
Wyndham Garden 415 S. Swing Rd. 336-299-7650	\$ 109.00	30	yes	5 miles

Hotels with reservation links are clickable above.



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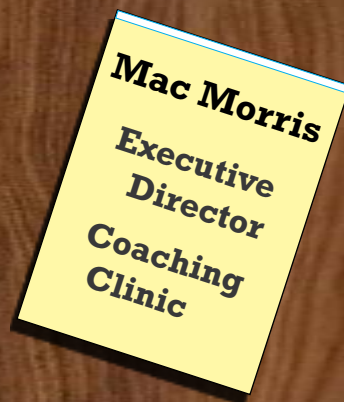


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From the **CLINIC** Desk...



mmorris@nccoach.org

Mac Morris Executive Director, Coaching Clinic

Back in the fall we were talking about the fact that this year's clinic will celebrate the 75th anniversary of the NC Coaches Association. Phil and Joe stated that since it was a significant anniversary, we should try to get Coach K and Roy Williams to speak at the clinic. I didn't feel as if there was much hope in getting that done but Phil managed to do it. Now we have on Monday July 17 from 2-3:30 emceed by Wes Durham, these two great coaches speaking about coaching and their careers. This will be done in the Coliseum and should be attractive to all of our coaches. You will be admitted on your registration

packet or your membership card and the doors will open at 1:30 general admission seating. This is pretty exciting and all of our basketball coaches will want to attend. Any other sports coaches are welcome to attend as long as they are registered. Those who are not members of the Association can attend if they register as Clinic Attendees. I hope our attendees will remember what an honor this is and not let allegiances interfere with the importance of the day.

Another new thing for this summer's clinic is a NCHSAA General Rules Session. The NCHSAA will have general rules sessions for coaches each day of

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





Clinic Desk

continued from page 6

the clinic at 4 p.m. in the West Hall. The sessions are not specific to an individual sport and head coaches can attend any of the three sessions to meet their obligations for attending the required rules session. These sessions will go over NCHSAA rules and information will be provided on rules updates and changes for all sports.

Our clinic registration materials should be mailed around the first of May. We are still working on the staff of clinicians, but the materials will be sent then for you to register for the July 17-19 Clinic. Joe has been working hard to make the 75th Clinic a special one that you will want to attend. He has just gotten an okay from Pat Kelsey at the College of Charleston to be the morning clinician for men's basketball. His team made the Big Dance and had a great season. He has Todd Dodge from Westlake High School in Texas, a multi-state champion and Dan Brooks coming to do the football sessions.

This will be a good opportunity for you to work to become a better coach for the future so you will want to attend.

IN MEMORIAM

Jerry Cahoon
Manteo

Terrence Gittens
Parkwood

Ed Peeler
Crest

John Primm
Northeast Guilford

Ralph Shatterly
North Rowan

Bill Slayton
Southeast Guilford

Robert Steele
North Rowan

Jack Tesh
Western Guilford

Jimmy Tillman
Southwest Edgecombe



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Joe Franks
Executive Secretary
jfranks@nccoach.org

Think of an old movie with a kid standing on a street corner shouting, “**EXTRA, EXTRA, READ ALL ABOUT IT!**” That’s what we have for Summer 2023 at the 75th Anniversary of the North Carolina Coaching Clinic.

1. There is a special event planned for Monday, July 17 at 2pm in the Main Arena at the Greensboro Coliseum. We will have our first ever “Keynote Session”. We hope you’ll join us for a “Center Court Conversation” with Roy Williams and Mike Krzyzewski. The session will be moderated by Wes Durham of the ACC Network. Doors to the arena will open at 1:30 pm and the program will begin at 2:00.
2. The NCHSAA will have general rules sessions for coaches each day of the clinic (M, T, W) at 4pm in the WEST HALL (where the AD Breakfast is held on Tuesday). The sessions are not specific to an individual sport and head coaches can attend any of the three sessions to meet their obligations for attending the required rules session. These sessions will go over NCHSAA rules and information will be provided on rules updates and changes for all sports.

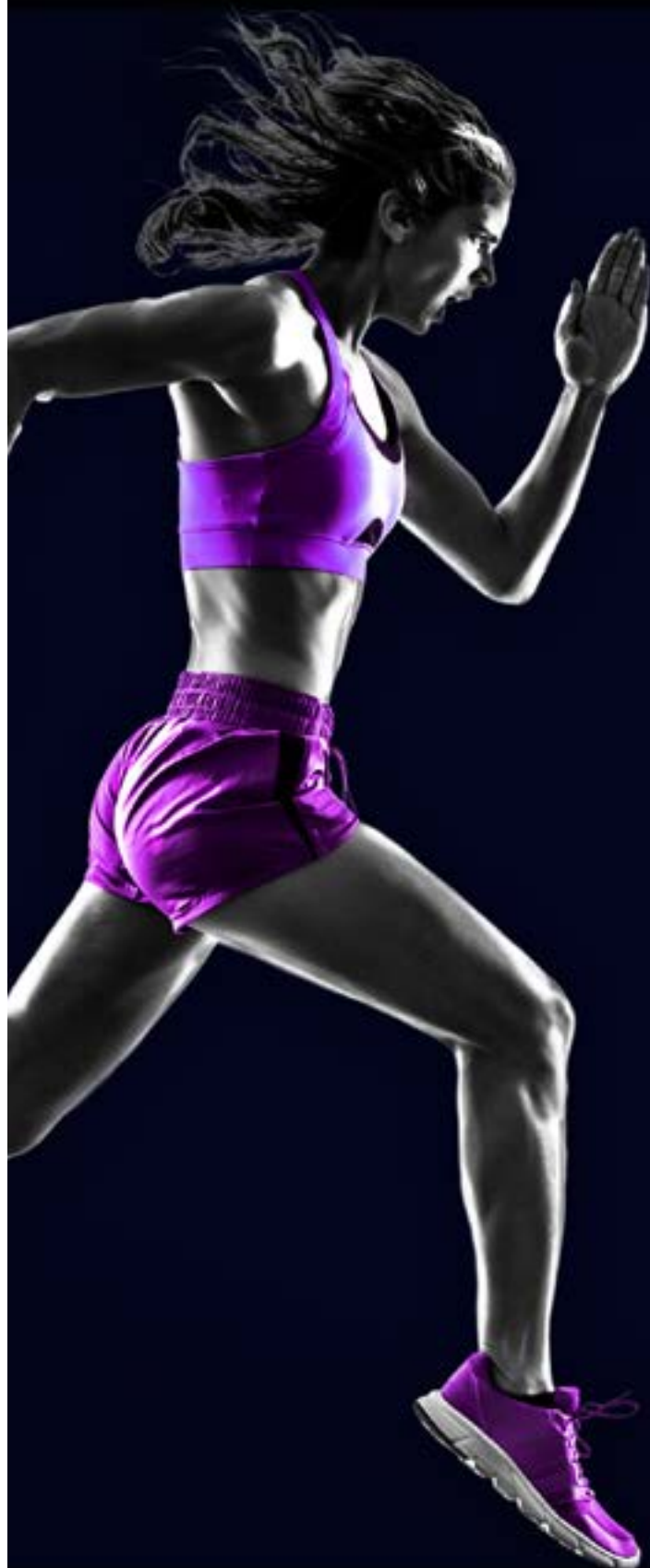
We have worked hard to secure the best clinicians we can get and I think you’ll be pleased with the lineup and offerings. We will have CPR offered again Sunday through Wednesday and that has been popular among our members and associates. Athletic Injury Management returns on Monday and Tuesday as well. In addition, there will be classes for athletic directors on Monday and Tuesday. The



popular “Middle School Monday” has a full slate of topics and has grown over the past few years as well. The registration mailing will go out in early May and you will get an email to remind you to be on the lookout for it. If you are normally registered by your school, when you get your registration packet, fill out your card and get it to your athletic director ASAP. This gives the school ample time to get the registrations processed and to us before the end of the school year.

The 2023 clinic schedule will be the same as in 2022 except that we will add the NCHSAA rules sessions at 4pm each day. Some coaches meetings will be held AFTER the NCHSAA rules sessions. These times and schedules will be on the website and on social media. Sports that usually have only four sessions (soccer, swimming, cross country, golf) on a day will begin at the traditional 8:55 on Tuesday and Wednesday (everything on Monday begins at 9:50 – women’s and men’s basketball and wrestling) Sports that have five sessions (wrestling, track, volleyball, baseball, softball) will begin on Tuesday and Wednesday at 9:50 which will mean 3 sessions in

See “Corner” on page 11



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“Corner”

continued from page 9

the morning, two after lunch and a coaches meeting after the NCHSAA rules session to end the day. Since football has six sessions, it will begin at 8:55 on Wednesday with four in the morning and two after lunch. As we saw last year, this schedule allows greater flexibility for you to get to the coliseum, register, hit the trade show area and get your picture made with more time before your first session. Tuesday we will have two sessions beginning at 2pm for both strength and conditioning and the mental side of coaching your athletes. On Wednesday at 2pm, we will have a session to help coaches recognize and deal with eating disorders in athletics. As a former ATC as well as a coach, I feel that this session could be beneficial to a lot of coaches.

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.

(See Hotel Information on Page 4)



The Jason Foundation is proud of our affiliation with the North Carolina Coaches Association to equip coaches with the necessary resources to help save lives.

As a coach, you are in a unique position to have a lasting impact on the student-athletes in which you come into contact with on a regular basis.

Visit our website, www.jasonfoundation.com, to learn more about the "Silent Epidemic" of youth suicide, warning signs, and the programs and resources JFI provides at no cost.

Athletes and Mental Health Coaches 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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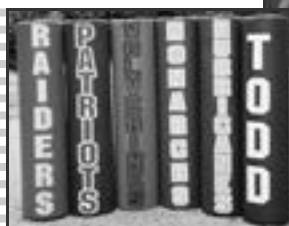


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They Still Call Me “Coach”

Marc Payne

NCC: WHAT SPORTS DID YOU COACH?

“ Basketball and Football with a little bit of Golf. ”

NCC: WHERE DID YOU COACH?

“ Beaver Creek, Watauga, and Ashe County High Schools. ”

NCC: HOW MANY YEARS DID YOU COACH?

“ 37 years and counting. ”

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

“ Since retiring, I have been involved in conference leadership for five years and am back at Watauga as an assistant basketball coach. ”

NCC: WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?

“ I have been honored to coach many outstanding young men, including my two sons, Coleman and Bryson, during my coaching career. To watch these young men I have coached to grow and mature to adulthood and to become successful men is always memorable. ”

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

“ To observe young men I have coached become teachers, coaches, community members, successful business men is very rewarding. ”

NCC: WHY DID YOU GO INTO COACHING?

“ I loved participating in high school athletics (Football, Basketball, and Baseball). I loved participating in college athletics (Football and Basketball). What better way



to “play ball” or stay involved with athletics, the rest of your life is to coach and/or be an athletic administrator. ”

NCC: WHAT IS YOUR FUNNIEST COACHING MEMORY?

“ When I was coaching at Watauga, we were playing South Caldwell. We had not played well in the first half. I was making an impassioned talk at halftime. In the middle

See “Payne” on page 15

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“Payne”

continued from page 13

of this impassioned halftime talk, I turned and saw a big box of old football cleats. I kicked the box, my foot stuck in the box and I couldn't get my foot out. The players did not want to laugh, but they could not help but laugh, I laughed at myself, our assistant coaches laughed, we all laughed. Halftime was over, let's go play. We played very well. ”

NCC: WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

“ I would say, the funniest can also be the most embarrassing. ”

NCC: WHAT WAS YOUR FAVORITE PLAY OR STRATEGY?

“ I have always wanted teams that I have coached to play good man to man defense and press fullcourt frequently to create turnovers, run motion offense with quick sets to take advantage of certain offensive strengths, and fast break the basketball. ”

NCC: WHO HAD THE TOUGHEST TEAMS YOU COACHED AGAINST?

“ Terry Rogers, Danny Anderson, Tommy Johnson, and Ed Wills. ”

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

“ I believe that North Carolina High School Basketball is ready for the implementation of the shot clock. ”

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

“ Learn. Continue to learn. Go to coaching clinics. Always evaluate your program's progress. I always believed that as a coach, I should get better as a coach every year. I also believed that I should never get out worked

as a coach and our team should never be out conditioned or out worked or out prepared. Respect and be honest with your players. Teach fundamentals. Coaches should have high expectations of your team and your student athletes. ”

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

“ ATHLETES: It is important that our student athletes are role models at school, in the community, and on the court. Coaches need to be prepared for each practice. Coaches need to be first on the floor and last to leave. ”

“ PARENTS: Parents need to understand that basketball is a team sport ---- for all those involved with the team ----- players, coaches, and parents. We all have certain roles to fill. ”

“ ADMINISTRATORS: Work hard, support administrators and they will support you and your team. ”

“ ATHLETIC DIRECTORS: Your AD is your lifeline. Coaches and ADs need to have constant communication. Coaches need to share positive information and challenging information from practice, games, classroom, and other things with their ADs. ”

“ OTHER COACHES: Develop professional relationships with the coaches in your conference and your non-conference opponents. There are many things to learn from your opponents. ”

See “Payne” on page 16

“Payne”

continued from page 15

“ THE PRESS/MEDIA: Always treat the press/media with respect. Be honest, but never call out a player, coach, or referee in answering a question. Be an example for your program. ”

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

“ I starting coaching in 1974-75. In the summer of 1976, I started attending the NCCA Coaching Clinic. This past summer (2022), I could not attend because I tested positive for COVID. It was the first clinic I have missed. Learning from the clinicians, learning from the other coaches and conversing with other coaches. All are experiences you can not duplicate. ”

NCC: OTHER COMMENTS YOU WOULD LIKE TO SHARE?

“ The NCCA Coaching Clinic is #1. ”



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