

Basketball team plans for top four finish

By Sarah Johnson

The 1996-97 Varsity boys' basketball team hasn't gotten off to a fleeting start, but with each game they seem to improve.

The coaches for this year's team are Curtis Rushing and Gary Miller. There

are no individual team leaders, as all the seniors on the team lead. The captains of the team are Corie Gray, and and Chris Johnson.

Johnson is the only returning starter the team has. "Chris has a lot of responsibility, and experience. We expect him to help

the other players," said Coach Rushing.

In the Rocky Mount Telegram, the Gryphon team was pre-ranked to finish fifth in the Big East Conference, a tie with Northeastern High School. The goal of the team is to finish in the top four in the conference.

The starters are Terreigh Barnett, Corie Gray, Terrence Pitt, and Randy Williams. Even though, the tallest player is only 6'2, the team uses its speed and agility. Rushing said, "The teams weaknesses are lack of size, and strengths are the team's willingness to learn and work hard everyday."

Making it to Regionals swim team's goal

By Stephanie Williams

"Our team goal this year is to break as many school records as possible and make it to regionals," said swim team coach Peter McGrain. With returning award winners and new members with potential, the girls and boys swim teams are looking forward to a really good year.

Captains of this year's team include Chad Lovin and Ben Collins for the boys and Sarah Anderson, Christy Wilson, and Amanda Shaw for the girls.

The first meet was on Tuesday, Nov. 26. The boys won the meet, competing against three other teams. The girls came in second and broke both the freestyle and relay records.

The team will compete in a total of nine meets this season, not including regional and state competitions. Their next meet at the Rocky Mount YMCA is Jan. 18.

"I think we will do really well this year because we have freshmen on the team with a lot of potential who know what they are doing," said sophomore Kim Jessup.

Junior Josh Crumpler agreed. He said,

"The new freshmen will be an asset to the team." Junior Maria Buss believes that the large group of freshmen have great potential and will help the team.

The returning all-conference and all-area winners are Julie Parrish and Amanda Shaw for the girls' team and Ben Collins and Chad Lovin for the boys' team.

Senior Anja Grosse Lordaman said, "I am on the team to have fun and because I like swimming."

There are 14 boys and 24 girls on the swim team.

Post Season Awards Big East All-Conference

Football

Jeremiah Parvin
Brian Edge
Brandon Toomer
Carnell Brown
Lynwood Silver

Soccer

Nate Ota
Barrett Bodiford

Volleyball

Amy Tsai
Dana Long
Tara Greene

Tennis

Caroline Bethune
Sarah Peterson
Wesley Barker
Angela Odem
Ferebee Bishop

Cross Country

Nick Winkel (All-Region
& State)
Stewart Edwards (All-
Region)
Jim Bonomo
Matt McGrain
Lori Wright

Pre-season training pays off for athletes

During the off-season, athletes take many strides to become the best they can be. There are several ways that our school's athletes can prepare for their respective sport.

The babaseball players warehouse is where they tune-up for the upcoming season. The facility is equipped with batting cages and areas set aside for throwing and fielding practice. "It gives some pitchers a chance to throw, fielders a chance to work on fundamentals, and everyone a chance to use the soft-toss and batting cage," said baseball player Eric Johnson.

There are several different select soccer teams that are not affiliated with the school that some soccer players choose to play for. These teams are made up of players from around the area and play against

C.J.'s Corner

teams in the region.

Befor the season basketball could attend open gym at the school. Some players critique their skills before the season. It gives players that are not playing a fall sport a chance to have a workout, as well as those of us who are ready to get back into the swing of things. "Open gym allows us to create chemistry between players that will be on the team," said basketball player Terreigh Barnett.

The weight room helps most teams prepare for their seasons. Many don't know that the swimmers and softball players also use the weight room, along with other squads at the school. There are certain training methods and schedules followed for each particular sport. Softball players' main goal is conditioning. "A group of us from the junior varsity and varsity teams use the weight room to strengthen our arms and legs. We're moving from slow to fast pitch competition, so we have to be strong," said softball player Alyson Wilson.

For athletes that strive to be the best they can be, practicing before their sport begins is the key to success. After all, champions are made in the pre-season.

COACHES' CHOICES FOR DECEMBER

Corie
Gray
Basketball



"He has shown a lot of senior leadership," said Coach Curtis Rushing. Gray is the center on the basketball team.

Jennifer
Pridgen
Cheerleader



"Jennifer is always positive and always has that cheerleader smile," said Coach Sue Ford.

Nick
Winkel
Cross Country



"He has been big in cross country, and I hope he will be big for the Track team," said Coach Ray Durham

Jeremiah
Parvin
Wrestling



"When Jeremiah comes into practice, he really gets things started," said Coach Brian Bailey.