

Prep Chatter

With

James Cuthbertson



"Last year, we knew we had a veteran defensive unit coming back," said West Charlotte head coach Rudy Abrams recently. "We were concerned about the offense. This year, we don't have many people coming back on defense and we are still concerned about the offense."

The Lion defense gave up 4.6 points per game last year en route to a 12-2 record and the state finals.

"We hope to be competitive," Abrams added. "The league is always tough."

Tough is good enough for lack of a better word. The league pulled several hairs off the Lions' head before recognizing them as champions last year.

As a matter of fact, West Charlotte had better competition at home than they did until the state finals at Richmond County. Witness, scores of 7-0 against Gastonia Ashbrook, 20-0 against Morganton Freedom and 14-7 against Winston-Salem Reynolds.

Well Rudy says nobody ever ranks his team first. Surprise, this week The Charlotte Post rates the Lions number one in its pre-season poll.

But remember the old adage, Lions, it is harder to stay number one than it is to get the spot. And the conference is ever hungry this year.

North Mecklenburg star running back Chris Cook who has gained over 1,000 yards each of his varsity seasons is back.

"We are coming along pretty well so far," Cook said. "Yes, we are looking okay."

Cook, hampered by a groin muscle last spring is back in top form as witnessed by an 80-yard practice run last week against the defenses that should be the toughest in the league.

"Chris broke loose and we had to clamp down on the offense," said vaulted linebacker Jimmy McCoy. "We are going to be a mean Crunch Bunch this year."

Cook has the right idea for the beginning of his senior season.

"We know we have a big game coming up on September 14 with West Charlotte, but we are not necessarily aiming for them," he said. "We want to beat everybody."

This is a big week for most of the teams as the interconference scrimmages begin.

On August 17 Garinger kicked the season off with a scrimmage in South Carolina against Gaffney High.

On Wednesday, August 22, Olympic scrimmaged Country Day at 8 p.m. on the Rebels' field.

Tonight, Independence will travel to Kannapolis to play A.L. Brown.

Tomorrow West Charlotte is at Charlotte Catholic, Myers Park is at Belmont, South Rowan at West Mecklenburg, Statesville at South (Myers Park Stadium) and Harding at Hunter Huss.

East will scrimmage Shelby on August 28 at 8 p.m. in Shelby.

North and Concord have not finalized dates for their scrimmage.

South Mecklenburg running back Larry Hart has set a big goal for himself in the 1979 campaign.

"I want to break the 1,000-yard mark," he said. "Last year, I gained 502 yards by averaging 6.1 yards per carry. That was the best mark on the team."

Hart is excited about his Sabres' chances saying that they will be smaller but quicker this year.

"We only have one person over 200 this year," he said. "The backfield will include either Tim Queen or Tuggy Lambros at quarterback. We have Steve Griffin, a running back from Carmel, who runs the 100 in 9.7 seconds."

Curtis Spann of Myers Park is excited about his team's chances.

On offense Spann will play split end. On defense he will play half back.

"We are looking fairly good," said Spann. "On defense we have Rick Hoey, Renault Springs and Rick Barrett. On offense, we will have Bryant Foust, Raeford and Mitchell Smith in the backfield."

On the private school front, Charlotte Catholic's Ralph Alexander is looking forward to going to the state again.

Alexander is a fullback. Ralph carried the ball 142 times for 784 yards or an average of 6.5 yards per carry last year.

One reason Harding running back Reggie Cook was an Exclusive Eleven Pick last week was his accomplishments last year.

Cook holds the mark for the longest touchdown run from scrimmage last year with a 74 yarder against state semifinalist Charlotte Catholic. He returned the longest kickoff, 95 yards against Independence for another touchdown.

He also got the most kickoff return yardage in a season, with 302 yards.



Randy McClure
...West Charlotte Quarterback

JCSU Football Morning Comes Mighty Early For 115 Candidates

Morning comes mighty early for 115 candidates attempting to fill the 60 slots on the Johnson C. Smith football team. The first practice of the day begins at 6 a.m. on the campus field.

"It's not so bad when you consider the heat in the afternoon, but it's tough to crawl out of bed at 5:30 in the morning before the sun even bothers to get up," assessed one veteran. After an hour workout, the players break for morning meal then return for a two hour session that begins at 9:30 a.m. The most grueling work of the day comes at this point. Lunch and an afternoon nap is welcome relief before the desert patrol reports in for the 3:30 p.m. workout.

"We only go with helmets and cleats in the afternoon," explained assistant coach Red Jackson. "We don't want to fry anyone, just teach techniques and individual responsibilities." The afternoon session is kept brief to avoid heat related injuries. Back to the chow line for dinner at 5 p.m., but little time to rest before the 6:30 team meeting. Specialty teams work out in the evening on the field while the players rotate through the weight training stations. Each player must lift a set minimum weight in several categories (weight levels are determined by player's size and position) in order to qualify for a tryout with the team.

"Anyone who hasn't been running and lifting in the summer will stick out like a sore thumb," promised linebacker Don Quarles.

Freshman candidates have been undergoing a week long series of tests and orientation programs that have forced them to miss the first two sessions of the day. "This causes a serious delay in our schedule since we will be counting on several freshmen early in the season," noted head coach Wylie Harris. "We hope to work out a compromise to avoid this in the future, but we'll play the hand dealt us and do our job."

Harris seemed pleased so far with the early operation and the freshmen group who reported in. "We've lost one player temporarily due to family circumstances," he

MEAC Reports

Glamorous

Football Slate

Durham--The Mid-Eastern Athletic Conference's football pre-season is one of hungry anticipation for competition as Fall practice began last Monday, August 13, for N.C. A&T, S.C. State, Morgan, and University of Maryland-Eastern Shore, with Howard following last Tuesday. Delaware State and N.C. Central began August 20.

Regular season will get underway for A&T, S.C. State, Morgan, and UMES on September 1; with Delaware St., Howard, and NCCU starting on September 8.

Besides the always tough inter-conference battles, there are some glamorous teams on the MEAC schedule for 1979. Howard entertains defending Division I-AA National Champion Florida A&M (Southern Intercollegiate Athletic Conference) September 29, and Southern University (Southwestern Athletic Conference) September 29, and Southern University (Southwestern Athletic Conference) November 3; another SIAC school, Bethune-Cookman, has a September 22 date with A&T

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LINEBACKER DON QUARLES
...Golden Bull standout

explained, "but we're looking forward to having him join us in the future. The people who've reported are physically prepared."

All day practices will end this week and the final 60 roster will be determined. The countdown to the September 8 opener against Lenoir-Rhyne has begun. "We've got a tremendous amount of work ahead," cited Harris. "We're hungry to do the job."

Although practice sessions are closed to the public this year, there will be two opportunities to come out to meet the Bulls and watch a scrimmage. On Saturday, September 25 the Golden Bulls will hold a controlled scrimmage at Gastonia Ashbrook High School field from 3 to 4:30 p.m.

On Wednesday, September 29, the Bulls will scrimmage at Hawthorne Junior High School at 1400 Pegrum Street in North Charlotte from 4 to 6 p.m.

The Bulls open the 1979 campaign on Saturday, September 8 against Lenoir-Rhyne in Hickory.

Mark Polk Wins Greater Griertown Open Championship

Mark Polk, a white golfer from Monroe, N.C., came from behind here Sunday to win the Par Busters' Greater Griertown Open Golf Tournament.

The other winners in the popular event, which attracted 89 golfers, were Joe Carter, first flight; Allen Thompson, second flight; Willie Thompson, third flight; Thurman Adams, fourth flight, and John Shadd, who won the senior flight.

The winners of each flight won certificates and trophies. The Par Busters also awarded certificates and trophies to the first four winners in each flight, in addition to giving valuable certificates to James Polk and Eugene Barnes for hitting closest to the hole on No. 9. Polk placed his tee shot four feet from the pin on Saturday and Barnes was even better on Sunday, hitting only three feet from the hole.

Polk, who trailed his buddy Ray Crowder by three strokes after play at Crystal Springs Golf Course Saturday, shot a 70 Sunday to capture the coveted honor by one stroke over Crowder, who finished the 36-hole tournament with 144. He was four over par. Polk finished at 143.

Crowder, also from Monroe, picked up valuable ground early Sunday when he birdied the first hole and parred the second while Polk was getting a par on No. 1 and a bogie on the second. Crowder, however, found trouble on No. 3 and finally wound up with a double bogie 6. In the meantime, Polk was getting a birdie to cut three strokes off the lead. Polk took the lead for good when he birdied No. 7 and Crowder was getting a double bogie 7.

Robert "Git" Brown, a heavy favorite, was in close contention until he reached

the treacherous 16 hole. Brown shot 72 on Saturday and was one under par when he came to 16 where he fell by the wayside with a horrendous 9. Mack Gill, who fired 70 in the first round, also dropped out of contention with a 79 Sunday, as did mayoral candidate Eddie Knox, who followed a 72 on Saturday with a 78 Sunday.

Carter, who plays out in Baltimore, Maryland, also had to come from behind the pack. He paired his 73 in the final round with a 78 in the first for a 151, three strokes better than Willie Pruitt and Billy Brannon, who each

finished at 154. Pruitt won the playoff for second place.

Allen Thompson was extended to an extra hole before defeating Carnell Manns of Columbus, Ohio and Melvin Jackson, of Fayetteville State University.

Playoffs were also needed to determine the winners in the third and the fourth flights. Willie Thompson edged James Plummer on the first extra hole to capture third flight honors and Thurman Adams turned back John McClure on the first extra hole in the fourth flight.

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