Without question the popularity of ladies sports in the entire Charlotte, NC area is booming. The metro area is producing literally hundreds of college level student-athletes every year. Millions of college scholarship dollars are awarded to Charlotte female student athletes. World class training has arrived in our area for swimming, soccer, volleyball, basketball, softball and many other sports. Our young ladies are becoming faster and stronger. With this growth comes an entire world full of issues unique to the female athlete. Many of these athletes and their parents struggle to gain access to the knowledge needed to help their child succeed in all areas of sports, including; female specific injuries, nutrition, the mental game, eating disorders, Title IX, and the access to college scholarships.

The South Charlotte Sports Report along with Architech Sports and Physical Therapy are excited to present The 2nd Annual Female Sports Summit on October 9th at The Marion Diehl Athletic Center on the campus of Queens University in Charlotte. The morning will be spent educating both the student athletes and their parents. Many experts in the above fields will be on hand for presentations and roundtable discussions that will provide informative information to every female student-athlete.

Last years inaugural event was a great success as information was shared to help guide female athletes to success. Christina Prizen, a sophomore softball player at Marvin Ridge High School, attended the female sports summit and she offers these thoughts on her experience.

"Last year’s Female Sports Summit was great! It’s total focus was on me, the female athlete! I got to hear from people who really knew what they were talking about. I learned about nutrition for athletes and how to take care of our bodies throughout the season and how to avoid the most common injuries that we have. The most interesting part was when there was a question and answer session with two current female college athletes. They really knew where we were in our experiences and had some great advice on what to expect in the coming years. I really understand more of what it takes and the sacrifices I need to make to be the best athlete I can be. I think every girl playing in high school should go to this, no matter what sport they play. It will really help you!"

Christina’s thoughts echoed the views of the majority of the female student athletes attending the event. We have gathered feedback from last year’s symposium and are proud to offer an even better slate of activities for all of our student-athletes in the Greater Charlotte area.

The Ladies Sports Summit is open to all female student-athletes in 6th-12th grade across the entire Greater Charlotte region. Cost for this informative summit is only $29.00 per student-athlete when enrolling before September 30th and $49 for late enrollment. Parents may attend for free with their daughter(s). Team discounts for 8 or more athletes are available by calling 704-906-5466 or emailing Tripp@southcharlottesports.com.

NATIONALLY RECOGNIZED SPEAKERS WILL INCLUDE

CEO and Head Coach of Team Elite with SwimMAC Carolina, David Marsh, on Tying Everything Together - What do I do Today to get Better

Sports Psychologist, Eric Dunlap, on How Female Athletes are Mentally Different than Male Athletes and How Motivation and Training Should be Different

Physical Therapist, Alicia Marblo, on Saving the Knees of Female Athletes - Today and in the Future

Physical Therapist and Athletic Trainer, Alan Tyson, on The Five Dangers Facing Female Athletes Today

Queens College Head Swim Coach, Jeff Dugdale, on Title IX and How to Best Position Yourself for College Recruitment

Rundtable Discussion of Current College Athletes on “What I wish I would have known in High School Before I went to college”

Family Physician, Dr. Victoria Kline, on Female Eating Disorders and How to Correct Them.

To enroll in the 2nd Annual Female Sports Summit, please visit www.southcharlottesportscamps.com

REGISTER FOR THE 2ND ANNUAL LADIES SPORTS SUMMIT AT
WWW.SOUTHCHARLOTTESPORTSCAMPS.COM

(Register Before October 1st for special $29 Early Bird Price)
I recently read where a local high school sports reporter had given a “down” arrow to the Charlotte-Mecklenburg Schools (CMS) High School Athletic Eligibility Hotline that is open for residents to report possible athletic eligibility issues. The rating was used in one of those elevator type columns where some things are rated as going up and some as going down. The notes mentioned that some coaches felt it was being abused and that the writer felt it gave too much power to the public.

I have lots of wonderful friends that are coaches, but if a coach is running a clean program, I’m not really sure what there is to worry about. If a player is fully eligible to play at a given school, then any investigation should be welcome.

I hear the talk all the time from readers about where certain athletes live, I always respond by sharing the CMS Hotline number. As we all know the CMS system is huge and it’s nearly impossible to fully police without help from the community. Having the hotline is a great tool to provide the CMS Athletic Department with a tip whenever possible violations are clear to see.

The school system is built on honor and integrity and we must provide the same commitment to high school athletics. If you have evidence of a violation, I strongly encourage you to place a phone call to (980) 343-1098 or email playfair@cms.k12.nc.us.

The South Charlotte Sports Report strongly supports the athletic eligibility guidelines set up one year ago by a 24 member CMS panel. We believe in playing fair and the commitment to honor in athletics.

Tripp Roakes
Publisher
South Charlotte Sports Report
Tripp@southcharlottesports.com
704-906-5466

The South Charlotte Sports Report has an opening for another student writer for the 2010-2011 school year.

If interested in gaining valuable experience, please email Tripp@southcharlottesports.com.
2ND ANNUAL FEMALE SPORTS SUMMIT

PRESENTED BY

SOUTH CHARLOTTE SPORTS REPORT & architech sports & PHYSICAL THERAPY

SATURDAY OCTOBER 9, 2010
9:00am-1:00pm

OPEN TO FEMALE STUDENT ATHLETES IN 6TH-12TH GRADE

MARION DIEHL ATHLETIC CENTER
QUEENS UNIVERSITY

$29 EARLY BIRD ENROLLMENT (before October 1st)
$49 AFTER OCTOBER 1ST
PARENTS ATTEND FREE WITH YOUR CHILDREN

FEMALE SPORTS SUMMIT TOPICS

• 5 Dangers Facing Every Female Athlete and How to Prevent Them So You Can Reach Maximal Performance

• The Mental Side of Athletics - Are You Your Own Worst Enemy
  • Performance Nutrition for the Female Athlete

• Eating Disorders in the Female Athlete - What You Must Know

• Life in College - The Transition from High School to College - Former Local Athletes Speaking about their Transition to College

• Recruiting and Title IX - Round Table Discussion with College Coaches - Dos and Don’ts for getting noticed by colleges

• Preventing Knee Injuries in the Female Athlete - The Latest Medical and Scientific Breakthroughs to Keep Athletes Injury Free
  • Putting It All Together - A Plan for Success

FEATURING NATIONALLY RECOGNIZED SPEAKERS AND SPECIAL GUESTS.

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We want the best for our kids. It’s a tough world out there, and we are conditioned as parents to do what we can to maximize happiness and success for our children. With the acceleration of technology and global markets, the world has become even more competitive and a college education for many careers is a prerequisite and getting into good schools is becoming more difficult.

Like anything, you’ve got to do your homework! There are so many variables that go into choosing a school so you want to make sure you work with your child to make informed decisions. Small or large campus? What major and career is of interest? The options are endless.

Educating someone on all the nuances of college admissions is a herculean task. The purpose of this article is to focus on shedding some light on college admissions for the scholar athlete.

Recruitment doesn’t mean making the team

If you are not awarded a scholarship that’s an up-front indicator of where you fall on the coach’s radar. Even if you are awarded a scholarship, that may not be guaranteed. You may need to maintain a minimum GPA for example. If you get hurt it may be taken away. Inappropriate behavior outside of the team may be grounds to strip a scholarship. As in life, there are no guarantees even if you are heavily recruited.

Promote yourself

One of the best ways to increase your chances to get into a college and receive a scholarship is through your athletic ability. Making a highlight video and sending a DVD to a coach or posting the video online on a webpage or YouTube is a powerful way to capture a coaching staff’s attention especially during the phase of your high school career when they are not allowed to reach out to you first.

Recruiting weekend

There is no better way to visit a school than to stay with one of the players to see the inside view on what it would be like to go there. The key is for the student athlete to have the appropriate maturity and guidance to ask the right questions and not have rose-colored glasses or happy ears on.

Understand status of the coach and program

Be sure to gain an understanding of the history of the funding of the program and current funding trends at the school. How long has the coach been there and what is their average tenure at each school they’ve coached at? How long has the Athletic Director been there and what sports and areas do they seem most focused on?

Other considerations

There are many other considerations ranging from the graduation rate for your sport to the resources available to you as an athlete such as the quality of the facilities, and access and quality of nutritionists, strength & conditioning coaches, tutors, etc. The key is to use your high school success in sports to your advantage while being realistic, informed, and smart about the college admissions process.

Ross Mandell has a Masters Degree in sport psychology and sport business. In addition, he was a scholar athlete at Dartmouth College on a soccer team which was a top 10 Division I program and two-time Ivy League champs during his tenure. Furthermore, Ross has been an Alumni interviewer for undergraduate candidates for almost 20 years.
GOLFERS & SPONSORS NEEDED!

Humane Society of Union Country
Presents a Charity Golf Event
"Play to Spay"
Proceeds to help open a low cost Spay/Neuter Clinic in Union County, NC.
Sept. 18th, 2010 Stonebridge Golf Club, 2721 Swilcan Burn Dr. Monroe, NC
12:30 pm Driving Range
1:30 pm Shot Gun Start
6:00 pm BBQ Dinner/awards
Sponsorship Packages Still Available
Golfers Fee: Single Golfer $90
Foursome $360
Includes 18 Holes Golf~Cart~BBQ~
1 Place & 2 Place Teams~Longest Drive~Closest to the pin
Great Prize Opportunities to win:$5,000~Caribbean Cruise~
Galloway Golf Clubs.
For more info. please contact:
Dori @ dwchatterton@gmail.com or
Sandy @ sandyjblz@yahoo.com or
call 704-283-9126 Leave message
reference to Tournament

THEM CAN PRETTY MUCH EAT LIKE HORSES.
Okay, so maybe they have more than one thing in common—like a drive for excellence, to deliver their best, all the time. Hey, looks like we have a lot in common with them! And we understand that appeasing big appetites should be done with big, family style portions made with delicious recipes, served up in a place that can accommodate and entertain just about any group or function.

TEAM OF THE WEEK
MARVIN RIDGE MIDDLE SCHOOL MAVERICKS CHEERLEADERS

The Marvin Ridge Middle School 8th grade Cheerleading Squad has been named The Buca Di Beppo Team of the Week. The Mavericks Cheerleaders hosted a food drive for Second Harvest Food Bank on August 21st. With the help of friends and neighbors from Cuthbertson Middle School, Holy Trinity Catholic Middle School, Weddington Middle School and Marvin Ridge Middle School the team gathered over 940 food items and raised $156.37 in donations.

Team Members include:

Back Row: (L-R) Mary-Ashley Arthur, Caitlin Ciaramella, Khala Scott, Lindsay Pack, Paige Baily, Jessica Ruday, Emily Klawonn, Sydney Mitchell, Rachel Cheek, Rachel Malseed, Morgan Grieco, Casey Costello, Emily Steele

Front Row: (L-R) Alexa Brown, Kameron Rickard, Ashley Cooper, Hannah Marshall, Hannah Schott, Holden Curtis, Alexis Abbott

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SO YOU DIDN’T MAKE THE TEAM?
By Tripp Roakes - Dedicated to my buddy, S.S.

Last Friday night was a tough night for many football players that attend Charlotte Mecklenburg Middle Schools. Seventy-five to one hundred 7th and 8th graders at each middle school took the long, dreaded walk to the bulletin board to find out if they had made their school’s football team. Dozens of upset student-athletes walked away from the board in tears upon finding their name missing from the list. At this point in these teenagers lives, it feels like their world has collapsed. They notice the names of friends on the list, but their own name is missing. It’s truly a crushing blow.

Without going into thoughts on how the entire middle school sports program could be improved to offer more opportunities and how it should begin August 1st, I want to spend time addressing the students that came up short this year.

I know it hurts, but you cannot dwell on how bad it hurts or let it ruin your season or even your weekend. In the whole scheme of things, the middle school sports experience will have little bearing on your future athletic endeavors. You must “get back on your horse” and proceed full speed ahead. The tough part for doing this with football is that every alternate football experience such as Pop Warner already has 5 weeks of practice under their belts. Unless you find a unique situation it’s incredibly tough to continue your football playing experience this fall. This is where the thought process of a September 1 start date for middle school football needs to be looked at again. The players that fail to make one of the 35 spots on the team have nothing to fall back on for football. Union County begins their middle school football seasons on August 1, allowing players to still find an alternate football team should they not make their middle school team. Union County also offers over 100 positions for 3 different teams at each middle school, but again, that is a whole different story to dive into.

The number one message I give to all middle school students that fail to make their chosen team is to not give up and to keep playing the sport you love. I often tell the story of Charlotte Catholic Class of 2009 graduate Ryan Kilmartin. He was cut from his middle school basketball team every year as well as his high school junior varsity team. This setback only made Ryan work harder to reach his goal. Eventually he made the team at Charlotte Catholic and this season he will enter into his second season as a member of the Appalachian State University Basketball Team. When Ryan was told no, he simply refused to accept that as an answer. He worked to become faster, stronger and more athletic. This was daily work, not weekly work for Ryan. He wanted to be a school player bad enough so he went out and outworked every person on the team until the asked him to be a part of the squad.

Your story can follow the pattern of Ryan’s. As I mentioned above, get back up on your horse, design a daily workout program to become faster, stronger and more athletic. Your body still has a lot of time to grow, give it all the help you can if you really want to be a part of the team.

Stay involved, I can’t say that enough. To give up on a sport in middle school is simply nonsense. Too many things are going to change over the next few years. Others may have hit their growth spurt earlier than you, that’s ok, your time will come and you have to be ready for it.

GET BACK OUT THERE IF YOU LOVE THE GAME!
SOUTH CHARLOTTE SPORTS REPORT
SUPER 7 HIGH SCHOOL FOOTBALL POLL

1. Butler Bulldogs
   The Dawgs hope to lock into this spot for the entire season. Not sure if I see a loss on their schedule.

2. Charlotte Catholic Cougars
   Cougars win exciting Cook Cup game in overtime. This team looks like the state champion Cougars from a few years back.

3. Charlotte Latin Hawks
   The Hawks seem to be firing on all cylinders this season. Defense looks to have plenty of weapons to choose from.

4. Marvin Ridge Mavericks
   Coach Scott Chadwick has quickly built a dominant football team out in Maverick Country.

5. Charlotte Country Day Buccaneers
   Heartbreaking overtime loss in Cook Cup. The team will rebound for a strong remainder of the season.

6. Weddington Warriors
   Headed for an exciting Saturday night matchup with local rival #7 Ardrey Kell.

7. Ardrey Kell Knights
   Coach Adam Hastings has been the right answer to inject a dose of excitement into this promising program.

Player of the Week:
Sam Spence, Charlotte Latin
Sam recorded three touchdown passes and ran for one more in Latin’s 56-21 win.

WEDDINGTON BASEBALL
TEAMMATES CHOOSE WINGATE

Colby Spivey and Jordan Newsome

After playing baseball together for the last twelve years, Weddington High School teammates Jordan Newsome and Colby Spivey will continue to wear the same uniform in college. Both players have made verbal commitments to attend Wingate University following their graduation from high school.

Jordan, the son of Mike and Beverly Newsome plays pitcher, first base and outfield for the Warriors of Weddington High School. He is an all conference performer and was chosen to play in the Battle of the Border All Star Showcase this past summer. Jordan had many college offers but chose Wingate to continue his career and education.

“Told Wingate University because of the amount of playing time I have the opportunity to play as a freshman. I did get offered from bigger Division 1 schools but I probably wouldn’t have as much opportunity to play as a freshman. Playing together at the same school (with Colby) didn’t really sway my decision. We told each other we weren’t going to be the reason one of us goes there. We chose to play at Wingate because that’s where we wanted to play.”

Jordan is an excellent student and he carries a 4.05 grade point average. He is a member of The National Honor Society and is involved in the Fellowship of Christian Athletes, the Student Athlete Honor Society and the TRU Club.

Colby, the son of Chris and Sandra Spivey plays third base, pitcher and outfield for the Warriors. Colby was moved up to varsity in his freshman year and has been a key performer for the team ever since that move.

“I knew from the first time I met Coach Gregory and the other Wingate coaches as well as some of the players that I wanted to play baseball at Wingate.”

“I couldn’t be happier with my decision and I feel Wingate is the place for me. Jordan and I always talked about how much fun it would be to play baseball together at the same college, but never thought it would become a reality. Everything just seemed to work out.”

Colby is a member of the A/B Honor Roll and he is heavily involved in charitable activities. He serves as a coach in the WCCWAA Challenger Baseball League, he is a youth mentor at the First Baptist Church in Matthews and has been involved in mission trips. Colby is also a member of the Fellowship of Christian Athletes.

Both Jordan and Colby will now focus on the upcoming high school season and their goals to help Weddington win a conference championship. Congratulations to both young men on sticking together for so many years and forming a friendship from the baseball fields.

STUDENT WRITERS

The South Charlotte Sports Report has an opening for another student writer for the 2010-2011 school year.

If interested in gaining valuable experience, please email Tripp@southcharlottesports.com

Making a difference in your community

On Deck’s Community Service Program has two main goals. First, On Deck wants to support other noble organizations that support worthy and important causes. Second, On Deck strives to instill in the young student-athletes that make up the On Deck Organization the important desire to be active in one’s own community and supportive of those in need.

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For more info: www.ondeckbaseball.net
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On Deck Baseball

September 3-5 JDRF Baseball Tournament at UNCC!

4th Annual Golf Tournament, Raintree CC Veterans Day, November 11, 2010
Come Support On Deck and the USO of North Carolina!

Thanks to Everyone who made the Breast Cancer Awareness Tournament @ Wingate Univ. A Huge Success!!

On Deck Baseball

Volunteer Help Needed!

If you are interested in helping with the Wings Over the Carolinas MBA Day program please contact me at lgary@uncc.edu or 704-687-2314.

For more info: www.ondeckbaseball.net
or by calling (704) 889-2287.

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Esty Byrd, a 11th grade Charlotte Country Day field hockey player recently returned from participating in the AAU Junior Olympics. Esty is a member of Team Ambush, an elite locally based team led by Miki Oshero, the Providence Day School Head Field Hockey Coach. Esty has excelled in field hockey because of her passion for the game, determination and lot's of hard work. It is not unusual to find her at the Charlotte Country Day field on Sunday practicing by herself. Esty is the daughter of Tom Byrd and Lindsey Ashcraft.

When and why did you start to play field hockey?
“I started playing in 5th grade during middle school P.E. because it was required.”

Did it come naturally to you?
“Yes! As soon as I picked up the stick every drill seemed to flow.”

Were there other sports in your background that helped you adapt?
“I never played any other sports really besides soccer, and I was more interested in running after people with the ball than actually taking it away from them. I’ve been riding dirt bikes since I was 4, but I don’t think that would have helped me succeed in field hockey.”

How do you sell the sport when talking others into playing?
“I get super excited whenever I talk about it, and I’m sure it’s quite obvious to the person or people I am talking to. Usually people seem to want to learn more about it because they see how happy it makes me.”

“When it comes to actually selling the sport, I give examples of friendships that my fellow teammates and I have built with other field hockey players from all over the country and the world. I also usually explain how Charlotte Field Hockey is on the rise and that there are many opportunities to play in and around the city. For people who like to change up their workout routine, it’s a great way to come out and learn a new, unusual sport. I really try to stress the fact that field hockey is NOT just a female sport. Up north it is very popular and in other countries boys will start playing as young as 2. I have been told that field hockey is the second most popular sport worldwide.”

How did the AAU Junior Olympics go for you?
“The Junior Olympics were amazing. I met tons of new people, while also playing with and against many girls I had met at previous camps and tournaments. I was one of the top 128 U16 field hockey players across the United States. The competition was great! Everyone has a different playing style depending on where they’re from and seeing the different styles and levels of play was a great learning experience because I realized that the only way to fully succeed was to adapt to any style that comes my way. My coach, Steve Boniface, born and raised in Australia, pushed me to mature on the field by giving me the responsibility of keeping everyone on the midfield and forward lines in front of me organized. This was a challenge to me because I didn’t know my fellow teammates that well because we had only been playing together for a day or so, and I had to learn how to address each person individually without sounding bossy so that we could work together as a whole unit, rather than a bunch of individuals doing our own thing.”

What are your top athletic accomplishments?
“Starting as First Team All-Conference Sophomore my first year of Varsity at CCDS, Having an assist on the penalty corner to win the 2009 NCISAA State Championship and making Nationals (USA field Hockey Futures Program) and then being selected to play in the AAU Junior Olympics Games..... and winning gold!”

Do you hope to one day play field hockey in college?
“Yes! That is my number one goal at this moment...well it’s my BIG number one, and then I have smaller goals to achieve step by step. I hope to play Division I Field Hockey on a Top 20 team!”

How well do you perform in the classroom?
“I do extremely well with the human...”

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SOUTH CHARLOTTE SPORTS REPORT

EVENTS CALENDAR

October 9 2nd Annual Ladies Sports Summit
Late October 3rd Annual Basketball Boot Camp
Mid November 2nd Annual Carolinas Gridiron Pop Warner Classic
November 20-21 Preseason Basketball Tip-Off Classic
Christmas Break Basketball Camp Football Camp Volleyball Camp

For information on these and other South Charlotte Sports Report events, please stay tuned to upcoming issues and visit www.southcharlottesports.com
Two rival high schools clashed on the soccer field recently when Cuthbertson and Weddington matched up. The teams battled hard all through the match before both teams finished with the score tied 1-1. Cuthbertson, who entered the game undefeated scored their lone goal on a free kick from Matt Cureton early on in the match.

Weddington found the magic in the second half when Ben Kern took a pass from Kienan Whetstone and drove it into the net. The teams continued to battle hard for the remainder of the match, but neither located the net with their shots. Cuthbertson gave a valiant effort in the final minutes before the final whistle signaled the end to the rival game.

The match demonstrated the high level of talent being developed all across Union County soccer fields. The defense was sharp the entire game and the athleticism of every player on the field was evident from start to finish.

To view hundreds of photos from the soccer game, please visit www.scsractionphotos.com.
As you enter into your senior year of high school soccer with big plans for the future, Nick, one of the top soccer players in the state, will enter The UNC Charlotte soccer program following his graduation. The son of Bob and Sue Williams plays Center Back for the Knights. The Knights hope to contend for the North Carolina State Championship this fall.

Tell us about your club experience and the coaches and players you have been with for the last few years?

“My top three accomplishments would be: the opportunity to play Division One soccer at UNCC, being named captain for the Ardrey Kell team and playing at the Academy level for club soccer.”

What are your top three soccer accomplishments?

“My top three accomplishments would be: the opportunity to play Division One soccer at UNCC, being named captain for the Ardrey Kell team and playing at the Academy level for club soccer.”

What led you to choose UNCC for your college soccer?

“UNCC is a Division 1 school and was ranked top 10 last year in the country. I knew if I could play for this team I would only be pushed to get better and hopefully make a career out of what I love to do. Coach Gunn is my club coach and he’s always pushing me to get better. This is a quality I like in a coach and him being the coach at Charlotte was another positive.”

I know you have some very good friends and teammates heading to UNCC with you, how exciting is it to continue those relationships in college?

“Jake Keating (South Meck) and Giussi Gentile (Ardrey Kell) are attending UNCC also. Knowing that these friends will be on the field with me at UNCC makes me that much more excited about playing college ball. Who could ask for more than playing college soccer without leaving any friends behind?”

You took a trip to Giussi’s home country last year, how was it?

“I took an amazing vacation with Giussi. We went to stay with his family in Switzerland. This was the first time I got to meet his extremely nice family. Mrs. Gentile cooked for us every afternoon, and we could always count on a delicious meal. We played soccer for a local team in his town, which helped me see a different style of play. We stayed there for 4 weeks, and also stayed in Italy for 2 weeks. There, I got to meet my mother’s cousins that I had never met before and see the house my Grandpa grew up in. This vacation was the first time I had left the country and will never be forgotten as one of the best summers ever.”

As you enter into your senior year and look back on the past, what are some of the top memories that stand out for you?

“As a freshman making varsity I will always remember how supportive my teammates were. My top memory would have to be scoring my first goal against Myers Park in our scrimmage at home. The whole build up for that game, play by play, feels like it was yesterday.”

At what point in life, did you really begin to play serious soccer instead of just rec league play?

“When I played for my first select team, the Crusaders, is when I really started striving to get better and better. There was always a team ahead of ours that I wanted to make when tryouts rolled around every year. Dino was the coach of this higher team and finally let me on after a few years of trying out.”

What are your goals for the school season?

“My goal this year for Ardrey Kell is to be the best team in the state. I think we have the talent and I know for sure we have the chemistry.”

KILMARTIN BROTHERS LEND A HAND TO WALES NATIONAL TEAM

A pair of Charlotte brothers helped the Wales (UK) National U 20 Basketball Team win the Flanders Trophy in Belgium. Ryan Kilmartin, a 19 year old, 6’4” redshirt freshman guard at Appalachian State University and his younger brother, Alex Kilmartin, a 17 year old, 6’6” wing at Charlotte Catholic High School, both play for the Wales U 20 National Team. The Flanders Trophy is a multi national basketball tournament held outside Brussels, Belgium with over 20 countries represented.

Ryan and Alex are the sons of Sean and Jane Kilmartin. Sean played basketball professionally overseas for many years and he has volunteered his coaching knowledge to all levels of players in the South Charlotte community. Jane was born in Wales which grants the children the eligibility needed to play for the Wales National Team.

This was the first international event the national team has won.

For the event, Ryan, a Charlotte Catholic graduate, was the teams leading scorer at 15.4 points and 5.8 rebounds per game. With a high of 24 points coming against BC Waldric Worrichem Germany. Younger brother Alex averaged 5.4 points per game, with a high of 16 points against Malaga, Spain. Alex has 3 more years in this division.

After two weeks in the UK for training with the National Team, they headed to Brussels for the event.

It is the second time each brother has represented Wales in International competition, each earning a Silver Medal in the European Championships. (Ryan on the U 18 squad in 2007 and Alex on the U 16 squad in 2009), however it is the first time they were teammates.

STRENGTH FROM GRACE

The 2010 WCWAA Pop Warner Football Season will be played in honor of Amanda Grace McGrath. Grace was a beautiful, seven year old girl who attended Weddington Elementary with many of our players and cheerleaders. Grace was diagnosed in November with a rare, aggressive, inoperable tumor of the brainstem. After a very brave fight, Grace passed away at the start of the season.

Throughout her journey, Grace’s courage and strength have been exceptional, and she has been an inspiration to all of us. We will honor her by wearing her butterfly on our cheer bows and football helmets this season.

Also, Powerade Power Packs will be donating the proceeds from their Titans fundraising efforts to The Cure Starts Now in honor of Grace. The Cure Starts Now provides funding for pediatric brain cancer research, awareness, advocacy, and family services. Please support their efforts by purchasing Powerade Power Packs for your team and family.

By wearing Grace’s butterflies and purchasing a Powerade Power Pack, your support will help in the effort of finding a cure and together, we will transform a community of heartbreak into a community of hope.

To learn more about Grace and to make additional contributions in her honor, please visit www.thecurestartsnow.org/hero/80/
Wired for Excellence Award
Recognizing Academic and Athletic Excellence

MACI MINOR
Community House Middle School 8th grader Maci Minor has been named the inaugural weekly winner of the Quimby & Collins Orthodontics “Wired For Excellence” Award. Maci is an outstanding student-athlete who completed her 7th grade season with straight A’s. In the spring, she was inducted into the Junior National Honor Society. This year, Maci was nominated by her teachers to be a member of the Community House Middle School (CHMS) Ambassadors program. The teachers selected students based on their grades, character and leadership traits to work with the school, teachers, parents and students throughout the year on special projects and at events.

Maci’s favorite sport is softball and she has played for the past 8 years. Last year she played on two teams consecutively. In the fall, she played for her school team, CHMS and PCAA. (Pineville-Ballantyne Community Athletic Association) In the spring, she joined a travel softball team, the NCAU South Charlotte Stingrays and continued to also play for PCAA. In her second NCAAU tournament, she joined the NCAAU “Home Run Club”. Maci hopes to play again this year for her school team and is continuing as a member of the Stingrays. She is an accomplished first baseman and also plays third base and center field. Additionally, Maci has enjoyed competitive swimming for the past 9 years and swims in the winter for the Marion Diehl Swim team and in the summer for Southampton Commons.

Maci has been a member of Girl Scout Troop 150 for the past 8 years. She recently earned her Girl Scout Silver Award. This award is a community service leadership project which requires 40 hours to one project/organization after completing a list of prerequisites. Her project benefited the Oxford Home for Children and consisted of a drive for toiletries, candy and other necessary items. She organized and lead a crew of volunteers to assemble 25 Easter Baskets for the resident children at the home.

Congratulations to Maci for being named the winner of the Quimby & Collins Orthodontics “Wired For Excellence” Award.

QUIMBY AND COLLINS ORTHODONTICS
ANNOUNCES NEW STUDENT-ATHLETE AWARD

Drs. Meredith Quimby and Kelly Collins believe in giving back and encouraging student-athletes in their community. Dedicated student-athletes through their high school and college years, Drs. Quimby and Collins are proud to announce their sponsorship of the “Wired for Excellence” Award. This Award recognizes a middle or elementary school athlete who exhibits both academic and athletic excellence. “The hard work and dedication it takes to be a good student while also practicing and playing sports, will help you to be successful throughout your life,” asserts Dr. Quimby. The award recipient and their accomplishments will be featured in each issue of The South Charlotte Sports Report throughout the next year. Nominations for consideration should be sent to tripp@southcharlottesports.com.

Having both been standout student-athletes Dr. Meredith Quimby and Dr. Kelly Collins know firsthand the balancing act required to be successful in the classroom and on the playing field. Dr. Quimby played multiple sports from a young age and was a scholarship athlete with the golf team at the University of North Carolina, Chapel Hill. She still competes locally and recently shot a hole-in-one! Dr. Collins played soccer and basketball for St. Mary’s College, Notre Dame. Dr. Collins was named an All-American in soccer and was recently induct ed into their Athletic Hall of Fame. Both doctors agree that athletics helped them to be disciplined, goal oriented while establishing great friendships.

Their combined interests in orthodontics and athletics were a natural fit for a great orthodontic team built on the foundation of excellence.

“As a child growing up in a small town, I loved sports, the camaraderie, team work, and pure competition was a thrill. Our family rules were strict though. In order to play sports our grades had to be excellent. As a way to give back, Dr. Quimby and I wanted to recognize individuals who exemplify this philosophy,” explains Dr. Collins.

As part of giving back to the community, Quimby & Collins Orthodontics recently launched a new mouthguard program, which provides complimentary professionally custom-fitted mouth guards to their communities’ student-athletes. “Protecting your mouth and smile during athletics is important for everyone at every age. We need to make mouthguards part of everyone’s standard uniform, and not just for football and lacrosse. If young athletes learn to play with a properly fitted mouthguard then they will continue to wear them throughout their sports career,” advises Dr. Quimby. If you play football, lacrosse, rugby, flag football, baseball, basketball, soccer, karate, softball, or volleyball a custom mouth guard is waiting for you.

Supporting athletes through recognition at South Charlotte Sports Report and providing custom mouthguards are just the tip of the iceberg of Quimby & Collins Orthodontics’ involvement in their community. Check out Quimby & Collins Cares on their website at www.quimbyandcollins.com.

Serving South Charlotte, Ballantyne, Blakeney, Union County and South Carolina, Quimby & Collins Orthodontics is dedicated to providing a superior orthodontic experience and an incredible winning smile to each and every one of their patients. To schedule a complimentary orthodontic consultation or an appointment for a complimentary custom mouthguard call 704-443-0006.

“We wish all student athletes best of luck this year and look forward to recognizing all of those who are “Wired for Excellence.”

Drs. Kelly Collins and Meredith Quimby
RAPHAEL ROJAS, JR. COMPETES IN HONOR OF HIS LATE MOTHER

With every kick he takes and every lap around the track, Ardrey Kell High School senior Raphael Rojas, Jr. keeps his late mother Carol at the front of his mind. Her legacy provides the inner motivation needed to fight through all obstacles on the path to success.

His mother Carol was a very special lady and Raphael’s greatest love. Unfortunately, life changed for this talented football kicker and track star during his ninth grade season.

His mother became ill and there was difficulty in diagnosing her. She went to Raleigh to live with her sister and seek treatment. The day before she left, Raphael found out that he made the Charlotte Catholic JV soccer team. Raphael and his twin sister Rachel decided to go to Raleigh with their Mom.

They enrolled at Millbrook High School just before school started. Raphael played JV soccer and tied for team scoring lead.

In January, just 4 months after they moved, their mother, Carol, passed away from cervical cancer. Their Dad, Raphael, Sr. thought that bringing them back to Charlotte in the middle of the school year would be too much after losing their mother. Raphael had hoped to play club soccer that spring, but the family was living with was unable to find a club team opening. Raphael asked his Dad if it would be alright to try out for the track team. His Dad told him that since both he and his mother ran track that he should proceed, it was in his blood his Dad said.

The Millbrook track family accepted Raphael and provided amazing support. One of the coaches had lost both parents when he was in high school and he found a way to relate to what Raphael was going through. Raphael ran the 400, 800 and relays where he found instant success. These races provided a strong mental challenge to Raphael.

As mentioned above, Raphael was also an instant success in track. He placed 5th in the North Carolina High School Indoor Championships and started the outdoor season with a 50.25 400 meter relays.

Raphael attended soccer camp at Wake Forest the summer before his junior year to prepare for the varsity team. He failed to make the soccer team however and felt lost as to what to do next. Someone suggested he try kicking for the football team. Raphael listened and quickly became an understudy to all conference kicker Tracy Murden.

“Tracy took me under his wing and helped me so much,” said Raphael. “I started the season kicking for the junior varsity team and that was a lot of fun.”

With the season cruising along and Raphael improving with each kick, he suddenly ran into a very high pressure opportunity. Tracy was injured in pre game warm-ups before homecoming. Suddenly Raphael was called into duty. Without his own kicking shoes, Tracy removed his for Raphael to wear until his father could make the mad dash to the stadium with the proper fitting shoes. Right at kickoff, his Dad came across the track and Raphael rushed to put on his shoes.

The first extra point attempt was no good, but he rebounded by making the remaining kicks and sending 3 out of 4 kicks into the end zone for touchbacks. This opportunity gave Raphael the faith he needed to become a solid kicker. He has since worked many hours with area kicking coach Mike Stricker to become a college prospect.

“I am really late in the game in becoming a kicker, so I will probably have to walk on some where,” he said. “I want to keep working to become a better kicker.”

So far so good this season, Raphael is handling all kicking for the Knights and the successful path laid down by Tracy Murden is being continued by his understudy.

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The following August Raphael moved back home to Charlotte to attend Ardrey Kell High School. Raphael played an uneventful season on the junior varsity soccer team and then turned up the heat in track. He won the conference championship in the 400 and 800 meter relays.

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As mentioned above, Raphael was also an instant success in track. He placed 5th in the North Carolina High School Indoor Championships and started the outdoor season with a 50.25 400 meter time in March. He suffered another setback on March 31st of this year as he suffered a grade two tear to his hamstring in physical education class. With a five week recovery period, he returned on May 5th with a 50.4 second time in the 400.

This past summer he ran with Track Eastern Carolina track club. His 800’s were in the 1:56 range in the open and lead off leg of the 4x800. He was on the “B” 4x400 team, running anchor in the 48 sec range. The 4x800 team finished 3rd in the USATF Junior Olympic National Championships in Sacramento, CA.

Raphael has been inspired to find his success due to the challenges his mother faced. With every competition, he remembers her struggles and how she fought through so much pain.

“When I feel the pain in my lungs and body, I think about Mom and how she handled her pain with class and dignity. I think to myself, this is nothing to what she went through, so I can handle this. She never once complained, so I can’t complain either.”

Raphael is looking forward to the future and finding new ways to make his mother proud. He is enrolled in honors classes and hopes to become a pre-med major in college.

The South Charlotte Sports Report salutes Raphael Rojas, Jr. for his dedication to finding success and honoring his late mother by working hard. Good luck in the future.
Most athletes know that getting enough rest after exercise is essential to high-level performance, but many still overtrain and feel guilty when they take a day off. The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes.

Recovery after exercise is essential to muscle and tissue repair and strength building. A muscle needs anywhere from 24 to 48 hours to repair and rebuild, and working it again too soon simply leads to tissue breakdown instead of building. Recovery also allows the body to replenish energy stores and repair damaged tissues. Exercise or any other physical work causes changes in the body such as muscle tissue breakdown and the depletion of energy stores as well as fluid loss.

Recovery time allows these stores to be replenished and allows tissue repair to occur. Without sufficient time to repair and replenish, the body will continue to breakdown from intensive exercise. Symptoms of overtraining often occur from a lack of recovery time. Signs of overtraining include a feeling of general malaise, staleness, depression, decreased sports performance, and increased risk of injury, among others.

Here are 5 ways to recover quickly after exercise/game/practice:

1. **Stretch:** Static stretching is a simple way to help your muscles recover.

2. **Eat properly:** After depleting your energy stores with exercise, you need to refuel if you expect your body to recover, repair tissues, get stronger and be ready for the next challenge. This is even more important if you are performing endurance exercise day after day or trying to build muscle. Ideally, you should try to eat within 60 minutes of the end of your workout and make sure you include some high-quality protein and complex carbohydrates.

3. **Replace fluids:** You lose a lot of fluid during exercise and ideally, you should be replacing it during exercise, but filling up after exercise is an easy way to boost your recovery. Water supports every metabolic function and nutrient transfer in the body and having plenty of water will improve every bodily function. Adequate fluid replacement is even more important for endurance athletes who lose large amounts of water during hours of sweating.

4. **Regenerate with massage:** Feels good and improves circulation while allowing you to relax. There are many forms of massage two forms are self-massage and foam rolling.

5. **Getting enough sleep:** Optimal sleep is essential for anyone who exercises regularly. During sleep, your body produces growth hormone which is largely responsible for tissue growth and repair.

Here at Architech Sports and Physical Therapy we can educate and demonstrate to the female athlete on how to cool down properly after a practice or game. Alicia Marblo is the only Physical Therapist in the region specializing in the female athlete and their unique needs. For more information visit architechsports.com or call 704-900-8960.
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The youth soccer fall season is about to begin. Good luck to all the area soccer players!

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THE Q SHACK COACH OF THE WEEK
NELSON GARNER
CUTHBERTSON HIGH SCHOOL SOCCER

Coach Nelson Garner has been named The Q Shack Coach of the Week. Coach Garner leads the boys and girls soccer programs at Cuthbertson High School. The boys are currently ranked inside the North Carolina High School 2A Soccer Top-Ten. The team in only their second season has become one of the premier teams across the state. Coach Garner is well liked by his players and he gives his all to the school.

Congratulations to Coach Garner on being named The Q Shack Coach of the Week.

To nominate your coach for this award, please visit The Q Shack or www.southcharlottesports.com. The winning coach will receive a $25 gift certificate to The Q Shack.

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