

2019 INDUCTEE

Deangelo Bell
Winston-Salem, NC



Category: Coach

Schools: Parkland High School

Sport: Football

Achievements:

- | | |
|------------------|---|
| | Overall Record 92-78 |
| 1999 | Coaches Corner Magazine
North Carolina Coach of the Year |
| 2001, 2003, 2004 | Piedmont Triad Conference Champions |
| 2001, 2003, 2004 | Piedmont Triad Conference Coach of the Year |
| 2001 | 3-A State Football Champions |
| 2004 | Shrine Bowl Assistant Coach |
| 2010 | East West All-star Game Assistant Coach |
| 2018 | Parkland Magnet High School Sports Hall of Fame |

Presently Teaching Health at Parkland Magnet High School



2019 INDUCTEE

Russell Bonham

Alexandria, VA



Category: Player

Schools: Carver High School

Lettered: Football

Achievements:

- 1998 All City County
- 1999 All City County
All Conference
All Northwest (only junior selected in 1999)
All State
3A State Champions
- 2000 All City County
All Conference
Offensive Player of the Year
All Northwest N.C.
Selected to play in Shrine Bowl

Post High School

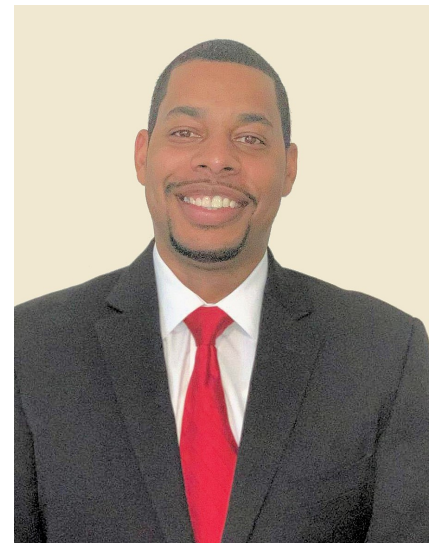
Full football scholarship to University of Maryland

Presently employed by The Federal Food and Drug Administration
as a Quality Control Analyst Supervisor.



2019 INDUCTEE

Ronald “Ron” Buchanan Jr. Charlotte, NC



Category: Player
Schools: West Forsyth High School
Lettered: Football, Track and Field
Achievements:

Track and Field

- 2002 All Conference
- 2003 All Conference—(1st Place Long Jump - 2nd Place Triple Jump)
Conference Meet - Most Outstanding in Field Events — Conference Field Athlete of the Year
Midwest Regional 4-A Outdoor Track and Field Championship Meet
(1st Place 4x200 Relay - 3rd Place Long Jump - 3rd Place Triple Jump) - West Forsyth won their 1st Regional Team Championship
NCHSAA State 4-A Outdoor Track and Field Championship - (Qualified for three events)
- 2004 Team Captain
West Forsyth Varsity Men’s Track Most Valuable - Field Events
City/County Outdoor Track and Field Championship - MVP Field Events
All Conference—Conference Field Athlete of the Year
Midwest Regional 4-A Outdoor Track and Field Championship Meet—(1st place Triple Jump - 2nd Place Long Jump)
NCHSAA State 4-A Outdoor Track and Field Championship—(2nd Place Long Jump - 3rd Place Triple Jump)
Broke and Currently Holds West Forsyth School Triple Jump Record
Adidas National Outdoor Track & Field Championship—(Competed and placed in the long jump and triple jump)

Football

- 2004 700 yards receiving - 7 touchdowns in senior season— Gatorade Offensive Player of the Year

Post High School

Joined NC A&T State University track team as a walk-on, earned full scholarship
Ron won multiple track awards while attending NC A&T including being named East Region All American in 2006.
Graduated Cum Laude

Since graduation Ron has worked for the San Diego Padres, the Atlanta Hawks , and is presently employed by Spectrum Enterprise as a Project Manager.



2019 INDUCTEE

Terence L. Crosby Belmont, NC



Category: Player

Schools: Glenn High School

Lettered: Football, Basketball

Achievements:

Football

All City County

Two time All Conference (Piedmont Triad 3-A)

All Northwest N.C.

East—West All Star Game

Basketball

Two Year Letterman

Post High School

Full football scholarship to Catawba College

Four Year Letterman

Three time All Conference (SAC)

Three time All American

Presently employed by Federal Express



2019 INDUCTEE

Anthony Jenkins
Winston-Salem, NC



Category: Player

Schools: West Forsyth High School

Lettered: Football

Achievements:

Football

1991 All Conference

1992 All City County

All Conference

All Northwest NC

All State

Baseball Letterman

Post High School

Butler County Community College

Two Year All Conference

Junior College All American

Required by University of Maryland

Presently Probation - Parole Officer - Forsyth County



2019 INDUCTEE



William C. Peay Clemmons, NC

Category: Player

Schools: Ronald Reagan High School

Lettered: Basketball

Achievements:

Basketball

2006, 2007, 2008, 2009 All City County

2006, 2007, 2008, 2009 All Conference

(First freshman to be selected to the
Piedmont Triad 4-A All Conference)

2008 Runner up Player of the Year

Frank Spencer All Tournament Team

Journal All Northwest Team

(First player from Reagan to be selected)

2009 Frank Spencer Holiday Tournament MVP

Journal All Northwest Team

Averaged 17.3 points, 2.1 rebounds, 3.1 assists and 2.8 steals as a senior

First player in school history to score over 1,000 career points.

Post High School

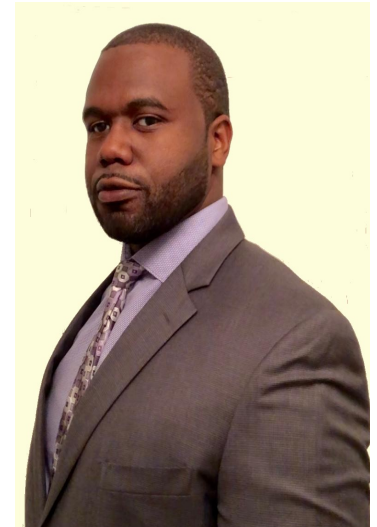
Basketball Scholarship to Winston-Salem State University

Dean's List 2012,2013, and 2014

Presently employed by Winston-Salem Parks and Recreation



2019 INDUCTEE



Goryal Scales

Largo, MD

Category: Player

Schools: Carver High School

Lettered: Football, Track

Achievements:

Football

1998 All City-County

1999 All City County

All Conference

Defensive Player of Year

All Northwest

3-A State Champions

2000 All City County

All Conference

Defensive Player of Year

All Northwest

All State

Selected to play in Shrine Bowl

Track

2001 All Conference Shot Put

Post High School

Awarded full scholarship to Wake Forest University

Voted defensive lineman of the year

Team Captain Senior Year



Presently Director of Unified Communication at Pro Telecom LLC. Lanham Maryland

2019 INDUCTEE

Derrick A. Speas Winston-Salem, NC



Category: Coach

Schools: R.J. Reynolds High School & Winston-Salem Preparatory Academy

Coach: Track

Achievements:

Head Sprint Coach: R.J. Reynolds High School, 2001-2007 (Men/Women)
3x State Championships - 2001, 2005, 2006
6x Regional Championships - 2001, 2004, 2005 (M), 2005 (W), 2006 (M), 2006 (W)

Head Track Coach: Winston-Salem Preparatory Academy, 2007–2014 (Men/Women)
2x State Championships - 2008, 2009
2x State Championships, Runner Up - 2009, 2013
4x Regional Championships 2008, 2009 (M), 2009(W), 2014
5x 4x100m Relay State Champions - 2008, 2009, 2012, 2013, 2014
1x High Jump State Champion, 2010 (6'8 result - school didn't have high jump mat)
40+ Student Athletes awarded State Championship Awards
1x State Men's Championship Basketball – 2008 (Served as team's strength & conditioning coach during this year)

Highlights: Coach Derrick Speas is a two-time Olympic Coach with over 20 years of experience in developing athletic talent for student athletes in Winston Salem, NC, with the desire to inspire and improve athletic potential. Coach Speas has developed a strong background in track and field, fitness and injury prevention, national strength and conditioning, speed enhancement and agility training, and mental & motivational techniques.

Olympic Coaching Experience:

2018 Winter Olympics: PyeongChang, South Korea. Worked as a High Performance Coach for China's Short Track Olympic Speed skating team, resulting in 1-gold and 2-silver medals.

2014 Winter Olympics: Sochi, Russia. Served as a High Performance Coach to Lauren Cholewinski (a member of the US National Speed skating team), resulting in a 15th place finish in the Women's 500m.

Presently owner/founder of Speed Dreams, a high performance training group located in Winston-Salem, with a focus on developing local athletes and preparing them for elite competition and future Olympic development. Professional Personal Trainer to Winston Salem Professional Athletes, Cornerback Anthony Levine of the Baltimore Ravens and Speed Skater Kimani Griffin who is training for the 2022 Winter Olympics.



2019 INDUCTEE



Howard Ward II Winston-Salem, NC

Category: Player

Schools: East Forsyth High School

Lettered: Football

Achievements:

- Football - Kicker
- 1975 All City County
- All Conference
- 1976 All City County
- Super 25 Football Team
- All Conference
- District 8 Place Kicker of the Year
- Post High School
- Full scholarship to Howard University
- Undrafted free agent U.S. Football League
(Birmingham Stallions)
- Presently Retired

