

NC Coach

Volume 28 Issue 2

Summer 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



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See you in Greensboro!

**East-West All-Star
Games &
Coaching Clinic**

JULY 17-19, 2023



NC COACH

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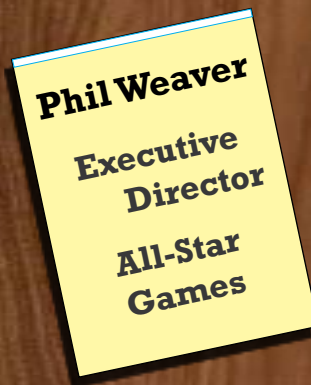
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From the GAMES Desk...



pweaver@nccoach.org

Football coaches will be excited to read this issue's column because the December East-West Game and the events leading up to it are rounding into shape. The only thing to be decided now is what we'll do with the teams when they're not practicing. We know we'll visit a couple of elementary schools in Greensboro and High Point to do mini-clinics and promote our game.

Reid, Clayton, the Shrine folks (including Chris Norman), the SCACA (South Carolina's NCCA counterpart), Chuck Henderson (NCFCA) and I have met with and talked together frequently regarding jointly sponsored combines. Since they have become popular, I have thought that the NCCA was the best group to offer combines because we'd be more interested in helping kids than in making money. The addition of the NCFCA as a partner will give us the best we can hope for. Chuck and I agreed from the start that we would proceed only where both organizations agreed to go and Chuck has done yeoman's work in coordinating the various groups.

The plan is to work with the Catapult company which has organized the Palmetto Combines in South Carolina for their Shrine teams for several years. The SCACA and the South Carolina Shrine work much more closely together than we do here and they have fully vetted the Catapult operation. North Carolina will have four Tarheel Combines annually beginning in the spring of 2024. It was hard for this Dookie to agree to the name but all of us are officially Tarheels so I guess it's better than being a tree or a Sandlapper. NCCA and NCFCA joint members will operate the combines at A.C. Reynolds (Shane Laws), Page (Doug Robertson), Princeton (Travis Gaster), and West

Brunswick (Shane Handy). These schools were chosen because all combines need to be run on artificial turf to ensure uniform measurements when timing kids. We'll have more details later but if you'd like to help, please contact these guys. Combine attendance costs will be minimal so as not to exclude any deserving kids. Staffs will be compensated, schools paid for their facilities, and the two coaches organizations will split any remaining profits from the combines.

Another exciting event will be the Joanne Langfitt Junior Showcase, a 7 on 7 showcase to be played by the top 75 juniors from the combines. With the exception of those juniors on a winter sport roster these players will gather in Myrtle Beach (where the SCACA North-South Game is played) to play three "games" versus South Carolina. The NCFCA will select the coaches for this event and our Shrine and East-West coaches for the following year will be guests of the SCACA organizers. Since this will take place the same week as our state championships and winter sport athletes will be ineligible, we'll need over 100 names to pick from and to use for replacements. Attendance at a combine or in South Carolina will not be required for a player to make a East-West roster but combine attendance is required for making the Myrtle Beach 75 roster.

I think to have combines supported by all of North Carolina's high school football coaches and run by their organizations will greatly enhance the reputation of all involved. Coaches, parents and players can be confident that the players' best interests are being looked out for and that no fly-by-night, profit hungry third party will be involved.

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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 seasons: 190-31-5 with 4 Texas 6A Championships
- Years as Executive Director with Texas High School Coaches Association: 20
- Author of Coaching to Change Lives

www.MyCoachingTree.com

Old Timer's Lunch

The Old Timer's Lunch for Lifetime Members of the Association will be held on **Tuesday, July 18**, in Meeting Room 4.

RSVP to mmorris@nccoach.org by July 11 if you plan to attend.

IN MEMORIAM

*Paul Egleston
Northwest Guilford*

*David Elder
Hickory*

*Marion Kirby
Page*

*Mike McCauley
Orange*

*Jim Spivey
RJ Reynolds*

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

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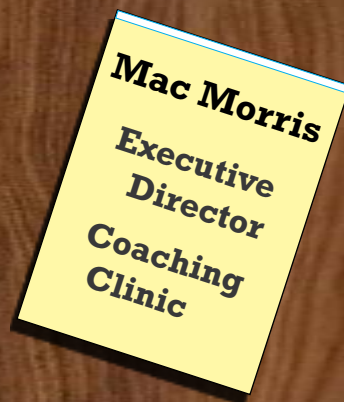


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From the **CLINIC** Desk...



mmorris@nccoach.org

Mac Morris Executive Director, Coaching Clinic

On June 27th we celebrated the life of Coach Marion Kirby, our friend and Executive Secretary Emeritus. The gathering at the church service was overwhelming, an assembly of fellow coaches, former players and general fans of Page High Football. His children, Mark and Kelly, did an outstanding job with the eulogies and then there was a barbeque at Page High outside of Marion Kirby Stadium. Many stories were told about this person who had developed such an outstanding resume.

Coach Kirby came to Page in the fall of 1973 from Edenton where he started his career working with Jerry McGee. I have to admit that during the first few years, we were led to believe that the only place in the state where they really played football was Edenton. He rapidly began to build a coaching staff and one of the most important reasons for the success he had was the fact that this staff stayed together for all of his years with a few substitutions here and there. So he didn't have to reteach his staff every year since they knew what they were doing building on the past year.

See "***Clinic Desk***" on page 9



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 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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Clinic Desk

continued from page 7

At Page he began to build a dynasty where the red jerseys and silver helmets were known throughout the state. Each year during the 1970's they got a little bit better and in the 1980's the Pirates won State 4-A Championships in 1980, 83, 84 and 85 and were runners-up in 1982. During that time they strung together 47 straight games without a loss and 50 straight regular season victories.

How did he accomplish all of this? First of all, he was a people person who related to almost everyone he met. He had tremendous rapport with his players and they believed everything he told them. He was a wonderful football coach and he was an even better person. He was an outstanding story teller and could relate to the best player and the last substitute in the same way.

He became part of the Coaches Association when our founder, Coach Bob Jamieson, decided that he needed to be added to the staff. He came in as Executive Secretary and brought his wisdom to many of the decisions that were made. He got along with everyone and helped referee Board Meetings and added a presence to our Association. He seemingly knew everyone in the state who was identified with football. He moved away from us a little when he left Page to become the head football coach at Greensboro College and later the Athletic Director at Guilford College but he continued to visit and tell his stories some of which we had heard before but always liked to hear.

When we had the Coaches' Clinic in July, he was always in demand and we used to joke about sessions where he would be talking with a coach but the other coach rarely got to say much. But everyone wanted the chance to speak to Marion. One of the people

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that I talked with yesterday told a story of having to go to Lowes to get something for a project that he was working on at home. He got home an hour and a half later without the part because he had run into Coach Kirby at the store and he didn't even get the item. That was Kirby and I'm sure there were many instances like that for others along the way. He loved his mentors, Coach Barger and Coach Stas and could talk about Lenoir-Rhyne whenever he was asked.

Coach Kirby was an outstanding individual and a firm believer in doing things the right way. "Be there, Be on time and Do Well" were his rules for his players and himself. We will miss him greatly and know that he is in God's hands.



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Joe Franks
Executive Secretary
jfranks@nccoach.org

First of all, and this is most important - while we have stated this over and over, we are back to an IN PERSON 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 – Wednesday, July 11-13 (we will open at 1:30 on Monday to accommodate the arena session). You can see all session schedules at www.nccoach.org and at the end of this newsletter.

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!

For the 75th Anniversary of the NCCA Coaching Clinic we have tried to get an All-Star lineup of clinicians and I truly feel we have succeeded. When you lead off on the 17th with Mike Krzyzewski and Roy Williams in a first ever super session on Monday afternoon it doesn't get any better than that. We have a Texas HS football legend in Todd Dodge and a true friend to NC football coaches and a National Champion in Dan Brooks. We have Dan Meske of Louisville for Volleyball, the associate head coach of a team that has been to back-to-back Final Fours and a national runner-up. We have Vin Lananna from Virginia in Cross Country - heck he's only won ELEVEN NCCA titles with both Oregon and Stanford. We've got two Florida State Softball National Champions in Cali Barron and Anna Shelnutt. We've got another National Champion from Florida State with Bob Braman in Track. In Swimming, we've got Braden Holloway from NC State who's

won ACC Coach of the Year honors NINE times! And we've got so much more for you to take advantage of during Clinic Week.

For the past couple of years, our members have repeatedly asked when we would get the NCHSAA Rules Sessions back. This year, in conjunction with the NCHSAA we are bringing back rules sessions each afternoon, M-W at 4pm in the West Hall (where the AD's breakfast is held). Any head coach can attend any day and get credit for the rules requirement. For those who cannot attend, there will still be online options provided by the NCHSAA. We will have to see how this works to decide whether these sessions will continue.

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. Looking forward to seeing you in a couple of weeks.

(See Hotel Information on Page 5)

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They Still Call Me “Coach”

Cindi Saltz Simmons



NCC: WHAT SPORTS DID YOU COACH?

“ Basketball and Volleyball. ”

NCC: WHERE DID YOU COACH?

“ I started at Sylva-Webster High School. In the fall of 1988, we consolidated with Cullowhee and became Smoky Mountain High School. I had only one set of gym keys my entire coaching career. ”

NCC: HOW MANY YEARS DID YOU COACH?

“ I coached for 30 years. ”

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

“ Yes, I serve on several boards and committees at the local, regional and state levels. ”

NCC: WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?

“ The memories are plentiful and very special

to me. I was blessed with the opportunity to work with outstanding athletes, coaches, and administrators during my career. It's about the relationships and the gifts you receive from being part of an athletic family. The wins and championships are great, but those shared experiences are moments I cherish and that will never leave me. When I connect with a former player the conversations are not about the championships, it's about the bus trips, practices, those shared experiences being part of a team provide. It goes way beyond the scoreboard. ”

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

“ The greatest reward I've been given was the opportunity to help young people to grow, learn the value of hard work, team, and competition. I will never forget the people I met through athletics and the impact they have had on my life. These relationships and connections are the most gratifying and everlasting. I was blessed with many outstanding young ladies that came through the program at Sylva-Webster/Smoky Mountain High School during my thirty years. Those teams had talent but also tremendous player leadership and team chemistry. Winning was an attitude, expectation and tradition. The players on these teams embraced the team concept and accepted their role on the team. I was fortunate to have assistants that were committed to young people. Our school system and community supported and got behind all our athletic teams. It's about those relationships and the journey. ”

See “**Simmons**” on page 15



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“Simmons”

continued from page 13

NCC: WHY DID YOU GO INTO COACHING?

“ I grew up in a gym and was always at my dad's practices and games. I have many memories of 3-on-3 games and HORSE competitions with him and his players! He taught and coached at Hayesville High School for 41 years. My love and passion for athletics and competition began at an early age from being around it with him. ”

NCC: WHAT IS YOUR FUNNIEST COACHING MEMORY?

“ One that comes to mind happened with the 2007 State Basketball Championship Team. It was the final practice prior to the Championship game, we were in the circle at the close of practice. I said, “ladies this is it and I've only got 3 words to leave you with – I believe in you”. At that instant their facial expressions changed and they were trying to contain themselves. I got irritated because I didn't know what was so funny. One of my seniors spoke up and said Coach that's actually 4 words. I am constantly reminded of my math skills. ”

NCC: WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

“ There have been many over the years but one that comes to mind was when I broke my foot at volleyball practice demonstrating blocking technique. I've never lived that one down. ”

NCC: WHAT WAS YOUR FAVORITE PLAY OR STRATEGY?

“ Keep it simple and pay attention to detail. Do the little things so well that you make them big. Coaches always need to make teams touch lines on sprints and not cut corners on laps. Little things mean a lot was a daily reminder to

my players. It matters! ”

NCC: WHO HAD THE TOUGHEST TEAMS YOU COACHED AGAINST?

“ Volleyball was Jan Stanley at West Henderson. Many of the heartaches early in my coaching career came from the Lady Falcons. It's from those defeats that we in Sylva witnessed what it took to be a true champion. Over the years basketball was Tom Nix at Pisgah. ”

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

“ In basketball I support the adoption of a shot clock. I agree with the upcoming change with free-throw and foul situations. I think it will improve game flow. Nothing comes to mind for volleyball. ”

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

“ Find a mentor. The coaching mentors I had early in my career shaped me and taught me how important relationships and dedication were to the profession. Coach Babe Howell used to say that you couldn't wear a watch and coach. Coach Gene McConnell trained me in the proper way to sweep a gym floor. As time went on, I learned the value of being visible (with broom in hand) to my players as they entered the gym. It would set the tone for practice. I could also tell immediately from their faces what kind of day they had experienced. This would guide me in what they might need from me that day. Continue to be a life-time learner by attending clinics and networking with others. ”

See “Simmons” on page 17

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“Simmons”

continued from page 15

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

“ATHLETES: *Establish a relationship, be honest with them about what they need to work on and their role on the team. Everyone on a team has a role. Each role should be respected and valued for their contribution to the team. It is the coaches responsibility to ensure that everyone’s role is identified and understood.* ”

“PARENTS: *Be professional, communicate expectations early on and up front. Help them understand their role.* ”

“ADMINISTRATORS: *Build a relationship with them. Keep them informed about pertinent information. Let them know you appreciate the support they provide.* ”

“ATHLETIC DIRECTORS: *Like Administrators build a relationship and share pertinent information. Be supportive of them and other programs.* ”

“OTHER COACHES: *Be a good teammate and be supportive of other programs.* ”

“THE PRESS/MEDIA: *Develop a good relationship; Be accommodating and prompt in returning phone calls as they have deadlines they are dealing with. Always have the information available as this is an opportunity to promote your players and program. Always think before you speak, especially when emotional after a game.* ”

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

“ *Being a member of the NCCA has been instrumental in my professional growth. It is one of the most distinguished professional*



organizations that I have ever been affiliated with. The NCCA serves as a tremendous resource with the opportunities and support it provides coaches. ”

NCC: OTHER COMMENTS YOU WOULD LIKE TO SHARE?

“ *Coaching has been one of the greatest privileges of my life. Be involved with your professional organizations, attend clinics and network with as many coaches as possible. Focus on things you can control – Effort and Attitude are two of those things that were always at the forefront for me. I always kept a quote up in the locker room “Performance is a reflection of attitude” to serve as a reminder. Always have a game plan. Know it, use it and trust that it will work. Promote resilience and make it a regular practice for your athletes.* ”



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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- ❖ Liability assumed under insured written contract
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- ❖ 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

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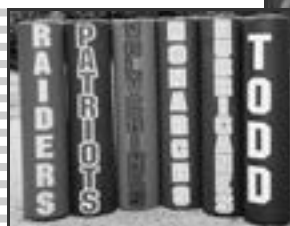


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2023 COACHING CLINIC SCHEDULES • MONDAY

GENERAL MEETINGS MONDAY JULY 17, 2023

8:15	NCHSAA New Athletic Director Orientation..... WEST HALL
2:00	Keynote Session: Conversation with Mike Krzyzewski and Roy Williams Hosted by Wes Durham COLISEUM ARENA
4:00	NCHSAA Rules Session..... WEST HALL

MEN'S BASKETBALL MONDAY JULY 17, 2023 • THE FIELDHOUSE *Pat Kelsey, College of Charleston*

9:50-10:40	Building and Sustaining Elite Culture
10:45-11:35	Offense - The Break, Play After The Play, Rebounding and Analytics
11:40-12:30	Defense – Packline and Ball Screen Defense
	LUNCH
2:00	Keynote Session..... Arena
5:00	Basketball Coaches Meeting Meeting Room 1

WRESTLING MONDAY JULY 17, 2023 WEST WING B-2 SPECIAL EVENTS CENTER *Pat Santoro, Lehigh*

9:50-10:40	Hand Fight to Attacks
10:45-11:35	Counter Offense
11:40-12:30	Bottom – Counter Legs and Crab Ride
	LUNCH
2:00-2:50	Top – Break Downs, Bars and Tilts
2:55-3:45	Top – Leg Turns and Cradles
3:50	Wrestling Coaches Meeting..... WEST WING B-2

WOMEN'S BASKETBALL MONDAY JULY 17, 2023 • MEETING ROOM 1

Kim McNeill, East Carolina
Megan Gebbia, Wake Forest

9:50-10:40	Embracing The Journey..... Kim McNeill
10:45-11:35	Motion Offense Megan Gebbia
11:40-12:30	Ball Screen Offense Megan Gebbia
	LUNCH
2:00	Keynote Session..... Arena
5:00	Basketball Coaches Meeting Meeting Room 2

JUNIOR HIGH/MIDDLE SCHOOL MONDAY JULY 17, 2023 • MEETING ROOM # 3 *James Bazluki, Athletic Trainer, Atrium Health* *Bob Hill, CMAA – Retired County Athletic Administrator* *Richard Hatley, Retired Middle School AD* *James Shankle, Shelia Stackhouse, MS AD's / Coaches* *Ovester Grays, Deron Donald, HS Coaches* *Deanna Morris, CMAA* *Burt Jenkins, NCDPI*

9:30-10:20	Strength and Conditioning: The “Good, Bad and Ugly” James Bazluki
10:25-11:05	Strategies for Building Programs Post COVID Bob Hill
11:10-12:00	“I Wish Someone Had Told Me This 50 Years Ago” Richard Hatley
	LUNCH
2:15-3:00	Panel – Motivating Student Athletes, How HS and MS Coaches Supports Each Other Shankle, Stackhouse, Grays, Donald
3:00-4:00	Middle School Handbook Update Burt Jenkins
4:00-4:45	Middle School AD Meeting Bob 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

2023 COACHING CLINIC SCHEDULES • TUESDAY

GENERAL MEETINGS TUESDAY JULY 18, 2023

7:30	Athletic Director's Breakfast with NCHSAA WEST HALL
2:00	NCHSAA SAAC Session Meeting Room 3
3:30	NCCA Business Meeting..... Meeting Room 2
4:00	NCHSAA Rules Session..... WEST HALL

BASEBALL

TUESDAY JULY 18, 2023 • THE FIELDHOUSE

Chris Pollard, Duke

9:50-12:30	Training with Duke Baseball
	LUNCH
2:00-3:45	Training with Duke Baseball
5:00	Baseball Coaches Meeting..... Meeting Room 1

GOLF

TUESDAY JULY 18, 2023 • Meeting Room #3

Larry McWane, Carolinas Golf Association

Will Barlock, Par 4 Success

Chris Jones, Head Coach at Pfeiffer University

Dr. Robert Christina, Pinehurst Golf Academy & Precision Golf

8:55-9:45	Rules That All High School Coaches Should Review Larry McWane
9:50-10:40	How to Warm Up, Stretch, Activate and Prepare for Matches..... Will Barlock
10:45-11:35	Best Way to Communicate with College Coaches Chris Jones
11:40-12:30	The Mental Aspects of Playing High School Golf. Dr. Robert Christina
12:30	Golf Coaches Meeting

SOCCER

TUESDAY JULY 18, 2023 • MEETING ROOM 1

Paul Payne, United Soccer Coaches Senior Academy

Paul Marco, Binghamton University

8:55-9:45	Defending: Pressing and Counter Pressing in the Modern Game
9:50-10:40	Attacking: Breaking Down the High Press and Low Block Defending
10:45-11:35	Leadership: Identifying and Developing for Today's Player
11:40-12:30	Meeting the Demands of the Modern Game for Coaches and Players
12:35	Soccer Coaches Meeting

MENTAL COACHING AND MOTIVATION TUESDAY JULY 18, 2023 • Meeting Room #3

Chase Crocker, Winning Mindset

2:00-2:50	Present Moment Focus for Today's HS Athlete
2:55-3:45	Confidence Crash Course – How to Build Aggressive Athletes

STRENGTH AND CONDITIONING TUESDAY JULY 18, 2023 • Meeting Room #1

Perry Costales, Charlotte

2:00-2:50	Simple Strategies to Train the Everyday Athlete
2:55-3:45	The Importance of Athlete Monitoring and Simple Ways to Do So

TRACK

TUESDAY JULY 18, 2023

WEST WING B-2 SPECIAL EVENTS CENTER

Bob Braman, Florida State

Udon Cheek, East Carolina

9:50-10:40	Program Planning / Philosophy Bob Braman
10:45-11:35	Distance Fundamentals Bob Braman
11:40-12:30	Planning the Season / Periodization Bob Braman
	LUNCH
2:00-2:50	When, What and Why – Planning the Plan Udon Cheek
2:55-3:45	The "IZE" Have It – Sharing Your Vision Udon Cheek
5:00	Track Coaches Meeting..... Meeting Room 3

TUESDAY • SOCCER ALL-STAR MATCHES • MACPHERSON STADIUM

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

2023 COACHING CLINIC SCHEDULES • WEDNESDAY

GENERAL MEETINGS WEDNESDAY JULY 19, 2023

2:00	NCHSAA SAAC Session Meeting Room 3
4:00	NCHSAA Rules Session WEST HALL

FOOTBALL WEDNESDAY JULY 19, 2023 • THE FIELDHOUSE *Todd Dodge, Westlake HS, Texas (Retired)* *Dan Brooks, Clemson (Retired)*

8:55-9:45	QB Training Program Todd Dodge
9:50-10:40	3x1 and Combo Concepts Todd Dodge
10:45-11:35	20 Personnel Passing Game Todd Dodge
11:40-12:30	Why Coach? Dan Brooks
	LUNCH
2:00-2:50	Multiple Fronts, One Personnel Dan Brooks
2:55-3:45	Defensive Line Techniques Dan Brooks
4:00	NCHSAA Rules Session WEST HALL
5:00	Football Coaches Meeting Meeting Room 1

CROSS COUNTRY WEDNESDAY JULY 19, 2023 • MEETING ROOM #3 *Vin Lananna, Virginia*

8:55-9:45	Identifying The Winning Parts
9:50-10:40	The Winning Patterns of Training
10:45-11:35	The Winning Workouts
11:40-12:30	The Winning Culture
12:40	Cross Country Coaches Meeting
4:00	NCHSAA Rules Session WEST HALL

SOFTBALL WEDNESDAY JULY 19, 2023 • THE PLAZA *Cali Barron, Carrollton HS* *Anna Shelnutt, Troy*

9:50-10:40	Improving Infield Play Where it Counts Cali Barron
10:45-11:35	Improving Outfield Play Where it Counts Cali Barron
11:40-12:30	Championship Hitting and Baserunning Cali Barron and Anna Shelnutt
	LUNCH
2:00-2:50	Developing Dynamic Catchers Anna Shelnutt
2:55-3:45	Helping Your Pitchers Win More Games Anna Shelnutt
4:00	NCHSAA Rules Session WEST HALL
5:00	Softball Coaches Meeting The Plaza

SWIMMING WEDNESDAY JULY 19, 2023 • MEETING ROOM #1 *Braden Holloway, NC State*

8:55-9:45	Underwater Kicking
9:50-10:40	Season Planning – My Four Chapters
10:45-11:35	Different Ways to Train Aerobically
11:40-12:30	Target Training
12:35	Swimming Coaches Meeting
4:00	NCHSAA Rules Session WEST HALL

EATING DISORDERS IN ATHLETES Wednesday, JULY 19 • MEETING ROOM 1 *Rachael Steil, Running In Silence*

2:00	Running In Silence Overview
2:55-3:45	What Coaches Can Do to Help Their Athletes with Disordered Eating

WEDNESDAY • FOOTBALL ALL-STAR GAME • JAMIESON STADIUM 8:00 pm Kickoff

2023 COACHING CLINIC SCHEDULES • WEDNESDAY

TENNIS

WEDNESDAY JULY 19, 2023 • UNCG

Jeff Trivette, Director of Tennis, UNCG

NC Tennis Coaches Association

Milly Huss, USTA Southern

Matt Knoll, Former Baylor Tennis Coach

9:30	Welcome / Introductions
9:35-11:15	On-Court Instruction for Practice and Drills
11:15-11:30	Shot Doctors Presentation
11:30	Lunch Provided by NCTA
12:00	Discussion About the New World Tennis Number and How It Can Benefit the High School Tennis Player Milly Huss
1:00	How to Help Your Kids Play College Tennis Matt Knoll
1:45	Tennis Coaches Meeting
4:00	NCHSAA Rules Session WEST HALL, Special Events Center

VOLLEYBALL

WEDNESDAY JULY 19, 2023

WEST WING B-2 SPECIAL EVENTS CENTER

Dan Meske, Louisville

9:50-10:40	Creating Chaos With Our Serve
10:45-11:35	Passing Simplified
11:40-12:30	Winning at the Net
	LUNCH
2:00-2:50	One Coach – One Setter
2:55-3:45	It's All About Culture and Ask Me Anything
5:00	Volleyball Coaches Meeting WEST WING B-2

WEDNESDAY • FOOTBALL ALL-STAR GAME • JAMIESON STADIUM

8:00 pm Kickoff

2023 WOMEN'S BASKETBALL

EAST WOMEN

Head Coach

Nicole Sampson
SE Raleigh Magnet

Assistant Coach

Anissa Little
Union Pines

NAME	POS	HT	SCHOOL
Sydney Barker	PG	5'6	CE Jordan
Kylie Chavis	G	5'7	Purnell Swett
Natalie Evington	W	5'7	Purnell Swett
Keashiana Murphy	W,F	5'9	E. E. Smith
KaNyah O'Neal	W	5'9	Southside
Nyla Powell	W,F	5'11	Rocky Mount
Kylah Silver	W,F	5'10	D H Conley
Caroline Thiel	W,F	6'0	Rocky Mount
Staci Williams	PG	5'7	Holly Springs
Olivia Young	W,F	5'11	Cardinal Gibbons

WEST WOMEN

Head Coach

Susie Shelton
Mountain Heritage

Assistant Coach

Jennifer Baker
North Mecklenburg

NAME	POS	HT	SCHOOL
Jamyah Blakeney	PG	5'8	Forest Hills
Tekeyah Bland	F,C	6'1	Northwood
Kyla Bryant	PG	5'8	Salisbury
Nevaeh Farmer	PG	5'3	North Mecklenburg
Gracyn Hall	F,C	5'11	Randleman
Ally Hollifield	PG,G	5'6	Shelby
Kirsten Lewis-Williams	PG,G	5'10	Lake Norman
Evangelia Paulk	F	6'0	Asheville
Briahna Scott	F	5'8	Walter M Williams
Brecken Snotherly	G,C,F	5' 10	Eastern Randolph

2023 MEN'S BASKETBALL

EAST MEN

Head Coach

Gerald Melton
East Wake

Assistant Coach

Daniel Mitchell
Rosewood

NAME	POS	HT	WT	SCHOOL
Zy'Lee Bazemore	G	5'9	172	Bertie
Jamerl Brockington	G	6'0	170	Lumberton
Lamonte Cousar	F	6'6	215	Scotland
Jared Davis	F	6'6	220	Seventy First
Takorrie Faison	F	6'7	225	Goldsboro
Micah Jones	G	5'11	155	Holly Springs
Malachi McLean	G	6'1	160	Lee County
Israel Powell	C	6'3	210	Hertford County
Aden Taylor	G	6'2	162	Princeton
Jack Voth	F	6'4	200	Hoggard

WEST MEN

Head Coach

Jon Hancock
East Lincoln

Assistant Coach

Mike Craft
Ardrey Kell

NAME	POS	HT	WT	SCHOOL
Logan Crook	G	6'4	170	Enka
Will Gray	G	6'2	180	East Forsyth
Markquan Gilbert	G	6'3	210	Ben L. Smith
Philly Harris	G	6'3	160	Freedom
Jordon Nevill	G	5'11	160	East Mecklenburg
David Peral	F	6'8	205	Mount Tabor
Jamarian Peterkin	G	5'9	150	Mount Tabor
Maxwell Smoker	F	6'7	180	Mountain Heritage
Jaiden Thompson	G	6'1	165	Central Cabarrus
Patrick Tivnan	F	6'8	205	Charlotte Catholic

2023 EAST FOOTBALL

NAME	POS	HT	WT	SCHOOL
Makari Abbo	CB	5'11	180	Chapel Hill
Jake Allen	OL	6'2	245	Holly Springs
Jayden Armstrong	WR	6'2	150	North Brunswick
El Avent	OLB/SS	6'1	205	Fike
Joshua Bradley	DL	5'8	300	Tarboro
Jacobi Chavis	DL	6'1	290	Purnell Swett
Jamari Coppage	RB/WR	5'11	165	Greene Central
Semaj Cross	DB/S	5'11	180	Gates County
Maurel Dance	OL	6'2	310	Northeastern
AJ Dilworth	DB/S	5'8	165	Franklinton
Myles Fennell	OL	6'1	295	E.A Laney
Andrew Frazier	DB/QB	6'0	195	Havelock
Avery Gaby	RB/WR	6'0	205	East Duplin
Cadyn Graves	WR	6'1	175	Scotland
Jesus Hernandez	OL	6'3	210	Terry Sanford
Tyree Holloway	DB	6'0	177	Northside-Jacksonville
Carson Jenkins	LB	5'11	180	Northern Nash
Dayreon Jennings	LB	6'1	235	Lee County
Keno Jones	QB/DB	6'2	200	Northern Nash
Kade Kennedy	OLB/SS	6'0	190	East Duplin
Nick Magyar	OL	6'4	270	Overhills
Douglas Merritt	K/P	6'4	190	Roanoke Rapids
Jashawn Middleton	WR	6'0	170	Cleveland
Jamarcus Nance	DL	6'3	250	Southern Durham
Jaiden Nesbit	LB	6'0	200	Havelock
Christian Olivas	OL	6'2	290	Terry Sanford
Xzavier Pearsall	DB/S	5'11	199	Wallace-Rose Hill
Wyatt Rickard	OL	6'0	275	Lee County
Jacob Schrei-Reyes	DE/DT	6'1	246	Wallace-Rose Hill
Ahmaree Smith	OLB	6'2	190	North Brunswick
Dawon Speller	OL/DL	6'4	278	Hertford County
Shamar Sutton	WR	5.8	150	Northeastern
Donte Tyler	OL	6'3	320	Camden County
Dylan Wagner	OL	6'2	280	New Bern
Jimmyll Williams	RB/WR	5'8	188	Hillside
Mathias Winston	OLB	6'0	185	Pine Forest

EAST STAFF

Head Coach

Assistant Coaches

Battle Holley
 Matt Biggy
 Andrew Farriss
 Bruce McClelland
 Antonio Moore
 Darrin Stinson

East Duplin
 Gates County
 Northern Nash
 Terry Sanford
 Northeastern
 Franklinton

2023 WEST FOOTBALL

NAME	POS	HT	WT	SCHOOL
Eric Ainsworth	OL	6'2	270	Eastern Guilford
Nolan Albright	TE	6'5	225	Grimsley
Christopher Atkins	DL	6'3	260	Mount Tabor
Mason Avery	RB/Rover	6'0	195	West Lincoln
Jaelan Brown	QB	6'1	165	Walter M Williams
Alex Chambers	DL	6'1	275	RS Central
Deshawn Cuyler	WR	6'2	180	Ragsdale
Heff Finley	DB	6'1	160	Asheville
Diante Fountain	DB	6'0	160	AC Reynolds
Michael Godette	RB	5'7	160	Northwest Guilford
Marquis Harris	Rover/WR	5'8	155	Mallard Creek
Christian Hopper	DB/WR	5'10	185	A.L. Brown
Matthew Keener	WR	6' 2	170	East Surry
Jonathan LeGrant	DL	5'10	240	West Forsyth
Justin Lipscomb	OL/DL	6'2	245	Shelby
Grayson Loy	LB	6'1	205	Walter M. Williams
Isaiah Mason	DB	6'0	180	Mallard Creek
Christopher McCorkle	RB/LB	6'0	185	Walkertown
Christian Mixer	OL	6'2	290	Forestview
Oliver Mooney	JACK	6'3	190	Asheville
Gavin Moore	OL/DL	6'3	265	Morehead
Alejandro Morillon-Garcia	K/P	5'10	250	West Forsyth
Joshua Nolan	DL	6'0	340	Robert B Glenn
Fred Perry	OG	6'3	290	Julius L Chambers
William Purvis, III	DB	5'10	163	Davie County
Derrick Richardson	LB	6'1	230	East Forsyth
Nash Rogers	OL	6'0	260	AC Reynolds
Jalill Rogers	DB	6'3	190	Reagan
Spencer Schaper	OL	6'1	255	Reagan
Brodie Smith	WR	6'0	180	Davie
Khalil Stimpson	LB	6'0	210	Grimsley
Kahari Surratt	WR	6'0	160	Burns High
Wesley Thompson	QB	6'4	185	Maiden
Khamani WhiteCarr	DL	5'10	250	Northwest Cabarrus
Lemont Wilson	S	5'10	176	Burns
Kyle Zinn	Rover/WR	5'9	165	East Surry

WEST STAFF

Head Coach

Assistant Coaches

Kennedy Tinsley

Jim Beatty

Brian Hales

Josh McGee

Rodney Pruett

Norman Weeks

Mallard Creek

North Henderson

Butler

Reagan

Erwin

Grimsley

2023 WOMEN'S SOCCER

EAST WOMEN

Head Coach

Chris Mizelle
Fike

NAME

Ashlyn Brunetti
Mackenzie Farr
Emily Ford
Kaygan Forsythe
Braelyn Hodnefield
Presley Johnson
Kayly Pastrana
Kitty Pope
Carter Ramey
Elizabeth (Lizzy) Ross
Ella Rudolph
Yaneli Sanchez
Lilian Stegall
Allison Travis
Kaitlyn Truckenmiller
A'jaylah Yates

POS

D 5'3
F 5'2
MF 5'3
D 5'7
D 5'6
MF 5'4
D 5'3
GK 5'11
F 5'2
GK 5'6
MF 5'4
MF 5'3
MF 5' 2
MF 5'3
D 5'4
F 5'4

HT

SCHOOL

Fike
Ashley
Heritage
Croatan
Jacksonville
Green Level
West Johnston
Chapel Hill
Millbrook
Richlands
Wake Forest
Cleveland
Fike
Heritage
Cardinal Gibbons
71st Senior

WEST WOMEN

Head Coach

Tim Buck
Rockingham County

NAME

Darby Campbell
Rylee Conard
Morgan Debow
Rachel Fry
Justine Grimsley
Sophia Guerriero
Anna Krawczyk
Shelby Mariotti
Katie Purnell
Kate Schaffer
Grace Smith
Emma Soucy
Jenna Standafer
Brittany Vanhooose
Raegan Williams
Avery Yount

POS

D 5'8
GK 5'7
F 5'2
D 5'7
MF 5'3
MF 5'7
F 5'6
MF 5'4
MF 5'2
D 5'7'
F 5'9
MF 5'4
D 5'11
MF 5'8
MF 5'6
GK 5'6

HT

SCHOOL

William A Hough
Hibriten
Northwest Guilford
Northern Guilford
Bishop McGuinness
Concord
Bishop McGuinness
Rockingham County
AC Reynolds
West Forsyth
South Point
Northern Guilford
Western Alamance
West Rowan
West Forsyth
Davie County

2023 MEN'S SOCCER

EAST MEN

Head Coach

John Asmussen
Clayton

NAME	POS	HT	WT	SCHOOL
Daniel Adasiak	MF	6'4	185	Clinton
Jackson Allen	B	6'2	175	Carrboro
Gavin Beaupre	MF	6'3	160	Croatan
Joshua Bevan	F	6'5	185	Green Hope
Chance Davis	FW	5'10	160	North Johnston
Maddox DiGiovanni	B	5'9	140	Clayton
Steven Floyd	MF/FW	5'2	150	Swansboro
Jack Leary	FW/FB	6'2	180	Jacksonville
Adam Maloy	G	6'2	168	C.E. Jordan
Jackson Minneci	B	5'8	150	Laney
Stone Murrill	F/FB	5'11	180	John T Hoggard
Ariel Nunez	FW	5'7	150	Greene Central
Tyler Petz	MF/FW	5'10	155	Green Hope
Jaden Reece	FW	5'9	145	Charles E Jordan
Martin Rivera	MF	5'10	145	John T. Hoggard
Alexander Walker	F	5'8	135	Laney

WEST MEN

Head Coach

John Blake
Ledford

NAME	POS	HT	WT	SCHOOL
Ali Al-Qaq	F	5-9	150	Northwest Guilford
Gavin Banks	G	6-4	218	Charlotte Catholic
Axel Bernal	MF	5-7	157	North Forsyth
Jahmir Flowers	MF	5-10	163	Grimsley
Axel Garcia	MF/W	5-8	130	Forbush
Ewan Gath	D	6-2	160	Providence
Brock Gramann	MF	6-0	170	Providence
Luis Lopez	MF	5-10	185	E Davidson
Gannt McIver	MF	5-11	150	Asheville
Cristian Ortiz	FW/MF	5-5	140	Asheboro
Cesar Rangel	MF	5'9	155	Hickory
Matisse Ritenis	D	5-9	160	Northwest Guilford
Gerardo Rodriguez	F	5-8	160	Hibriten
Cole Roy	CB	6-3	180	Charles D Owen
Calvin Smith	CB	6-0	170	Asheboro
Tyler Thompson	D	6-3	160	Walter Williams