

# NC Coach

Volume 30 Issue 1

Spring 2025

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](http://nccoach.org)



### What's Inside?

From the Games Desk.....	2
From the Clinic Desk.....	6
Press Box Perspective.....	13
They Still Call Me Coach DePaul Mittman .....	16
2025 NC Coaches Clinic Hotels .....	8
Jason Foundation Suicide and its warning signs.....	11
In Memoriam .....	15
2025 East-West All-Star Games Coaching Roster ...	15
Carolinas Classic .....	20
Insurance Liability Coverage.....	22



### NC COACH

An official publication of the  
North Carolina Coaches Association

P.O. Box 10708

Greensboro, NC 27404

*Physical Address*

1101 N. Josephine Boyd St.

Greensboro, NC 27408

336.379.9095 • Fax 336.379.0874

[ncca@nccoach.org](mailto:ncca@nccoach.org)

2024-25 President

Patty Evers, East Bladen HS

2024-25 Vice President

Josh Brooks, Franklin HS

2024-25 Past President

Butch Carter, Alexander Central HS

Executive Director • Mac Morris

Executive Director/All-Star Games • Phil Weaver

Executive Secretary/Clinic Director • Joe Franks

Assistant Directors • Reid Holmes, David Rogers,  
and Tim Via

Game Coordinators •

Clayton Nance, Reggie Peace, Herk DeGraw

Office Manager • Malea Jones

Editor • Heather Hirschman

Social Media Coordinator • Earl Vaughan Jr.

*See you in Greensboro!*

East-West All-Star  
Games &  
Coaching Clinic

**JULY 21-23, 2025**

# From the GAMES Desk...



pweaver@nccoach.org

**Phil Weaver**  
Executive Director, All-Star Games

I try to remind myself often that the NCCA is a service organization and that I need to continue to look for ways to make your life as coaches better. There are certainly things we could do but decline due to cost. Though we have a good reserve built up (the industry standard is to aim for having two years of operating expenses in reserve), any decision we make has to be made with the impact for years down the road.

For instance, I'd love to add a volleyball all-star game and get approached almost annually by someone

wanting us to do so. Our Board of Directors requires three years of expenses to be in hand before we can offer a new game(s). So let's say someone comes forward with \$60,000 which would probably come close to covering three years of all-star volleyball. What happens after the three years? This happened with soccer. We had three years promised up front but the next 31 years have been covered by the NCCA. We did have a little annual help from the NCSCA for a few years. Some proponents of that game suggest we bring the kids in on the day of the match and we'd



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

# MyCoachingTree

Connect with the Coaching Community

Find your Next Great Job

Explore your Coaching Tree

Post Coaching Jobs



Don't get ready  
**BE ready**



Even if you're not looking for a job right now, build out your profile and start your coaching tree - it's FREE! When it's time to put yourself out there, just check a box!

Know your  
**Coaching Ancestry™**



Strengthen your relationships as you take the next step in your career - build out your personal coaching tree

Take control of  
**your career**



Privately contact schools with jobs or share with the entire community that you're looking for new opportunities



## 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](http://www.MyCoachingTree.com)

# Games Desk

*continued from page 2*

have little or no hotel and meal costs. Hotel rooms, meals, and busses are by far the costliest items. I find that wrong because I think the banquet and the time spent with the other players is a valuable part of the all-star experience. A show up and play match would deprive volleyball players of those things the other sports' players get.

We are approached every few weeks with a new business wanting to partner with us. Most of these are information sharing systems or have something to do with recruiting. Almost all want the ability to address all or coaches at the clinic but since we don't do a general session, that would be almost impossible. I think Coach Jamieson was and now Mac and Joe are wise in simply not allowing sponsors to speak at the clinic. We have turned down quite a bit of money because of that rule. We certainly think you appreciate not having to listen to sales pitches at the clinic.

Our few partners have been vetted as thoroughly as we can and we believe they have something to offer you. Our most recent example is MyCoachingTree, which pays us nothing currently but which offers you some really good features free. I really like the

jobs posting and search capability. If all you athletic directors would post your jobs think of how many possible candidates you'd have from our membership alone. Even if you're comfortable in your current coaching assignment(s) I urge you to look into MyCoachingTree.

Lastly, I'd like you to email me (pweaver@nccoach) with any suggestions you have for our organization. I, or someone on our staff, will answer.

## **Odds and Ends:**

We have 5 men's and 5 women's NC/SC basketball game jerseys and quite a few dark gray logoed polos left. You may order any for \$20 each shipped or \$15 if you'll pick it up at the clinic.

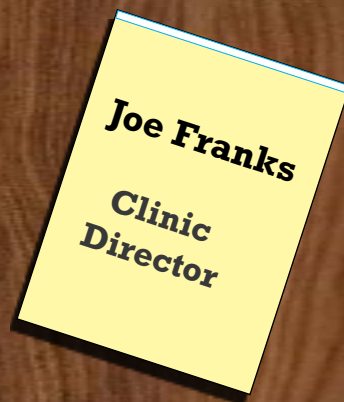
Since our current sponsorship has concluded, the SCACA has secured funding to move our Carolinas Classic basketball games to Rock Hill in 2026. We had 6 great years with The House of Raeford/F.L.O.C.K. as our sponsor and are deeply grateful to them for all they did to promote our games. A special thanks to Greg Grantham and Brett Queen for all they did to coordinate the activities.

### ***Sport-Specific Organizations***

We've long had a policy of allowing North Carolina sport-specific organizations to put articles in our newsletters. 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](mailto:pweaver@nccoach.org).



# From the CLINIC Desk...



[jfranks@nccoach.org](mailto:jfranks@nccoach.org)

**Joe Franks**  
**Executive Secretary, Clinic Director**

WOW – The 2025 NCCA Coaching Clinic will be here before we know it - JULY 21-23. Just an FYI – The Greensboro Coliseum has a new title/presenting sponsor and it is now called First Horizon Coliseum. The venues are the same so I'm hoping that will not be too confusing.

We have worked hard to get a great lineup of clinicians and I hope you will be pleased. For the first time since 2014, we will have a Division I football staff with us. We are scheduled to have three of the top assistants from Virginia Tech in Greensboro and we could not be more pleased. Last summer, the high school relations coach at VT came to the clinic because he had not been here in awhile. We had a good chat about how things had changed over the years and that we were having difficulty getting D I staffs back and he said, "We want to be here, let's make this happen". After working with the VT staff during the fall, we secured them to be with us. In fact, the VT strength training staff will do our two sessions on Tuesday at 2pm. Some may ask why we didn't try to go after new staffs in NC this year. Well, the answer is simple – when someone comes to you last summer at the clinic, is excited about bringing their folks to the 2025 clinic and gives you a commitment, you jump on that opportunity.

I always enjoy being with our AD's to talk about summer opportunities and once again I was able to speak at the NCADA sessions in March. I informed the group about registration and clinic issues in

general. The registration mailing will go out in early May and you will get an email to remind you to be on the lookout. I can't stress the following enough - 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.

Once again, we will have CPR offered Sunday through Wednesday. That has been popular among our members and associates. Athletic Injury Management returns on Monday and Tuesday as well. There are information sheets that will be sent out with registration materials on both. In addition, we will continue 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. We hope that you will encourage your middle school feeder coaches to attend the clinic.

## ***Old Timer's Lunch***

The Old Timer's Lunch for Lifetime Members of the Association will be held on **Tuesday, July 22**, at 12:30 pm in Meeting Room 4.

**RSVP** to [mmorris@nccoach.org](mailto:mmorris@nccoach.org) by July 10 if you plan to attend.

See "***Clinic Desk***" on page 8

# AMERICA'S SOURCE FOR HIGH SCHOOL SPORTS.

**MAXPREPS**



**DOWNLOAD THE FREE MAXPREPS APP**

**VIEW, ENTER + EDIT YOUR TEAM'S INFO ALL IN ONE PLACE**



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



## Clinic Desk

*continued from page 6*

The NCHSAA general rules sessions were well received again and the NCHSAA staff will be on site for those sessions to continue this summer. The flexibility of being able to attend any day to get the requirements fulfilled really seems to work. The rules sessions will again be 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.

The 2025 clinic schedule times will be basically the same as in 2024. Men's basketball sessions on Monday and baseball sessions on Tuesday will be held in the Plaza – the top of the ramp where you go into the Coliseum. This change was necessitated last year by the East-West All-Star Basketball games being moved to the Fieldhouse on Monday evening. This turned out to be very popular and an almost packed house.

With regard to the daily schedule, since it worked well last year, we are sticking with it for 2025.

Some sport coaches meetings will be held AFTER the NCHSAA rules sessions. These times and schedules will be on the website and on social media in May.

Sports that usually have only four sessions (soccer, swimming, cross country, golf) on a day will begin at 8:55 and have the coaches meeting before lunch.

NC Coaches Clinic 2025				
Hotel	Rate	Total Rooms	Breakfast Included in Rate	Distance to Coliseum
Grandover Hotel	\$ 214.00	20	no	8 miles
Residence Inn Airport 7616 Thorndike Rd. 336-632-4666	\$ 134.00	80	no	4 miles
DoubleTree 3030 W. Gate City Blvd. 336-292-4004	\$ 139.00	80	yes	1 mile
Embassy Suites Airport 204 Centraport Dr. 336-668-4535	\$ 139.00	80	yes	9 miles
Fairfield Inn & Suites Airport 7615 Thorndike Rd. 336-841-0140	\$ 139.00	80	yes	10 miles
Fairfield Inn & Suites Whitsett 3020 Hendren Rd. 336-901-27001	\$ 139.00	120	yes	15.4 miles
Holiday Inn Coliseum 3005 West Gate City Blvd 336-294-4565	\$ 155.00	80	no	1 mile
Holiday Inn Express & Suites Wendover 4305 Big Tree Way 336-854-0090	\$ 139.00	80	yes	4 miles
Homewood Suites Greensboro 201 Centreport Dr. 336-393-0088	\$ 129.00	80	yes	9 miles
Hyatt Place Downtown 300 N. Eugene St. 336-373-6269	\$ 189.00	120	yes	3 miles
Residence Inn Airport 7616 Thorndike Rd. 336-632-4666	\$ 139.00	60	yes	9 miles
Wyndham Garden 415 S. Swing Rd. 336-299-7650	\$ 129.00	185	yes	5 miles

See "**Clinic Desk**" on page 10



# YOUTH SUICIDE IS PREVENTABLE

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

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



[www.JasonFoundation.com](http://www.JasonFoundation.com)



**Together we can make a Difference**

## Clinic Desk

*continued from page 8*

Sports that have five sessions (basketball, wrestling, track, volleyball, baseball, softball) will begin at 9:50. This means 3 sessions in 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, two after lunch and the coaches meeting after the NCHSAA rules session to end the day.

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.

Because they have been well received, Tuesday we will once again have two sessions beginning at 2pm for both strength and conditioning and the mental side of coaching your athletes. As long as these are well attended we will continue with them.

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. "Kids Need Coaches" is not just a tag line. Together, we are keeping the title "Coach" one that is respected and admired – and that can last a lifetime. Have a winning day.

**Since 1935, North Carolina's one-stop shop for all your team sports needs. Proud partner of the NCCA!**

**"SERVICE MATTERS."**

---

johnsonlambe.net  
1-800-762-4358



## Suicide and its warning signs

The statistics are almost overwhelming. Suicide is the third leading cause of death for youth aged 10-24 in the United States, resulting in more than 125 deaths each week. Many people consider suicide an event that only happens “to someone else.” That couldn’t be further from the truth. Though it’s easy to think of suicide as a tragedy that happens to other families, it’s important to understand that suicide crosses all racial, economic, social, and ethnic lines. Suicide is preventable.

For every suicide, roughly 147 people are directly or indirectly affected by that death. That means that every week, over 18,000 people are affected by the suicide of a young person. In a year, almost a million people will be affected by youth suicide. Something must change.

That’s where the work of The Jason Foundation is so vital.

You may be wondering, *Who’s Jason?* Yes, The Jason Foundation is named after a person.

In the summer of 1997, Jason Flatt was an average 16-year-old. He loved his friends. He loved sports, especially football. A solid B-student, he was active in his youth group and was always up for trying new things. All that changed on July 16 that summer. On that day, Jason transitioned from student to statistic when he took his life.

Jason’s father, Clark Flatt, discovered his son at the family’s home that afternoon when he failed to reach him by phone. In the over 27 years since, Clark and the JFI staff have reached untold numbers of youth, educators, and parents through their work.

The Jason Foundation, Inc. (JFI) is a nationally recognized leader in youth and young adult suicide prevention and awareness. Its mission is to provide programs and resources for students, educators, parents, and communities to help recognize and assist young people who may be struggling with thoughts of suicide. JFI teaches the warning signs and risk factors of youth suicide so that everyone from peers to coaches to grandparents can get help for the young people in their lives who need it.

JFI refers to youth suicide as a “silent epidemic,” because so few people talk about it. They don’t discuss it among family members or with friends and colleagues. There’s a belief that if someone talks about suicide, then it plants the idea in a young person’s mind. The opposite is true. Talking about suicide doesn’t give someone the thought that ending their life is something to consider.

A frank, open, and honest discussion with your child about your concerns shows them how supportive you are in helping them cope with their feelings. Though death is an uncomfortable subject for many people, it is important to be able to talk about it openly and honestly. There should be no fear in talking to young people about suicide.

Approximately 80 percent of those considering suicide exhibit some sign of their intentions, either verbally or behaviorally. The following is a list of warning signs that a person contemplating suicide may present. It is, by no means, an exhaustive list.

- Talking about suicide
- Making statements about feeling hopeless, helpless, or worthless
- Deepening depression
- Preoccupation with death
- Taking unnecessary risks or exhibiting self-destructive behavior
- Out-of-character behavior
- Loss of interest in the things one cares about
- Making final arrangements
- Giving away prized possessions

Everyone needs to be aware of the warning signs associated with suicidal thoughts and know how to respond if someone's behavior causes concern.

JFI offers a variety of online training modules for anyone who wishes to utilize them. Staff will also visit schools, first responders, and several other community groups (live or via online streaming) to present information. The Jason Foundation has never charged any school, family, or community for the use of its programs or materials. This ensures that lack of funding is never a determining factor of who can obtain the information that could possibly save a life. Visit [www.jasonfoundation.com](http://www.jasonfoundation.com) for programs and resources.

The Suicide and Crisis Lifeline (call or text 988) is a free resource that is available 24 hours a day, seven days a week, for anyone who is in suicidal crisis or emotional distress. A person may speak confidentially to a trained and caring crisis counselor for emotional support.

If you are experiencing a crisis, call 911 or go to your nearest emergency room.



# Press Box Perspective

Earl Vaughan Jr.  
Social Media Coordinator  
on X: @EarlVaughanJr

I use iPads and smartphones. I stream my television signal. I have regular chats with the artificial intelligence devices in my residence.

But in my heart of hearts, I'm old school, especially when it comes to high school athletics. And that's why I'm concerned about the future for both coaches and athletes.

There was one constant during my brief career in sports. The team was the center of everything. Yes, there were star players, but everyone was a part of what was happening.

I once encountered a coach who took that to an extreme. I did a story on his star player, and when it ran in the newspaper, it went to the player's head and caused problems for the coach.

His solution was unique, and annoying for me. In the future, when I interviewed a player on his team, I had to interview every player at that position. It made for some long afternoons.

I have to wonder how that coach would handle today's opportunities for name, image and likeness endorsements. I realize NIL at the high school level isn't going to be that big a deal, unlike what the college coaches are facing.

But even at the lower levels, I foresee a problem. What happens when the star running back is offered free meals at a local fast food restaurant, and the second team offensive guard who might have to block for him on a Friday night is getting nothing? Jealousy is an ugly thing in a team sport, and it can

derail a promising season in any sport quickly. But there's another kind of self-centered attitude that worries me. I see athletes and their families school shopping all too frequently, jumping from one institution to the other in search of the best athletic opportunity for their offspring.

Wanting the best for a child is certainly understandable, but at what price? It's supposed to be education-based athletics at this level. Schooling should come first, not being on a championship team.

I grew up in an era when unless your family had to move because of a job change, you stayed at the same high school for four years, whether or not the school had a good athletic program.

Playing the hand you are dealt like that reminds me of a line from one of my favorite movies, Heartbreak Ridge. It starred Clint Eastwood as an old-school Marine sergeant. He drilled three words into the minds of his men to help them deal with any situation: improvise, adapt, overcome.

I worry that today we're using three entirely different words as we seek an easier way out when things get tough: ignore, avoid, escape.

Years ago, when University of Tennessee coach Pat Summitt was recruiting current Vanderbilt head coach Shea Ralph during her playing days at Terry Sanford, she flew to Fayetteville for a scouting trip. I was fortunate enough to drive Summitt from the airport to the gym, and got a chance to experience a bit of her wisdom.

See "Press Box Perspective" on page 15



## Congratulations on a great season!

The honor of wearing a Championship Ring is now a reality. Balfour, the industry leader in ring design innovations, is ready to help you design and create your ring today! The exquisite craftsmanship of the Balfour artisans produces a ring of such exceptional depth, intricacy, clarity, and balance that they are, in fact, recognizable at a glance.

We have a longstanding tradition of producing the rings that celebrate these athletic victories. Since 1943 Balfour has been producing highly sought after championship rings for professional, collegiate, and high school athletes. Numerous collegiate level, national and conference champions proudly wear the Balfour ring.

Balfour—The Choice of Champions

View our Championship Ring Brochure  
[http://issuu.com/balfour/docs/2016\\_championship\\_brochure?e=2276235/33629480](http://issuu.com/balfour/docs/2016_championship_brochure?e=2276235/33629480)

For additional information , please contact:  
[Championship@balfour.com](mailto:Championship@balfour.com)

For your Balfour representative , please go to:  
<http://www.balfour.com/>

FOR THE LOVE OF THE GAME... **balfour**®

## “Press Box Perspective”

continued from page 13

One of the things I remember was how impressed she was with Ralph’s ability to finish on the basketball court.

Since that day I realized how important finishing is in all areas of life.

In our present time of cutting corners and finding an easy way out, it’s important to keep that word finish at heart when it comes to any challenge we face in life, large or small.

Personal glory is fine when kept in context. But if your focus is counting NIL endorsements, never forget your team is a part of your accomplishments and you’re a part of theirs.

Improvise. Adapt. Overcome. And help those you interact with do the same.

## IN MEMORIAM

*Jim Brett*  
*Tarboro*

*Gilbert Ferrell*  
*Fike*

*Jack Groce*  
*Watauga*

*Alfred Poe*  
*Carver*

*Carroll Wright*  
*Brevard*

## 2025 East-West All-Star Games Coaching Roster

### MEN’S BASKETBALL

TJ Morrison (Head Coach) ..... Triton  
Calvin Campbell.....New Bern

Ryan Stevens (Head Coach) ..... AC Reynolds  
Jason Causby ..... N Rowan

### WOMEN’S BASKETBALL

Aaron Burke (Head Coach).....Perquimans  
Boubacar Aw.....Hoggard

Zack McCartha (Head Coach) ..... McDowell Co  
Ashley Poole ..... W Rowan

### MEN’S SOCCER

Joey Mahouchick.....Jacksonville

Tyler Gibson ..... Independence

### WOMEN’S SOCCER

Jared Drexler.....Carrboro

Susie Hudson..... Mooresville

### FOOTBALL (Dec 2025)

Jason Battle (Head Coach).....Rocky Mount  
Will Bland .....JH Rose  
Ernest King Jr .....Westover  
Scott Loosemore .....Scotland County  
Ben Penny .....Triton  
Johnathan Sherman .....Gray’s Creek

JK Adkins (Head Coach) ..... Freedom  
Ryan Habich..... Watauga  
Brian Hinson..... Davie Co  
Sherman Holt ..... Swain Co  
Jonathan Oliphant..... Lake Norman  
Joe Rigsbee ..... Grimsley

# They Still Call Me “Coach”

## DePaul Mittman

**NCC: WHAT SPORTS DID YOU COACH?**

*“ Track (30+), Football (23), Basketball (4) ”*

**NCC: WHERE DID YOU COACH?**

*“ Western Guilford 1985-2008; TW Andrews 2008-2010; Ferndale Middle 1978-1985. ”*

**NCC: HOW MANY YEARS DID YOU COACH?**

*“ 32 years. 1978-2010. I came out of retirement and coached 6 more years when my granddaughter entered middle school. So I guess it would be 38 total years. ”*

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

*“ Yes. I still officiate and coordinate track meets. I am the meet director for weekend meets at JDL Fast Track. I’m also the meet director for several college programs: A&T State University, High Point University, Elon, East Carolina, Wake Forest. I’m also the meet director for the following college conference championship meets: Big South, CAA (Coastal Athletic Association). ”*

**NCC: WHAT WAS YOUR MOST MEMORABLE COACHING EXPERIENCE?**

*“ Winning the 3A State Championship in 1999. ”*

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

*“ This is a hard question to narrow down. Watching the freshmen grow and mature into seniors, not just athletically, but as people. From a selfish perspective, being able to coach my three daughters; Dee, Desiree, Dejanell and to be able to coach my granddaughter, Jaden. My three daughters were all-conference*



*athletes, regional champions and All-State in track. Desiree, Dejanell and Jaden were voted Conference Athletes of the Year. Dee came in 2nd place twice in the voting. The relationship that we were able to develop going to practices, track meets and our conversations was and still is Priceless!. ”*

**NCC: WHY DID YOU GO INTO COACHING?**

*“ My high school coaches, Jerry Hollingsworth, Floyd Jones and David Diamont, were great role models. The influence they had on my life was immeasurable. They treated everyone on the team like they were All-Americans. I wanted to be just like them. ”*

See “Mittman” on page 18

## “Mittman”

continued from page 17



### NCC: WHAT IS YOUR FUNNIEST COACHING MEMORY?

*“ We have all been drowned with the ice bucket after a big victory. I had one athlete (Kim) smash a cake into my face after our pre-conference meet pasta dinner when she was a sophomore. I told her that I would get my revenge one day. After the regional championships her senior year. I positioned myself with Kim seated beside me in the meeting. As the starter, I need to put my guns up. Her sister, who was in it from the beginning, brought me my gun bag. I had a can of whip cream in my gun bag. As I put my guns up, I pulled out the whip cream and emptied the can on her. She had nowhere to run. Not only was her sister in on the prank, but her Mom was also. ”*

### NCC: WHAT WAS YOUR MOST EMBARRASSING COACHING MOMENT?

*“ I was demonstrating a high jump “360 Drill.” The idea is to jump straight up and do a 360 spin. Your goal is to minimize float. I was supposed to land on my feet. I landed on my butt. ”*

### NCC: WHAT WAS YOUR FAVORITE PLAY OR STRATEGY?

*“ As the defensive coordinator in football, it would be the corner blitz. ”*

### NCC: WHO HAD THE TOUGHEST TEAMS YOU COACHED AGAINST?

*“ Burlington Cummings. ”*

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

*“ All warm-up approaches in the high jump must be toward the mat. The rule was changed a couple of years ago stated all warm-up approaches in the pole vault and horizontal jumps must be toward the pit or mat. It is a safety concern. The change was not made in the high jump. We had near collisions as one athlete is marking their steps toward the mat and another is coming from the mat. ”*

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

*“ You have the title of “Coach.” Next to being a pastor, there is no greater title. Do not dishonor the title. ”*

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

*“ ATHLETES: They need your guidance, not your friendship. Do not cross the line. Discipline should be handled on an individual basis. One size doesn't fit all. ”*

See “Mittman” on page 19

## “Mittman”

*continued from page 18*

*“ PARENTS: Just like with the athletes, you should be friendly and professional, but there is line. Parents have a singular objective, their child. You have a whole team to take care of. Have your guidelines printed and handed out on the first parent meeting. Tell them the team objectives and rules. Let them know that if you accept volunteer coaches, tell them the procedure. Then tell them you only take advice from members of your staff. ”*

*“ ADMINISTRATORS: We’re on the same team. Athletics is a part of the school curriculum just like English, band, chorus and student council. ”*

*“ ATHLETIC DIRECTORS: You are the director of the school’s total athletic program, not just one or two sports. Show no favoritism. Take a good look at how your booster club is set up. Does one booster club satisfy the needs of all the sports? Does each sport need its own booster club? Parents are selfish. Many are generally only interested in their child and their child’s sport. As members of the coaching world, we understand that it takes money, a lot of money, to run a football program. It’s the nature of the beast. Gate receipts from a football program can fund the school’s athletic budget. A down season can lead to low gate receipts. When spring sports arrive, the pot maybe running low. Many parents do not care! “My child doesn’t play football. What are you doing for the softball team?” It maybe time to let each sport have its own booster club. Why not? ”*

*“ THE PRESS/MEDIA: Get to know them. Create a partnership. ”*

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

*“ A voice with the NCHSAA. ”*

## DePaul Mittman Resume

Personal: Graduate of Mount Airy High School 1974  
Married: DeCarla M. Mittman (1978)  
Children: Dee Mittman, Desiree Mittman and Dejanell Mittman  
Hobbies: Wood working  
High School Sports: Wrestling team (98lbs weight class), Football team statistician and manager  
Coached and taught in the Guilford County School system for 33 years; 23 years as Western Guilford head track coach.

### Coaching and Meet Management Awards

NCHSAA Hall of Fame Inductee 2024  
Guilford County Sports Hall of Fame Inductee 2022  
NC High School Track & Field and Cross Country Hall of Fame Inductee 2022  
Western Guilford High School Hall of Fame Inductee 2022  
Track at Western Guilford HS named DePaul Mittman Track 2018  
NCHSAA Charlie Adams Distinguished Service Award Recipient 2010  
NCHSAA Homer Thompson Award Recipient: 2007  
NCHSAA Regional Proclamation Award: 2007  
NC High School Athletic Association 3A Coach of the Year: 1999  
Guilford County Coach of the Year: 1999 and 2000  
Personal Trainer of Andrew Lester (2001-2008) Paralympics World Record Holder 1500 Meter Run (4:39.64)  
16 time Conference Track & Field Coach of the Year: 1985, 1988, 1989, 1994, 1997, 1998, 1999, 2000, 2001, 2003, 2004, 2005, 2006, 2007, 2008, 2010\* (M&W)  
15 time Conference Championships: 1988, 1989, 1994, 1997, 1998, 1999, 2000, 2001, 2003, 2004, 2005, 2006, 2007, 2008, 2010\*  
11 teams have finished in Top 5 at the NCHSAA State Meet  
NC High School Athletic Association 3A State Champions: 1999  
NC High School Athletic Association 3A State Runner-up: 2000  
NC High School Athletic Association Indoor 123A State Runner-up: 2008  
8 NCHSAA Regional Championships (3A Mid-East Regional Champions: 1999, 2000, 2006, 2007, 2008; 2A Mid-West Regional Champions: 2004, 2005)  
2 NCHSAA Regional Runner-ups (3A Mid-East Regional Runner-up: 1988 & 2001)  
2 All-American Athletes, 64 All-State Athletes, 16 State Champions in Track & Field  
Career track & field coaching record: 296-60-2 (83%)

### Meet Management Accomplishments

Coached/taught in the Guilford County School system for 33 years. (1978-2011)  
NCHSAA State Meet Director:1999-2009 (3A Director: 1999-2001; 2006-2009; 2A Meet Director: 2002-2005); NCHSAA State Meet Coordinator 2010-2022  
NCHSAA State Indoor State Meet Director: 2001- 2022  
NC Track & Cross Country Coaches Association: Executive Director 2003 – 2022  
NC Track & Cross Country Coaches Association Co-Founder: 2001  
NC Track & Cross Country Coaches Association: President: 2001-2002  
NC Coaches Association Track Coaches Advisory Board: 1995 – 2000  
NC Coaches Association Track Coaches Advisory Board Chairman: 1999 and 2000  
NC Track & Cross Country Coaches Association Clinic Director: 2001 – 2015.  
NSAF-New Balance Outdoor National High School Track Championship Meet Volunteer Coordinator: 2005- 2019  
USATF National Junior Olympic Championship Meet Organizing Committee and Volunteer Coordinator 2007- 2009, 2012, 2013  
Meet Manager: NC-USATF JO State Championship and USATF-JO Region 3 Championship 2010  
NC USATF: Planning Director and Coaches Chairman: 2003- 2010.  
NCHSAA Track & Field National Federation Officials Certification Chairman: 2005- 2022  
NCHSAA Regional Track & Field Meet Director: 1988-1992; 1995-2008  
NC A&T State University Track & Field Meet Director: 2011-Present  
East Carolina Track & Field Mee Director 2025  
High Point University Track & Field Meet Director: 2015-Present  
CAA Conference Meet Director  
Big South Conference Meet Director  
JDL Fast Track High School Meet Director: 2012 - Present  
Founder-Meet Director of the Western Guilford Invitational Track & Field Meet: 1991-2008  
NCHSAA Conference Championship Meet Director: 1987-1992; 1995-2022  
Founder of the Western Guilford Track Booster Club: 1987

### Additional responsibilities and tasks performed as classroom teacher included:

Lead Teacher and mentor – supervised student teachers from 1992 – 2008: At one point four (4) teachers on the Western Guilford faculty were his student interns  
Taught US History, Civics, Economics and African-American History, promoting the general progress and well-being of individual students. Began the African-American class at Western Guilford.

### Education:

Mount Airy High School - 1974  
N.C. A&T State University – Master of Science History Education 1986  
University of North Carolina at Greensboro – Bachelor of Arts – History 1978



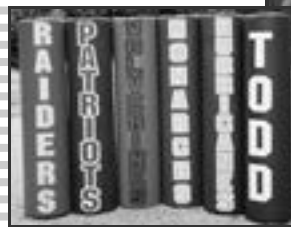
Coach -  
We work hard and offer solutions to make your job easier – giving you more time to make a difference. Because while we're the best at equipping athletes, you're the best at equipping lives.



**YOUR SOURCE FOR ALL YOUR TEAM NEEDS.**

Apparel • Uniforms • Equipment • Weight Room • Fundraising

[BSNSPORTS.com](http://BSNSPORTS.com)



*Congratulations!*

*Proud Sponsor Of The East-West All Stars*

[www.protexsportproducts.com](http://www.protexsportproducts.com)

800-283-0414



# Carolinas Classic All-Star Basketball Games

Sponsored by House of Raeford / FLOCK  
March 28, 2025

*2025 Carolinas Classic – High School Basketball at Its Finest*

*Photos Courtesy of Drew Stevens Photography  
Complete Story and Photos Here:*

<https://houseofraeford.com/news/2025-carolinas-classic-high-school-basketball-at-its-finest/>

*A special thanks form the NCCA to The House of Raeford's FLOCK Foundation for a wonderful 6-year run on Wilmington. President Bob Johnson allowed front man Tom Teachey and media man Dave Witter (who wrote most of the folowing account of the weekend) to invest tremendous sums into making the games the best ever. Greg Grantham and the NCBCA were instrumental in the planning and the production of the program and Brett Queen of Hoggard high school, and their staff, made things run smoothly.*

*With the Wilmington run over, the SCACA has secured sponsorship to return the games to York County, SC, with the games being played in Fort Mill. Rock Hill was our first playing site and the area is just over the NC border and an easy trip for many of you.*

House of Raeford Farms FLOCK sponsored another successful Carolinas Classic All-Star Basketball Games experience this past weekend. Completing its 26th year, the event featured the top senior boys' and girls' public high school players from North and South Carolina competing at Hoggard High School in Wilmington, North Carolina and displaying superior basketball talent for those in attendance.

After a tight game for the first three quarters, the NC girls pulled ahead in the final period to win 93-67. Gabby White from Seaforth High and committed to the University of Virginia, along with Jasmine Nivar of Apex Friendship High and Samantha Shehan from Lake Norman (Kentucky Wesleyan) led all scorers with 17 points each.

Tamia Watkins from Andrew Jackson High (Elon University) scored 13 for the SC squad and pulled down eight rebounds. Gabby White was named the game's Most Valuable Player. North Carolina leads the series 16-10.

The boys' game turned into an offensive show, as the SC team amassed an insurmountable lead and

won 125-112. NC led after the first quarter, but the SC athletes stepped it up with multiple fast breaks in the second period and never lost the lead. The NC boys closed the gap in the second half, but SC held on for the victory. Abijah Franklin of Wren High (Furman University) scored 24 points for SC followed by Tristan Thompson from Wilson High (Coastal Carolina) with 18.

Jackson Keith from Southern Durham High (Butler University) headed the NC scorers with 27 and Trent Steinour of Lake Norman (Clemson University) dropped 22 along with 12 rebounds. Amare' Anderson from South Carolina's Greer High (Presbyterian College) scored 14 points and was named Most Valuable Player for the boys' game. North Carolina leads the series 15-11.



See "Carolinas Classic" on page 21

# “Carolinas Classic”

continued from page 20



While the games were a display of athletic prowess, the weekend also showcased the players' commitment to making a difference off the court. The teams visited two New Hanover County elementary schools on Friday, providing an exciting day for these young students. From reading to kindergarteners in the classroom to dunking basketballs on the playground, these student-athletes were stars in the eyes of the boys and girls.

Then on Saturday, the two boys' teams visited the Miracle League baseball field to pair up with children living with physical and intellectual challenges. Whether they were helping their “buddy” to hit the ball, run the bases, or just have an overall fun experience, the Carolinas Classic boys made an impact on the lives of these children for a morning.

To close out the weekend activities, FLOCK contributed \$25,000 from ticket sales as well as an additional donation to the SECU Family House in Wilmington. This nonprofit operation provides convenient, safe, and affordable accommodations to family and loved ones of patients cared for at Novant Health New Hanover Regional Medical Center.

Photos from the weekend events are available at <https://facebook.com/media/>

set/?vanity=HouseOfRaefordFarmsFLOCK&set=a.1057063569782429.

Please credit or tag Drew Stevens Photography on social media posts.

## **GIRLS: North Carolina 93, South Carolina 67**

**SC:** Chi’Nya Isaac 8, Faith Farmer 4, Michaela Fairwell 7, Aubrey Stevenson 5, Skyla Tuthill 9, Anasia Harvey 8, Molly Daugherty 7, Kadence Walker-Lee 6, Tamia Watkins 13. **NC:** Braelyn Stilwell 1, Amari Baldwin 7, Caitlyn Jones 11, Jasmine Nivar 17, Kate Sears 5, Tionna Pettus 5, Samantha Shehan 17, Gabby White 17, Ashanti Fox 13. *Most Valuable Player – Gabby White, Seaforth High School, Pittsboro, NC*



## **BOYS: South Carolina 125, North Carolina 112**

**SC:** Brian Sumpter 8, Amare’ Anderson 14, Da’Ron Dunbar 15, L. J. Britt 12, Abijah Franklin 24, Jordan Watford 12, T. J. Lewis 2, Evan Enos 12, Tristan Thompson 18, Melvin Teal Jr. 8. **NC:** Jacari Brim 5, K. J. Younger 13, Will James Jr. 11, Andrew Grimes 2, Tre’ McKinnon 10, Jackson Keith 27, Issac Ericksen 17, Chase Williams 5, Trent Steinour 22. *Most Valuable Player – Amare’ Anderson, Greer High School, Greer, SC*





## GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the North Carolina Coaches Association and its members.

### CARRIER

HDI Global Specialty (A Rated)

### POLICY PERIOD

August 1, 2024 – August 1, 2025

### LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

### COVERAGES

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

### EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

## CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

### NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

### PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: [www.loomislapann.com](http://www.loomislapann.com)

### INSURANCE ADMINISTRATOR



[www.loomislapann.com](http://www.loomislapann.com)

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly  
Lori George  
Karen Boller

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
[kboller@loomislapann.com](mailto: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.*