

Coach

from page B1

ent websites and I have been trying to get back to North Carolina from coaching at University of West Florida, so I thought to myself it would be a good idea to apply for it and see what they had to offer," she said.

"I am extremely excited to get back and I have a very supportive husband

and son that have been able to put up with my passion for being a coach. I have been down in Pensacola for the past few years and they have been up in the Forsyth County area, so I was just at the point that I wanted to be back where they were."

Quick stated she expects to hit the ground running once she takes over the program. While at West Florida she helped lead the Argonauts to the

program's first Division II Regional Championship and Elite Eight appearances in 2017.

"I think they have some pretty good pieces to the puzzle that I can go out and recruit and add to for this upcoming season, she stated. "I feel like we can definitely be at the top of our division because Greensboro College has dominated the division, so I think we can compete with them for that top spot

in the Eastern Division. As far as coaching goes, Quick says her past playing experience at a top Division I school and the WNBA is not what makes her so good. She feels many players have attempted to transition into coaching but have not done well.

"My passion for the game and my passion to get better every year is the difference for me," said Quick. "I attend several

clinics a year to get better as a coach and I think that's what gives me more of an advantage than actually my playing career."

Defense has been the backbone of Quick's coaching style throughout her career. She has used a particular style of defense that has worked on all levels she has coached and plans to bring that style to Meredith as well.

Quick says she has high expectations for her

first year at Meredith. She wants to bring in kids that are passionate about the game as well as the school.

"I want to increase the wins, build the numbers on the roster and I hope to win a championship or at least being in the championship game," Quick stated as to what would be a successful first year in her eyes.

Rising

from page B1

nobody really knows," he says. "I just like that I can hold my own against them and then you get respect and attention from them, too."

Basketball was not the first love for Leal as he was growing up as a youth. As a young kid, soccer and boxing were the two sports close to his heart. Leal stated he did not have the skill to play soccer nor the passion to stick with boxing so decided to pick up basketball.

"When I was 8, I used to go to the park every day with my dad and train because he said if I wanted to play basketball, I had to be good at it," he said. "We would practice from 5 in the afternoon until 10 at night."

Leal says he wasn't that good when he first picked up a basketball, either. He says other kids would make fun of him not only because he was not that good but also because he was "Hispanic or Mexican," he says.

"People would say that I couldn't play because I was Mexican but that pushed me to keep playing so I could prove them

wrong," he continued. "I loved playing even more when I started to get respect because I began to improve over the years and people starting noticing."

"I am not just playing for myself. I am playing for my parents, my family and the people who look up to me. Hopefully I can make it somewhere to inspire another kid like me to do the same thing," Leal said.

Once he hit the eighth grade, Leal says, he knew that basketball was the sport for him. He had made such strides in those few short years that he knew he could play with anyone. He says he gets an extra sense of satisfaction when he does well against players who underestimate him because he is Hispanic.

Leal began his high school career with Parkland High School. He says he had a productive freshman year. His sophomore year at Parkland started with a bang as he scored 20 points against Glenn in his first junior varsity game. He says halfway through the year his playing time began to be trimmed tremendously for unknown reasons.

"I am not sure why the

coaches did not let me play more in the second half of the year," he says. "I don't want to speculate."

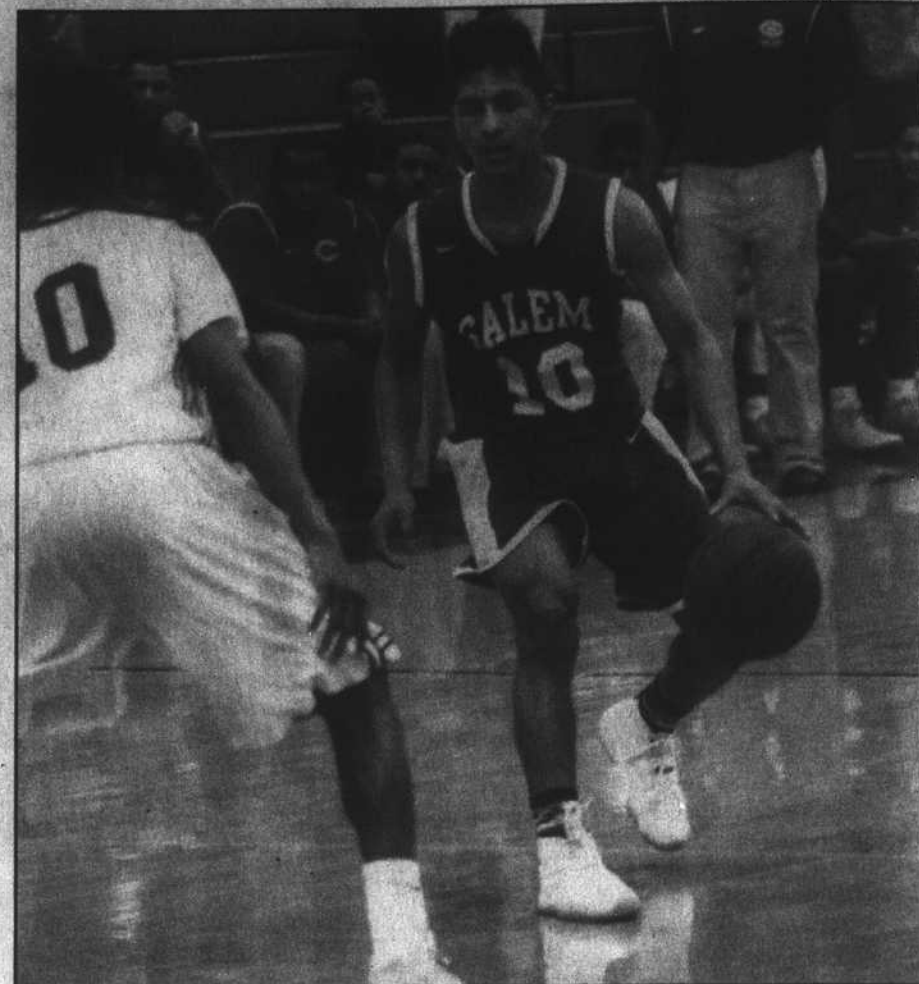
Following his sophomore year at Parkland, Leal and his parents decided to transfer him over to Salem Baptist. His family also decided to reclassify him as a sophomore so that Daniel could focus in more on his academics in hopes of raising his grades for college.

His first year at Salem Baptist was derailed due to a lingering back injury he suffered during the season. He also suffered a broken rib along with a groin injury that held him back. Going into his junior year he had high expectations for himself.

"My junior year is when I actually like started to push myself and my coach really gave me a chance to play," he went on to say. "I carried my team most of the time and I averaged 25 points this year."

"I was also named MVP of the team and that felt good because I like making my family proud of me. I just want other Hispanic kids to know they can make it somewhere."

Leal is a jack of all trades on the floor due to his ability to shoot from behind the arc as well as



Daniel Leal averaged 25 points per game last season for Salem Baptist.

Photo by Alphonso Abbott Jr.

getting to the basketball at will with his superior ball handling skills. He says he patterns his game after Dallas Mavericks guard

Dennis Smith Jr. Heading into next season Leal says he just wants to help his team win more games, hopefully attracting

some college scouts along the way as well. He says he would love to attend Wake Forest University so he can stay close to home.

Ramsey

from page B1

year rental.

The most puzzling move for me was Paul George signing with the Thunder. After what transpired last season playing along side Russell Westbrook and Carmelo Anthony, I was almost positive George would walk.

As I have told everyone time and time again, the Thunder will never win a championship with Russell Westbrook as their best player. George should have taken a page out of the Kevin Durant book and jumped ship because at best the Thunder are the fourth or fifth best team in the West as they sit now.

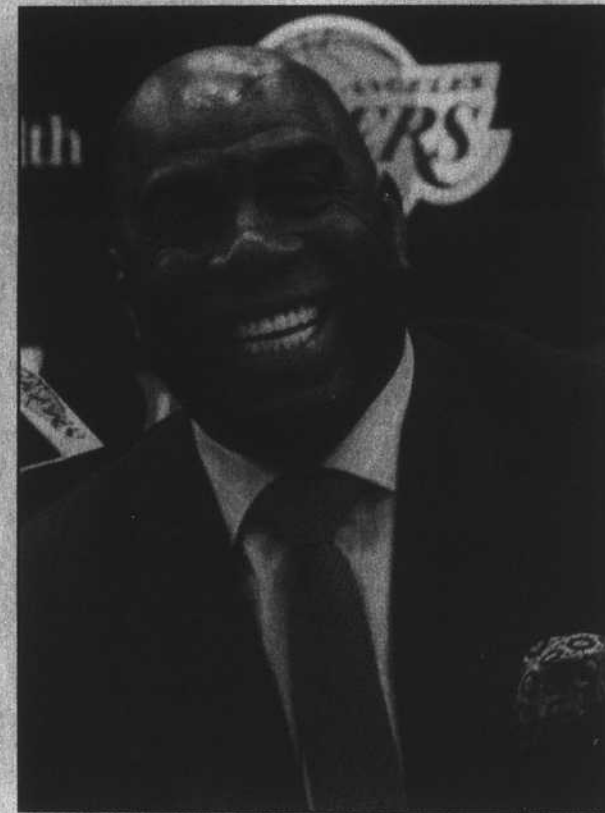
I understand the Chris Paul move in hindsight. If he were healthy, the Rockets had a very good chance of taking out the Warriors in the Western Conference Finals last year. Another shot at the championship with Houston makes a lot of sense, but will be more difficult with the loss of Trevor Ariza to the Phoenix Suns.

NBA fans better get ready for another championship from the Golden State Warriors because there are rumors out there that once Dwight Howard's contract is bought out by the Brooklyn Nets, he will sign with the defending champs. Also Jamal Crawford has expressed interest in the Warriors as well.

So if I am the Lakers, I just let this year play out and push all my chips in for the summer of 2019. I know the L.A. Fans are eager to get back on top, but not at the expense of their young core. The rest of this summer should be interesting, but James has surely swung the balance of power even more to the West. Good luck next season Eastern Conference.

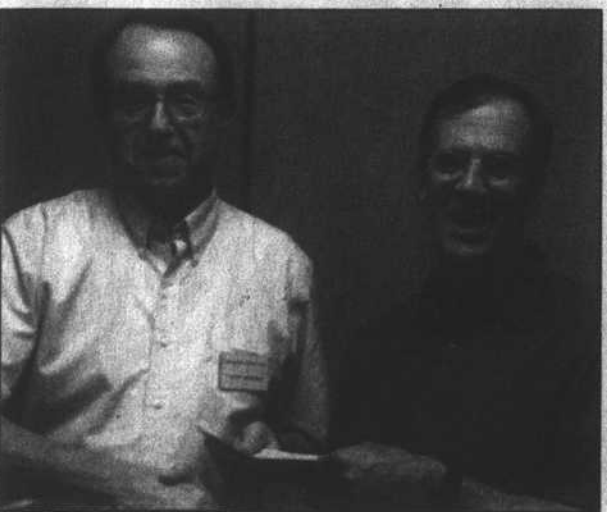


James



Johnson

AP photos



Lewisville Civic Club President Larry Morris receives a \$750 contribution from Winston-Salem Cycling's Michael Berry.

Lewisville nonprofits receive donations from Cycling Classic

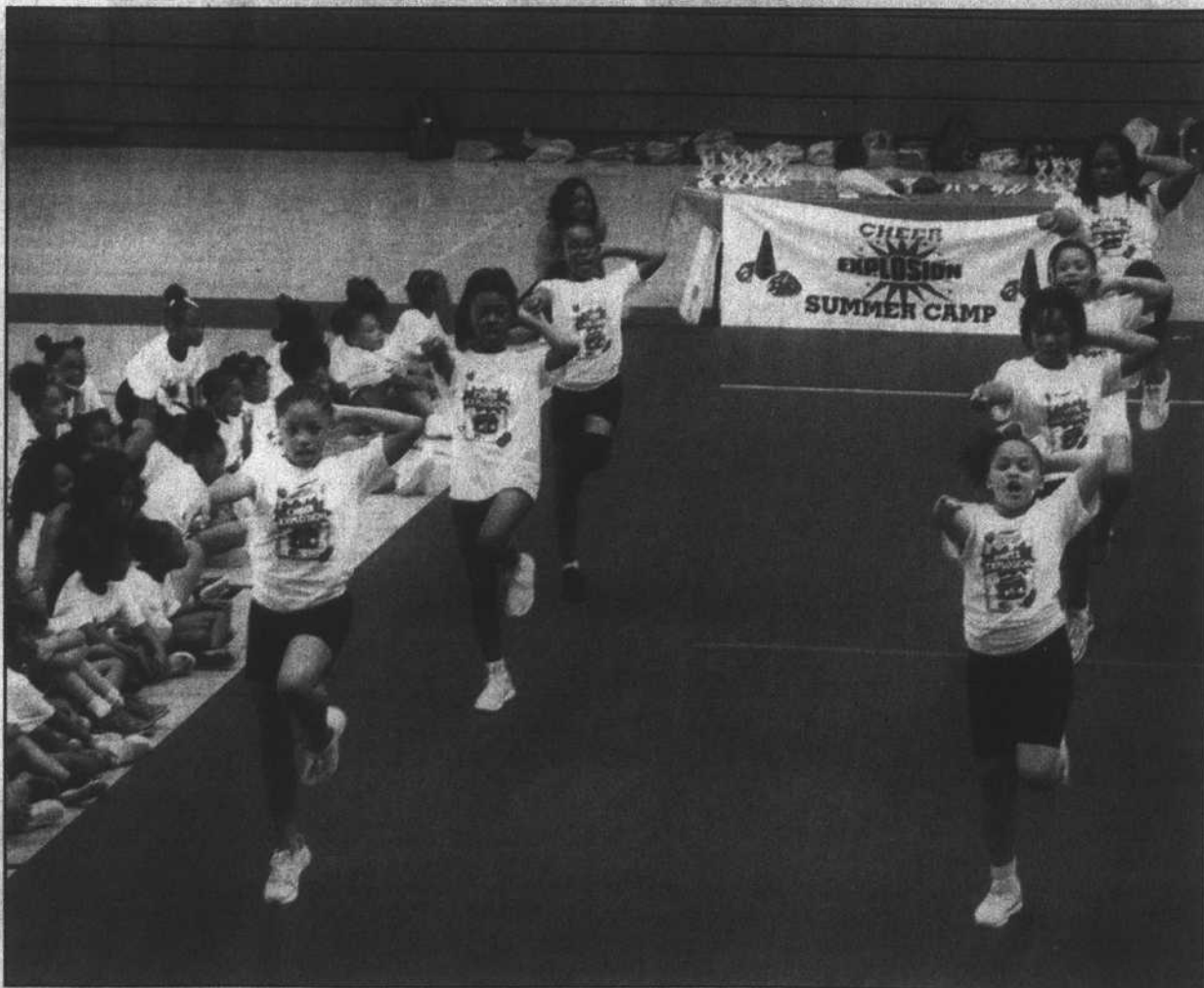
SPECIAL TO THE CHRONICLE

Four Lewisville nonprofit organizations were the beneficiaries of the May 27 Grand Fondo ride held in conjunction with the 2018 Winston-Salem Cycling Classic.

Nearly 200 riders, including three-time Olympic Gold Medalist Kristin Armstrong, partici-

pated in the 58-mile and 31-mile rides staged from Lewisville's Shallowford Square.

Organizations receiving \$750 contributions from the ride's proceeds were the Lewisville Civic Club, the Vienna Civic Club, the Northwest Forsyth Little League and the West Central Community Center.



Learning with a twist of fun

On June 22, Winston-Salem State University's Powerhouse of Red and White Cheerleading Team hosted over 100 cheerleaders from across the state at its Cheer Explosion summer camp. Campers learned a wide array of techniques and had tons of fun, the team says.

WSSU photo