

Guy emerges as top U.S. prep sprinter

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hard to train your own kid," Guy Sr. said. "When he first wanted to be a sprinter it was a clash of wills, now it's enjoyable."

For West Charlotte coach Bennett King, watching a normal kid harness the energy to post such a jaw-dropping time is gratifying. "Trenton's a kid, he has a lot

of energy that he channels into his sprinting," King said. "Trenton works hard, and he's gotten to the top faster than any of my other sprinters. He's great."

King is not worried about his sprinter getting ahead of himself, and losing focus.

"I'm pleased he doesn't have all that stardom stuff, he realizes that the season is not over," King said.

If there were a change in

Guy's demeanor, he has close friend and Lions hurdler Jamaal Miller to keep him grounded.

"Trenton is 80 percent of our track team, and he makes people around him better," Miller said. "But

Trenton is always humble, laid back, and always trying to get better. We're like best friends. We're always going over each other's house playing video games, or wrestling. We're like brothers." Really fast brothers.

Wilks to coach Bears DBs

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season since 1981.

Wilks also played defensive back/wide receiver with the Arena Football League's Charlotte Rage in 1993.

He went to Savannah State with McNeill in 1997 and became the Tigers' head coach in 1999. In 1998, Wilks was named Division II defen-

sive coordinator of the year by American Football Quarterly when Savannah led the nation in total defense (166.3 yards per game).

The Huskies finished sixth in the Pac-10 in pass defense last year, allowing 275.6 yards per game, and were last in opponents' completion

percentage (66.8).

The NFL is different from college, but not to the point where coaching philosophy changes, Wilks said.

"From my standpoint, it's not a lot of change," he said. "(Players) want to be coached hard and they want you to make them better. I won't change how I do it."

JCSU faces tall order in Shaw

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match up well. Both are defensive-minded and have multiple players that can score. But Smith has Sumpter, someone the Bulls didn't have down the stretch last year. When Sumpter went down with a knee injury last season, the Golden Bulls went a month without a win and made an early exit from the CIAA tournament.

"Having me on the court brings a lot of confidence to the team," she said.

Head coach Vanessa Taylor said every night she wants to focus the Bulls on getting better, and she saw that growth from the Winston-Salem State game to Tuesday.

She expects that to continue Saturday.

"We want to take the next couple of days and work on execution," Taylor said. "We're starting to pay attention to details and that was one of our goals."

Against Shaw, the devil may be in the details. Turnovers against the Bears led to points and the champs force about seven per game.

"Shaw has very active people on the floor and they rebound as a team and that is something that we have to work on," Taylor said. "It's a game we look forward to, we're playing a three time champion and they haven't lost a game. Shaw has been dominate and in order to be the best, you have to beat the best."

Alexander ready to play field if Seattle doesn't work

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The Panthers, who lost to the Seahawks in the NFC championship game, may have left the strongest impression.

There were four Carolina players on the NFC including quarterback J a k e Delhomme, receiver Steve Smith, defensive end Julius Peppers and guard Mike Wahle. Not to mention the entire coaching staff.



Alexander

"At the same time, we've already started with Seattle and the conversations will continue tomorrow and we told them if it's correct, it's correct. But if it's not, we're going to play the field," Alexander said. "If Carolina comes correct or Arizona, or whoever else it could be, Jacksonville, whoever, that is what it is."

Alexander led the NFL with a team-record 1,880 yards rushing and a league-record 28 touchdowns, and gained 95 yards on 20 carries in the Super Bowl.

The three-time Pro Bowl

player said the Seahawks' spectacular season won't factor in his decision.

"I'm a firm believer that I'm going to get back to the Super Bowl," he said. "They know what they have to do. I tell them that in a loving way. But if they don't, I'm prepared to go off and play the market."

Alexander said the trip to Hawaii helped close the year.

"I kind of realized there was life after this season. We were just on a grind and I just felt our team, as a group, just came together so much. We just achieved so much this year, it was awesome," he said. "This was just a great opportunity to take a deep breath and say, OK, let's see what happens next year."

Cox unfazed by Braves' spring challenges

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no established closer.

Farnsworth, Chris Reitsma and Dan Kolb worked in the role last season. Kolb was traded back to Milwaukee after his disastrous (3-8, 5.93 ERA) season in Atlanta.

Reitsma enters camp as the favorite for the role. He converted 13 of 15 save opportunities in June and July last season before trying to pitch through a knee injury. Ultimately, he lost the job to Farnsworth, but Cox remembers that Reitsma was effective before the injury.

Cox also has confidence in Joey Devine, the Braves' top pick in last year's draft. Devine was rushed to Atlanta only to earn the indignity of becoming the first pitcher to give up grand slams in each of his first two major league appearances.

Two more rookies from last season - Blaine Boyer and Macay McBride - and offseason acquisition Oscar Villareal also are candidates to close games. There's room for a surprise to emerge in Florida, and a reliever to watch is minor league free agent Brad Baker.

With a shrug, Cox said he'll somehow find one or more answers.

"We like what we've got," Cox said. "We've done it before with pieces and we'll do it again."

Braves general manager John Schuerholz was outbid for such veteran relievers as Todd Jones, Tom Gordon, Bob Wickman and Trevor Hoffman, and couldn't reach a deal for Tampa Bay's Danys Baez.

"We were interested in some of the free agents, but quite honestly a lot of them are pitching at 39 years old and just signed huge, huge contracts," Cox said.

Schuerholz said his staff will continue to look for help in other major league camps, hoping for a spring trade similar to the one which sent Jorge Sosa to Atlanta last year.

"We will be scouting every major league training camp, looking for the possibility for that to develop," Schuerholz said.

Also, for the first time in his 16 years as Braves manager, Cox won't have Mazzone at his side in the dugout. Mazzone left to become Baltimore's pitching coach.

The picture of Mazzone, always nervously rocking, sitting beside Cox became so familiar to TV viewers that it's difficult to imagine anyone else claiming that preferred dugout location.

"I guess it will be a little bit strange," Cox said.

"The fact is you are focused so much on the game, quite honestly, you don't even know who's in the dugout or not. Leo wouldn't know and I wouldn't know because the concentration level is so high."

More important than finding a new bench buddy for Cox is the task facing McDowell in his first major league coaching job. The leap from Mazzone, regarded as perhaps the game's top pitching coach, to the unproven McDowell is significant.

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