



Spring sports are coming out everywhere!

Gryph Jayvees Smash Opposition

RM vs West Edgecombe

The Gryphs opened the 1976 baseball season with a 5-0 victory over West Edgecombe. The leading hitters for the Gryphs were Greg Clark with two hits and two RBI's Jacob Lassiter and Gaither Weeks contributed two hits and one RBI each. Phillip Bunn tossed a two hit shutout over the Wildcats.

RM vs Smithfield

In their second game of the season, the Gryphs creamed Smithfield 19-0. The victory upped the Gryphs record to 2-0. It marked the second straight game the Gryphs shutout their opponents. The leading batters for the

Gryphs were Dee Rich with three hits and Wendell Wright with two hits. Gaither Weeks drove in four runs, and Wendell Wright and Freddie Proctor each contributed three RBI's apiece. The leading hitters for Smithfield were Upton, Batten, and Stevens with one hit apiece. The winning pitcher for the Gryphs was Lee Cooper. Lee Cooper and Jess Eberdt combined for the three hit shutout.

Trainer Discusses Job — Says "It's A Good Thing"

"I became a trainer because I knew I didn't have the talent to play in athletics," said Bernie Capps, athletic trainer at Senior High. "I wanted to be involved and help people out, and be a part of the team," he said.

Bernie began as a manager at Rocky Mount Senior High School, managing the basketball team in his sophomore and junior years. He managed football and baseball in his senior year.

In 1972, Bernie served as trainer for the Rocky Mount Leafs Baseball Team, under the Detroit Tigers Organization. He has been with the Rocky Mount School system since the winter of 1972.

About sports medicine, Bernie said, "It's a good thing and more and more people are hired every year. I'm the only teacher trainer that I know of that works all three sports." Coach Phil Harris said of Bernie's contribution, "Mr. Capps would be a very hard man to replace."

When a player gets hurt, Bernie tries to get the player to cooperate in a rehabilitation program. But in Bernie's book, "An ounce of prevention is worth a pound of cure."



"I would like to give my managers and student trainers a lot of credit," said Bernie, "because I could not have done as good a job as I have

done without their help." Bernie received assistance for football from managers Trey Bulluck, Ray Parker, Darrel McCalop, and Chuck Hunter, and from student trainers Andy Bryant and Chris Valentine. Helping him out in basketball were managers Darrel McCalop, Ray Parker, and Danny Richardson, along with student trainers Chris Valentine and Andy Bryant. Lending a hand in baseball are managers Darrell McCalop and Ronald Hall, and student trainer Chris Valentine. "If it wasn't for their work and cooperation, my job would be a lot tougher," said Bernie, and he added, "Anybody interested in being a manager or student trainer should contact me."

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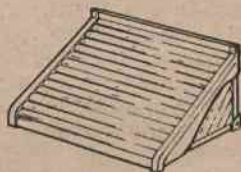
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