

Carver junior quarterback Herb Miller hands ball off to senior tailback Erick Eaton earlier this week.

Different year, same expectations

3A State champs have minds set on winning it all again

The following story is the first of a series on the high school football teams in Forsyth County. Fans will get an early look at what's going on with their favorite prep team this summer.

BY ANTHONY HILL
THE CHRONICLE

If one mentions the word football in North Carolina, the name Carver YellowJackets should instantly rush to mind. They've been one of the more successful teams over the last five years.

This year may be a little different. They're faced with the challenge of repeating as 3A State champions. And, one of the toughest things to do in sports is to repeat. Don't tell head coach Keith Wilkes and the rest of the YellowJackets that, though. They seem to be poised for another run at the title. As a matter of fact, the YellowJackets seem to be walking around with a certain swagger of confidence.

"We're supposed to," said Wilkes. "We

have a winning tradition over here. The expectations are always high. I want to try to continue to stay at the top. Our goal is to win a championship every season. We can't be satisfied with what we did last year. It's time to roll on to something new, baby."

And, that's exactly what the YellowJackets appear to be doing: rolling on. The team lost over 13 starters from last year's team, but talent never seems to be scarce at Carver.

"We keep us some good players over here," Wilkes said. "Like I said, this is like a machine over here. We send some good guys out and see good ones come in."

But, how do you replace an All-American lineman, a lightning-quick quarterback and a strong stable of running backs?

"I always keep a good nucleus of sophomores and juniors on my varsity. I believe when you give the kids hope, they'll step right in and make it look like you haven't lost a beat. We lost a lot of players, but we had a lot of players that backed them up, who know the system."

See Carver on B4

Chill out in heat of summer

Could cycling be the next sport for blacks to dominate

FROM THE HUDDLE

Anthony Hill



Man, it sure has been hot outside lately. Well, when it hasn't rained anyway. I always get concerned about heat related illnesses when the weather gets like this. There are many ways to take care and have fun outside, while preventing heat stroke on a relatively good day. This advice is also good for the fall sport athletes who are training during these dog days of summer.

First off, know your body's limits. Do not put yourself in a situation for heat stroke unnecessarily. It takes some time to condition your body to operate in hot weather for an extended time.

One of the first things a person can do outdoors during hot weather is avoid the hottest part of the day. Midday hours from around 10 a.m. to 4 p.m. is when the sun is the brightest and most intense. Try to avoid being outdoors during this time and limit activity.

If you are outside during the heat of the day, make sure to drink plenty of cool liquids like water or sports drinks. Avoid alcohol and caffeinated beverages, as these can deplete precious body fluids. Most trainers will agree you shouldn't wait until you feel thirsty before reaching for a drink of water. Drink water and other cool liquids about an hour or more before heading out into the heat, and continue to take in fluids regularly during your time outdoors.

Wear a hat. Keep your head cool by wearing a cap with a bill or a wide brimmed hat. This will help keep the sun off of your head, face and neck. When the body is unable to regulate its temperature, heat stroke can occur. A person does not have to be exercising or exerting themselves for heat stroke to happen. A lot of people don't know that.

Some warning signs of heat stroke are, extremely high body temperature, red, hot and dry skin (no sweating), headache, dizziness and nausea. If you see any of these signs, have someone call for medical assistance while you get the person to a shade or cool area. Also, try to cool the person as quickly as possible by immersing in cool water or spraying cool water on the person's body.

High temperatures and humidity combined can make it feel hotter to the body than what the air temperature may indicate. This is called the heat index. A high heat index causes more heat stress on the body. Extra care should be taken when outdoors to prevent heat exhaustion and/or heat stroke.

If you are outdoors on a hot day take frequent breaks in a shaded area if possible and drink plenty of fluids. Do not over exert yourself, slow down and take it easy. Whether you are training or working outside, hot, humid days can take their toll on the body. Don't venture out alone take someone with you and something cool to drink.

Cycling might be the new sport for us

A wonderful thought rushed to my head as I watched Lance Armstrong celebrate his fifth

See Hill on B3

Five Rams make the pre-season CIAA team

Rams predicted to finish second in Western Division

CHRONICLE STAFF REPORT

The votes are in, and the Winston-Salem State University Rams have once again led the conference placing five Ram Football players on the CIAA Pre-Season All-Conference team. The Rams are tied with the Fayetteville State Broncos, the 2002 CIAA Football Champions as they place five team members on the very-exclusive All-Conference team for 2003.

The Rams, who finished 4-3 in the CIAA last season, and 4-6 overall, have also been



Blount

picked to finish the 2003 season in second place in the Western Division, behind last season's champion Fayetteville State.

"We were very young in 2002, as we

brought in new players and new staff members (Defensive Coordinator Gregory Richardson), but I feel that we have matured," said head coach Kermit Blount.

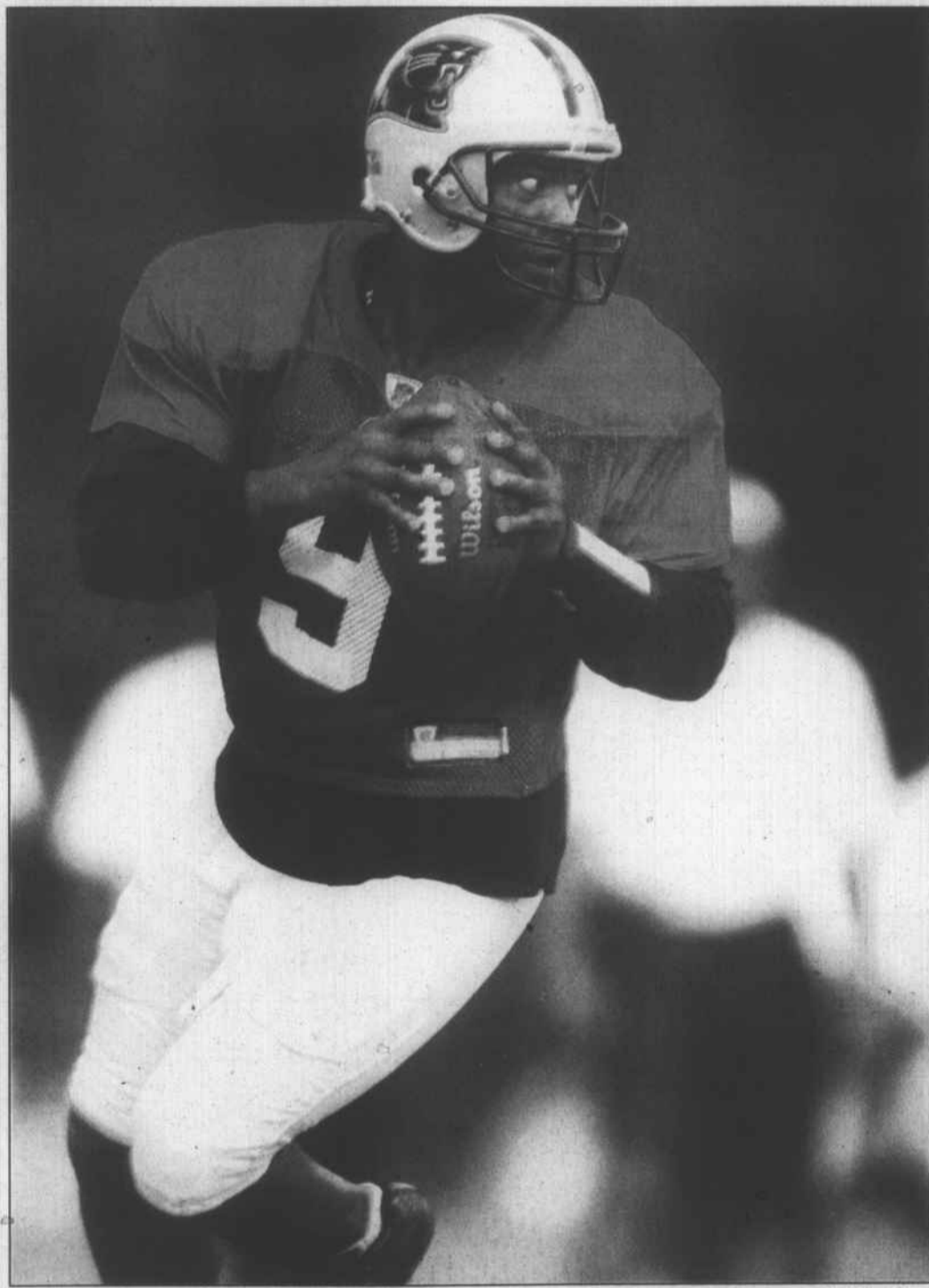
Outside linebacker Marcus McNair will prove to be a key part of this season's Ram team that looks to return to the top of the CIAA. He will key an semi-experienced offensive line that saw the departure of the newest member of the Ram coaching staff, Aaron Federspiel. McNair will have to help coach a young Ram offensive front if WSSU hopes to return to the dominance of the past.

Speedy receiver Brandon Free will return to the lineup as he broke out last season and proved to be one of the Rams' most potent offensive weapons. Catching eight touchdown passes last season, he broke for catches of more than 35 yards on four occasions and he once again looks to be a constant threat on the flanks for the Rams.

Ashton Oakley returns to the team after a sub-par 2002 campaign. An All-CIAA team member in 2001, Oakley had difficulty last season, but looks to return to his dominating form. He is joined by his brother, sophomore punter, Chad as the only brothers on the CIAA Preseason All-Conference team.

Defensive lineman Rodney Norman will pair up with the young Ram stand-out Anthony Robinson, a 2002 CIAA All-Rookie selection and look to lead a

See CIAA on B3



Carolina Panther quarterback Rodney Peete rolls out during a passing drill at Panther training camp.

Photo by Bruce Chapman

Friendly Rivals

Panther quarterbacks say there is room for all of them

BY BRETT BORDEN
SPECIAL TO THE CHRONICLE

The Carolina Panthers have a problem, albeit a healthy one.

The team entered training camp in Spartanburg with four quarterbacks who felt they had a legitimate shot to be the starter. Each brought a unique resume to the competition.

Rodney Peete is the savvy veteran. He has won 45 games as a starting quarterback in the NFL, including seven for the Panthers last season.

Jake Delhomme is the X-factor, signed from a division rival because

the coaches like his leadership skills and his intangibles.

Chris Weinke is the former Heisman Trophy winner who struggled through the 1-15 season of 2001 as the starter and lost his job the following August to Peete.

Randy Fasani is the longshot fifth-round draft choice of a year ago who thrilled Panthers fans with his productivity in the second halves of preseason games.

While the situation at hand would seem to foster a cutthroat atmosphere, the participants swear that is not the

case. In fact, they say that it is competition in name only.

"It's friendly," said Peete. "There isn't any animosity between us. Each one of us is out there trying to get better. If I see something that is going to help somebody out, be it Jake, Chris or Randy, I'm going to say something about it and try to help them. And it goes the same with those guys helping me as well. It's not one of those bad situations."

Of the four, only Delhomme was somewhere else a year ago. The for-

See Panthers on B2

