

Sports Beat

BY BILL JOHNSON



Fred Coleman Is

"Cager Of Week"

By Chase Vance
Post Staff Writer

Fred Coleman, center for the Garinger Wildcats, is a big reason his team is challenging for top honors in the Southwestern 4-A Conference.

Last week, he scored nine points against the Olympic Trojans and 28 against the South Mecklenburg Sabres in two crucial games which propelled the Wildcats to the top of the conference.

The victories over the Trojans and the Sabres were games Garinger needed to win to assert themselves at the top of the conference.

The 6-3, 184 pound center wears jersey number 32 and lives with his parents, Mr. and Mrs. James Coleman in North Charlotte.

Presently, he is averaging almost 20 points per game and is pulling down 13 rebounds.

How does Fred Coleman get ready for a ball game?

"I prepare myself by going home after school and going in my room," he said. "I close the door and listen to music, something soft and mellow. A lot of love records like Barry White and Marvin Gaye."

He calls this his best year ever, because his Coach Rollie

Sumwalt is "really letting me play free."

His brother James Coleman Jr. is the person responsible for his athletic growth and the development of his basketball skills.

The Salvation Army's center on Belmont Avenue was the spawning ground for the athlete. He started playing for the team there when he was in the seventh grade. In eighth grade, he moved to Eastway where he also played in the ninth grade.

For the people watching him perform from the stands, he wants them to say, "He is a great ball handler and he moves the ball well to be a big man."

In addition to playing basketball, he plays baseball in the summer with the semi-pro Charlotte Hawks. One of the schools interested in Coleman is Mt. Olive, one of the state's best junior college programs in Mt. Olive, N.C., a small town near Goldsboro.

The members of Mt. Sinai Baptist Church has great admiration for his head coach, Sumwalt, saying, "he is a really good coach and we are going to have a good team."

CIAA Basketball Roundup

Winston-Salem Running

Away From Competitors

SPECIAL TO THE POST

HAMPTON, VA...Many observers felt that the CIAA might be well balanced this year, but Winston-Salem State is running away from their competitors with a 10-0 record.

After suffering the loss of three starters from last year's CIAA championship team, Coach Clarence "Big House" Gaines has assembled another talented squad led by the brilliant floor general Carlos Terry and the emergence of 6'7" sophomore forward Reginald Gaines, who is coming into his own as a star in the league.

The Rams are hearing talk of an undefeated season and if the talk is true, what a feat this would be for Coach Gaines who recently recorded his 600th coaching victory.

Virginia Union returned to winning from last week after a bad experience in the holiday tournament. The Panthers defeated Hampton to start in their first game of the new year.

Keith Valentine of Virginia Union leads the CIAA in field goal percentage with an astonishing .645 average, converting on 40 to 62 attempts. Union's Derwin Lilly tops all free throw shooters with an .88 average connecting on 24 of 29 tosses. Thomas Blue of Elizabeth City continues to lead the CIAA in rebounding, grabbing 133 for a 16.6 average.

Edward Jefferson, carrying a 27.8 scoring average for the Fayetteville State Broncos took the lead over Winston-Salem's Carlos Terry, who dropped to third place with a 24.4 average. Herbert Entzinger of J.C. Smith holds the number two spot with a 25.4

average.

Fastbreaking Virginia State leads the conference in team offense with a 100.7 points per game average while the Winston-Salem Rams have allowed but 66.3 points per game in defense. Virginia State will journey to Norfolk State for action against the Spartans next week in what is billed as the CIAA Game of the Week.

CIAA PLAYER OF THE WEEK...Edward Jefferson of Fayetteville State scored 54 points in last weekend's Capitol City Classic at Raleigh, N.C. Jefferson, a 6'5" sophomore from Emporia, Va. erupted for 41 points in the opening round of the tournament against Shaw University and was selected the tournaments most valuable player and to the All-Tournament Team.

CIAA ROOKIE OF THE WEEK...St. Paul's Greg Jackson, a 6'2" freshman guard from Augusta, Ga. Jackson scored 15 points, handed out five assists and recorded three steals in the Tigers' 83-82 win over CIAA opponent Virginia State.

CIAA COACH OF THE WEEK...Clarence "Big House" Gaines, who has guided the Winston-Salem Rams to a 10-0 start. Gaines is the winningest active basketball coach in the country, with over 600 victories to his credit.

CIAA HIGHLIGHT...The Super Bowl will have a special flavor for CIAA fans this year when two alumnus, defensive tackle Jethro Pugh (Elizabeth City class of '66) and offensive guard Herbert Scott (Virginia Union, class of '75) of the Dallas Cowboys take the field to see action against the Denver Broncos in the Superdome at New Orleans on January 15.



HOT-SHOOTING FRED COLEMAN...Challenging for top honors

Exciting Prep Basketball

On Tap For Friday Night

By Jim Berry
Post Staff Writer

Some exciting high school basketball action is on tap Friday, as the competition so far this year is as balanced as it has been for some time. Here's a look at some of the action on tap:

North Mecklenburg at East Mecklenburg...

The Eagles have long been a football powerhouse...but in the basketball doghouse. This year...they're looking to turn that around, as indicated by last week's 3-point victory over Myers Park. They are led by Senior guard Curtis Crawford.

But they won't find the going easy against North...a team which features two sharpshooters in Mack Walls and Mike Holmes.

Garinger at West Mecklenburg...

West Mecklenburg is having its problems this year, while Garinger is in a battle for the Southwestern 4-A Conference lead.

The Indians have some talent in Tony Maddox...but they will go up against one of the league's better defenses.

Harding at West Charlotte...

West Charlotte comes out shooting from all over the floor...and they have the firepower to do it.

In last week's victory over West Mecklenburg, the Lions had four players in double figures.

But Harding is a team which has been tough, and they've played with a lot of character so far, coming way behind a couple of times this year to win.

South Mecklenburg at Independence...

South can ill afford another loss in conference play if they hope to have a shot at the title, and they are up against an Independence team that may be primed for an upset.

But Independence will have to stop South's Jerry Fitch if they hope to pull this one out.

Olympic at Myers Park... The Mustangs...the early season favorites to win the crown...are still in a dogfight.

On paper...the Mustangs should be the easy favorite...all of their starters can score points and play defense. But no one has been able to run away from Olympic yet...primarily because of sharpshooting Rickey Stevenson.

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