

**Student**

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everything I need to know about the high jump and the 400.

"So, I'm still learning every single day. It's been hard trying to juggle school work and coming here [RJR] with coaching responsibilities and helping kids with their problems. It is a lot. But, it's definitely worth it."

Reynolds, a 21-year-old English major with a 3.5 grade-point average, first came to Wake Forest in 2013. She's on track to graduate in December, which is a semester early. Her career goals are to serve as a school principal and later on, as a school system superintendent.

Although Reynolds' days as a competitive athlete are over, she gets immense satisfaction in helping athletes learn and grow. Watching them exceed their own self-imposed limitations, she explained, makes the time she spends with them worthwhile.

"I know a lot of these kids' stories and backgrounds," she said. "It's a joy to listen to what they have to say after they've posted a personal best or did something they thought they could never do."

Reynolds points to high jumper Tremond Wright as a prime example. Wright, a senior basketball player, was a complete newbie to high jumping. After basketball season, Wright decided to come out for track and he started working with Reynolds.

In less than a month, Wright improved by 10 inches and was No. 1 in the NCRunners Class 4-A state rankings in mid-April (cleared 6-feet-6 inches). Wright's promising season, however, ended prematurely when he suffered a torn ACL (anterior cruciate ligament) after playing in a pick-up basketball game.

"I remember Tremond telling me 'I can never do this,'" said Reynolds. "But once he put in the work and got better with his technique, he progressed very quickly. As a first-time jumper, he became among the tops in the state prior to his injury. Working with the athletes and

helping them reach their potential is what keeps me coming back."

Wright doesn't hesitate to credit Reynolds for his growth as a raw rookie. "Coach Reynolds really helped a lot," he said. "She was always there to encourage me and support me. I appreciated that so much."

The past two years have been an enjoyable learning process for Reynolds. Looking back on that time, she notes how big a role experience plays in a coach's ability to bring out the best in their athletes.

"I've learned how to get the kids to buy into the program," she said. "They're beginning to take track more seriously. They realize you can get a full-ride [scholarship] to college with track and field."

"I'm definitely working on a more personal level with them. In the high jump, now I can tell them what direction we're taking in training from one week to the next. Last year, it was more like 'just jump and we'll pray for the best.'"

**Reload**

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an off-season," said coach Kevin Ritsche of WSSU. "And a lot of that has to do with the high level of success that we've had year after year. But this is the sixth straight year that Winston-Salem State baseball has had 30 or more wins in a season."

Looking back on the season, the Rams needed just one win against Chowan to get an automatic post-season bid. Although they had a high ranking in the Atlantic Region (ninth), it still wasn't enough to go as an at-large entry. Only the top seven teams in each region can make the playoffs.

"At No. 9, we were among the top 20 percent in our region, which has about 40 teams," Ritsche said. "This was not our best year, but we were still in position to compete for championships. For us, it was a case of having a bad day at the office for the first time in five years."

One of the major needs that Ritsche is looking to fill for next season is replacing starting pitchers

Nathan Steger (6-3, 2.83 ERA) and Devin McLemore (5-4, 4.02 ERA), plus ace reliever Jordan Cummings (4-3, 2.08 ERA, 5 saves). Steger was voted the CIAA's Player of the Year and Cummings was an all-conference pick.

"For next season, we're trying to bring in as many arms as we can," he said. "But we're filling in at other positions, too. I feel like we're ahead of schedule with our recruiting."

One of the keys for WSSU in 2017, Ritsche explained, is developing and maintaining consistency from start to finish. Outside the CIAA, the Rams struggled in that department (they were 18-19 in non-conference games). "It's important that we become more consistent in February and March," he said. "If we can do that, we will avoid having to depend on staging a late-season rally to ensure that we have a successful finish to the season."

The Rams figure to be prime factors again in Division II with the emergence of Randy Norris. The freshman second baseman who played high school ball at

Greensboro Dudley, had a superlative season in his first college campaign.

Norris, 6-2, 210, made the CIAA's All-Tournament team and was second team All-CIAA. Given his production as a rookie — .351 batting average with 5 home runs and 35 RBIs — there doesn't seem to be any ceiling on how much more he can achieve as a collegian.

It didn't take Norris long to make a favorable impression on Ritsche in WSSU's season-opening series against Millersville, who was ranked No. 1 in Division II at that time. Playing second base for the first time in his career, Norris turned five double plays during that three-game set.

"Randy was overlooked by a lot of the smaller Division I schools when he came out of high school," said Ritsche. "And he was a surprise to most people, including us."

"With his size and speed, he can play at first or second, or anywhere in the outfield. I'd have to say that he was our most consistent bat this season. Randy hits with power to all fields and he doesn't chase pitches."

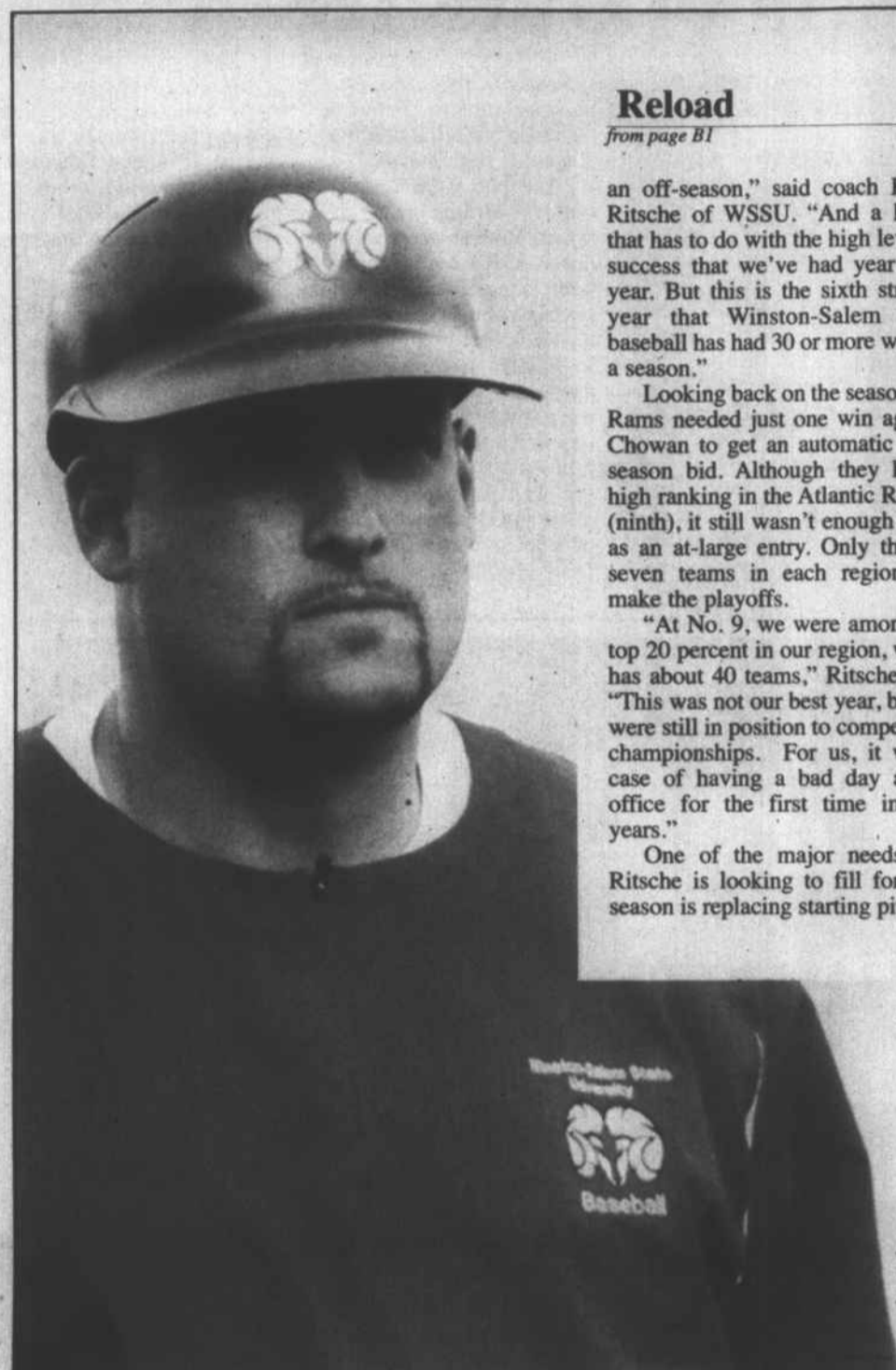


Photo by Craig T. Greenlee  
In six seasons, Kevin Ritsche has a .649 winning percentage (213-115) as the Rams baseball coach.

# QEA's Ndiaye signs with Fordham University

BY CRAIG T. GREENLEE FOR THE CHRONICLE

Pape Ndiaye of Quality Education Academy will continue his basketball career at the next level. Ndiaye, a 6-9, 225-pound senior power forward, recently signed a national letter-of-intent with Fordham University (N.Y.).

7-3 record on the ultra-competitive Grind Session circuit, which features teams who are stocked with the top high school basketball talent in the country.

QEA capped a superlative season by advancing to the finals of the Grind Session National Championships played in Kansas two months ago.

Once Ndiaye received medical clearance to rejoin the team, he opted to not play AAU basketball this past summer. His sole focus centered on regaining his strength and physical conditioning.

When he's completely healthy, Ndiaye poses problems because of his versatility. He's effective

**"Pape Ndiaye has played for one of the most successful high school programs in the country."**

—Jeff Neubauer, coach

The Rams compete in the Atlantic 10 Conference. Ndiaye, a four-year varsity performer, returned to the Pharaohs line-up for the 2015-16 campaign after missing all of the previous season with a torn ACL (anterior cruciate ligament) that he suffered a week before the season opener in November 2014.

Over the course this past season, Ndiaye continued to make progress in fully recovering from the knee injury. His inside presence at both ends of the floor was a key factor for QEA, which finished the season at 27-6.

The Pharaohs solidified their reputation as a national-caliber program with a

The Pharaohs' title bid fell short in the finals with an 82-74 loss to Victory Rock Prep (Florida).

"Pape Ndiaye has played for one of the most successful high school programs in the country," said Fordham coach Jeff Neubauer on the school's website. "He has been very well coached and will continue to improve as he gets healthy."

During the season prior to his injury, Ndiaye averaged 10 points, 6 rebounds and 2 blocked shots. In the process, he got serious looks from over 20 colleges, which included Mississippi State, Oklahoma State and UNC Charlotte.

when playing with his back to the basket. But he can also face-up and hit the mid-range jumper, plus he's a skilled enough ball handler to take defenders to the basket off the dribble. Defensively, he's a rugged rebounder and menacing shot blocker.

"It was hard for me to sit and watch (the season of the injury)," Ndiaye confessed in an early-season interview. "I felt like I let my teammates down. Coach [Isaac Pitts] did a great job in helping me to keep my mind right. All during rehab he kept telling me, 'Don't give up, don't give up.'"



Photo by Craig T. Greenlee  
Power forward Pape Ndiaye of Quality Education Academy recently signed with Fordham University.