

# SPORTS WEEK

Also Religion and Classifieds

MAY 7, 2015

## Rams win CIAA baseball tourney, orchestrates five-peat



Jordan Cummings has performed well as a relief pitcher this season.

BY CRAIG T. GREENLEE  
FOR THE CHRONICLE

For the Rams, it's one for the thumb. Top-seeded Winston-Salem State University did what was expected and won three games in a row to add another CIAA Baseball Tournament championship to its trophy collection. The Rams whipped Virginia State 8-3 in the final to bag their fifth straight league tournament title. "Each year it gets harder and harder," said WSSU Coach Ken Ritsche. "The rest of the CIAA is getting better and they're catching up. It's not easy to do this five times."

Winston-Salem State (38-13) is now in waiting mode until Sunday when the pairings are announced for the NCAA Regional Championships. The Rams, who haven't won a game at the regionals in four previous appearances, are looking for a breakthrough. The ultimate goal is to win a regional and advance to the College World Series. WSSU is ranked 25th in Collegiate Baseball's national poll for Division II.

"This program is at a point where we have the talent and senior leadership to take that next step," said Ritsche. "I believe we have a definite shot at winning a regional. With this group, there are multiple players who have that ability to deliv-

er at the most critical times."

Leading 5-3 in the championship final, WSSU came through with a timely flurry in the eighth inning. Nathan Steger had an RBI-single and Jacob Barber drilled a two-run double to give the Rams a five-run cushion. Steger and Barber led the way with two runs batted in apiece.

Starting pitcher Tyler Scarce (4-0) worked six innings and allowed two runs on five hits. Jordan Cummings pitched the last 1 2/3 innings in relief to seal the win. Cummings entered the game in the eighth with one out and two Trojans runners on base. After walking Corey Grant to load the bases, Cummings forced two ground-outs to retire the side and squash a potential comeback bid.

A day earlier, Winston-Salem State topped Virginia State 8-4 in the semifinals. After the loss, the Trojans battled back to advance to the tournament final with a 4-3 win over Chowan in a consolation bracket elimination game.

The Rams did have a close call in the opening round last Thursday. A late-game rally helped them to survive in a 5-4 victory over St. Augustine's. WSSU blew a 2-0 lead and trailed 4-2 entering its half of the eighth inning. Colby Keene singled and

See Rams on B2

## Lady Rams offensive display not enough to prevent season-ending loss



Katrina Bartlett hits a grand slam home run during the CIAA Softball Tournament.

BY CRAIG T. GREENLEE  
FOR THE CHRONICLE

The CIAA Softball Tournament turned into a marathon of sorts for Winston-Salem State. After suffering a second-round loss to Chowan in the double-elimination event, the Lady Rams faced the challenging task of having to win three games on the same day in order to advance to the tournament championship final.

Winston-Salem State (23-22) came close to pulling it off in consolation bracket games played last Saturday in Raleigh. The Lady Rams won their first two games and needed one more victory to advance to the title round.

In spite of putting on one of its best offensive displays of the year, Winston-Salem State lost 12-9 to Chowan, the tournament's No. 1 seed. The season-ending setback erased all the Lady Rams hopes of repeating as tournament champions. WSSU went down swinging with a couple of grand-slam home runs. On the downside, a couple of costly errors (four for the game) didn't help the cause.

"We had a long day, but coming in, we knew it would be and we were prepared for that," said Coach LaTaya Hilliard-Gray of WSSU. "There were some very good moments for us. But at the end of the day, it all came down to us not being

See Softball on B2



Dearica Hamby stands with WNBA president Laurel Richie after being chosen in the WNBA Draft.

BY CRAIG T. GREENLEE  
FOR THE CHRONICLE

Dearica Hamby is getting paid to play a game she used to hate. The soon-to-be Wake Forest graduate will soon be headed west to play with the San Antonio Stars of the WNBA. Hamby, who was selected in the first round as the sixth overall pick, is the school's first women's player to be chosen in the WNBA Draft.

"I know that it's happened, but it hasn't hit me yet," said Hamby, in reference to being a top draft pick. "Being there on draft night brought it all out. Still, it probably won't really sink in until I actually arrive in San Antonio."

The next week-and-a-half figures to be a hectic time for Hamby, who will move to Texas in the coming days. Training camp for the Stars begins on May 17, and she'll fly back to Winston-Salem for commencement ceremonies on May 18.

Hamby, an athletic power forward, readily admits that she had no game when she first attempted to play the

## Next level for Wake Forest's Hamby: Headed to WNBA

game as a grade-school youngster. Back then, she had far more height than talent. As a high school sophomore, Hamby grew by five inches. By the end of her senior season, she had sprouted to 6-foot-3. Several colleges pursued Hamby, who chose Wake Forest over Florida, South Carolina, South Florida and West Virginia.

After her freshman year at Wake, a gradual transformation began to take place. Hamby stepped it up as a tour de force (averaged 21.1 points and 10.9 rebounds per game) in her junior and senior seasons. Along the way, she was twice-named All-ACC and was Honorable Mention All-American. As a freshman, though, Hamby had no reason to entertain thoughts about becoming a pro athlete one day.

"Quite honestly, I never saw this coming," she said. "What I did know is that I wanted to work around basketball. I wanted to be a rep for Nike. I didn't see me playing basketball as a career."

See Hamby on B2

### Lady Rams Scoreboard CIAA Softball Tournament

WSSU 15, Virginia Union 5  
Chowan 5, WSSU 2  
WSSU 4, Virginia Union 1  
WSSU 10, Virginia State 2  
Chowan 12, WSSU 9

## Friday Fitness Fest - Fighting Obesity with Fitness, Education & Empowerment

SPECIAL TO THE CHRONICLE

Recently the American Medical Association named obesity as a disease, thereby recognizing its impact on overall health. African-American women outnumber all other racial and ethnic groups in terms of obesity in the U.S., and African-American women in North Carolina are less likely to engage in physical activity, less likely to eat the recommended amounts of fruits and vegetables, and are more likely to be obese.

To address this concern on a local level, the Department of Human Service Studies at Winston-Salem State University implemented The COACH APPROACH To Obesity Prevention: Changing Outcomes, Attitude, Character and Health; a research study aimed at develop-

ing a new approach in treating and preventing obesity in African-American women. The study, implemented in February 2014, was funded by a grant from the Centers for Medicare and Medicaid Services. Over 200 local African-American women, ages 30-65, were recruited to participate in this unique intervention designed to improve the psychosocial wellbeing and physical health of African-American women. The study will officially end in September 2015.

To celebrate the program's success and acknowledge the program participants' commitment, the Department of Human Service Studies will sponsor a free community fitness, health & wellness event, Friday, May 8 from 5 p.m.-8 p.m. at Rupert Bell Recreation Center, located at 1501 Mt. Zion Place. The Friday Fitness Fest will provide atten-

dees opportunities to enjoy an evening of free fitness, educational awareness and empowerment. This fun event will include a healthy cooking demonstration (Chef Betty Thompson Morton), Cardio Kickboxing (Instructor Hoyatt Allen), Crazy Hip Hop Cardio (Instructor Kristie Woodruff), Sittercise (Instructor Dorinda Phillips) and Soulful Line Dancing (Instructor Pat Degraffenreid). Complimentary glucose, blood pressure and cholesterol screenings will be provided by the WSSU RAMS K.N.O.W. How Mobile Unit. A small number of local wellness vendors will be in attendance to provide health and wellness information.

The event is free. In the event of rain, all activities will be conducted at the Gateway YWCA located at 1300 S. Main St., WS. For more details call 336-750-8915.



\$40

336-750-3220