

SUBMITTED PHOTO

The Salvation Army Ken Carlson Boys and Girls Club Cheerleading Team with coaches Kaneshia Leak (back row, far left) and Jasmine Crawford (back row, far right)

# Boys and Girls Club cheerleaders and 3-point shooters take home awards

SPECIAL TO THE CHRONICLE

The ACC Tournament wasn't the only exciting basketball going on the weekend of March 12. Cheerleaders from The Salvation Army Ken Carlson Boys and Girls Club took home the Second Place trophy from The Boys and Girls Clubs Hoops Councils at the Greensboro

Sportsplex. In addition, James Taylor Jr. and Jalen Hall Ingram each finished second in their age groups in the 3 Point Shooting Contest.

The Hoops Councils consisted of a basketball tournament, 3-point shooting contest, and cheerleading competitions featuring teams from Boys and Girls Clubs in Raleigh, Greensboro, Thomasville,

Davidson County and Durham. The Salvation Army Ken Carlson and International Boys and Girls Clubs each fielded two teams in the basketball competition.

Cheerleading teams performed routines combining cheering, dance and tumbling with a spiritual theme.

The weekend culminated in an awards

ceremony and worship service featuring rising country music star Damien Home as guest speaker and musical entertainment. Damien spoke about how The Salvation Army Boys and Girls Club saved his life. He was a member of the Club in Hickory and says if it weren't for the officers and staff of The Salvation Army, he doesn't know where he would be now.

## McKenzie elected President-Elect of Southeast American College of Sports Medicine

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Dr. Michael McKenzie, associate professor of exercise science and chair of Winston-Salem State University's (WSSU) Department of Human Performance, was recently elected to serve a three-year term as President-Elect of the Southeast American College of Sports Medicine (SEACSM) during its two-day meeting in Greenville, S.C. recently.

"I am very excited to serve as President of SEACSM. SEACSM is by far the largest regional chapter and historically has produced some of the most celebrated leaders at both the regional and national level," said McKenzie. "To see my name on a list with some of them is truly humbling. Finally, as someone who has all

three degrees from within the SEACSM footprint, it is indeed an honor to be elected to this position even more so, because I remember attending this meeting as a student. President was just something that seemed so unattainable to the 25-year-old me, and now here I am. I am very honored and excited indeed."



McKenzie

McKenzie began his work at WSSU in 2007. He holds degrees from Appalachian State University, the University of Florida, and the University of North Carolina at Greensboro. Additionally, he is a certified strength and conditioning specialist (CSCS). His research and publications involve oxidative stress, as well as high intensity exercise. Dr. McKenzie also has a large focus on undergraduate research and is the director of undergraduate research at WSSU as well.

In 2015, the North Carolina Board of Governors selected McKenzie as a recipient of the UNC Excellence in Teaching Award.

## 3-2-1 Deacon Dash for Down Syndrome to take place on April 30

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The Piedmont Down Syndrome Support Network has announced plans for the inaugural "3-2-1 Deacon Dash for Down Syndrome," which will take place on Saturday, April 30 at the Winston-Salem Fairgrounds. This will be a 5K race starting at 8:30 a.m. with an additional .11 mile added for a total distance of 3.21 miles, the total distance a nod to the three copies of the 21st

chromosome that individuals with Down Syndrome possess. Official timing for runners will be captured at the true 5K mark - the "dash" will just be for fun. The event will also include a one-mile Fun Run that will take place at 8:00 a.m. "We are really looking forward to this great new event that will provide wonderful support for those with Down Syndrome in our community and their families," said McNeil Cronin, Board Member and Parent with

PDSSN. "It will be a great day for bringing the whole family out to have fun and raise funds and awareness for an incredible cause."

Participants can register for both the 5K and the Fun Run through April 26 by visiting <http://pdssn.org/3-2-1-deacon-dash-for-down-syndrome/>. Fees for the races will be \$30 and \$20, respectively. Race entries will also be accepted on site the day of the event, where they will be \$35 and \$25.

## Golf tournament to raise money for scholarships

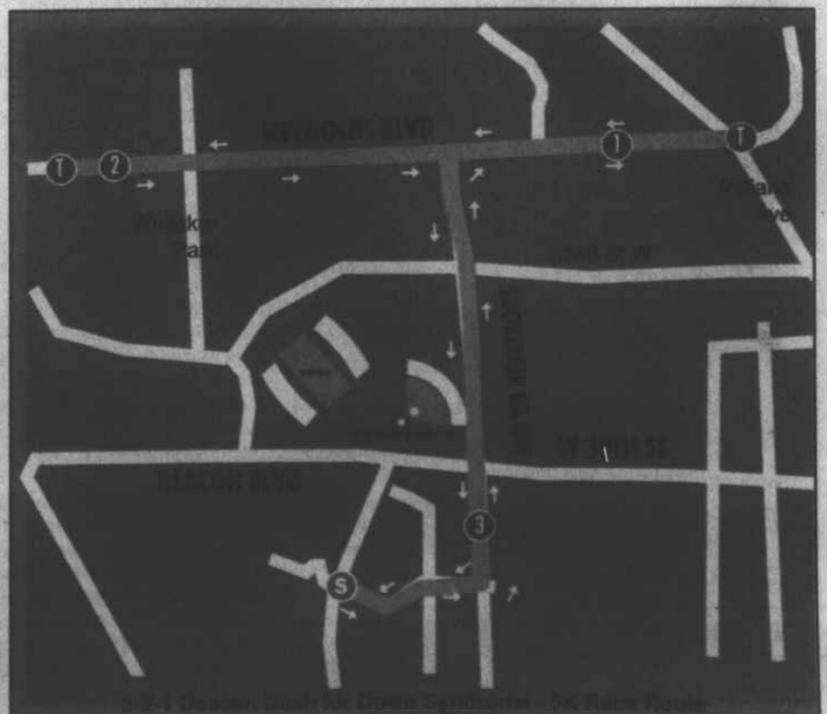
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On Saturday, April 23, the Forsyth County Sunday School Union will be hosting its first golf tournament to raise funds to assist with college expenses for deserving high school students.

The golf tournament will be held at Winston Lake Golf Course, with registration from 8 to 8:30 a.m. Shotgun start at 9 a.m. (holes No. 1 and No. 10).

The entry fee for teams is \$200 (four players per team). There will be cash prizes for the first and second place teams and various door prizes for all participants.

For more information or to register your team, contact Tommie Speaks at 336-793-6512.



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