

Coaches Pick Coppin to Win MEAC; A&T to Finish 5th

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Delaware State, Howard, North Carolina A&T, Maryland-Eastern Shore, Florida A&M, Morgan State, and Bethune-Cookman.

The S.C. State Lady Bulldogs were selected to win their fourth straight regular-season title, followed by Florida A&M, Howard, Coppin State and N.C. A&T. Morgan State, Delaware State, Bethune-Cookman and Maryland-Eastern Shore were picked to finish in the MEAC women's second division.

The preseason selections for both were announced Oct. 7 at press conference at the Baltimore Arena.

"My team finds itself in a Catch-22 situation where in situations like this," said Coppin State coach Ron "Fang" Mitchell, who returns five starters, including tour-

namment MVP Stephen Stewart. "There's nothing for us to achieve except failure."

Mitchell will be without the services of Tariq Saunders, who Mitchell dismissed from the team for academic reasons. Mitchell said Saunders, who placed on the MEAC all-tournament team, meets the school's eligibility requirements but will not play until 1994-95.

The press conference was also a formal introduction of four new coaches into the league. Bethune-Cookman coach Maurice "Tony" Sheals, Ron Brown of Florida A&M and N.C. A&T's Felton "Jeff" Capel are the new faces that will grace the men's sidelines. Lisa Jones begins her inaugural campaign at Maryland-Eastern Shore after serving

under Willie Simons for two seasons.

"The prescription for the past is not going to be the medicine we're going to take anymore," warned Sheals, who replaced 31-year head coach Cy McClairen. Sheals did lament on the fact that his team will embark on a 13-game road trip to start the season and described his non-conference schedule as a "journey through hell."

Capel faces a similar task replacing Don Corbett, who won seven MEAC tournament titles. But Capel will have an advantage in that he has preseason MEAC player of the year Jamaine Williams on his squad.

Former Skater

Justin did not take it seriously until he gave up the roller skates entirely this August.

"Actually, it wasn't that difficult to give it up," Justin said. "I just took that as far as I could. It was simply time to go on."

To stay in condition for track during the off season, Justin decided to see if he liked cross country. But when he asked Mt. Tabor coach Guy Spear about trying out, Justin was already at a disadvantage.

"While most kids were practicing for this season during the summer, Justin was competing in skating so he wasn't quite ready by the third meet," Spear said. "He would be tired after a couple of miles and would see about taking a shortcut."

"But he one thing that impresses me about Justin is that he has overcome all those obstacles. Depending on how far he takes it, he could become a very good runner by the time he finishes."

Justin would hang in and eventually earned a spot on the squad. After becoming better conditioned, Spears saw his diamond in the rough turn into a more polished runner by the end of the season.

Justin has moved up to the eighth spot on the squad, frequently competing with the varsity runners. He has even moved into that class for several meets, but Spear kept him on the jayvee team for his further development.

"He used to come home tired after every practice, but Justin didn't quit," Sandra McIntyre said. "He knew how far he came and one



Mt. Tabor runner Justin McIntyre in action.

thing Justin is and that's a goal-setter."

Justin has also been a goal-setter off the tracks. An honor student with a 3.58 grade point average, Justin plans to attend either N.C. State or N.C. A&T and major in architectural engineering. Justin was also honored as a selection in the Duke Power Partners Program, a program designed for minorities who plan to major in accounting or engineering.

Sandra McIntyre is proud of the fact her son has been able to maintain a high level of academic performance and become a success as a black athlete in what is perceived to be mostly white, middle-class sport.

"Justin never has had a problem with that because most of his skating team was white," Sandra McIntyre said. "I've asked him if being the only black on the team ever bothered him, but he never mentions it nor uses it as an excuse."

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I've tried to instill a positive attitude in him by being his role model."

Carver

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Moody led the defense with 14 tackles and two interceptions. North Forsyth fell to 3-6-1 for the season.

Mt. Tabor ran its record to 5-3-1 by taking a 14-7 win over North Davidson. Parkland notched its first win of the season with a 18-16 victory over Central Davidson.

In tonight's action:
Morehead at East Forsyth;
North Forsyth at Greensboro Smith;
High Point/Andrews at Carver;
Trinity at Glenn; West Forsyth at Davie County; Mt. Tabor at Reynolds.

All games begin at 7 p.m.

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