

# GOOD SPORTS

DR. GARY GAITHER



ZACH FOLLROD shooting.

HIGH SCHOOL BASKETBALL SEASON in Iredell County has come to an end for another year. Many athletes move on to spring sports, while for others it marks the beginning of AAU or YBOA basketball.

The Iredell Wolves is a YBOA (Youth Basketball of America) team predominately made up of West-Iredell athletes. One member of the team who just wrapped up his freshman year of basketball is Zach Follrod.

Zach is a 14-year-old student at West Iredell High School. He is the son of Rod and Lolita Follrod and has a sister, Courtney, who is 18. The Follrods are members of Mountain Road Baptist Church.

He played soccer and football in addition to basketball in elementary school at Celeste Henkel. Zach was a member of the Lake Norman Wizards AAU basketball team in fourth and fifth grades.

At West Middle School, Zach

played football and basketball in addition to playing AAU hoops with the Statesville Hurricanes.

Zach's 2005 Hurricanes team finished with a 21-18 record. He averaged 8.3 points per game and was voted to the National All-Tournament Team in Fort Wayne, Indiana.



Zach Follrod

The 2006 Hurricanes team compiled a record of 41-10. Zach scored 9.2 points a game with a high game of 19 points. He was again All-Tournament.

The Hurricanes had a 31-15 record last summer with Zach totaling 10.1 point per contest.

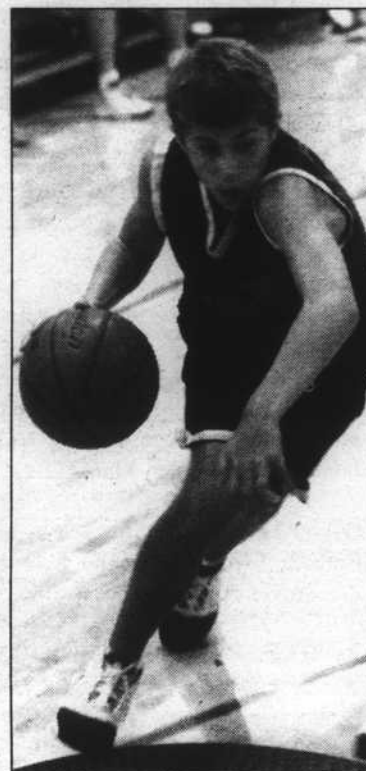
Zach was co-captain of his Warrior JV team this winter. The team finished with a 10.9 record. Zach averaged 11.1 points, 4.2 rebounds, 5.1 assists, and 1.3 steals per game, with a career high 21 points in one game.

Travis Elliott was Zach's coach this season. "Zach has developed from being primarily a shooter into an all-round player this year. He is one of the smartest players on the team in that he has good court vision. He has a great work ethic and I think he and I developed a nice bond. He really matured a lot this year and became a leader both vocally and by example. I'd love to have five more just like him. He played mainly as a small forward this year and got a lot of offensive rebounds. His passing improved as the season progressed and he had 9 assists in one game. Zach is hungry to improve and to be the best he can be."

Zach's work ethic becomes obvious when he says "I feel that sports have



WEST IREDELL HIGH SCHOOL JV BOYS FOR 2007-2008. Front row Marquis Stevenson, Drew Alford, Brandon Tedder, Jerrell Scott, and Sam Holcomb. Back row Caleb Dagenhart, Zach Follrod, Tevan Crosby, Matt Harris, Hunter Blohm, and Coach Travis Elliott.



ZACH driving.

been a tremendous impact on my life. It's taught me self-discipline, teamwork, and leadership skills. But mainly I've come to realize that anything worth having is worth working hard to achieve!"

Dr. Gary Gaither, a Statesville dentist, has been involved in local sports for more than 30 years.

## Autism Overview Set

The Autism Society of North Carolina invites the community to join them for a basic overview of "What Is Autism," with Nancy Popkin- Parent Advocate. The event is Wednesday, April 16 6 - 7 p.m. at Broad Street United Methodist Church in downtown Statesville and is free and open to the public.

To learn more about autism spectrum disorder and the Autism Society of North Carolina, call 1-800-442-2762, or visit [www.autismsociety-nc.org](http://www.autismsociety-nc.org).

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