

Rams and Lady Rams On right track at Wake Forest Open

LaTasha Miles
SPORTS EDITOR

The men and women's track teams of Winston-Salem State took field to their second outdoor meet of the season March 19 and March 20 at the Wake Forest Open.

WSSU competed against 64 other schools including Appalachian State, NC A&T, NC Central, and Howard in the two-day meet.

Illness played a factor among many of the team's members; however, a collective effort produced some stellar individual and team results.

Sophomore Andrew Chebii, a standout also on the Rams cross-country team, established the pace for WSSU, finishing with a 1:52:75 fourth place finish in the men's 800m run in day one of the events.

Chebii added a time of 4:00:15 in the 1500m run.

"He's fantastic," said Halcyon Blake, fourth year head coach for both Rams track teams.

"He has done excellent." "You can always count on him when you need him. I was really proud of his performance."

Senior Paul Williams continued the momentum set by Chebii, with a 10.72 fifth place finish in the men's 100m dash preliminaries.

For an encore, Williams placed fifth in the 100m finals March 20, with a time of 10.62.

He also placed 13th in the 200m dash finishing with a 21.69. Williams assisted with the 4X400m relay team along with Chebii, junior Cornell Jones, and senior Chad Smith.

Williams, a sprinter, won the second heat of the event dashing down the stretch, assisting the Rams to a sixth place finish with a time of 3:18:03.

Senior Nate Summerville, tied for third place in the high jump event at 6'5.5" (197m). Despite such a strong finish, Summerville thinks he can do better and that the best is yet to come.

"I wasn't surprised," Summerville said.

"I intended to do better, but I'm starting to get back into my rhythm, and this was a start. I was kind of disappointed, but I have been working hard.

"I'm not mad, top three is good, but I can do better."

Summerville said he plans to achieve a high jump of 6'9" or higher in the near future.

Senior Davril Massey placed 14th in the men's long jump with a distance of 6.72m and senior James Legins placed 21st with a distance of 6.39m.

In the Lady Rams opening-day performances, redshirt-freshman Stephanie Brown came just short in the preliminaries in the women's 100m hurdles with a time of 15.28.

The difference for Brown to qualify for the finals was 00.06 seconds.

Sophomore Denesha Jiles was also slighted in the preliminaries, coming in 19th place with a time of 12.49 in the women's 100m dash.

Senior Jessica Peaks left her mark at the two-day event with her second place finish in the women's high jump competition with a height of 1.72m.

Peaks was slightly edged out by Katelyn Williams of West Virginia, with a height of 1.78m.

"At first, I wasn't happy with the results because I wanted to win," Peaks said.

"But once I saw how high I actually jumped, I was pleased. This is my senior season and my goal is 5'11". Overall, I thought it [Wake Forest Open] was a good meet."

Peaks also contributed to the women's 4X400m relay along with senior Sandy Harrison, sophomore Ashley Lawson, and junior Allegra Seegars. The Lady Rams finished in 10th place with a time of 3:59:00.

Both the Rams and the Lady Rams finished with strong performances in front of the home crowd.

"We always do well at Wake Forest," Blake said. "It has that extra home feeling to it."

Wake Forest is our coming-out party. I thought that some people performed at their very best, and I'm very thankful for all the support we got from the school."

COACH'S

BATON



Passed to Jessica Peaks

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SPORTS EDITOR

Jessica Peaks, from Durham is a senior on the

Lady Rams track & field team. The former student of Durham School of the Arts is a sprinter and also specializes in jumps. Peaks is a physical education major. Lady Rams head coach Halcyon Blake selected her as a co-recipient of the Coach's Baton Honor.

Peaks came in second place in the women's high jump at the Wake Forest Open March 21 with a height of 1.72m. Peaks also assisted the Lady Rams in the 4x400m relay to a 10th place finish. "They [Peaks and Williams] had a stellar weekend," Blake said. "They played a [key] part on the team. They did fantastic."

COACH'S

BATON



Passed to Paul Williams

LaTasha Miles
SPORTS EDITOR

Paul Williams, from Winston-Salem is a senior on the Rams track & field team.

The former student of

Parkland High is a sprinter majoring in Information Technology. Rams head coach Halcyon Blake selected him as a co-recipient of the Coach's Baton Honor. Williams came in fifth place in the 100m finals March 20 with a time of 10.62.

Williams also assisted the Rams to a sixth place finish in the 4x400m relay. The Rams competed against 64 other schools during the meet March 20-21. "They [Peaks and Williams] did some great things," Blake said. "They always do the things that they need to do. They are leaders on the team."

Lady Rams split doubleheader with NC Central

LaTasha Miles
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The Lady Rams softball team defeated NC Central 10-1 in the first game by dominating at bat at Randy Jones Field March 23.

But a collapse in the second game cost the Lady Rams, 7-5.

In the victory, Winston-Salem State dictated the pace the entire game with nine hits to NC Central's four.

The Lady Rams had two hits and scored in the first inning, taking an early 1-0 lead when senior Whitney Hall hit a double to drive freshman Brittany Lane home.

However, the Lady Eagles defense left the Lady Rams scoreless in the second inning. WSSU also kept NC Central with no score after two innings.

During the third inning, the Lady Rams added three more hits and returned to their scoring ways from the first inning. Hall recorded her second double in the game, leading in junior Kayla Woodbury, extending the Lady Rams lead 2-0.

"We broke their defense down," Woodbury said after a game-high of 4-4. Woodbury scored two runs and added four RBIs.

"Hitting was contagious in the first game."

After her second double, Hall did not remain on second base for long, crossing the plate shortly after an RBI double from freshman Nikki Lynch. The Lady Rams extended to a controlling 4-0 lead after three innings.

WSSU did not score in the fourth inning while NC Central's score trimmed the lead 4-1.

The roles reversed in the fifth inning. NC Central was held scoreless again, but the scoring spree reappeared for WSSU.

In the bottom of the fifth, freshman Britney Cato recorded a double RBI. WSSU also scored on NC Central's only error of the game, a costly throwing error which led to a score from Cato.

Junior Bonika Terry contributed a sacrifice bunt, which drove junior Ashley Shepherd for an additional score.

Woodbury closed out the game with a three-run homer that notched the victory for the Lady Rams, in the first of the doubleheader.

Lane gave up one earned run, allowed four hits, but allowed no walks.

She also added five strikeouts. The win improved Lane to a 2-4 record, as she pitched the game's entire five innings.

However, the second game of the doubleheader did not favor Lane or the Lady Rams.

WSSU began with another strong first inning, this time jumping out 3-0. Terry initiated the lead with a single RBI that sent Lane to home plate. Woodbury added to the first inning's points with a two-run homer.

The home run, the second of the day for Woodbury, the tenth of her career, became the most career home runs by a Lady Ram in eight seasons.

NC Central answered by tying the game 3-3 in the top of the second inning, but the Lady Rams posted two more runs in the bottom of the second. Terry's streak at bat continued as she hit a two-run score, also sending Lane home, to recapture the lead 5-3.

No runs were scored in the third, but with four hits, NC Central snuck in three more scores in the fourth inning, taking a 6-5 lead.

The Lady Rams were unable to relinquish the lead, as they were held scoreless for the remainder of the game. The

Lady Eagles added one more run in the sixth inning, totaling four unanswered, to win the second of the doubleheader 7-5.

"Fatigue was not a factor," Woodbury said, regarding the latter part of the doubleheader.

"Our defense faltered in the second game. When they [NC Central] had runners on base in the second game, it made a difference.

Despite an error-free performance from the Lady Rams, NC Central accumulated 13 hits compared to WSSU's eight.

The Lady Eagles committed three errors.

NC Central had pitching rotation in the second game, while Lane (2-5) stayed on the mound an additional seven innings for the Lady Rams.

Lane finished the second game with five strikeouts, 13 hits, and seven earned hits, as the Lady Rams fell to 3-10 as the Lady Eagles went to 5-19.

Woodbury ended 2-3, with a run scored, and two RBIs in a losing effort. In addition to a personal highlight on her WSSU career, Terry finished the game 2-3, two runs scored, and three RBIs.