



North Carolina Coaches Association N.C. COACH

VOLUME 20, NUMBER 2, SUMMER 2015

From the Clinic Desk

by Mac Morris

This will be the 49th time that I have been before this keyboard with the assignment of writing a column for the newsletter. So I guess I could be excused for having a difficult time thinking of an appropriate topic to write about. I have been accused by some of preaching too much on issues involved with coaching. About the same number have been on the other side, saying I should do more preaching because young coaches today need some mentoring. I have a great passion for the coaching profession and if that offends anyone, I apologize.

I coached in the All-Star Game in 1975 and had a great time. We roomed in the old Coliseum Motel which was pretty dumpy and we were there for four days. We ate every single meal at the K & W Cafeteria and that would make you never want to eat there again. But we won the game. However, the high lasted only a short period of time when I found out that one of my

players had smoked pot during his stay. It was too late to do anything about it by the time I found out, but it took a little luster off of the win. The next school year, our founder (Coach Bob Jamieson) asked me if I would like to come work for the Association and help with the Clinic and Games. That the #1 coach at Grimsley would choose me, a rival coach from Page, to join him in the Association was monumental. At the time, I felt few people at Grimsley thought that Page people were capable of doing very much. So for me to be acknowledged by the most famous Grimsley coach was pretty huge. It helped that Phil and I had already cultivated a nice friendship in spite of the rivalry. Later on when Joe and Tim joined the group, it was ironic that I paired with the Grimsley guy who had harassed me as a student and Phil got the Page guy.

In 1976, we started to work in the basement of the Grimsley Gym which was hot, humid and buggy.

We had an old Addressograph/Multi-graph machine which hammered out metal plates to use for addressing envelopes to send out registration materials. When Clinic time got close, Coach Jamieson would bring in his summer swim team and we would stuff registration packets and write the names on every membership card. I occasionally will see my handwriting on an old membership card that coaches have saved and it brings back a lot of memories.

Then in 1981, Coach decided that we needed a new building for our work. There are very few people from Greensboro who could have accomplished what Coach Jamieson did next. He got a high school student out of drafting class to adjust the building plans for a bank branch to accommodate our needs for working space and storage. He got a lease on the property on Westover Terrace from the Greensboro City Schools. He then went to the business community and raised money to have

the building built for almost nothing.

So we now had a building to work in, I did whatever Coach asked of me, and I helped the Association get some clinicians. I soon became the target of the Coliseum Director for regular chewing out -- like the time I told him that we couldn't allow the Coliseum to set up a beer garden in the trade show. Can you imagine what the Clinic would have become if the coaches had hit the beer garden before going to the clinic sessions? Some of you might remember the year we had a Monday picnic at the Pilot Club. Coach Jamieson was inside the Club enjoying a fancy dinner with the clinicians while outside, Frank Bondanella had set up free coolers of beer for the picnic. Many coaches didn't leave the cooler area all night. Coach never knew about it.

See *Clinic*, page 2

From the Games Desk

by Phil Weaver

This summer's men's basketball game marks the 50th anniversary of the 1965 game and the 42 point outburst from Pete Maravich. Eddie Dyer, a West player that night and a former college player and coach, wrote a 25th anniversary piece for the then Greensboro Daily News about the game. It is reprinted in this year's East-West All-Star Games Program/Yearbook. Eddie has also found almost all the former players in that game who are still alive and we expect our best reunion to date at this year's game.

Pete's performance was so dominating. I've seen a few basketball games in my lifetime and I don't think anyone, no matter how good defensively, could have stopped Pete in the second half. Few people realize what a fantastic passer he was

because all they see is his gaudy scoring statistics. Though many of his shots would be three pointers today, there was no such thing in the sixties; all his baskets counted for two points. It is really hard to imagine how much better he would have been today with the freer flowing game, shot clock in college, and the three point line.

In an interview found on the University of Virginia's library website (<http://search.lib.virginia.edu/catalog/uva-lib:2265561> for attribution purposes) Pete is appearing in a Wheaties Sports Federation production and is asked what has been the most exciting moment of his basketball career. Quoting from the abstract: "Maravich says being selected the Most Valuable Player in the East-West All-Star Game is his proudest achievement thus far". This

interview occurred in his senior year in college; and Pete had already led the nation in scoring for two years. He finished his collegiate career averaging 44.2 points per game at LSU. I hope all you basketball coaches will relay this story to your kids so they will strive to play in our game someday.

I'd like to thank you for helping us with two transitions. The death of Office Manager Lynda Tamblyn in November has disrupted the usual smoothness of our office operations. Coupling that with our leap into online nominations and acceptances for all-stars, we have had a couple of minor glitches.

Now that we have Malea Jones (see separate article in this newsletter) in place as the Office Manager, the office is

beginning to function much more smoothly. She's working hard to learn the particulars of her job. I'd like to thank Lewis Newman for referring Malea to us. We spent many hours searching for and interviewing candidates from an employment search firm without success. Jobs here are so much different from those in the business world that strong candidates are hard to find. Just knowing what to give to me and what to give to Mac, Joe, Tim, David, or Ethan is a task with a long learning curve. Mary Via, who has produced the nation's best game program for us for many years, has added the newsletter editorship to her duties. This has made Malea's adjustment much easier and has given us a professional publisher to get you this newsletter.

See *Games*, page 2

Clinic

from page 1

In the mid 80's, Coach came by one day and told Phil and I that it was time for us to take over. There were no instruction manuals or templates for us to follow, just years of valuable experience under his leadership. Coach had the confidence in us to turn over the reins. The only negative feedback we ever got from him happened when we negotiated a deal with McDonald's for the East-West Games. The deal ended up working out great while it lasted, but it never pleased him.

One of the things I'm most proud of is that Phil and I have been able to keep the Association on sound financial footing now and into the future. We haven't raised the Clinic Fee in a number of years and we don't see the need to do so any time in the future.

In thinking about this year's Clinic we have a pretty solid staff of clinicians that you should take advantage of by attending the sessions. The Trade Show has a good number of exhibitors to help with your purchases for the coming school year.

A few years ago the Board of Directors decided that we should honor a lifetime assistant football coach by selecting them to be part of the All-Star coaching staff. I think it has been a highlight of their careers to be allowed to participate. However, we are running out of candidates who have been recommended, so if you know of a lifetime assistant who should be considered in the West, please let me know at mmorris@nccoach.org. Thank you for your help. Enjoy the Clinic and if you have any suggestions for future clinicians please be in touch.

Games

From Page 1

Moving to online submissions has been exciting, but of course, flaws have been revealed at almost every step. Jeff Becker with Sportzventures has been a terrific person to work with. He makes corrections or adjustments to our online forms and procedures quickly. He and Ethan have just completed the addition of our kids' clinics reservations to eastwestallstars.com. The best part of the online process is the decrease in time between us mailing all-star invitations and our receipt of the online acceptances. Another plus was the greatly increased number of nominations. Football alone went up 500 percent.

You may notice I referred to clinics in the plural. We've added a basketball clinic for Monday afternoon this year. We're hosting it in the Pavilion at the Coliseum on Monday afternoon and all participants will receive a free ticket to the all-star games that night. The clinic will be free to the first 150 kids 8-12 who sign up online at eastwestallstars.com, "Kids Clinic". We'll have some former college players as clinicians but still need some high school coaches to help. Current

coaches should be at the rules session of the NCHSAA so I'm really looking for some of you retired folks. The football people stepped up for theirs; now we need basketball to do the same.

The football clinic is moving to Saturday afternoon in hopes that we can attract more than the 200+ kids we had attend last year. We think we can handle up to 400. The Punt, Pass, and Kick competition will be held Monday afternoon as usual.

I need to give a special thanks to Lewis Newman of Grimsley, John Hughes of Northwest Guilford, Brian Heide of Western Guilford, Brindon Christman of Southwest Guilford, and their principals for offering their facilities every year for our use. This year they offered more, as the soccer venue was in doubt for some time. A special thanks to Kyle Hayes of Burlington Williams for agreeing to host the soccer matches if we couldn't find a soccer facility. Fortunately, McPherson Stadium at Bryan Park in Greensboro opened up in mid-June and the soccer matches are confirmed on their calendar. People like these guys who always come to the assistance of their association are what makes my job doable and much more enjoyable.

RETIREES LUNCHEON

Every year,
the NCCA hosts our
retired members for lunch
on Tuesday of the clinic week.

If you are a Gold Card
member who is retired,
please return this "RSVP"
or email us at

mmorris@nccoach.org

to let Mac know you are
planning to join us. It is
important that you let us
know so we can get
an accurate count.

Lunch will begin at 12:30 pm
on Tuesday, July 21st
in Meeting Room #4.

Please respond by July 16th

N.C. COACH



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2014-15 President - Reggie Peace
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Scholarship Applications

If you have been a member of the NCCA for 15 years and you have a son or daughter who will graduate from high school or who will be in graduate school for the 2016-2017 school year, your child is eligible to apply for a one-time NCCA Scholarship.

Applications are not mailed until after January 1st because we need a first semester transcript to complete the application. If you will send an application request now, Phil will file it and send you the application in January.

Either email Phil at pweaver@nccoach.org or mail to his attention at NCCA, 1101 Westover Terrace, Greensboro, NC 27408.

In Memoriam

Carl "Cotton" Bolick
West Mecklenburg High School

Haney Catchings
E.E. Smith High School

Randy Ledford
South View High School

Chris Spence
Ben L. Smith High School

CLINIC SCHEDULE

MONDAY, JULY 20

Registration 8-12, 2-3:30 pm

Lunch 12:30-2

Coaches Dinner 5:30-6:30

All-Star Basketball Games 6:30, 8:30

BASKETBALL

Matt Matheny - Elon

Wes Miller - UNCG

Danny Manning - Wake Forest

Mark Dreibelbis - NCHSAA

9:50 Secondary Break/Motion Offense-Matheny

10:45 Your Plan for Success-Matheny

11:40 UNCG Basketball-Miller

2:00 Post Play-Manning

2:55 Ind. Development/Footwork-Manning

3:50 Rules Interpretation-Dreibelbis

4:45-5:10 Basketball Coaches Meeting

WOMEN'S BASKETBALL

Shea Ralph - Connecticut

Dennis Wolff - Virginia Tech

9:50 Practice Wins Championship-Ralph

10:45 Components of a Dominant Offense-Ralph

11:40 Building a Championship Program-Ralph

1:45 Man Half Court Defense-Wolff

2:40 Open Offense/Flex Concepts-Wolff

WRESTLING

Cary Kolat - Campbell

Mark Dreibelbis - NCHSAA

9:50 Feet Offense-Kolat

10:45 Feet Defense-Kolat

11:40 Counter Offense-Kolat

2:00 Rules Interpretation-Dreibelbis

2:55 Top Wrestling-Kolat

3:50 Bottom Wrestling-Kolat

4:45-5:45 Wrestling Coaches Meeting

JUNIOR HIGH/MIDDLE SCHOOL

Scott Barringer - Carolina's Medical Center

Richard Hatley - Retired

Dr. Jeff Bolles - UNCP

Angie Miller - System Wide AD

Deanna Morris - Smithfield-Selma

Burt Jenkins - NCDPI

9:50 Athletic Training-Barringer

10:45 Appropriate Strength Training-Bolles

11:40 Am I Overcoaching My Athletes-Hatley

2:00 Questions and Answers

Panel of Coaches and Administrators

2:55 Middle School Manual Update-Jenkins

TUESDAY, JULY 21

Registration 8-12, 2-3:30 pm

Lunch 12:30-2

Retirees Luncheon 12:30

NCCA Business Meeting 3:45

All-Star Soccer Games 6:30, 8:30

BASEBALL

Leo Mazzone—Atlanta Braves

Cliff Godwin—East Carolina

Mark Dreibelbis—NCHSAA

8:55 Healthy Arms-Mazzone

9:50 Dispelling Myths About Care of Arms-Mazzone

10:45 Simple Philosophy of Pitching-Mazzone

11:40 Developing Hitters on a Daily Basis-Godwin

2:00 Developing Hitters Part 2-Godwin

2:55 Rules Interpretation-Dreibelbis

3:50-4:40 Baseball Coaches Meeting

SOCCER

Keith Jenkins—William Peace

Mark Dreibelbis--NCHSAA

8:55 Developing Attack Minded Players-Jenkins

9:50 Team Building Exercises-Jenkins

10:45 Shooting to Finish-Jenkins

11:40 NSCAA Techniques for Training-Jenkins

2:00 Rules Interpretation-Dreibelbis

2:55-3:45 Soccer Coaches Meeting

TRACK

Jim Tate—Saint Pauls

Mark Elliott--Clemson

Que Tucker--NCHSAA

8:55 Building/Maintaining a Track Program-Tate

9:50 Organizing/Designing Workouts-Tate

10:45 Coaching Points for Events-Tate

11:40 Coaching the 800 Meters-Elliott

2:00 Progression from 800 to Mile-Elliott

2:55 400, 800, Mile-Elliott

3:50 Rules Interpretation-Tucker

4:40-5:30 Track Coaches Meeting

WEDNESDAY, JULY 22

Registration 8-12, 2-3:30 pm

Lunch 12:30-2

FCA Luncheon 12:30

Coaches Picnic 5:30-6:30

All-Star Football Game 8:00 pm

FOOTBALL

Fisher DeBerry - Air Force Academy

Chris Miller - Spartanburg HS

Ray Durham - Jacksonville HS

Ken Browning - Former UNC Coach

8:55 Things Learned from 44 Years-DeBerry

9:50 Inside Look at Air Force Football-DeBerry

10:45 Building the 3-5 Defense-Miller

11:40 Building a Program The Viking Way-Miller

2:00 A Football Life/Evolution of HS FB-Durham

2:55 D-Line Play/Run Emphasis-Browning

3:50 D-Line Play/Pass Rush-Browning

4:45-5:30 Football Coaches Meeting

VOLLEYBALL

Anne Kordes - Louisville

Mark Dreibelbis - NCHSAA

8:55 Game Speed Ball Control Drills-Kordes

9:50 Importance of First Contact-Kordes

10:45 Defense-Kordes

11:40 Rules Interpretation-Dreibelbis

2:00 Setting and Set Selection for Beginners-Kordes

2:55 Changing Bad Habits-Kordes

3:50-4:40 Volleyball Coaches Meeting

GOLF

Chris Haarlow - Precision Golf

Dr. Bob Christina - Precision Golf

Carolinas Golf Association

Brad Alford - Rules Interpretation

8:55 Rules of Golf-CGA

9:50 Rules of Golf II-CGA & Alford

10:45 Practice into Trust-Haarlow/Christina

11:40 Mental Strategies to Improve Scoring-

Haarlow/Christina

2:00 Set-Up Keys/Course Mgmt-Haarlow/Christina

2:55-3:45 Golf Coaches Meeting

CROSS COUNTRY

Mark VanAlstyne - UNC

8:55 Training for All Levels-VanAlstyne

9:50 Coaching Individuals vs Teams-VanAlstyne

10:50 What to Do When Not Running-VanAlstyne

11:45 Guiding the College-Bound Ath.-VanAlstyne

12:35-2:00 XC Coaches Meeting

2:00-5:00 National Federation Rules Certification

SWIMMING

Brooks Teal—St. Andrews

Brad Alford--Rules Interpretation

8:55 Season/Workout Planning-Teal

9:50 Teaching Strokes and Drills-Teal

10:45 Starts and Turns-Teal

11:40 Dryland Team Building-Teal

2:00 Rules Interpretation-Alford

2:55--3:45 Swimming Coaches Meeting

SOFTBALL

Bobby Simpson - Higher Ground

Ashley Chastain - College of Charleston

Mark Dreibelbis - NCHSAA

8:55 What Hitting Is All About-Simpson

9:50 Some Things We Know Ain't So-Simpson

10:45 Practice Like You Play-Simpson

11:40 Developing a Pitcher/Pre-Season-Chastain

2:00 Developing a Pitcher/Competition

and Post Season-Chastain

2:55 Rules Interpretation-Dreibelbis

3:50-4:40 Softball Coaches Meeting

TENNIS

Jeff Trivette—UNCG Tennis

Caroline Downs--USTA

8:55 Welcome

9:15-11:45 Tennis Clinic @ UNCG

Instructors: USTA NC, UNCG Tennis, NCHSTCAA

1:15 Updates from USTA NC

1:30 Max Preps and NCHSTCAA

2:00 Tennis on Campus-Downs

2:30-3:30 On-Court Team Competition

THURSDAY, JULY 23

Registration 8-10 am

FOOTBALL

Dante Scarnecchia - NE Patriots

Mark Dreibelbis - NCHSAA

8:55 OL Run Drills/Techniques-Scarnecchia

9:50 OL Pass Pro Drills/Techniques-Scarnecchia

10:45 Supplemental Runs/PAP-Scarnecchia

11:40 Rules Interpretation-Dreibelbis

NCHSAA Update...

by Joe Franks

Last winter, Coach Mac Morris asked if I would be willing to represent the NCCA on the NCHSAA Board. Our association has had representation in Chapel Hill for many years and both Mac and Phil Weaver have been on that board representing our coaches. It is an honor and a privilege for me to have this opportunity. First of all, let me assure you that your voice is being heard in Chapel Hill. The NCHSAA is receptive to input from our association and from individual sport associations. While the NCCA representative is considered Ex-Officio (which means we don't have a vote), we are active in committees and in general discussion during the meetings.

The complete overview of the spring NCHSAA Board Meeting can be found on the NCHSAA website, but here is an overview of some of the items that would be of particular interest to our coaches: 1) The format for realignment 2017-21 has been slightly adjusted to expand the 2A and 3A numbers by reducing the 1A and 4A in a 20/30/30/20 percentage model. The rationale for this move is based on the belief that the modified percentages would allow greater conference balance and easier scheduling.

2) Football contact limitations were created that fall in line with those being implemented across the country. The biggest change deals with contact during the regular and post-season. Teams will be limited to 60 minutes of live action—defined as contact at game speed

where players execute full tackles at a competitive pace, taking players to the ground (what most coaches would refer to as scrimmage) per week. The “thud” is not restricted at this time. The thinking behind this was to allow linemen to continue to learn and drill at a competitive speed and to have competitive learning team periods. Coaches with whom I've spoken indicate this change will not impact them significantly.

3) The topic of allowing member schools to participate in certain national events after the NCHSAA Championships will come up at the Regional Meetings this fall to allow feedback to the Board. Currently, this is not allowed and some schools have requested the opportunity.

4) Basketball Regional semifinals will be played at the home of the higher seed, dependent upon that site meeting NCHSAA facility standards. If the site does not comply, NCHSAA would help find a neutral site.

5) NCHSAA member schools are required to have a Cardiac Safety Program relating to AEDs and for supervising adults to view an AED/CPR video.

The positive working relationships between the NCCA, NCHSAA and the NCADA continue to make North Carolina a national model for other states. Know that we will always represent our membership in the most appropriate manner possible. As your representative on the Board, I welcome your input. My email is jfranks@nccoach.org. I'm looking forward to seeing you at the Clinic.

They Still Call Me “Coach”



“I really looked forward to every game against every team because I loved the preparation, the competition and the opportunity to play this great game.”

NC Coach (NCC): What sport(s) did you coach?

GB: Men’s basketball and some cross country, track, football, tennis

NCC: Where (at which schools) did you coach?

GB: Millbrook HS, Hickory HS, East Burke Jr. HS, St. Stephens HS, now at Hickory Christian. 35 years in NC public schools.

NCC: Are you still involved in coaching and/or athletics?

GB: Yes, I am still very involved.

NCC: What is your most memorable coaching experience?

GB: How do you pick out just one from 39 years? Overall it has been the relationships with coaches, from being mentored as a young naïve coach by men like Ed McClain and Chet Mebane, to name a few, to having such great friends all across the state. They were guys who, like me, worked the summer camps, were JV and assistant varsity coaches at the same time, and whom I competed against and became close to once we realized that our teams could compete and we could be friends no matter who won. Later at St. Stephens, Brad Hoffman, former UNC player who became my volunteer assistant for most of my time there, David Daly, National FCA Baseball Director, and Marc Payne were mentors on and off the court and helped me continue to grow.

Gary Bowne

Gary was born in New Mexico and raised in Nebraska where he graduated from Adams High School, Adams, NE. He played football, basketball and ran track in high school and then participated in basketball and track in college before becoming a student assistant in each sport while at Emporia State. He attended Northeast Missouri State University and then transferred and graduated from Emporia State University in Kansas.

He moved to North Carolina through an FCA contact with Wake County Schools. He started at Lockhart Jr. High School in Knightdale (Asst. football, head boys’ basketball, head boys’ track), then moved to Whitley Jr. High (same positions), then onto Millbrook High School as an assistant boys’ basketball and head boys’ and girls’ cross country coach. Gary’s first head basketball coaching position was at Hickory High, then at East Burke Jr. High as head boys basketball coach and Athletic Director. For the next 20 years, he was the head boys’ basketball coach at St. Stephens High.

Since retiring in 2011 after 35 years in public schools, Gary has been serving at Hickory Christian Academy as head boys’ basketball coach, assistant Athletic Director and basketball program coordinator. He also helps out in the Northwest NC FCA office with basketball activities.

He was a charter member of the NC Basketball Coaches Association and has held several offices including President. He now serves as Secretary/Treasurer and enjoys the opportunity to promote basketball throughout North Carolina.

Gary and his wife Lisa have been married 37 years and have three sons. Davis is a teacher/coach in South Carolina, Garrett is an IT for a school system in Mississippi and Harrison is a senior at College of Charleston, where he plays basketball. Gary proudly boasts that he is the shortest guy in his house. Gary and Lisa enjoy visiting their sons to see them coach or play, and like spending time at the Isle of Palms and Charleston.

Gary is also heavily involved in the Coaches Vs. Cancer program of the American Cancer Society. St. Stephens was one of the first high schools in the nation to begin a benefit game that tied-in raising awareness and money in our school community. Between 1996 and 2011, St. Stephens and their opponents (primarily Bunker Hill) raised over \$140,000 to help beat cancer. He continues to conduct similar events at Hickory Christian, and since 2010 has been on the Coaches Vs. Cancer Council as the national high school representative.

NCC: What part of coaching was the most rewarding for you?

GB: The most rewarding part of coaching for me is at practice, being able to motivate and develop young men into a unit where they will sacrifice for each other and learn their role on the team. The second part is competing in games. We use the Play Hard, Play Smart and Play Together formula every day.

NCC: Why did you go into coaching?

GB: I loved playing sports and two of my junior high and high school coaches were my neighbors growing up. I got to hang out with them and talk not only fundamentals, but learn from them about how to coach and to be a role model.

NCC: What is your funniest coaching memory?

GB: Where do I start? The phantom snow storm: we were playing in a close, key conference game and snow flurries started. So by half time, our

administration makes the call to stop the game and send everyone home. By the time I leave the building and our opponent takes the half hour ride back to their school, the snow has stopped and the moon comes out. We never did get to finish the game, but we really did get a week of snow that wiped out the last week of our season. The coach and I still laugh about that crazy night, and we were behind when the game was called, so he considers it a “W”.

NCC: What was your most embarrassing coaching moment?

GB: Tripping over a line at practice while demonstrating a skill in front of one of my son’s teams. Then having my son retell the embarrassing story at home and over and over with teammates. Squatting down during a game and ripping my pants and taping them up at half time.

NCC: What was your favorite play or strategy?

GB: Scoring with press offense against a pressing team especially when we did it with minimum dribbles. Scramble defense (trap and run and jump). Scoring from out of bounds plays. Using defensive shell drill, I use 25 steps from stance to specials to teach our defensive package for every situation. 2-minute drill: we would devote practice time one day each week to work on late game situations. Brad Hoffman(UNC player) was my assistant for most of my years at Saint and he took this time to rehearse and drill our teams on possible scenarios.

NCC: Who had the toughest teams you coached against?

GB: At Millbrook it was Ken Miller’s Chapel Hill teams and everyone in the CAP 8 because you had to show up every night against those Raleigh teams that were always well-coached. At Saint, every game against a Catawba County school was epic because of bragging rights for the rest of the year. Some of the teams and coaches I loved competing against were Jim Woodruff at Bunker Hill, Danny Anderson at West Caldwell and Marc Payne at Watauga and Ashe County, to name a few.

NCC: What change(s) would you make to the current rules in your sport?

HG: I think we have a pretty good game as it stands from a National Federation rules point of view.

NCC: What one piece of advice would you give a beginning coach?

GB: Pay your dues: A lot of young coaches say if they don’t get a head job in 4, 5 or 6 years they’re quitting coaching. It took me 12 years to get my first head coaching position. Be willing to move if you really want to coach. Find a school that has a team but not a program so you can develop one as you build a tradition.

NCC: What are the most important things for young coaches to do in dealing with:

a. athletes – patience and spend time teaching and building a relationship
b. parents - be up front and let them know their role, I used a conduct contract in my parent meeting.

c. administrators – . communication is the key, and having an open dialogue regularly, they either hired you or inherited you.

d. ADs - trust is the key. The best

The following hotels have given us special rates for the Coaches Clinic July 20-23, 2015.

HOTEL	RATE	BREAKFAST INCLUDED	DISTANCE TO COLISEUM
HOLIDAY INN 3005 High Point Rd 336-294-4565	\$125	YES	1 MILE
CLARION HOTEL 415 Swing Rd 336-299-7650	\$72	YES	1 ½ MILES
COMFORT SUITES 3308 Isler St. 336-235-4002	119.99	YES	1 ½ MILES
COURTYARD BY MARRIOTT 4400 W. Wendover Ave. 336-294-3800	\$119 K \$129 D	NO	4 MILES
AIRPORT MARRIOTT 1 Marriott Drive 336-852-6450	\$119	NO	11 MILES
HAWTHORN SUITES 7623 Thorndike Rd. 336-454-0078	\$79 Studio	YES	9 MILES
HOLIDAY INN EXPRESS 3111 Cedar Park Rd. 336-697-4051	\$84	YES	5 MILES
HOLIDAY INN AIRPORT 6426 Burnt Poplar Dr. 336-668-4051	\$99	NO	8 MILES
HYATT PLACE 1619 Stanley Rd. 336-852-1443	\$104	YES	4 MILES
QUALITY INN AIRPORT 7067 Albert Pick Rd.	\$64.99 K \$69.99 D	YES	9 MILES
SLEEP INN AIRPORT 7 Sharps Airpark Ct. 336-931-1272	\$59.00	YES	8 MILES
WINGATE BY WYNDHAM 6007 Landmark Center 336-854-8610	\$90.00	YES	4 MILES

“Coach”

ones are those who mentor you and take time listen and help you deal with situations.

e. other coaches - At the same school, some staffs protect their own turf, some are united. I think it comes down to the atmosphere the administration and AD builds. As a program leader, you have to reach out and make it happen in the best interest of your program and for the athletes you will be sharing with other programs.

f. the press/media – Be enthusiastic, keep it simple and to the point. Make sure your assistants and team know how to interview, what to say or not to say, and how to say it.

NCC: What did/does the NCCA mean to you?

GB: The NCCA is one of the best professional associations in the country, from the outstanding clinic each July to the services they provide to members. They recognize service and commitment and provide an opportunity to promote not only your sport and your players, but coaching all across North Carolina. The personal and professional friendships I have with NCCA leaders and member coaches is one of the reasons I am in Greensboro every summer. Plus I love having my lifetime “Gold Card” coaches pass.

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Malea Jones Joins NCCA Staff

We are pleased to announce that Malea Jones is our new Office Manager. After a lengthy search, she was chosen and has lived up to all expectations. Malea is a graduate of East Rowan High School and Lenoir-Rhyne College. She has taught Biology and has also spent some time teaching middle school. She has volunteered to help in one of the local high school athletic departments, so she has a sports background. She has a rising eleventh grade son, Chase, who is a basketball player and a daughter, Lauren, who has played volleyball.

Malea came to us with top recommendations and has shown a fine sense of humor (a requirement for surviving around here), the desire to learn, and a willingness to take responsibility. We welcome her on board and are sure that you will enjoy your dealings with her in the future.

NCC: Other comments would you like to share with our members:

GB: Be a Servant Leader. Be satisfied not only with producing a winning record, but with producing winning athletes. Be careful on and off the court. Desire to grow personally and professionally. Be humble. Give credit to your team and your staff. Remember we coach at the privilege of our administration. Do a great job in the classroom. Play each possession Pass it forward, who are you mentoring? Get involved. Know your role and commit to doing the best you can every day.

EAST MEN'S BASKETBALL ALL-STARS

Kentrell Barkley	Northern Durham - Ronnie Russell
Julius Barnes	Garner Magnet - Eddie Gray
Jacque Brown	East Carteret - Billy Anderson
Rob Brown	Millbrook - Scott McInnes
Trae Bryant	Hoggard - Brett Queen
Gray Cheers	West Brunswick - Eric Davis
Chris Clemons	Millbrook - Scott McInnes
Brandon Ingram	Kinston - Perry Tyndall
Shaun Kirk	Whiteville - Jerry Singletary
Josh Willingham	Hunt - Dwight Taylor

WEST MEN'S BASKETBALL ALL-STARS

Clarence Bryce	North Mecklenburg - Duane Lewis
Daniel Burchette	North Buncombe - Joey Bryson
Jalen Burnett	Southern Alamance - Marty Parrish
Jerick Haynes	Crest - Justin Zaleski
Xavier Hill-Mais	Page - Matthew Harder
Zaqaun Matthews	Myers Park - Wes Hepler
Luke Maye	Hough - Jason Grube
Malik Moore	Erwin - David Rhoney
Naeem Razzak	Mt. Tabor - Andy Muse
Quayson Williams	Eastern Guilford - Joseph Spinks

EAST WOMEN'S BASKETBALL ALL-STARS

Jada Bacchus	Ashley - Adrienn Gale
Chinyere Bell	South View - Brent Barker
Kaila Ealey	Broughton - Broughton
Raziyah Farrington	Chapel Hill - Sherry Norris
C'Coriea Foy	Jack Britt - Nattie McArthur
Salita Greene	Jordan - Ty Cox
Grace Hunter	Athens Drive - Dayna Jordan
Justine Lyon	Hillside - Ovester Grays
DeNajah Porter	Bertie - Alice Lyons
Amber Richardson	SE Raleigh - Nicole Meyers

WEST WOMEN'S BASKETBALL ALL-STARS

Vanessa Agrusa	Franklin - Scott Hartbarger
Kaila Craven	Southwestern Randolph - Paula LaPlant
Kelli Fisher	East Rowan - Danielle Porter
Yazmen Hannah	Hickory - Barbara Helms
Haleigh Hatfield	Mt. Tabor - Rick Anderson
Rydeiah Rogers	Myers Park - Barbara Nelson
Madi Suddreth	Alexander Central - Brad Mangum
Amanda Thompson	Hayesville - Charles McClure
Aadiyah Ussery	Crest - Shane Compton
Stephanie Watts	Weddington - Ryon Cook

The men's soccer All-Star rosters appeared in the Spring issue of this newsletter.

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EAST WOMEN'S SOCCER ALL-STARS

Alexa Asher	Millbrook - Matt Edwards
Kendall Conder	Durham School of the Arts - Amy Green
Nicole Crutchfield	Northern Durham - Michael Tetreault
Allie Cutler	Broughton - Kelly Mastin
Rachael Everhart	Panther Creek - David Grant
Eynde Frazier	Hunt - Scott Summers
Bella Ioria	Corinth Holders - Alison Vetteri
Kat McDonald	Wakefield - CJ Komons
Sayres McKenna	Hoggard - Justin Schatz
Kimberly Moore	Swansboro - Doug Kidd
Leah Oswald	Jacksonville - David Miller
Blair Pearce	West Carteret - Joanna Miller
LB Shapiro	New Hanover - TJ Rennie
Haley Stewart	Swansboro - Doug Kidd
Katie Stokely	Fike - Toni Varacchi
Mary Love Taylor	Fike - Toni Varacchi

WEST WOMEN'S SOCCER ALL-STARS

Candice Corcoran	Morehead - Daniel Villa
Emily Cowie	Hough - David Smith
Samantha Firby	Polk Co. - Lennox Charles
Montana Flemming	Ragsdale - Brien Braswell
Abbey Frail	RJ Reynolds - Mary Apel
Megan Goodling	Myers Park - Bucky McCarley
Olivia Holmes	St. Stephens - Chuck Davis
Samantha Holmes	West Henderson - Craig Long
Megan McCallister	AC Reynolds - Patrick Gladys
Sarah Murphy	Mt. Tabor - Matthew Smith
Catherine Neblett	West Forsyth - Scot Bilton
Monica Pevida	Grimsley - Mark Johnston
Maggie Rotunda	Grimsley - Mark Johnston
Nichole Smith	Page - Terry Murphy
Ellie Stone	Asheville - Mike Flowe
Nikki Torres	Union Academy - Victor Johnson

A Message from your NCCA President

by Reggie Peace

Last week I spoke to a former player who graduated from high school a couple of years ago. As we exchanged pleasantries and caught up on each other's current events he stated, "Coach, the stuff you were trying to teach us wasn't just about basketball, they were 'real life' lessons." I wanted to say "duh" but I realized that

I should appreciate this former player's realization that lessons learned as an athlete should help to prepare students for life. Even more interesting, I realized that although I could not remember our won-loss record the year he played, that young man's impression had made the season a success. Maybe this young man listened more because he had a misdiagnosed injury and couldn't play for 2 years -- BUT maybe not!

As I have gotten older, I realize the importance of teaching life lessons through athletics. I strongly encourage our younger coaches as well as our seasoned coaches to understand the importance of using athletic participation to prepare students for life. Yes, points scored, RBI's, goals scored, and matches won are important, but having your players walking away from their high school athletic careers with tools that will help them succeed in life is just as important.

Only a small percentage of high school athletes play collegiately and an even smaller number play professionally -- but every student-athlete will face challenges in life which high school athletics can help them handle. They will all face jobs which will require hard work, determination, punctuality, and a respect for authority, rules and regulations. They will have family obligations which will require commitment, teamwork, and unselfishness. Our athletes will have community obligations which will require self-sacrifice and dedication for the greater good. Throughout their lives they will be faced with roles that will require them to be disciplined. All of these values and ideals should be a part of their high school experience, and we as coaches must make it a priority to make sure that athletes leave our programs with tools to succeed in life.

Coaches, please understand the great opportunity and responsibility that you have been given to help prepare student athletes for life after high school. Don't miss your chance to make a difference! Sure, we all want more wins than losses. But I challenge you to make sure that your athletes leave your program and realize one day that high school athletics taught "real life" lessons!

EAST FOOTBALL ALL-STARS

NAME	HIGH SCHOOL - COACH
Christian Anumihe	Garner - Thurman Leach
Shawn Barnes, Jr	E E Smith - Ernest King
Jalon Bethea	Hillside - Antonio King
Demetrius Blackwell	Pineforest - Bill Sochovka
Justin Blango	Knightdale - Cedric Dargan
Matthew Boykin	Havelock - Jim Bob Bryant
Raekwon Britton	Garner - Thurman Leach
Sam Campbell	West Johnston - Jimmy Williams
Markus Crutchfield	Hillside - Antonio King
Matthew Donovan	Heritage - Jason McGeorge
Anthony Evans	Fike - Tom Nelson
Aaron Farmer	Cleveland - Scott Riley
Anthony Fisher	Havelock - Jim Bob Bryant
Sergio Gardner	Southern Lee - Don Simon
Brandon Greene	Richmond Senior - Paul Hoggard
Antwone Harper	Jack Britt - Brian Rimpf
Eric Hoy	Clayton - Randy Pinkowski
Jonas Johnson	Jack Britt - Brian Rimpf
Gedari Liverman	Northeastern - Antonio Moore
Aramahs Martin	Southern Nash - Brian Foster
Cameron Moore	Pamlico County - Kevin Yost
Eric Peartree	Washington - Sport Sawyer
Emmanuel Scott	Farmville Central - Scott Gardner
Quinn Setzer	Lee County - Burton Cates
Micah Shaw	Seventy First - Duran McLaurin
Sylvester Smith	Hoggard - Scott Braswell
Trayon Smith	Northern Durham - RJ Wilson
Markel Spencer	Washington - Sport Sawyer
Keevin Thompson	Hoggard - Scott Braswell
Calvin Trotty	Overhills - Rodney Barr
John Walker	Louisburg - Chris Lee
Greg Washington	James Kenan - Ken Avent, Jr.
Cameron Williams	West Johnston - Jimmy Williams
Jermaine Williams	Lumberton - Mike Setzer
Julian Williams	Millbrook - Clarence Inscore
Jacob Wright	Ayden-Grifton - Paul Cornwell

WEST FOOTBALL ALL-STARS

NAME	HIGH SCHOOL - COACH
Elijah Battle	West Caldwell - Chip English
Jementre' Blair	Mount Tabor - Laymarr Marshall
Thomas Brown	Statesville - Spider Thompson
Holton Brown	Asheville - Danny Wilkins
Daniel Butler	Hopewell - Matt Jenkins
JaReke Chambers	North Rowan - Joe Nixon
Andrew Chiarelli	Cuthbertson - David Johnson
Christian Cokely	Dudley - Steven Davis
Quan Covington	Eastern Randolph - Seth Baxter
Carlos Cureton	East Rutherford - Clint Bland
Triston Dennis	East Lincoln - Michael Byus
Jaleel Feaster	Crest - Mark Barnes
Brian Gentry	East Forsyth - Todd Willert
Darius Graves	Dudley - Steven Davis
Jawan Hammock	Reidsville - Jimmy Teague
Dedrick Hawkins	Glenn - Aldine Payne
Kaleb Hayes	Forestview - Chris Medlin
Mac Hild	Page - Kevin Gillespie
Farod Hooker	Bandys - Trent Lowman
Clay Huskey	Shelby - Lance Ware
Daniel Jones	East Rowan - Kenneth McClamrock
Jamiel Mack	High Point Central - Wayne Jones
Skyler Matheson	Robbinsville - Dee Walsh
Caleb Mills	Forestview - Chris Medlin
Chris Moseley	Page - Kevin Gillespie
Tim Perkins	Freedom - Brandon Allen
Daveon Perry	AL Brown - Mike Newsome
Gabe Price	East Forsyth - Todd Willert
Austin Smith	South Mecklenburg - Rocky White
Justice Smith	East Gaston - Sean Joyce
Foster Stroup	Murphy - David Gentry
Desmond Sturdivant	Ben L Smith - Torrey Ellison
Josh Thomas	North Davidson - Mark Holcomb
Matt Williams	Fred T. Foard - Tom Harper
Nicholas Wimmer	North Davidson - Mark Holcomb
Jared Worley	Northwood - Bill Hall





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FOOTBALL - Wednesday, July 22

