

McDowell takes over BC basketball program

By GARY STEWART
Sports Editor

Kings Mountain's Danny McDowell has been named head men's basketball coach at Bessemer City High School.

McDowell, former head coach at Kings Mountain High, has spent most of his life in gyms and believes in disciplined and fundamentally-sound style of play.

McDowell served as head coach at KMHS for five years and won three consecutive Southwestern Foothills Conference titles in 2002, '03 and '04. His final two Mountaineer teams won the sectional titles and lost in the Western Regionals to teams (West Rowan and Trinity) that went on to win the state championship.

McDowell played high school ball at Compact and Kings Mountain highs. After he began his teaching career at Bethware School he immediately got into coaching in the Boys Club, AAU, middle school, JV and high school ranks.

After retiring from the KM School System, McDowell coached four years at Charlotte Christian, including last season as head coach of the girls team. He took a team that went 6-20 the year before and turned them into a 20-8 team that finished third in the state tournament.

He has won numerous Coach of the Year awards, including the Gaston Observer and Gaston Gazette awards when he was at KMHS and the Carolina Weekly COY Award when he was at Charlotte Christian.

McDowell's championships seem to come in threes, so the Yellow Jackets look forward to some good times once McDowell gets his program established. McDowell won three straight conference championships when he was JV coach at KMHS, three straight when he was head coach at KM Middle, and the three straight when he was head coach at KMHS.

He coached 10 straight North Carolina state championship teams at the Kings Mountain Boys Club's AAU program, won one national championship and two national runners-up.

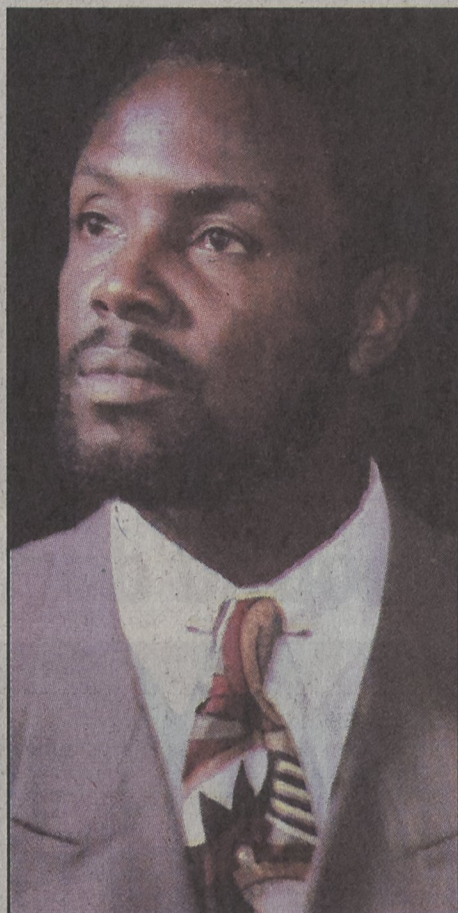
McDowell says titles won't necessarily come soon at BC because the Yellow Jackets had eight seniors on last year's team and they got most of the playing time. But, like he did at KMHS, he plans to build from the ground up and play a lot of young players in hopes of having a championship program for the future.

"What I want to do is restore something good for a city that had a black eye last year," McDowell said, referring to a night when players went into the stands to confront hecklers.

"It's going to be a long, slow process," he added. "Most of the guys that got playing time were seniors and because of the transition (in coaches) they've had no open gym and won't have until football season is over. In a small school most of your basketball players play football, too."

McDowell said official practice begins on November 1 but it will mostly be "tryouts" because he doesn't know a single player.

"When you lose eight seniors you obviously don't have a lot of talent coming back," he said. "But I would rather build with young players. That's the way to build a team. You just start at the foundation and go up."



DANNY McDOWELL

Like in the past, McDowell said he will have a "mission statement" that spells out what is expected of the players in areas such as conduct, leadership and character and all players and parents have to sign it.

"It's going to be a challenge, and one I look forward to," he said. "We've got to restore discipline, be dedicated and be held accountable. I've always been a strong disciplinarian and everyone has to be held accountable in and out of the classroom."

"November first will be the first time I see any of those guys and most other teams will have been playing summer ball, AAU and going to camps," he said. "With us being in transition none of our players have done that. But Bessemer City has a great administration from top to bottom and they have welcomed me like I've been there forever."

McDowell said coaching closer to home will be a blessing for him. Except for his time in Charlotte, all of his years in coaching have been in or near his hometown.

The Yellow Jackets will have just two weeks to get ready for their season. Right off the bat, they will play some of the best teams in the area, including 3A powers Hunter Huss and Forestview, and then when they get into conference they'll be battling traditional powers like Cherryville, Lincolnton and Highland Tech.

"We'll have to be dedicated, disciplined and focused," McDowell said. "You know I would love to press and get up and down the floor but we probably won't have the personnel to do that right away."

"But we can be fundamentally sound and a lot of times that will allow you to stay in a game or steal a game. Being fundamentally sound sometimes makes up for a lack of height or quickness. It helps you compensate for a lot of things."



SCARY STORY CONTEST

**3 Age Categories:
Grades 1-2; 3-5; 6-8**

HERE'S HOW IT WORKS...

STUDENTS ARE INVITED TO WRITE A STORY ABOUT THE PICTURE SHOWN HERE. TELL US WHY ALL OF THOSE PEOPLE IN THE HOUSE ARE LOOKING OUT THE WINDOWS? WHAT ARE THEY LOOKING AT OR LOOKING FOR? IS THAT A SKELETON LOOKING OUT ONE OF THE WINDOWS? WHY IS HE (OR SHE) THERE? IS THAT A CEMETERY IN THE FRONT YARD? WHO MIGHT BE BURIED BEHIND THOSE TOMBSTONES? WHY IS A BLACK CAT KEEPING A VIGIL? A HEADLESS HORSEMAN IS RIDING FROM BEHIND THE HOUSE? WHERE DID HE COME FROM? WHERE IS HE GOING? DOES HE HAVE ANYTHING TO DO WITH THE PEOPLE IN THE HOUSE OR THOSE BURIED IN THE CEMETERY?

USE YOUR IMAGINATION AND BE CREATIVE. THE LENGTH OF THE STORY IS NOT IMPORTANT JUDGING WILL BE BASED ON CREATIVITY, IMAGINATION AND CLARITY.

TEACHERS: YOU CAN EVEN MAKE THIS A CLASS ASSIGNMENT AND ENTER ALL OF YOUR STUDENTS' WORKS IN OUR CONTEST!

HERE'S WHAT YOU COULD WIN...

FIRST, SECOND AND THIRD PLACE IN EACH AGE DIVISION WILL WIN A PUMPKIN FULL OF CANDY AND PRIZES. FIRST PLACE IN EACH DIVISION WILL ALSO WIN A MCDONALD'S GIFT CARD. THE WINNERS' STORIES WILL APPEAR IN THE NEWSPAPER.

HERE'S HOW YOU ENTER...

JUST WRITE YOUR STORY AND MAIL ENTRIES TO THE KINGS MOUNTAIN HERALD, PO BOX 769, KINGS MOUNTAIN, NC 28086 OR DROP YOUR ENTRY OFF AT ANY OF OUR OFFICES:

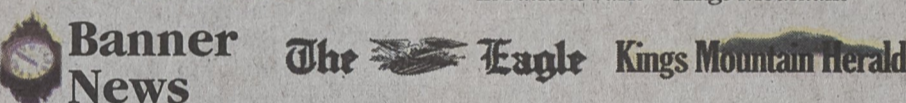
BANNER NEWS - 128 N. MAIN ST., BELMONT
CHERRYVILLE EAGLE - 107 E. MAIN ST. CHERRYVILLE
KINGS MOUNTAIN HERALD - 700 E. GOLD ST. KINGS MOUNTAIN

OR THEY CAN BE EMAILED TO entries.kmherald@gmail.com. BE SURE TO INCLUDE YOUR FIRST AND LAST NAME, AGE, GRADE AND SCHOOL, YOUR PHONE NUMBER AND NAME OF YOUR PARENT OR GUARDIAN. DEADLINE IS 5 P.M. OCTOBER 29.

SPONSORED BY...



Great Pumpkin Parade
Oct. 29 • 10 a.m. • Parade begins at City Hall Plaza & ends at the gazebo in Patriots Park ~ Kings Mountain



There's no place like home

During National Home Care Month, we invite you to learn how Bayada Nurses can help people live a safe home life with comfort, independence, and dignity.

Join us for an
Open House!

Thursday, November 4, 2010

7 am - 5pm
Bayada Nurses
1105-3 E. Dixon Blvd.
Shelby, NC 28152

Food, fun,
and prizes!

BAYADA[®]
NURSES
Home Care Specialists

For more information, call 704-669-4000