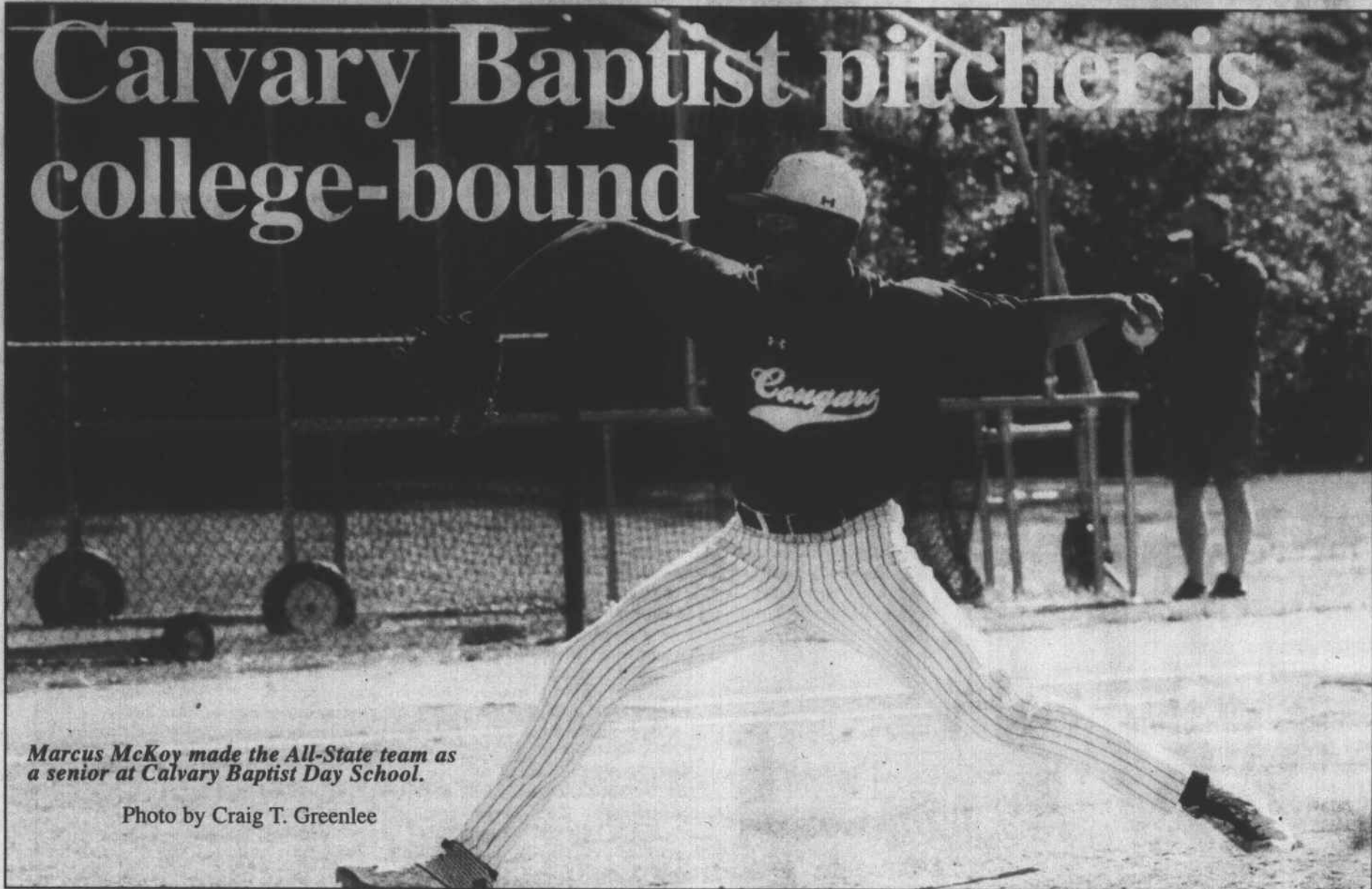


SPORTS WEEK

Also Religion and Classifieds

MAY 28, 2015

Calvary Baptist pitcher is college-bound



Marcus McKoy made the All-State team as a senior at Calvary Baptist Day School.

Photo by Craig T. Greenlee

BY CRAIG T. GREENLEE
FOR THE CHRONICLE

When Marcus McKoy of Cavalry Baptist Day School is on the mound, he's difficult to read. It doesn't matter if he's facing a batter with the bases empty or with the bases loaded. He's stone-faced all the time. There's never the slightest hint of anxiety or nervousness on his part. Being unflappable seems to be a trademark trait.

"Marcus has the ability to keep a clear head and focus on the task at hand," said Coach Chris Vogler of Calvary Baptist. "He keeps his emotions under wraps and doesn't get rattled. Any time he's faced adversity, he's always battled through it."

Over the past two seasons, McKoy, a left-hander, has proven himself as one of the elites in private school base-

ball. In his final season with Calvary, McKoy posted a 5-4 record with 75 strikeouts and an ERA of 2.32 in 47 innings pitched. Along the way, McKoy threw three complete games which included a no-hitter in a 12-0 win against defending (NCISAA 1-A) state champ Freedom Christian Academy.

"Our defense gave me a lot of help that day," said McKoy, who will graduate on Friday (May 29) with a 3.4 grade-point average. "As for me, consistency was the difference. All game long I was able to hit the corners with my fast ball."

At 6-feet-3, 205 pounds, McKoy is a formidable pres-

ence. Although he has ample velocity (fast ball clocked in the low 80s), he's not strictly a power pitcher. McKoy is at his best when he's mixing speeds and throwing accurately to different parts of the plate. His repertoire includes a two-seam and four-seam fast ball, along with a fork ball change-up and a knuckle curve that keeps opposing hitters off balance.

"My control is better than what it used to be," he said. "More than anything, I try to be consistent with my throwing mechanics. When I'm out there, it's all about staying relaxed and trusting in my ability to get people out."

While McKoy is primarily a pitcher, he's skilled enough to be an every day player. On those occasions when he didn't pitch, he played first base. During the sea-

See Pitcher on B2



McKoy

TRACK

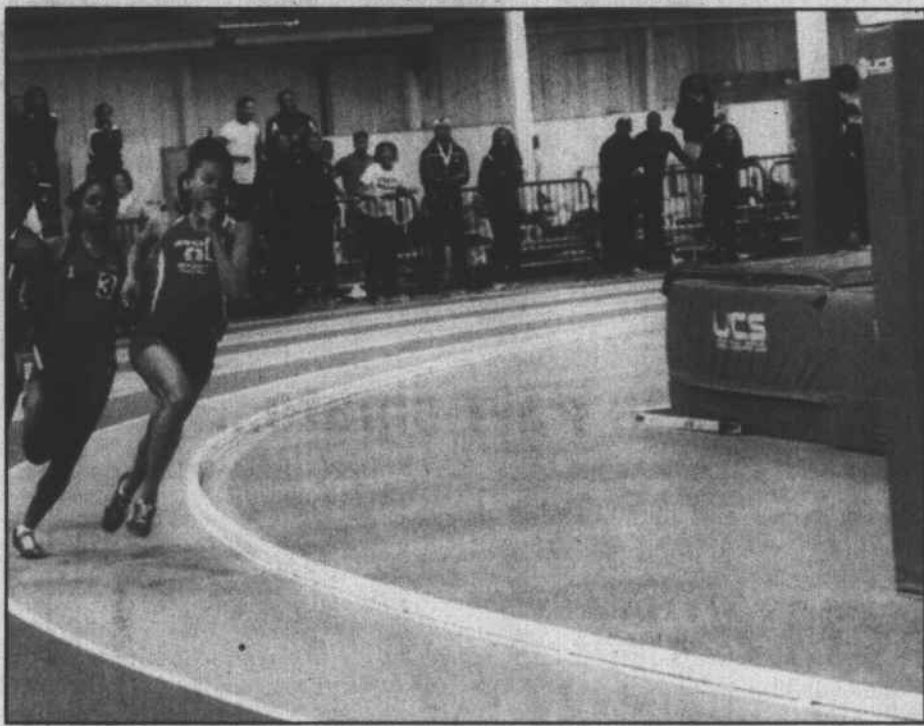


Photo by Craig T. Greenlee

At the national championships, Temetris Morrison (in red) was fifth in the 400-meter hurdles and she anchored the 4x400 relay that posted a top-5 finish.

Lady Rams make presence felt at track & field nationals

BY CRAIG T. GREENLEE
FOR THE CHRONICLE

In the days leading up to the NCAA Division II Outdoor National Track & Field Championships, Coach Inez Turner of Winston-Salem State created a mantra of sorts in the collective mindset of her team. Her talks didn't place heavy emphasis on final outcomes. Instead, she repeatedly reminded the ladies that they would be best served by focusing solely on their performances in the preliminary rounds.

"At a national championship meet, the key is to make it to the finals," said Turner, a former college national champion and world-class middle-distance runner. "Once you make it to that final round, anything can happen."

See Lady Rams on B2

N.C. State sprinter wonders about what could've been

BY CRAIG T. GREENLEE
FOR THE CHRONICLE

In reflecting on his first season of college track at N.C. State, Shannon Patterson can't help but wonder about what could've been. Even though Patterson missed most of the outdoor season due to mononucleosis, he made a strong impression in the minds of the coaching staff.

At the end of the indoor season in mid-February, Patterson, a freshman from Winston-Salem, became ill and didn't get medical clearance to return until late April. In spite of his lengthy absence, he shaved a half-second off his best time in the 200-meter sprint and qualified to run the open 400 at the Atlantic Coast Conference outdoor championships two weeks ago. He also ran on N.C.



Patterson



Ards

State's 4x100 relay that placed fourth at the ACC.

When Patterson returned, he had to make a decision about his immediate future. He could turn his total attention to being a sprinter and compete, or he could focus on his specialty, the 400-meter intermediate hurdles, and not compete this spring.

It's hardly surprising that Patterson didn't make an attempt to run the one-lap hurdles race. This event, arguably the most grueling in track and field, puts a premium on stamina and technique. The bout with mono caused him to

miss too much of the training time which would've enabled him to develop endurance and sharpen his hurdling form.

As a result, Patterson, who graduated from Mount Tabor last year, focused on the sprints. Aside from the open 400 and the 4x100, he ran a leg on the 4x400. Wolfpack sprints/hurdles coach Tamara Ards is excited about the future.

"Shannon's up-side is huge," said Ards. "He's an untapped talent who landed in our lap. I have to admit that I was pleasantly surprised with what he was able to do. When he came

See Sprinter on B2



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