

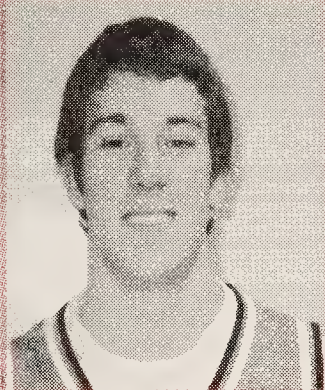
Up close with senior athletes



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Carey Goodman

Sports played: Soccer
Sports accomplishments: All-State, Region and Conference Player of the Year.
Age began to play: 3
Best aspect of sport: Being a part of a team and the competitive nature of the game.
Hours of practice a week: 15-20
What do you tell yourself before each game? Try your hardest, give good effort, and don't trip.
Athlete you admire the most: Shannon MacMillan
Proudest moment: Winning a state championship my freshman year.
Most embarrassing moment: When Nicole Panek got her nose broken by Catherine Rierson. I was embarrassed for her.
Favorite TV show: House
Most annoying commercial: Infomercials.
Worst habit: Cracking my knuckles.
Hardest class: AP Statistics with Martineau.
Favorite band/artist: Any type of country, Kenny Chesney.
Favorite Disney movie: The Little Mermaid
Cookout or Steak and Shake: Cookout because Steak and Shake is too slow. I AM Cookout runs are the best!
"Lord of the Rings" or "Harry Potter": Harry Potter!
Coke or Pepsi: Either
Where do you see yourself in ten years? Married with four kids and a good job.
Greatest fear: Snakes and two lane roads.
Quality you admire: Honesty.
If you could have one superpower, what would it be? To fly!
How would you spend a million dollars? I would give some to charity, then go buy a car.
What three things would you bring to a deserted island? Bible, iPod, Chad Michael Murray.
One characteristic you would change about yourself: I overanalyze things way too much.
One task you hate to do: Talk to Nick Dantonio, the Italian, and clean my room.



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Mike James

Sports played: Lacrosse
Sports accomplishments: All-Conference.
Age began to play: 10
Best aspect of sport: Winning or laying a huge hit on somebody.
Hours of practice a week: 10-12
What do you tell yourself before each game? I always pray, and then do whatever I need to get myself ready.
Athlete you admire the most: David Dennis.
Proudest moment: Coming back from a four goal, fourth quarter deficit to beat Page my sophomore year.
Most embarrassing moment: Getting absolutely destroyed by Charlotte Country Day in lacrosse last year.
Favorite TV show: SportsCenter
Most annoying commercial: The Isuzu Amigo commercial from years back.
Worst habit: I've got a few.
Hardest class: AP French V or Marine.
Favorite band/artist: Third Eye Blind and Lil' Wayne
Favorite Disney movie: I think "Remember the Titans" is a Disney movie.
Cookout or Steak and Shake: Cookout.
"Lord of the Rings" or "Harry Potter": "Lord of the Rings" for movies, "Harry Potter" for books.
Coke or Pepsi: Pepsi
Where do you see yourself in ten years? Successful and happy.
Greatest fear: Losing one of my friends or family members.
Quality you admire: Honesty
If you could have one superpower, what would it be? Dunking like Vince Carter.
How would you spend a million dollars? Invest it the best way possible.
What three things would you bring to a deserted island? Satellite phone, GPS system, and a magic lamp with a genie.
One characteristic you would change about yourself: Better work ethic.
One task you hate to do: Wait.
Favorite place you have been: Windy Gap or the Jamboree.



Morris Photo

Above: Senior John Morris poses with his sister at a cheerleading competition. Morris became interested in cheerleading through his sister's participation.

Left: Running back John Morris evades defenders in a win over North Forsyth.



Joseph Rodriguez/News & Record



Renaissance Man dabbles in arts, sports

John Morris cheers, scores touchdowns, reports for WHRL, and still makes time for singing and writing.

BY BROOKE BLOOMQUIST
 Business Manager

Students are often involved in more than one sport and more than one extracurricular activity, but it is highly uncommon to find one male student who plays football in the fall and then transforms into a cheerleader during basketball season. Additionally, this young man anchors for the news show on WHRL.

Senior running back John Morris fits this mold; he is an ambitious athlete on the gridiron, a high-spirited cheerleader on the squad, and a student of broadcast journalism.

Morris started playing football seven years ago. Ladanian Thomlinson, the well-known running back for the San Diego Chargers, is one of his favorite role models. Morris claims the drive of competition and the adrenaline rush motivated him to play the game for so long.

"Running a 30-yard touchdown against Dudley," said Morris, was his most memorable and outstanding

play while wearing the Whirlie uniform.

Even so, Morris wanted to explore other options available to him as a high school student.

"My little sister wanted to cheer at a professional gym called G.A.C., but she didn't want to cheer by herself, so I decided to cheer with her," said Morris.

Some people may assume the athleticism required for cheering is less demanding than that of football, but John disagrees.

"My abs would be hurting so bad after some practices. It's easy to run on a flat-surface [like a] football field, but being able to control your body while flying [through] the air is much more challenging," said Morris.

He also cheered for Greensboro Allstar Cheerleading for one year.

"My favorite aspect of cheerleading is meeting literally hundreds of new people at the competitions," said Morris.

Naturally, he was an easy target for football teammates and other friends because of his avid interest in cheerleading.

"Just about every day, someone mocked me, but we all ended up laughing at each other more often than not. It's okay now. Everybody's cool," said Morris.

Morris has often dreamed of being a news anchor on

CNN, so it makes sense that he enrolled in music teacher Marshall Johnson's Media Performance class. He has learned about camera etiquette, voice tonality, diction, film editing, sounding board operation, and video switchers, all vital information for producing a successful broadcast.

Determination and discipline are attributes that enable Morris to juggle a busy schedule. Along with football and cheerleading, he attends tutoring sessions, maintains a job at Coldstone Creamery, sings, writes children's books, and finds time to socialize with friends and his significant other.

Being involved in so many activities has paid off for Morris; he will attend Campbell University next fall. Whether he will cheer or play football is yet to be determined, but he will certainly explore his options until he chooses the venues that please him and provide him with opportunities for self-expression.

"Students should take part in school activities as much as they can. Otherwise, they're missing chances to meet new people and learn new things. School participation has made me more tolerant, patient, and learn new things. School participation has made me more tolerant, patient and ambitious," said Morris.