

Rec center keeping baseball tradition alive

SPECIAL TO THE CHRONICLE

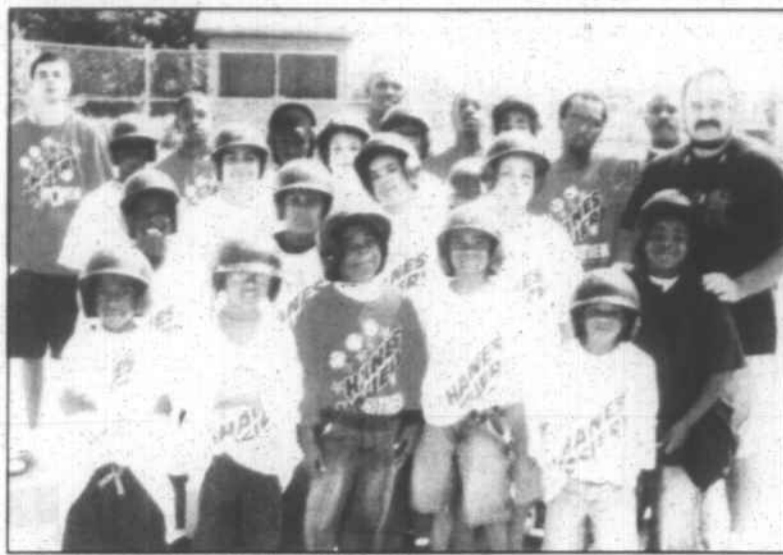
Gone are the glory days of citywide recreation baseball leagues when every recreation center had a team. Only a couple of centers still offer baseball, mostly through intramural programs.

Hanes Hosiery Director Art Blevins is keeping the tradition at Hanes Hosiery going. The Hosiery kids play baseball on Thursday mornings, dividing up in two teams to do battle on the diamond.

A lot of the kids have never played baseball, so Blevins and his staff stress and teach fundamentals and then let the kids have fun playing.

"It is just good old sandlot baseball, kids having fun without the pressure and also learning the game of baseball," said Blevins.

Mock Tire has provided shirts for the kids and Joel Weston and Weston and Associates have kindly provided bats, helmets and equipment for all of the kids.



Director Blevins with the kids and coaches.



The JV Football Squad.

Coach

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"I'm ready to get started with our young ladies, so we can begin the task of turning this program around. We want this program to be something Aggies can be proud of."

Conway was an outside hitter and defensive specialist for the Aggies. During Conway's playing days, N.C. A&T went 31-7 in the MEAC, including an 8-0 conference record in 1998. It was the first and only time in school history the Aggies finished the conference season undefeated.

Conway was also a two-year member of that the Aggies swim team.

Conway's classroom work was also impressive. She was a three-time scholar athlete, and she represented her academic major as the HPER president. Conway's head coaching experience also includes a stint at Division III Trinity University. She also built statewide competitive programs

RJR

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4A Athletic Conference, they will face opponents like Davie County, Mount Tabor, North Davidson, North Forsyth and West Forsyth.

The upcoming season is set. The first official game will be at Atkins at 7 p.m. on Aug. 27. The second game is also at 7 p.m., away at Parkland on Sept. 3. Other September opponents include East Forsyth and Southwest Guilford.

Girls Basketball Coach Monte Gray also has high ambitions for the season to come. His team was also at the school last week training.

"Last year we were okay. My first year we won 13 games. Last year we won 19. This year will be special because we have a good group of girls who have been in the system two or three years," he said. "So we are very excited about this year. In July most of my girls do AAU, so they are traveling all over the country in different tournaments."

at Oxon Hill High School in Maryland where she coached volleyball, tennis and was the co-head coach of the swim team.

"I am a strong believer of being a student of the game," said Conway. "It's hard to perform at your best if you don't understand the game. It will take a lot of studying, hard work and discipline to get us back to the level of play everyone is accustomed to. I am confident we will get there."

HOF

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total years of meritorious service to the WSSU Department of Athletics.

The seven inductees will be honored in a formal ceremony to be held on September 4, 2009 at the

Anderson Center McNeill Banquet Hall. The inductees will also be honored at half-time of the Time Warner Cable I-40 Showdown when the Rams take on the North Carolina A&T Aggies on Saturday Sept. 5.

Tickets to the induction ceremony will be available

for \$60 through the WSSU Department of Athletics. For more information on the WSSU C.E. "Big House" Gaines Athletic Hall of Fame, contact the WSSU Office of Athletic Media Relations at (336) 750-2143 or log on to www.WSSURams.com.



Penn

Ingram

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University.

"She was pretty good from the start, and as time has passed, she's gotten a lot better," Mr. Ingram said of his daughter. "... early on, it was obvious she was much better than the girls she played against."

Mr. Ingram took up golf 20 years ago, after an injury sidelined his basketball ability.

"Every time I went to the golf course, they've been right there with me," he said of his two children. "I made it fun for them. I didn't tell them that that's what they had to do."

The family often practices together at Reynolds Park Golf Course.

"When we're getting ready for a tournament ... or just playing in general, we try to work on things to make them better, from the golf swing to the mental aspects of it," Mr. Ingram related.

Watching his daughter succeed at the Junior Championship was a proud moment for him, Ingram said.

"Sometimes, it's hard to believe, but at the same time, she's worked very hard for it," he remarked. "It's very fulfilling just to see how she's progressed over the years."

Kristi plans to play golf in college, and hopes to someday make it to the LPGA.



Christopher Ingram with his talented daughter.

Photo by Layla Farmer



Bone

Opara

Arnoux

Soccer players named pre-season All-Americans

SPECIAL TO THE CHRONICLE

Three Wake Forest men's soccer players were named Preseason All-Americans by CollegeSoccerNews.com.

Juniors Corben Bone and Ike Opara were named to the first team, while senior Cody Arnoux was a second team honoree.

Wake Forest led all schools with three players named to the preseason All-America list. Wake Forest was also one of only two schools to place two players on the first team. St. John's also had two players recognized as first team All-Americans.

A midfielder from Plano, Texas, Bone led the nation in assists in 2008 with 17, a new single-season record at Wake Forest. He was named a first team All-American by the National Soccer Coaches Association of America and a second team All-American by College Soccer News and Soccer America. The first-team All-ACC selection also scored seven goals in 2008 and finished third on the team with 31 points. Bone enters his junior season with 25 assists, four shy of the Wake Forest career assists record.

Opara, a defender from Durham, played in 22 games during 2008 and helped to

contribute to the team's 14 shutouts. Opara was named the 2008 ACC Defensive Player of the Year and also earned first team All-American honors from Top Drawer Soccer and College Soccer News. The NSCAA and Soccer America named Opara a second team All-American. Opara also contributed on the offensive end, scoring five goals. The junior from Durham recently appeared with the United States U-20 National Team in a pair of games against Costa Rica.

One of the most prolific goal scorers in college soccer, Arnoux led the Demon Deacons with 17 goals and 42 points in 2008. The All-ACC first team selection and 2008 M.A.C. Hermann Trophy semifinalist became just the third player in school history to eclipse 40 points in a single season. A senior forward from Wilmington, N.C., Arnoux was also named a second team All-American by the NSCAA. He scored 16 of his goals in the team's final 16 games of the season, including three goals in the 2008 NCAA Tournament. Arnoux enters his senior season ranked fifth all-time at Wake Forest in career goals with 33 and points with 84.

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