

# Dancing to hip hop to get healthy



(Above) Tawanna Kimbrough Johnson said, after finishing the Shake into Shape workout session, she didn't even feel like she had just completed a 50-minute workout.



Photos by Tevin Stinson

Mila Terrell enjoys the Shake into Shape workout session held at Wilson Park Training Facility on Saturday, June 25. Shake into Shape is a combination of aerobics steps and hip hop dance moves.



(Left) Shake into Shape Hip Hop Dance Workout infuses basic aerobics steps with the latest hip hop songs and dance moves. More than a dozen people participated in the first course held at Wilson Park Training Facility.

BY TEVIN STINSON  
THE CHRONICLE

This summer an aerobics course unlike any other is being offered at the Wilson Park Training Facility in Clemmons.

Shake into Shape is a workout program that infuses basic and intermediate aerobics steps with the latest hip-hop songs and dance moves. The total body workout burns fat, tones the entire body, and strengthens the cardiovascular system.

The course was designed by Abriana Kimbrough and Alexis Moore, who lost a combined 80 pounds by following a similar workout routine and adopting a healthier diet. Before the start of the first course

held on Saturday, June 25, Kimbrough said in the black community, we need to understand that our mental, physical, and emotional health all need to be intact.

While a lot of people find it difficult to lose weight or to stay fit, Kimbrough noted it really just takes the determination to get it done. She said she was also inspired by her father, who is a well-known athletic trainer throughout the city.

"I wanted to find a way to encourage people to get out and get fit," she said. "So I decided to take something we all like to do - dancing - and turn it into a fitness program."

Moore said when her friend asked for her help, she was excited about the chal-

lenge of helping create the fitness program from scratch. She said she also shows people that being fit isn't just about going to the gym and lifting weights.

"You can do other things to stay fit," said Moore. "You can also do fun things like dancing to burn calories as well."

During the 50-minute session, more than a dozen women of all ages burned calories while listening to upbeat songs like "Controlla" by Drake. Following the session, it was announced that the women had burned more than 300 calories.

Tawanna Kimbrough Johnson said although she was tired, it didn't feel like she had just finished a workout.

"It felt like I was just having a good

time with the girls," smiled Johnson. "I really enjoyed it."

After completing the workout, Shona Gilmore from Atlanta, Ga. encouraged others to come out and participate. She said the course is a great edition to the fitness scene in Clemmons and Winston-Salem.

In coming weeks, more Shake into Shape workout sessions will be held at the Wilson Park Training Facility, located at 7505 Topsider Dr. in Clemmons. For more information on Shake into Shape, contact Abri Kimbrough at [www.abriakimbrough@gmail.com](mailto:www.abriakimbrough@gmail.com).

## Four 2016 CIAA football games will be televised

SPECIAL TO  
THE CHRONICLE

Charlotte, NC — The 2016 Central Intercollegiate Athletic Association (CIAA) football season is scheduled to include four televised games broadcast across TV platforms such as the ASPIRE TV Network, ESPN3 and available online via WatchESPN.

The Virginia State University Trojans and the 2015 runner-up Bulldogs of Bowie State University have been selected for this season's first CIAA televised football game on Oct. 15.

The contest, also the Bulldogs' "Homecoming," will air live on the ASPIRE TV Network. Kickoff is slated for 2 p.m. EDT at Bulldogs Stadium in Bowie, Maryland. In their only meeting last year, the Bulldogs defeated the Trojans by only three points during VSU's homecoming game.

On Oct. 22, ESPN3 and WatchESPN will feature a CIAA contest between two teams who both appeared in the playoffs last year, the Bulldogs and the Virginia Union University Panthers. As one of the NCAA's twenty-two 2016 Division II football showcase games, the matchup will kick off at 2 p.m. EDT on the Panthers' home turf of Hovey Field in Richmond, Virginia.

The second CIAA/ASPIRE TV Network telecast will highlight a battle between the defending CIAA Football Champion Rams of Winston-Salem State University versus the Fayetteville State University Broncos. In their 2015 matchup, the Rams closed out the regular season with a 2-point victory over FSU. The FSU football program has since taken new leadership with head coach Richard Hayes Jr., former WSSU defensive coordinator. This year's contest is scheduled for Nov. 5 at 2 p.m. EDT at Luther "Nick" Jeralds Stadium in Fayetteville.

The Conference television broadcast schedule will conclude with the 2016 CIAA Football Championship on Nov. 12, at 2 p.m. EDT. The Northern Division and Southern Division Champions will faceoff for the title at Durham County Memorial Stadium in Durham. The championship contest will air live on ASPIRE.

Urban Sports & Entertainment Group produces the CIAA Regional Television Network.

	VSU @ BSU OCTOBER 15   2:00 PM BULLDOGS STADIUM ASPIRE TV NETWORK	
	BSU @ VUU OCTOBER 22   2:00 PM HOVEY FIELD ESPN3   WatchESPN	
	WSSU @ FSU NOVEMBER 5   2:00 PM LUTHER N. JERALDS STADIUM ASPIRE TV NETWORK	
	NOVEMBER 12   2:00 PM DURHAM COUNTY MEMORIAL STADIUM ASPIRE TV NETWORK	

THE CIAA   
 @CIAAFORLIFE   
 @CIAASPORTS  
 #CIAAFB | THECIAA.COM

## Small College Basketball taps 2 from WSSU for inaugural Hall of Fame class

SPECIAL TO THE CHRONICLE

BALDWIN CITY, Kan. — Former Winston-Salem State University coach and a standout, Clarence "Big House" Gaines and Earl "The Pearl" Monroe, will be among the inaugural inductees into the Small College Basketball (SCB) Hall of Fame. The class includes five players and two coaches from HBCUs.

The 2016 Hall of Fame Induction Ceremony will be held on Thursday, Nov. 17 at the Ford Center in Evansville, Indiana.

"It is an absolute thrill to announce the inaugural class for the Small College Basketball Hall of Fame," said Hall of Fame and SCB Founder John McCarthy. "This class represents the best of the best in the history of small college basketball, and it is with great pleasure that we announce this class."

Clarence "Big House" Gaines' men's basketball team won the 1967 National Collegiate Athletic Association's (NCAA) Division II Basketball Championship — the first historically black college to win a national championship. Subsequently, Gaines was named the NCAA Division II (1967) College Coach of the Year. In 1982 Gaines was recognized for his contribution to basketball by being inducted into the

Naismith Basketball Hall of Fame (named in honor of the inventor of basketball James Naismith).

Gaines had amassed a win/loss record of 828-446, making him the winningest active basketball coach in NCAA history, and the second winningest collegiate basketball coach behind the University of Kentucky's late Adolph Rupp. However, following University of North Carolina basketball coach Dean Smith's 877th career win in March 1997, coach Gaines became the third winningest basketball coach in NCAA history behind only Adolph Rupp (2nd), and Dean Smith (1st).

Gaines was eventually surpassed by longtime friend Jim Phelan of Mt. St. Mary's University (formerly Mt. St. Mary's College; the name change took place on June 8th, 2004), placing him fourth all-time in wins in NCAA Basketball history before Bobby Knight passed both Phelan and Gaines in 2005, moving "Big House" to fifth-place all-time.

Earl Monroe decided to attend Winston-Salem State, a small, histor-

ically black college in North Carolina. There he found a father figure in Coach Clarence "Big House" Gaines, a famed figure in black college sports and blossomed into a first-rate scorer. As a senior in 1966-67, Monroe led his Winston-Salem State University Rams squad to an NCAA Division II title while averaging 41.5 points. A local sportswriter, the Winston-Salem Journal's Jerry McLeese penned the phrase "Earl's Pearls" to describe the points he tallied, and a nickname was born.

Monroe, the No. 2 choice in the 1967 NBA Draft, was chosen by the Baltimore Bullets, a franchise that had not enjoyed much success.

During his initial season the team showed little improvement, finishing in the Eastern Division cellar. Monroe, however, was a standout. He was named NBA Rookie of the Year after averaging 24.3 points to finish fourth in the league in scoring.

In one game against the Los Angeles Lakers, he tossed in 56 points.



Gaines



Monroe

### In the inaugural class

#### Players

- Dr. Dick Barnett (Tennessee A&I)
- Bevo Francis (Rio Grande)
- John Ebeling (Florida Southern)
- Travis Grant (Kentucky State)
- Bob Hopkins (Grambling)
- Lucious Jackson (Pan American College)
- Phil Jackson (North Dakota)
- Earl Monroe (Winston-Salem State)
- Willis Reed (Grambling)
- John Rinka (Kenyon)
- Jerry Sloan (Evansville)

#### Coaches

- Clarence Gaines (Winston-Salem State)
- Arad McCutchan (Evansville)
- John McLendon (North Carolina College, Hampton, Tennessee A&I, Kentucky State & Cleveland State)

#### Contributor

- Dr. James Naismith