

# GOOD SPORTS

## Reed excels for West Meck

By Eric Bozeman  
FOR THE CHARLOTTE POST

It's not the triumph, but the struggle.

Shayla Reed has enjoyed triumph despite the struggles. The 17-year-old West Mecklenburg High senior has run a respectable 21 minutes, 37 seconds over a 3.1-mile cross country course this season.

Reed is coming off a stellar cross country season last year, when the Indians finished 10th in the state meet. Not only has she been a standout in cross country, but she anchored four events in the state meet.

"Shayla could run six miles one day, and then run a 12-second 100 the next," said coach Brian Lawing. "Although she is completely spent when she finishes a race, Shayla has a lot of heart."

For Lawing, there is no simple way of describing what Reed does best, not only is she a fine athlete, but she is ranked No. 20 in her graduating class, and holds a 3.96 grade point average.

"The best thing about her is she is very well rounded. She wants to major in English at college. Shayla is going to do great in school," Lawing said.

Reed has six school record in track and field. She has run the 800 meters in 2:20.3, the 400 meter dash in 59.0 seconds, and has been a member of record setting relay teams such as the sprint medley, 1600 relay, 3200 relay, and 800 meter relay. Reed placed fifth in last year's state track



PHOTO/SUE ANN JOHNSON

Shayla Reed has been a consistent performer in cross country for West Mecklenburg High.

meet, in the 400.

"If she hadn't run in the 3200 meter relay, she would have done better in the 400, but she likes the relays because it's a team thing," Lawing said.

Lawing attributes her success to hard work.

"I think she realizes it takes hard work in life to be successful," he said. "She's willing to do the work, and she expects to be successful."

Even with athletics, Reed still maintains a part time job, and is a member of at least a half dozen school organizations.

"The keys to my success is

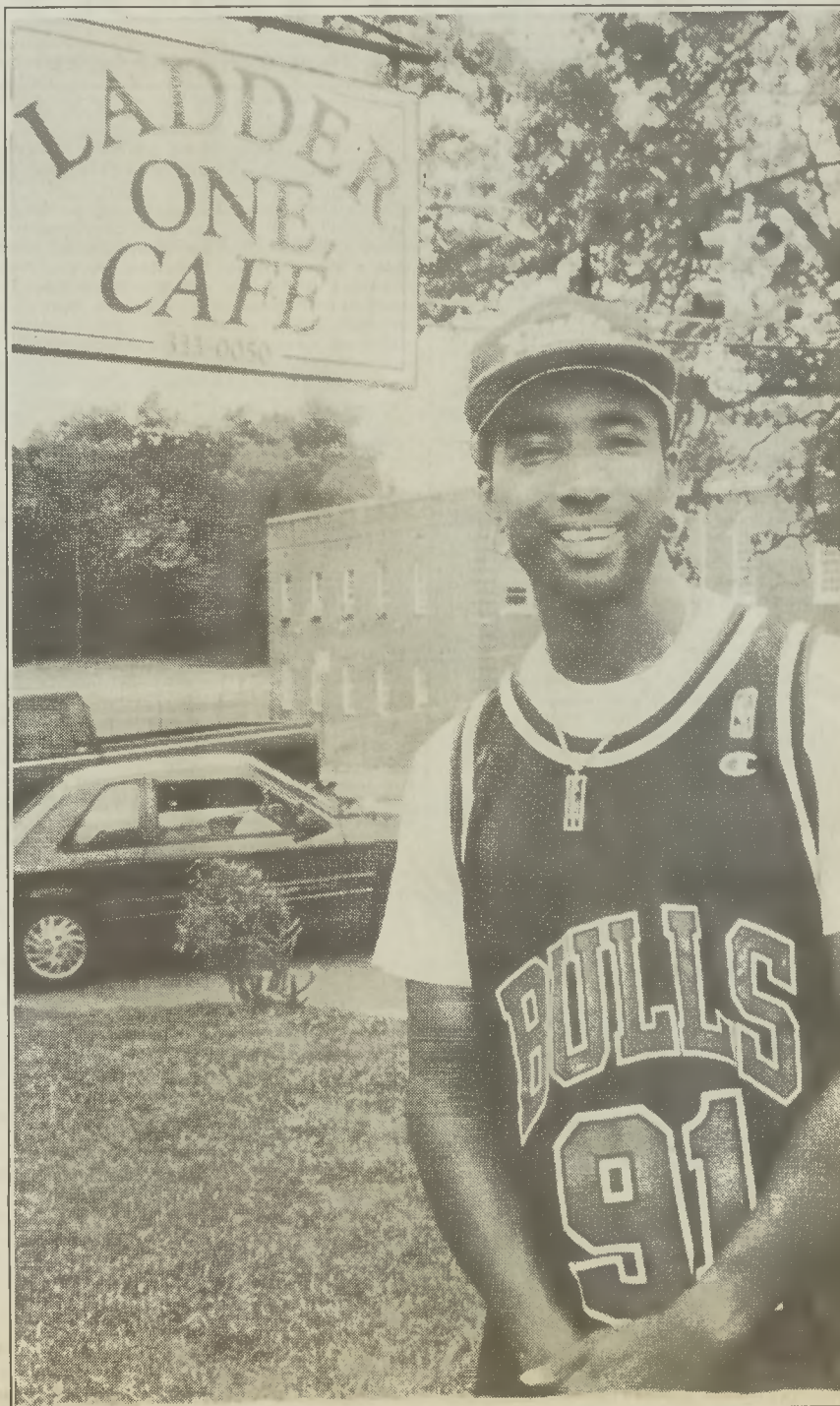
No. 1, hard work, whatever you pursue in life you have to make that first," Reed said. "And because of that, I'm off in meetings with some of the organization I'm in, and I don't have much time to spend with my friends."

Although she is in the middle of cross country season, Reed has her athletic goals in order.

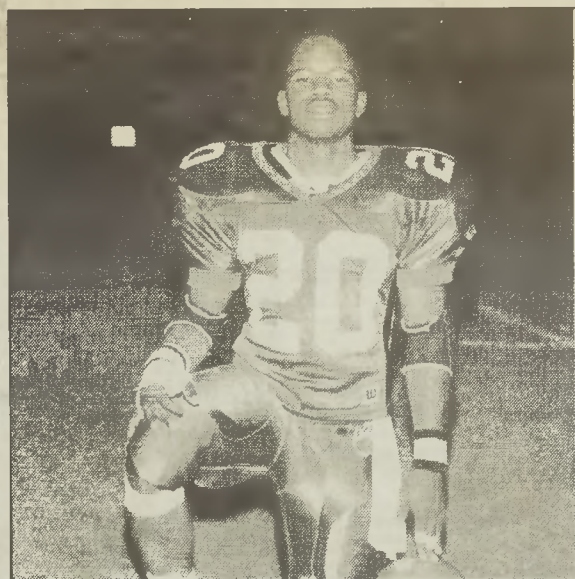
"Cross country is something I do to keep me in shape for track," she said. "Track and Field is shorter. There's more adrenaline for me in track."

Reed said she has grown tremendously since she first stepped onto West's campus.

## The best kind of news



## Smalls big man for Garinger



PHOTO/SUE ANN JOHNSON

Jay Smalls has 828 yards for Garinger's Wildcats.

By Eric Bozeman  
FOR THE CHARLOTTE POST

A fake here, a juke there, and Jay Smalls can see nothing but daylight.

The Garinger running back loves bouncing outside, finding a seam in the defense, and bursting into open field.

"It's like as soon as you get the ball, you can't hear any-

pass patterns," he said. "Catching passes is something that I don't mind doing, but it's easier for me to create something by running the ball and following my blocks. My line helps me out a lot."

Smalls relies on his natural ability, as well as his confidence in his offensive line. The 5-10 185-pound scat back has honed his skills since he was a little kid.

"Vision is just like instinct, that's the only thing that's going for you, is your feet and your eyes," Smalls said. "I don't know any running back that doesn't have good vision."

Garinger coach Spencer Smith has been pleasantly surprised with Smalls' output.

"I was expecting him to carry the load as the running back because he didn't get to play the first two games because of eligibility due to medical reasons I was surprised he has gained as many yards as he has," Smith said.

Smith figures Smalls will go far in his college career, because of his versatility on the field, and his steady efforts in the classroom.

"Jay hits the holes quick, he's capable of running straight ahead, but he's best at running outside," Smith said.

thing," he said. "It's like you're at peace with yourself, trying to get those yards."

Smalls has racked up 828 yards on 99 carries, with eight touchdowns this season. As the senior closes in on 1,000 yards, there's nothing he feels he can't will to happen on the football field.

"I feel I can run anywhere on the field, I can run up the middle, outside, or running

## Series has Braves fans pumped

Continued from 8B

pitching."

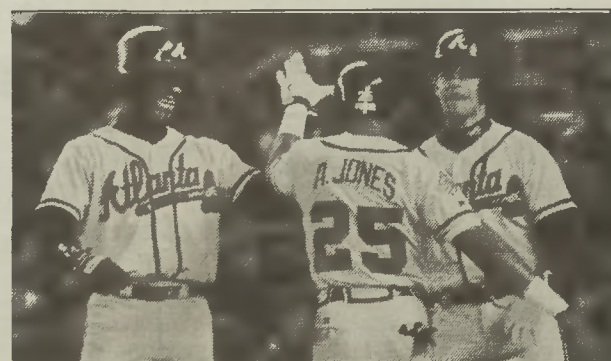
"I think the Braves are going all the way," said Dawn Lanca, who also watched the game at Peppino's. "It's definitely their year - again."

The fever never really left the hushed halls of Our Lady of Perpetual Help Home, a place for terminally ill cancer patients near the stadium. The nuns, dressed in nightgowns and munching on microwave popcorn with a lucky blue Braves pillow atop the TV, settled in for their favorite pastime with rapt confidence.

"The Braves can do it," said Sister Marian. "When they

said no one has ever come back from 3-1 (deficit in the NLCS)

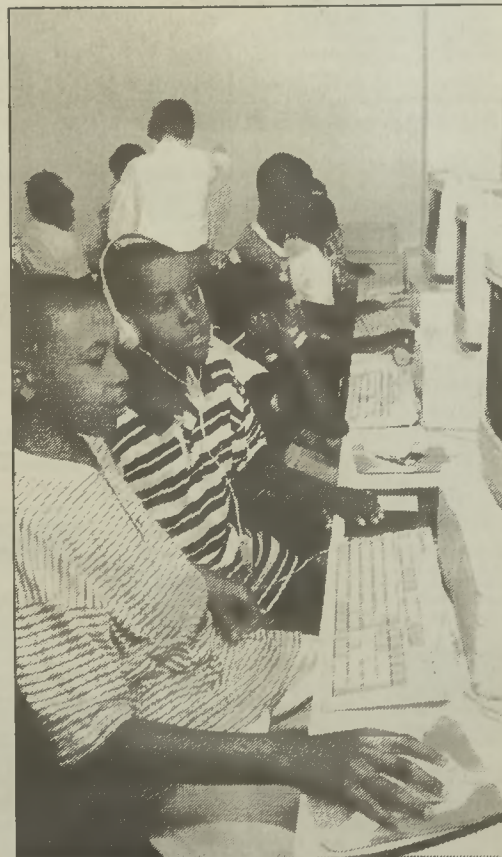
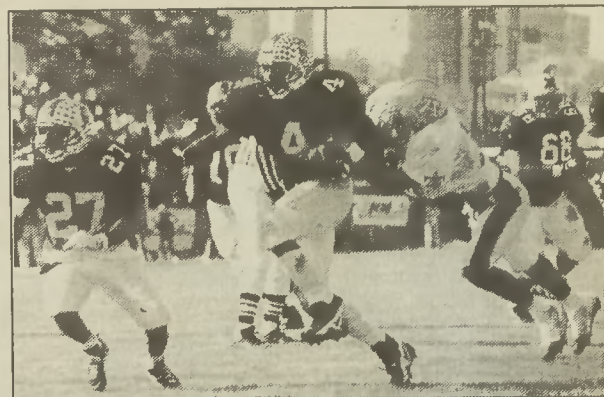
... we said, 'Never say never with the Braves.'



PHOTO/WADE NASH

Fred McGriff and Javier Lopez greet 19 year old Andruw Jones after his second home run in Game 1 against New York.

From business to sports to kids, The Charlotte Post delivers news about the African American community in Charlotte and the region. To get The Post delivered to you, call 376-0496 or return the form below.



Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

1-year subscription \$30

2-year subscription \$45

Mail to The Charlotte Post, P.O. Box 30144, Charlotte, N.C. 28230 or fax to 342-2160.