



SPORTS WEEK



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Phoenix athletes looking forward to the next level

BY CRAIG T. GREENLEE
FOR THE CHRONICLE

For Winston-Salem Prep's Mychala Wolfe and Llyric Mack, the vision of reaching the next level is now a joyous reality. The two seniors recently signed scholarship offers and will be headed to college in August.

Wolfe, a fixture in the backcourt on the girls' basketball team, will continue her hoops career at North Greenville University (S.C.). Mack, a championship-caliber triple

jumper and sprinter, will attend the University of Mount Olive.

During her tenure at Winston-Salem Prep, Wolfe, a 5-6 combo guard, emerged as a prime factor for the Phoenix, who won back-to-back Class 1-A state championships. Prep finished up with 52-6 record over the past two seasons.

As a senior, Wolfe, the team's best most lethal outside shooter, averaged 10.2 points, 3.6 rebounds, 2.0 assists and 2.5 steals. In the 1-A final - which just hap-



pened to be played on her 18th birthday - Wolfe hit three 3-pointers to lead the team in scoring (13 points) and she was voted Prep's most outstanding player.

Photo by Craig T. Greenlee
Prep combo guard Mychala Wolfe averaged 13 points a game during the Class 1-A playoffs that culminated with the Phoenix winning its second straight state basketball championship.

"I'm looking forward to carrying the winning tradition from high school to

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MT boys looking to deliver in CPC championships

BY CRAIG T. GREENLEE
FOR THE CHRONICLE

With less than a month remaining before the state track and field championships, now is the time of year when top performances are expected.

The Mount Tabor boys' team has aspirations to rise to the top at the regional and state levels. But first, the Spartans must prevail in their own league, the Central Piedmont Conference. Bagging the CPC crown won't be easy. Coach Patrick Cromwell expects a three-way battle between the Spartans, West Forsyth and Parkland when the meet takes place at Reagan on Tuesday.

Two weeks ago at the Scott Brent Invitational (a.k.a. City-County championships), Mount Tabor and West Forsyth finished in a first-place tie (133 points apiece). Parkland, which has emerged as a legitimate contender this season, placed third and was only 18 points off the title-winning pace.

"We're building to win locally by relying on our depth," said Cromwell. "We do have five to ten athletes who we feel can score points at the regional and state meets. But we also have 25 to 30 on this team who can make an impact locally. We're working to develop enough balance that will enable us to score points in every event at the conference championships."

The Spartans prime strengths are in the distance races with senior Kenny Kneisel and sophomore Cameron Ponder setting the tempo. Both are elite-level runners who are ranked among the top three in the 1,600 and 3,200-meter runs. In the NCRunners state rankings for Class 4-A, Kneisel is No. 1 at 3,200 (8 minutes, 57.77 seconds) and No. 3 at 1,600 (4:21.79). Ponder has the fastest 1,600 time in the state (4:19.82) and is third in the rankings for the 3,200 (9:12.24).

At 800 meters, Kneisel is a strong favorite to repeat as league champ. A year ago, he ran a personal-best of 1:56.60 at the CPC meet to win it. While he has yet to approach his career-best clocking this spring, he figures to be among the state's top 10 in this event by season's end.

Mount Tabor's distance-running dominance extends to the 4x800 relay. The foursome of Ian Foley, Michael Moerk, Kneisel and Ponder ran 7:51.49 at the City-County to secure the state's No. 1 ranking.

Although the Spartans are exceptional in those areas, they will surely need assistance in other events - specifically the sprint relays - to claim a conference crown. Based on what transpired at the

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"We're building to win locally by relying on our depth."

-Patrick Cromwell, Coach



Sophomore Malik Chambers runs on Mount Tabor's 4x200 and 4x400 relay teams that finished second at the City-County Track Championships.

Photo by Craig T. Greenlee

CIAA TRACK

Kheir leads the way for Rams third-place finish

BY CRAIG T. GREENLEE
FOR THE CHRONICLE

Winston-Salem State's women fell short in their bid to capture a team title at the CIAA outdoor track and field championships held last weekend in Charlotte. Even so, that doesn't mean that the Rams, who finished third in the final team standings, came away empty handed.



In the process, she set school records for all three races and

Middle-distance runner Fawzia Kheir turned in WSSU's best individual performances of the meet. Kheir, who joined the team in January after transferring from Norfolk State, won the 3,000-meter run, finished second in the 1,500 and was third in the 800.

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Photo by Craig T. Greenlee

Lead-off runner Jenele Terry of WSSU bolts out of the starting blocks during the 4x100 relay at the conference championships.



2016 CIAA CHAMPIONSHIPS

BASEBALL - April 28-30, 2016 ■ USA Baseball National Training Complex ■ Cary, NC

SOFTBALL - April 28-30, 2016 ■ Walnut Creek Complex ■ Raleigh, NC

WOMEN'S TENNIS - April 28-30, 2016 ■ Millbrook Tennis Center ■ Raleigh, NC