

# NC Coach

Volume 30 Issue 2

Summer 2025

**The official newsletter of the North Carolina Coaches Association**  
*News & information for North Carolina high school & middle school coaches.*

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NC Coach newsletter!**

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Coach, please go to the NCCA website:



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## What's Inside?

|                                                     |          |
|-----------------------------------------------------|----------|
| From the Games Desk.....                            | 3        |
| From the Clinic Desk.....                           | 7        |
| Press Box Perspective.....                          | 13       |
| They Still Call Me Coach Chuck Henderson .....      | 17       |
| 2025 NC Coaches Clinic Hotels .....                 | 9        |
| In Memoriam.....                                    | 9        |
| Jason Foundation Suicide and its warning signs..... | 11       |
| Insurance Liability Coverage.....                   | attached |
| 2025 East-West All-Star Games Rosters.....          | attached |
| 2025 NC Coaches Clinic Schedules.....               | attached |

*See you in Greensboro!*

**East-West All-Star  
Games &  
Coaching Clinic  
JULY 21-23, 2025**

**East-West All-Star  
Football Game  
DEC 21, 2025**



## NC COACH

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# From the GAMES Desk...



pweaver@nccoach.org

## Phil Weaver Executive Director, All-Star Games

How are all-star players and coaches selected. I get that question frequently and most often from a parent either trying to push their child or complaining that theirs was not chosen. All my responses are predicated on the word "if." If a player was nominated. If the kid plays a needed position. If the talent pool at that position is really good this year. And if, in the case of the NC/SC games, the player is one of the 10 best in the entire state. Far too many folks think All-Conference honors are enough to earn an all-star roster spot. Think of how many All-Conference players there are in the state; certainly hundreds. All-star athletes need to be exceptional in their sport and in their character.

An important and standard answer to anyone complaining about player selections is that all the players nominated are considered. Players not nominated can be selected, but their odds of being chosen are diminished. We also require all-star coaches to check out why a coach didn't nominate a player because it's often because of the player's lack of great character. Those nominated but not selected at first, are held as alternates because we rarely play with all the same players who were originally selected. Some get hurt and some college coaches renege on their promise a player could participate with us. I do not divulge to parents or the press whether a player was nominated. That is between the high school coach and the parent.

The coach selection process is really pretty simple. Each July the NCCA Board of Directors selects the basketball and soccer coaches for the next summer as well as the football coaches for the December of the following calendar year as well as alternates at each position. Please note that your suggestions are always submitted to the Board and the name remains on the nomination list for at least the next three

years. Years of NCCA membership is a huge factor for football and men's basketball selections, less so for women's basketball, and even less for soccer coaches. For head coaches, the Board tries to consider personality and the willingness to handle paperwork and details well. The main complaint from this office is all-star coaches who don't accomplish tasks in a timely manner. Assistant all-star coaches need to be folks who don't have to always be the boss and can work with others well. It's obviously best if all the coaches have that quality.

As soon as the clinic ends, I begin calling the chosen coaches to get their commitments to participate. The all-star coaches get together and begin devising a plan to help them build their rosters.

One more note to those few, but greatly appreciated coaches who have contacted me to say their player needs to be withdrawn from consideration because of a character or academic mishap. These honorable coaches have protected the games, the NCCA, and the all-star coaches.

*Coaches who nominate players for an all-star game need to remember that they are responsible for more than simply filling out the nomination form. When you nominate, you are agreeing that the player has the requisite athletic abilities and excellent character. You also are responsible for making certain this office has a copy of the player's physical and concussion statement if he or she is selected. You should also keep in touch with any player selected to be sure they have the needed information, stay in shape, and intend to honor their commitment to play.*

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## TAKE NOTE!

**Note to state champion coaches.** For many years, Balfour has provided free rings to coaches whose teams win a NCHSAA state championship. They have made a reasonable request that we send them the coaches' ring size, name, and sport more quickly and in one email so orders don't just trickle in. (We have seen requests come in a year or more later!)

To honor this request, we're going to put **deadlines in place for coaches' NCHSAA state championship free ring requests:**

- February 1 for fall sports
- April 1 for winter sports
- August 1 for spring sports

*If you miss that deadline, you will not receive a free ring.*

**ALL-STAR TICKETS!** If you're planning on attending the basketball all-star games, you might want to come before the women's game ends as last year we came close to selling out. If you're asked or curious, the Ticketmaster prices have a 46% surcharge included. We know that's outrageous but the Coliseum controls our ticketing for basketball. Tickets at the door are \$15 for GA and \$25 for courtside. All soccer tickets are \$15 at the gate and a sellout is certainly not going to happen. Group tickets are available for 8 or more for \$12 a ticket through our office. Email Tim at [tvia@nccoach.org](mailto:tvia@nccoach.org).

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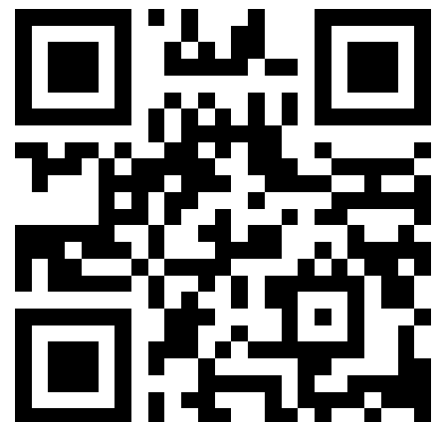
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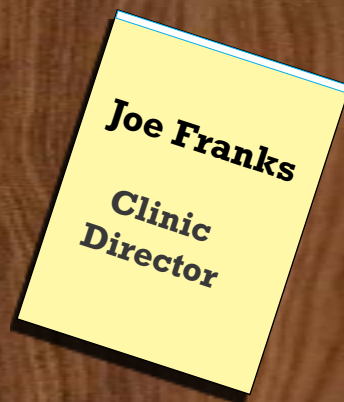
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# From the **CLINIC** Desk...



jfranks@nccoach.org

**Joe Franks**  
Executive Secretary, Clinic Director

First of all, and this is most important – remember that to be a member or an associate, a coach **MUST** attend the clinic to get their card. **TO BE CLEAR** – even if you are preregistered, if you do not come to the clinic, you are not a member/associate and you will not receive any benefits and that includes insurance.

Registration will be from 8-12 and 2-3:30 Monday – Wednesday, July 21-23. 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!** Over the past couple of years, we have built in extra time for you to visit the trade show, so please take advantage of that. You can see all session schedules at <https://nccoach.org/clinicschedule.html> and attached at the end of this newsletter.

I'm pleased that we were able to get great clinicians to provide quality instruction for our coaches. For example, Terrence Trammell from NC A&T, a World University Games Gold Medalist is with us for track and Jon Howell of Emory, a four-time NCAA Champion is with us for swimming. Joe Guthrie, the former head coach at UAB and an assistant at Texas A&M will be with us for softball and we have a great men's basketball clinician, Tyler Coston, coming in from Arizona where he has designed SAVI coaching. We are particularly excited to have members of the Virginia Tech football staff with us – the first active Division I staff at the clinic since 2014. Just to let you know, we had a couple of changes with some clinician conflicts. Virginia Tech coach Stu Holt, the Special Teams Coordinator, replaces Sam Siefkes. Coach Holt is a North Carolina native and his dad was a longtime football coach in our state. Michael Fisher of Pitt will be here as Kellen Petrone can't make it.

As we reflect on our coaching clinic, it's basically a convention helping education based-athletics across North Carolina. When you consider that we have coaching clinic sessions, sessions exclusively for Athletic Directors, concurrent sessions for AD's and the NCHSAA, sessions for First Responders and Athletic Trainers, the opportunity to get CPR/AED certified and NCHSAA rules sessions, what happens here is so much more than a coaching clinic. It also demonstrates what we like to brag on – that we have a great working relationship with the NCHSAA and the NCADA (something that many states across the country do not enjoy).

Like in 2024, the East-West All-Star Basketball Games will be played in the Field House on Monday evening. Men's Basketball sessions on Monday and Baseball sessions on Tuesday will be in the Plaza. This is upstairs like you are going into the main arena. Football will be in the Field House on Wednesday as usual.

## ***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 9

# MyCoachingTree

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



## Clinic Desk

*continued from page 7*

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 make 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 or in the Trade Show!

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 few weeks.

## IN MEMORIAM

*Marlon Lee  
Clayton*

| 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<br>7616 Thorndike Rd.<br>336-632-4666                                    | \$ 134.00 | 80          | no                         | 4 miles              |
| DoubleTree<br>3030 W. Gate City Blvd.<br>336-292-4004                                          | \$ 139.00 | 80          | yes                        | 1 mile               |
| Embassy Suites Airport<br>204 Centraport Dr.<br>336-668-4535                                   | \$ 139.00 | 80          | yes                        | 9 miles              |
| Fairfield Inn & Suites Airport<br>7615 Thorndike Rd.<br>336-841-0140                           | \$ 139.00 | 80          | yes                        | 10 miles             |
| Fairfield Inn & Suites Whitsett<br>3020 Hendren Rd.<br>336-901-27001                           | \$ 139.00 | 120         | yes                        | 15.4 miles           |
| Hampton Inn Greensboro<br>Airport<br>7803 National Service Road<br>336-605-5500 - Use Code NCC | \$129.00  | 25          | yes                        | 9 miles              |
| Holiday Inn Coliseum<br>3005 West Gate City Blvd<br>336-294-4565                               | \$ 155.00 | 80          | no                         | 1 mile               |
| Holiday Inn Express & Suites<br>Wendover<br>4305 Big Tree Way<br>336-854-0090                  | \$ 139.00 | 80          | yes                        | 4 miles              |
| Homewood Suites Greensboro<br>201 Centreport Dr.<br>336-393-0088                               | \$ 129.00 | 80          | yes                        | 9 miles              |
| Hyatt Place Downtown<br>300 N. Eugene St.<br>336-373-6269                                      | \$ 189.00 | 120         | yes                        | 3 miles              |
| Residence Inn Airport<br>7616 Thorndike Rd.<br>336-632-4666                                    | \$ 139.00 | 60          | yes                        | 9 miles              |
| Wyndham Garden<br>415 S. Swing Rd.<br>336-299-7650                                             | \$ 129.00 | 185         | yes                        | 5 miles              |



# 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**

## 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

When the NC Coaches Association named East Bladen's Patty Evers vice-president, she knew that meant a year later she'd advance to president, making her the second woman in NCCA history to hold the position.

It would have been understandable if the veteran basketball coach and athletic director decided to celebrate. She might have considered borrowing an idea from the late Lefty Driesell and drive around with her title draped over her car.

But those who know Evers' style know that thought never crossed her mind. "I didn't go around talking about it," she said, approaching the job with the same efficiency she's brought to the East Bladen program as its athletic director, and to her secondary role as a game official.

Her tenure as president, which ends in July when she passes the reins to current vice-president Josh Brooks of Franklin, has seen some major changes.

One of the biggest was moving the annual NC Coaches Association East-West All-Star football game to December, a request the football coaches had made for some time to allow them to hold the game at the end of football season instead of during the summer when it was becoming more difficult to attract top players bound for college summer admission.

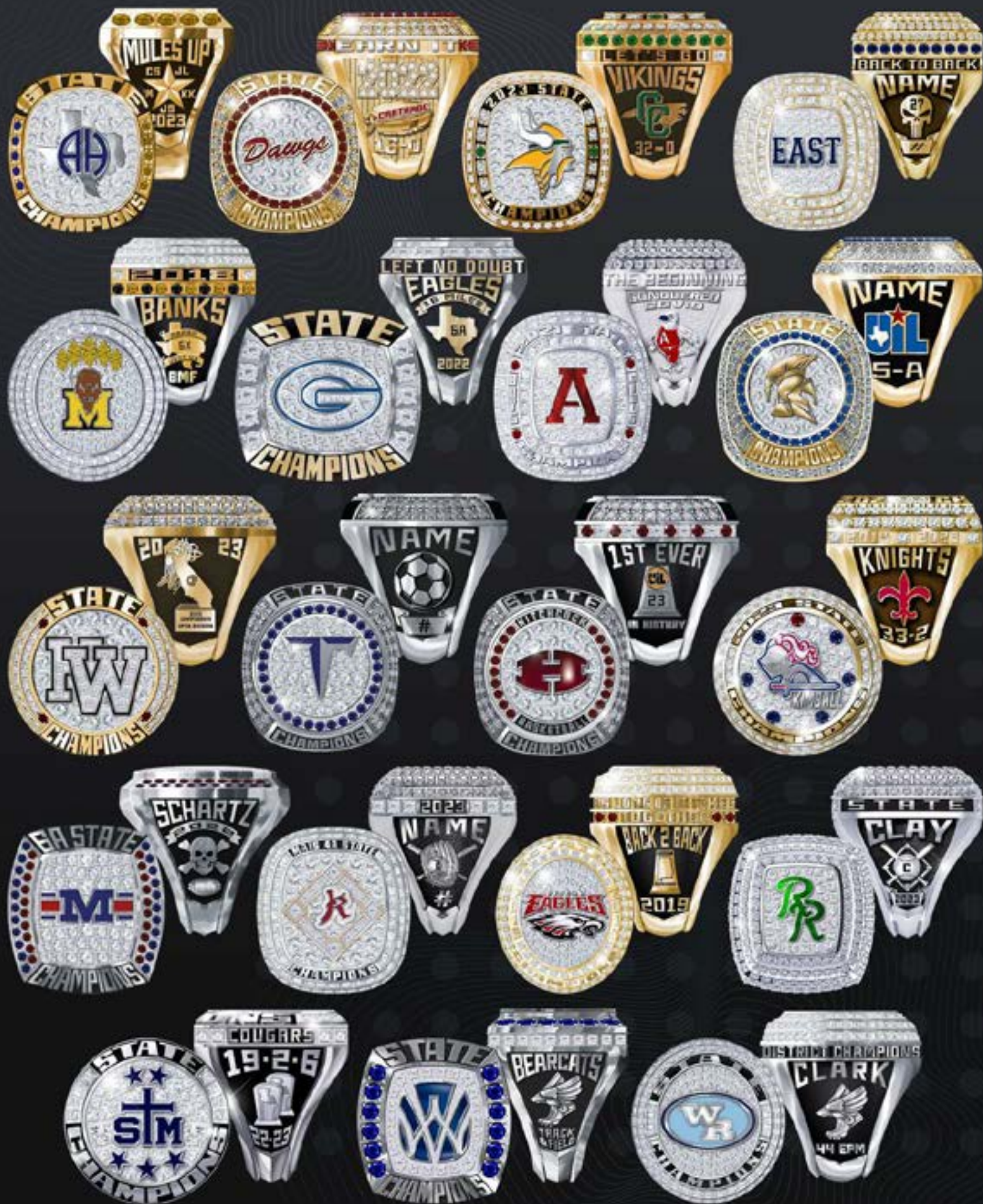
But coping with change is nothing new for Evers, and she's had plenty of experience and guidance, having served on the boards of two other statewide athletic organizations, the NC High School Athletic Association and the NC Athletic Directors Association. Her work with the NCHSAA over the years has helped her learn an important lesson about its operation that she fears is misunderstood by many coaches and fans in North Carolina.



Paraphrasing an oft-made comment from NCHSAA head Que Tucker, Evers said some think the NCHSAA officials sit in their Chapel Hill office making all the decisions.

In reality, Tucker frequently said it's the membership, the principals and superintendents of the schools who sit on the NCHSAA Board of Directors, who establish official association policy. "They (the NCHSAA) are there to serve us," Evers said. The NCHSAA, NCCA and NCADA have a unique working relationship that is the envy of many other states.

See "Press Box Perspective" on page 15



balfour.

## "Press Box Perspective"

*continued from page 13*

"I've never heard any quarrels between the NCHSAA and the NCCA, even the NCADA," she said. "I think all three of them work very well together."

But don't get the idea everything in Evers' world of high school athletics is perfect. There are things happening and changing that concern her a great deal.

One of the biggest is how parents deal with their children when it comes to involvement with organized sports teams. "Parents have to hold kids accountable," she said. "There's a lot of entitlement."

We live in an era where everybody expects a trophy, at every school, in every sport.

But there's a more ominous threat looming for amateur sports: name, image and likeness.

Pandora's box is wide open and overflowing now that even high school athletes are free to receive cash or merchandise from businesses who might want to buy the influencing powers of the star quarterback or standout point guard.

While many think opportunities for NIL cash may be few at the high school level, Evers warns them to think again. East Bladen is in a rural community, yet she said she's received calls from parents curious about NIL.

"They want to know what they can get, where they can get it," she said. A couple of years ago, the NCHSAA crafted a well-conceived policy on handling NIL, but a state legislature more schooled in politics than athletics aborted the policy before it could be implemented and left the NCHSAA rudderless against the NIL onslaught.

The N.C. Department of Public Instruction finally approved an NIL policy of its own in May as part of a broader Athletics Policies Series of high school rules. It officially took effect July 1.

"I don't think they see eye-to-eye on certain things," said Evers, in a classic understatement.

While it was tinkering with NIL, the legislature meddled in another area, limiting or eliminating the NCHSAA's ability to deal with penalizing athletes for being ejected from an athletic contest.

Recent statistics compiled by the NCHSAA have shown the results of the softer penalties. Ejections have risen dramatically, almost 20 percent, since harsher penalties were eliminated. There have been rises in everything from fighting, profanity and leaving the bench area to join in a fight.

Viewed from her other perspective as a game official, Evers said the lack of penalties for rebellious athletes and coaches causes another problem. "We're losing officials," she said. "Parents are unruly. A lot of counties have had to place a 365-day ban on parents who act unruly."

As Evers leaves coaching behind to focus on her administrative duties, she's got another concern about the next generation of coaches and their background.

"We've got a lot of coaches off campus," she said, referring to people who aren't classroom teachers but are being hired to fill vacant coaching positions a teacher-coach isn't available for.

That's where she thinks an organization like the NCCA can play a critical role in helping prospective teacher-coaches with little background get the education they need.

A longtime attendee of the annual summer clinic in Greensboro, Evers said half her playbook and conditioning drills came from sessions she attended at the annual clinic. "That's where the (coaching) education starts," she said.

And thanks to the NCCA, where it's still available.



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# They Still Call Me “Coach”

## Chuck Henderson

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

*“ Football and Track ”*

**NCC: WHERE DID YOU COACH?**

*“ Assistant football coach at North Davidson and High Point Central. Head Football Coach at Ledford, Asheboro, and Lexington. ”*

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

*“ 30 in NC and 4 in SC. ”*

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

*“ Yes. Still coaching Socastee High School in Myrtle Beach, SC and currently the Executive Secretary of the North Carolina Football Coaches Association. ”*

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

*“ I have numerous memorable experiences. My favorites are always the same. A young athlete comes in and can barely put pads on and walk out to practice. That awkward boy works for four years at his craft and grows into a strong young man ready to take on the world. ”*

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

*“ The most rewarding part of coaching is helping a student athlete achieve his/her goals and to maximize the athlete’s potential in sports. We, as coaches, have tremendous influence and with that comes a charge to help students become more than athletes. We must guide them to become valuable assets in our community and responsible adults. ”*



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

*“ My father, Doug Henderson, was a football coach and I saw the great influence he had with students. I saw teaching and coaching as a great tool to give back to a community and to help “build” teams. ”*

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

*“ I have several funny moments, but one of the best occurred at Asheboro during Homecoming Week. Two of our players dressed up like me and another coach on Twin Day. They did perfect imitations and impressions of both of us during the day and at Thursday practice. Classic moment. ”*

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

*“ Going to the wrong school for a regional track meet. Thankfully, the new high school was just down the road (Mt. Pleasant). ”*

See “Henderson” on page 19

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# “Henderson”

continued from page 17



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

*“Football is still evolving, so I would say the RPOs (run/pass option) are my favorite strategy now. Thirty years ago I would have said triple option.”*

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

*“Many schools come to mind around the Triad area. Coach Allen Brown of Thomasville always had well coached, hard nosed teams. I also thought it was an honor to coach against him because of his history and his relationship with my father.”*

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

*“I would like to see NFHS adopt some of the NFL timing rules to speed up the game. With most schools running some spread version and throwing more passes, high school games are taking over 3 hours.”*

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

*“My advice is to all coaches - commit to being a lifelong learner. We expect our players to study film, game plans, insalls, playbooks, etc. We as coaches must also study and continue to learn. Visit other schools and attend clinics (THIS ORGANIZATION PUTS ON A GREAT CLINIC EACH JULY). I always found it rewarding to attend spring football practice at various colleges and watch how they went through installing the base offense / defense. All colleges will meet with you and let you ask questions. Take them up on that offer!*

*What are the most important things for young coaches to do in dealing with: I believe there is one answer to each category - HONESTY. Treat everyone the way you want to be treated and be honest at all times. Understand the role you play and the role of the other individual. Lastly, be careful with the media. You can never correct something said “in the heat of battle” after a game.”*

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

*“Support. The NCCA is an organization started to help coaches and I believe they are still succeeding in that role. The clinic in July is still one of the best in the country. Phil Weaver, Mac Morris, Joe Franks, and the entire NCCA staff are valuable assets to all coaches in North Carolina and support all sports and their respective organizations.”*

**NCC: ANY OTHER ADVICE FOR NCCA MEMBERS?**

*“We are never too old to learn something new. Be a lifelong learner!”*

## About Chuck Henderson

I have been married for 30 years to Terri and we have two daughters, Olivia and Sarah. We both retired in 2021 as teachers and moved to Myrtle Beach, SC. We enjoy travelling to see our friends and family spread out all over the Carolinas.



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.

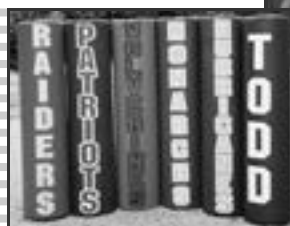


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PLAY  
GOAL  
PASS  
CATCH  
POINT  
SPIKE  
KICK  
WIN

*there*

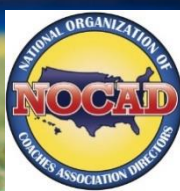
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## National Organization of Coaches Association Directors

### *Membership Benefit*

## GENERAL LIABILITY INSURANCE

### Who is covered?

- Member scholastic school coaches.

### What is covered?

- Claims made by negligent acts, accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

### When are you covered?

- During your coaching activities and in the classroom.

### What are the limits of liability?

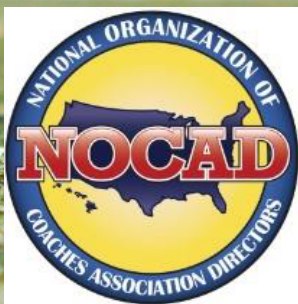
- 1M per occurrence.
- 2M general aggregate per coach.

### Additional policy coverages

- Participant Legal Liability.
- Defense costs outside of the limits of liability.

### Exclusions

- The transportation of athletes.
- All Star games that are not approved by your state coaches association.
- The loss, cost or expense arising out of infectious or communicable disease.
- Assault & Battery



## CAMP INSURANCE COVERAGE

---

Participant/Accident coverage is required for all participants attending camps.

### What is Participant/Accident coverage and why is it required?

- Secondary medical insurance with a \$25,000 limit.
- The policy becomes primary should the injured party not have Primary Medical insurance.
- Pays out-of-pocket expenses such as co-pays and deductibles.
- Protects coaches and their schools from potential liability claims.

### What is the premium for Participant/Accident camp coverage?

- \$300 minimum premium.
- Coaches also have the option of adding multiple camps.

### Certificates of Insurance

- Most schools today require a certificate of insurance from coaches using school facilities. Certificates of insurance can be issued showing proof of insurance or naming an additional insured.

**For more information:** Visit [www.loomislapann.com](http://www.loomislapann.com) and click on camps.

**Contact us at:** 518-792-6561 or [sports@loomislapann.com](mailto:sports@loomislapann.com)

# 2025 MEN'S BASKETBALL

## EAST MEN

### Head Coach

TJ Morrison  
Triton

### Assistant Coach

Calvin Campbell  
New Bern

### ATC

Mark White  
Southeast Guilford

| NAME                | POS | HT  | WT  | SCHOOL          |
|---------------------|-----|-----|-----|-----------------|
| Mason Brown         | F   | 6-7 | 210 | South Granville |
| Jermaine Cunningham | G   | 6-4 | 185 | Swansboro       |
| Zymiere Dempsey     | W   | 6-3 | 160 | Bertie          |
| Mason Dobie         | W   | 6-3 | 175 | First Flight    |
| Nathan Fife         | W   | 6-1 | 175 | Sanderson       |
| Anthony Jones       | F   | 6-4 | 175 | Rocky Mount     |
| Jackson Keith       | F   | 6-6 | 224 | Southern Durham |
| Ro'mello Pegues     | G   | 6-0 | 175 | Triton          |
| Jaiden Shephard     | F   | 6-4 | 190 | Lumberton       |
| Jussan Wiggins      | G   | 6-0 | 165 | New Bern        |

## WEST MEN

### Head Coach

Ryan Stevens  
AC Reynolds

### Assistant Coach

Jason Causby  
N Rowan

### ATC

Mark White  
Southeast Guilford

| NAME             | POS | HT  | WT  | SCHOOL            |
|------------------|-----|-----|-----|-------------------|
| Dylan Clark      | C   | 6-8 | 217 | Mooresville       |
| Carson Evans     | W   | 6-2 | 180 | North Mecklenberg |
| Kenneth Miller   | W   | 6-5 | 165 | Ben L. Smith      |
| Raheim Misher    | F   | 6-4 | 195 | Maiden            |
| Jordan Patterson | F   | 6-3 | 180 | West Iredell      |
| Arnare Robinson  | G   | 6-3 | 210 | Mount Tabor       |
| Emari Russell    | G   | 6-0 | 165 | North Rowan       |
| Kristian Scales  | F   | 6-7 | 195 | Reidsville        |
| Johnniyus Sharpe | G   | 6-3 | 180 | Reidsville        |
| Chadlyn Traylor  | G   | 6-3 | 175 | N Mecklenburg     |

# 2025 WOMEN'S BASKETBALL

## EAST WOMEN

### Head Coach

Aaron Burke  
Perquimans

### Assistant Coach

Boubacar Aw  
Hoggard

### ATC

Ray Davis  
Southeast Guilford

### NAME

Danauje Brooks  
Des'Myah Croom  
Ashanti Fox  
Jamaria Freeman  
Lailana Harris  
Jamyia Lindsey  
Amanda Mitchell  
Jasmine Nivar  
Crishya Sellers  
Taniya Simms

### POS

G 5-4  
F 5-8  
G 5-7  
G 5-7  
G 5-7  
PG 5-6  
F 6-2  
F 5-10  
F 5-7  
C 6-1

### HT

### SCHOOL

South View  
Goldsboro  
Union Pines  
Fike  
Perquimans  
Richmond Sr  
Willow Spring  
Apex Friendship  
Perquimans  
Fairmont

## WEST WOMEN

### Head Coach

Zack McCartha  
McDowell Co

### Assistant Coach

Ashley Poole  
W Rowan

### ATC

Ray Davis  
Southeast Guilford

### NAME

Amari Baldwin  
Ralee Bare  
Peyton Caldwell  
Chloe Galombeck  
Addie Long  
Tionna Pettus  
Alexis Shehan  
Samantha Shehan  
Kensly Stewart  
Braelyn Stilwell

### POS

PG 5-4  
G 5-10  
G 5-8  
C 5-6  
C 6-2  
F 5-9  
F 6-0  
W/F 5-11  
G 5-6  
PG 5-6

### HT

### SCHOOL

Albemarle  
North Wilkes  
Freedom  
Hough  
AC Reynolds  
Bessemer City  
Lake Norman  
Lake Norman  
McDowell  
East Burke

# 2025 MEN'S SOCCER

## EAST MEN

### Head Coach

Joey Mahouchick  
Jacksonville

### ATC

Amber Patsel  
Manteo

### NAME

Isaac Arrowood  
Tanner Farner  
James Funez  
Chase Grogg  
Evan Harper  
Jaden Hilliard  
Haydon Huddleston  
Mason Israel  
Henry Jorge-Garcia  
Charles Lowman  
Landen Lucas  
Ibra Ndiaye  
Sean O'Laughlin  
Juan Soliz  
Brooks Vice  
Alex Zepeda

### POS

D  
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M  
GK  
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D  
F

### HT

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### WT

185  
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155  
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170  
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170  
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190  
130

### SCHOOL

Riverside  
White Oak  
Southern Durham  
Swansboro  
Heritage  
Croatan  
Jacksonville  
Laney  
Hobbton  
Dixon  
Rose  
Wakefield  
Holly Springs  
Southern Durham  
Wakefield  
Wallace-Rose Hill

## WEST MEN

### Head Coach

Tyler Gibson  
Providence

### ATC

Amber Patsel  
Manteo

### NAME

George Berube  
Jayco Castro  
Logan Ernst  
Logan Grasso  
Walker Gray  
Quinlin Hahn  
Avery Hiatt  
Tyler Hiatt  
Keane LoCascio  
Abiel Lopez-Dominguez  
Angel Ortiz-Osorno  
Ryan Penaloza  
Ben Sandoval  
Diego Silva  
Capy Suarez

### POS

F  
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6-0  
5-9  
5-9

### WT

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170  
185  
175  
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150

### SCHOOL

Hickory Ridge  
West Caldwell  
AC Reynolds  
Bradford Preparatory  
Providence  
Charlotte Catholic  
Cox Mill  
Cox Mill  
Charlotte Catholic  
West Forsyth  
Mount Airy  
West Forsyth  
Sun Valley  
Garinger  
Hough

# 2025 WOMEN'S SOCCER

## EAST WOMEN

### Head Coach

Jared Drexler  
Carrboro

### ATC

Courtney Phelps  
John A. Holmes

### NAME

Annaka Boyd  
Caitlyn Britt  
Emma Erickson  
Haley Evenson  
Paige Frasz  
Bri Little  
Savannah Manset  
Jakie Medina-Leal  
Hannah Morgan  
Lila Moshfegh  
Casey Neal  
Mila Rappold  
Haley Sensenig  
Keira Taylor  
Leila Utate  
Lyla Wells

### POS

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### HT

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5-4

### SCHOOL

Millbrook  
Wake Forest  
Jacksonville  
Apex Friendship  
Apex Friendship  
Hunt  
Ashley  
East Bladen  
Cardinal Gibbons  
Lee County  
Roanoke Rapids  
Carrboro  
New Bern  
Millbrook  
Fuquay Varina  
Athens Drive Magnet

## WEST WOMEN

### Head Coach

Susie Hudson  
 Mooresville

### ATC

Courtney Phelps  
John A. Holmes

### NAME

Anne Adams  
Riley Alexander  
Ella Canty  
Emma Caudle  
Morgan Child  
Cameron Cline  
Julia Grier  
Isabella Hawkins  
Jordyn Miller  
Emma Milliron  
Allie Nelson  
Sophia Olinger  
Maggie Osterndorf  
Emma Owens  
Opal Redmond  
Mia Zulueta

### POS

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### SCHOOL

Page  
 Mooresville  
South Mecklenburg  
Starmount  
Charlotte Catholic  
 Mooresville  
South Mecklenburg  
Hibriten  
Charlotte Catholic  
Hickory Ridge  
Grimsley  
AC Reynolds  
Hopewell  
E Forsyth  
AC Reynolds  
Hickory

## FOOTBALL

WEDNESDAY JULY 23, 2025 • THE FIELDHOUSE

Fontel Mines – Virginia Tech  
Matt Moore – Virginia Tech  
Stu Holt – Virginia Tech

8:55-9:45 — Pass Game Concepts – Fontel Mines  
9:50-10:40 — Releases and Hand Combat – Fontel Mines  
10:45-11:35 — Outside Zone Fundamentals and Drills – Matt Moore  
11:40-12:30 — Pass Pro Fundamentals and Drills – Matt Moore  
LUNCH  
2:00-2:50 — Kick Coverage Principles and Drills – Stu Holt  
2:55-3:45 — Kick Return Principles and Drills – Stu Holt  
4:00 — NCHSAA Rules Session – WEST HALL  
5:00 — Football Coaches Meeting – MEETING ROOM 1

## NCHSAA SAAC SESSION

TUESDAY, JULY 22, 2025 • WEST HALL – 2 PM

## NCCA BUSINESS MEETING

TUESDAY, JULY 22, 2025 • MEETING ROOM 2 – 3:30 PM

## NCHSAA GENERAL RULES AND REGULATIONS

TUESDAY, JULY 22, 2025 • WEST HALL – 4 PM

## SOFTBALL

WEDNESDAY JULY 23, 2025 • THE PLAZA

Joe Guthrie – Northeast Alabama CC  
Robbie Wray – Fuquay-Varina

9:50-10:40 — Effective Practice Planning – Joe Guthrie  
10:45-11:35 — Hitting - Joe Guthrie  
11:40-12:30 — Winning Defensive Strategy – Joe Guthrie  
LUNCH  
2:00-2:50 — Communicating and Engaging With Today's  
Student-Athletes – Robbie Wray  
2:55-3:45 — Tips, Tricks and Drills on a Budget – Running a  
Self-Sufficient Program – Robbie Wray  
4:00 — NCHSAA Rules Session – WEST HALL  
5:00 — Softball Coaches Meeting – Meeting Room 3

## CROSS COUNTRY

WEDNESDAY JULY 23, 2025 • MEETING ROOM #3

ErasmO Ordenez – Louisburg

8:55-9:45 — Balancing Competition and Mental Health -  
ErasmO Ordenez  
9:50-10:40 — Designing Year-Round Training - ErasmO Ordenez  
10:45-11:35 — Fundraising / Budgeting - ErasmO Ordenez  
11:40-12:30 — Competition Tactics - ErasmO Ordenez  
12:35 — Cross Country Coaches Meeting  
4:00 — NCHSAA Rules Session – WEST HALL

## TENNIS

WEDNESDAY JULY 23, 2025

GRIMSLEY HS (MORNING) / UNCG (AFTERNOON)

Jeff Trivette – Director of Tennis, UNCG  
USTA – North Carolina  
NC HS Tennis Coaches Association

9:30 — GRIMSLEY - Welcome / Introductions – Jeff Trivette  
9:35-9:40 — GRIMSLEY – Welcome from USTA – North Carolina  
9:45-11:30 — GRIMSLEY – On Court Demonstrations from Tennis  
Professionals and Industry Leaders  
11:30 – 12:30 — Break – Travel to UNCG and Box Lunch –  
Provided by NC Tennis  
12:30-1:45 — UNCG – NC HS Tennis Coaches Association Presentation  
1:45-2:00 — UNCG – Closing Remarks  
2:00 — UNCG – Tennis Coaches Meeting  
4:00 — NCHSAA Rules Session – WEST HALL – Special  
Events Center

### Important Addresses and Location Information:

• Grimsley High School (where on-court demonstrations in the morning will take place) 801 North Josephine Boyd St., Greensboro, NC 27408  
• Walker Avenue Parking Deck at UNCG (Parking for afternoon classroom portion of workshop) 516 Stirling St., Greensboro, NC 27412  
• Bryan Business School (classroom where coaches meeting and lunch will take place) On Campus of UNCG. Map and directions will be provided at check in

**YOU MUST MEET ALL REQUIREMENTS TO  
HOLD A MEMBERSHIP OR ASSOCIATE CARD.  
IF YOU DO NOT, YOU CAN EXPECT TO HAVE TO  
RETURN THE CARD WHICH IS THE PROPERTY OF THE NCCA.**

## SWIMMING

WEDNESDAY JULY 23, 2025 • MEETING ROOM #1

Jon Howell – Emory

8:55-9:45 — Emory Swimming and Diving Training Program/  
Philosophy – Jon Howell  
9:50-10:40 — Preparing Student-Athletes to be Effective  
Communicators – Jon Howell  
10:45-11:35 — A Few Things I Wish My Incoming Freshmen Did  
Better – Jon Howell  
11:40-12:30 — Practice Plans/Strategies That Transfer into Effective  
Race Strategy – Jon Howell  
12:35 — Swimming Coaches Meeting  
4:00 — NCHSAA Rules Session – WEST HALL

## VOLLEYBALL

WEDNESDAY JULY 23, 2025

WEST WING B-2 - SPECIAL EVENTS CENTER

Michael Fisher – Pitt

9:50-10:40 — Defensive Systems – Michael Fisher  
10:45-11:35 — Training Passing / Touch – Michael Fisher  
11:40-12:30 — Training Serving – Stacking as a Concept –  
Michael Fisher  
LUNCH  
2:00-2:50 — Setter Warmups – Michael Fisher  
2:55-3:45 — How to Win the Warmup – Michael Fisher  
4:00 — NCHSAA Rules Session – WEST HALL  
5:00 — Volleyball Coaches Meeting – WEST WING B-2

## NCHSAA GENERAL RULES AND REGULATIONS

WEDNESDAY, JULY 23, 2025 • WEST HALL – 4 PM

North Carolina Coaches Association



# PROGRAM 77th ANNUAL NCCA CLINIC

July 21-23, 2025

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**First Horizon Coliseum - Greensboro  
Special Events Center**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Basketball • Football • Wrestling  
Tennis • Track • Baseball • Golf  
Volleyball • Soccer • Softball  
Swimming • Cross Country**

**JUNIOR HIGH/MIDDLE SCHOOL**  
**MONDAY JULY 21, 2025 • MEETING ROOM #3**

James Bazluki – MAEd, LAT, SCAT, ATC, EMT  
Bob Hill, CMAA – Retired County Athletic Administrator  
Richard Hatley – Retired Middle School AD  
Deanna Morris – CMAA  
Mickey Davis – Eastern NC Athletic Officials Association (EOA)  
Brad Alford – NCDPI

- 9:30-10:20 — Hot Athletic Training Topics - Jim Bazluki
- 10:25-11:05 — T.E.A.M.W.O.R.K. - Deanna Morris
- 11:10-12:00 — Windshield Coaching vs. Rearview Mirror Coaching - Bob Hill
- LUNCH
- 2:15-3:00 — What Middle School Coaches Need to Know About Officiating - Mickey Davis
- 3:00-4:00 — Middle School Athletics Handbook Update - Brad Alford
- 4:00-4:45 — Middle School AD Meeting

**ALL-STAR BASKETBALL GAMES**  
**THE FIELDHOUSE — 6:30 & 8:30**

**NCHSAA NEW ATHLETIC DIRECTOR ORIENTATION**  
**MONDAY, JULY 21, 2025 • WEST HALL – 8:15 AM**

**NCHSAA GENERAL RULES AND REGULATIONS**  
**MONDAY, JULY 21, 2025 • WEST HALL – 4 PM**

**MEN’S BASKETBALL**  
**MONDAY JULY 21, 2025 • THE PLAZA**

Dustin Kerns – App State  
Tyler Coston – SAVI Coaching

- 8:00-9:45 — Registration
- 9:50-10:40 — App State Program Culture and Values – Dustin Kerns
- 10:45-11:35 — App State Defensive Identity and Strategies – Dustin Kerns
- 11:40-12:30 — App State Offensive Concepts and Flows – Dustin Kerns
- LUNCH
- 2:00-2:50 — Lock Left Defense – Tyler Coston
- 2:55-3:45 — Basketball IQ Development and Small Sided Games- Tyler Coston
- 4:00 — NCHSAA Rules Session – West Hall
- 5:00 — Basketball Coaches Meeting – Meeting Room 1

**ALL-STAR BASKETBALL GAMES**  
**THE FIELDHOUSE — 6:30 & 8:30**

**WRESTLING**  
**MONDAY JULY 21, 2025**  
**WEST WING B-2 - SPECIAL EVENTS CENTER**

R.C. LaHaye – Lander

- 9:50-10:40 — Everyday Warmups and Drills / Scoring With Carries – R.C. LaHaye
- 10:45-11:35 — Scoring With Underhooks and Control Ties – R.C. LaHaye
- 11:40-12:30 — Strength and Conditioning for Wrestling / Strategies and Workout – R.C. LaHaye
- LUNCH
- 2:00-2:50 — Creating Culture Within Your Wrestling Program – R.C. LaHaye
- 2:55-3:45 — Analyzing and Improving Your Program – 10 Questions – R.C. LaHaye
- 4:00 — NCHSAA Rules Session – West Hall
- 5:00 — Wrestling Coaches Meeting – West Wing B-2

**WOMEN’S BASKETBALL**  
**MONDAY JULY 21, 2025 • MEETING ROOM #1**

Shawn Poppie – Clemson  
Trina Patterson – UNCG

- 9:50-10:40 — Player Development – Part 1 – Shawn Poppie
- 10:45-11:35 — Player Development – Part 2– Shawn Poppie
- 11:40-12:30 — Coaching Philosophy – Shawn Poppie
- LUNCH
- 2:00-2:50 — Developing a Championship Defensive System – Trina Patterson
- 2:55-3:45 — Analytics in Program and Player Development – Trina Patterson
- 4:00 — NCHSAA Rules Session – WEST HALL
- 5:00 — Women’s Basketball Coaches Meeting – MEETING ROOM 2

**ALL-STAR BASKETBALL GAMES**  
**THE FIELDHOUSE — 6:30 & 8:30**

**SOCCER**  
**TUESDAY JULY 22, 2025 • MEETING ROOM #1**

Marc Reeves – Elon

- 8:55-9:45 — Match Day – Marc Reeves
- 9:50-10:40 — Team Communication (Competition and Unity) – Marc Reeves
- 10:45-11:35 — Captains and Seniors (Leadership Group) – Marc Reeves
- 11:40-12:30 — Game Preparations – Marc Reeves
- 12:35 — Soccer Coaches Meeting
- 4:00 — NCHSAA Rules Session – West Hall

**ALL-STAR SOCCER GAMES**  
**JAMIESON STADIUM — 6:30 & 8:30**

**ATHLETIC DIRECTOR’S BREAKFAST WITH NCHSAA**  
**TUESDAY, JULY 22, 2025 • WEST HALL – 7:30 AM**

**GOLF**  
**TUESDAY JULY 22, 2025 • MEETING ROOM #3**

Chris Haarlow – Head Instructor – Precision Golf School  
Casey Cline – Head Instructor – Bermuda Run  
Robert Linville – Director of Instruction – Precision Golf  
Jay Allred – Head Coach – Reagan HS Women’s Golf

- 8:55-9:45 — Par 4 Success – Chris Haarlow
- 9:50-10:40 — Effective Skills – Block and Random Practice Techniques – Casey Cline
- 10:45-11:35 — Coaching Techniques – How to Get the Most Out of Your Players – Robert Linville
- 11:40-12:30 — Short Game Practice and Drills – Jay Allred
- 12:35 — Golf Coaches Meeting
- 4:00 — NCHSAA Rules Session – WEST HALL

**BASEBALL**  
**TUESDAY JULY 22, 2025 • THE PLAZA**

Jim Chester – Gardner-Webb  
Cody Ellis – UNCG

- 9:50-10:40 — Taking Your Team to the Next Level – Jim Chester
- 10:45-11:35 — Skills and Drills to Develop an Elite 1st Baseman – Jim Chester
- 11:40-12:30 — 1st to 3rd Offense – Maximize Run Production and Efficiency – Jim Chester
- LUNCH
- 2:00-2:50 — Leadership – Cody Ellis
- 2:55-3:45 — Infield Play / Defense – Cody Ellis
- 4:00 — NCHSAA Rules Session – West Hall
- 5:00 — Baseball Coaches Meeting – Meeting Room 1

**TRACK**  
**TUESDAY JULY 22, 2025**  
**WEST WING B-2 - SPECIAL EVENTS CENTER**

Terrence Trammell – NC A&T

- 9:50-10:40 — My Olympic Journey / What to Look for in a Prospective Hurdler – Terrence Trammell
- 10:45-11:35 — Hurdle Mechanics and Drills – Terrence Trammell
- 11:40-12:30 — Hurdle Race Modeling – Terrence Trammell
- LUNCH
- 2:00-2:50 — Sprinting (From Start to Finish) – Terrence Trammell
- 2:55-3:45 — Intertwining The Sprints and Hurdles (Athletes That Run Both) – Terrence Trammell
- 4:00 — NCHSAA Rules Session – West Hall
- 5:00 — Track Coaches Meeting – Meeting Room 3

**STRENGTH AND CONDITIONING**  
**TUESDAY JULY 22, 2025 • MEETING ROOM #1**

Ryan Hardie - Virginia Tech

- 2:00-2:50 — Cylinder Training (Neck/Trap/Scap)to Help Reduce the Risk of Concussion - Ryan Hardie
- 2:55-3:45 — Overcoming Challenges in the High School Weight Room - Ryan Hardie

**MENTAL COACHING AND MOTIVATION**  
**TUESDAY JULY 22, 2025 • MEETING ROOM #3**

Chase Crocker – Mental Performance Coach

- 2:00-2:50 — AI: Athlete Intelligence – Training the Mind Like a Machine - Chase Crocker
- 2:55-3:45 — Programmed for Pressure: Rewiring Athletes for Big Moments - Chase Crocker