

LOUIS LOWERY

Category: Player

School: East Forsyth High School

Lettered: Basketball

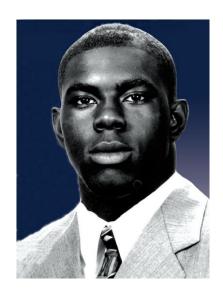
Achievements:

Carver High School (Grades 9-10)

- •Helped to lead Carver to 17-0 Record Team MVP
- •Scored in Double Figures 14 Regular Games
- •Helped to lead Carver to 2 City Championships
- •All City/County as a Freshmen
- •All City/County as a Sophomore

East Forsyth High School (Grades 11-12)

- •All City/County as a Junior
- •All City/County as a Senior
- •Frank Spencer All Tournament Team
- •All Conference Central 4A Junior Year
- •All Conference Central 4A Senior Year



TITCUS PETTIGREW

Category: Player

School: West Forsyth High School

Lettered: Football, Basketball

Achievements:

- •All Northwest Football Team Wide Receiver
- •Super Prep High School All American
- •USA Today Super 25 HS Football Players
- •North Carolina Shrine Bowl Selection
- •1995 North Carolina "State Athlete of the Year"
- •All Conference 3 yrs. Central Piedmont Football Conference
- •All Conference 2 yrs. Basketball
- •MVP Frank Spencer Basketball Classics 1995
- •All Tournament Frank Spencer Classics 2 yrs in a row
- •Received Full Athletic Scholarship to Attend Penn State University



WALTER TYRONE LITTLE III

Category: Player 9

School: Parkland High School

Lettered: Football, Basketball, Track

Achievements:

Football

- •1st Team All City/County 1974
- 1 st Team All Conference 4A 1974
- •All Conference Centra14A 1974
- •Super 25 Offense 1974
- •All Northwest W-S Ioumal- 1974
- •Ranked Among Best 35 Players in N.C. 1974

Basketball

- •Lettered in Basketball- 1973, 1974
- •1st Team Frank Spencer Basketball Classic

Track

- •Ran 100 yd. Dash; 200 yd. Dash, 800 Relay 1974
- •Anchored 880 Relay Team to a Third Place Finish in State Championship Meet 1975



JOSH HOWARD

Category: Player

School: Glenn High School

Lettered: Basketball

Achievements:

• 1997 City/County Player of the Year

•All Conference 1997 - 98 Piedmont Triad

- 1997 Winston-Salem Journal's Player of the Year (Frank Spencer Award)
- •All North Piedmont 3A 2 yrs. in a row
- •North Piedmont Player of the Year 1997

Averaged 24 pts., 14 Reb., 6 Block Shots and 4 Steals per game

- 1998 Winston-Salem Journal's Player of the Year (Frank Spencer Award)
- •Played in ACC SEC Basketball All Star game
- •Received Basketball scholarship to Wake Forest University

ACC Player of the Year and a first-team Associated Press All-America as a senior in 2004.

•Presently - Member of the Dallas Mavericks of the NBA



RHAMEN M. LOVE LANE

Category: Player

School: West Forsyth High School

Lettered: Football, Basketball

Achievements:

Football

•All Conference Team - Central Piedmont 4A 1994, 1995, 1996, 1997

Basketball

- •1st Runner-Up, Northwest NC Player of the Year
- •Player of the Year Central Piedmont 4A- 1996-97
- •All Northwest Team Boys Basketball 1996 and 1997
- •All Tournament Team NCHSAA Western Regionals 1996
- •Frank Spencer Championship Team 1994
- •MVP Frank Spencer Tournament 1995
- •W-S Chronicle All City/County
- •MVP Offense .- West Forsyth 1993-94, 1994-95, 1995-96, and 1996-97





CAMILLE LITTLE

Category: Player

School: Carver High School

Lettered: Basketball

Achievements:

•Associated Press NC Player ofthe Year - 2003

•NC Miss Basketball- Class 3A - 2003

•State Player of the Year - Charlotte Observer

•NC Gatorade Player of the Year - 2002 & 2003

- •Shared AP Player of the Year Carver 30-0
- •3 Time All State Selection
- •Averaged 20.2 pts and **II.1** rebounds per game senior year
- •Scored school record 2,168 pts during high school career
- •McDonalds' High School All American Team
- •Played in 2002 USA Basketball Youth Development Festival
- •Piedmont Triad All Conference 4 years
- •Piedmont Triad Conference Player of the Year 3 yrs in a row
- •Received Full Athletic Scholarship to Attend UNC





TERRY KEY

Category: Player

School: RJ Reynolds High School

Lettered: Football

Achievements:

- •Co-Captain Football Team
- •All City/County
- •All Conference Central4A
- •MVP RJ Reynolds
- •Winston-Salem Lineman of the Year
- Voted MVP Central 4A Conference
- •Greensboro Daily News All State Selection
- •Shrine Bowl Selection
- •East West All-Star Game
- •Full Scholarship to the University of South Carolina





MATTHEW BURDICK

Category: Player

School: Mt. Tabor High School

Lettered: Football, Soccer, Track

Achievements:

•Shrime Bowl Co - Captain (1995)

•First Team All-State (1995)

•First Team All-Northwest Region (1995)

•First Team All-Observer Piedmont Region Charlotte Observer (1995)

•First Team All- Central Piedmont 4A (1994-95)

•Second Team All-Northwest Region (1994)

Mt. Tabor School Records

• 1st and 2nd Longest FGs Made: 55, 54 yards

• 1st in Career Points: 149

• 1 st in Career FGs Made: 16

• 1st in Career Extra Points: (101 out of 105)

•1 st in Career FGs Over 40 yards: 5

• 1st and 2nd in Consecutive Extra Points Made: 29,31



GEORGE REDD, IV

Category: Player

School: East Forsyth High School

Lettered: Basketball

Achievements:

•Four Year Varsity Starter 1989 - 1993

•Metro Conference Player of the Year 92-93

•W-S Journal's All Northwest Team

•All Metro Conference 3 yrs in a Row

•All Tournament Frank Spencer Classic

•Career Averages 18.2 ppg, **II.I** rpg

•Nominated to McDonald's Basketball All American High School Team

•Played in East-West High School Game for the State of North Carolina

•Received Basketball Scholarship from Georgia Mason University

•Super Prep High School All American





BERNARD WILLIAMS, JR.

Category: Player

School: North Forsyth High School

Lettered: Football

Achievements:

•All Conference - Metro 4A - Football- 1995

•All Conference - Metro 4A - Football - 1996

•All Northwest - W-S Iouma1- Football- 1996

•W-S Chronicle - Super 25 - Football- 1996

•East - West Football All Stars - 1997

•All State - Football- 1996





WADDELL COCKERHAM

Category: Player

School: Atkins High School

Lettered: Football, Basketball, Baseball

Achievements:

•All Conference - Football- 1967

•All Conference - Basketball- 1967

•All Conference - Baseball- 1967

•All City/County - Football- 1967

•All State - Baseball- 1967





GRAY BOVENDER

Category: Player

School: West Forsyth High School

Lettered: Football

Achievements:

•W-S Chronicle - All City/County - Football

•All Northwest - Winston-Salem Iournal- 1989

•All Conference - CPC - Football - 1990

•All Northwest -Winston-Salem Ioumal- Football- 1990

•W-S Chronicle - Offensive Player of the Year - 1990

•All Conference - CPC - 2 Positions

Punter and Receiver - 1991

•CPC - Player of the Year - 1991

•All State Selection - 1991

•East-West All Star Team - 1991

•Shrine Bowl Selection - 1991



School: Mt. Tabor

Achievements:

ROBERT "BOB" SAPP

Category: Coach (Head Football)

- Record
- •Regular Season 128 Wins 39 Losses 1 Tie
- •Play-off 19 Wins 13 Losses
- •Overall- 147 Wins 5210sses 1 Tie
- •Winning Percentage 73.5%
- •11 Time Conference Champions
- 4 Seasons N. Forsyth; 12 Seasons Mt. Tabor
- •1 Time Centra14A Conference Champion
- •6 Time Central Piedmont Conference Champs
- •4 Time Metro 4A Champions
- •Won 43 Straight Conference Game at Mt. Tabor
- •10 Time Conference Coach of the Year
- •1983 Sentinel Coach of the Year
- •1998 NCHSAA Region 5 Coach of the Year
- •2001 NC Prep Football4A Coach of the Year
- •1985 -1989 NCCA Board of Directors