

Ebony S. Williams

Parkland IB Magnet High School



Primary Events:55H,100H, 300H,400H,300M,4X200,4X400

Accomplishments:

Lettered all Four Years

2011-2012 –Parkland High School Girl’s Indoor Track – CO-MVP

2011-2012 – Parkland High School Girl’s Track – Mustang Award

2011-2012 - NCHSAA Participation Award for 55 Meter Hurdles, 300 Meter and 4x400 Meter Relay

2011-2012 - NCHSAA Participation Award for 300 Hurdles, 4x100 Meter Relay and 4x400 Meter Relay

2011 – NCHSAA State Champion Outdoor - 4x100 Meter Relay

2012 - NCHSAA 4-A State Champion – 4x00 Meter Relay

2012 - NCHSAA 4-A State Champion – 4x200 Meter Relay

2012 – Participated in the AAU Junior Olympic Games in Houston Texas

2012-2013 - NCHSAA Participation Award for 55 Meter Hurdles, 300 Meter and 4x400 Meter Relay

2012-2013 – Piedmont Triad 4A Conference All Conference – Women’s Track

2012-2013 - Parkland High School Girl’s Track – Coaches Award

2013 - NCHSAA Participation Award for 100M Hurdles, 300M Hurdles, 4x200M Relay and 4x400 Meter Relay

2013 – National Scholastic Athletics Foundation All-American Outdoor Track and Field Team – 4x200 Meter Relay

2013 – Russell E. Blunt East Coast Invitational – 400 Meter Champion

2014 - NCHSAA 4-A State Champion – 4x400 Meter Relay (Set High School Indoor Record 3:53.93)

2012 – 2013 - Parkland High School Girl’s Outdoor Track – Coaches Award

2014 - NCHSAA 4-A Indoor Track-and-Field State Champions - First girls’ team state title in school history

2014 – NCHSSA 4A State Indoor Runner-Up – 55 Meter Hurdles

2014 – NCHSAA 4A Indoor State Runner- Up – 300 Meter

2014 - NCHSAA 4-A State Champion – 4x200 Meter Relay

2014 - Central Piedmont 4A Conference Sprint MVP Women’s Track and Field

2014 – Liberty Christmas Invitational – Female Track Athlete of the Meet

2014 – Liberty Flames Invitational - Female Track Athlete of the Meet

2014 – Set Swedish Relay Outdoor Record 2:10.88

2014 – Russell E. Blunt East Coast Invitational – 100 Meter Hurdle Champion

2014 – New Balance Nationals Indoor Meet – Runner-Up in the 4x200-meter relay.

2014 - New Balance Nationals Outdoor Meet – National Champs in the 4x200-meter relay

2014-2015 – Central Piedmont 4A Conference Champion – 100 and 300 Meter Hurdles

2014-2015 – Central Piedmont 4A Conference Most Outstanding Player Track and Field

2014-2015 – NCHSAA 4A Regional Champion – 100 and 300 Meter Hurdles

2014-2015 - NCHSAA State Outdoor Champion - 4x200 Meter Relay (Set High School Record 1:36.32)

2014-2015 – NCHSAA State Outdoor Champion - 4x400 (Set High School Record 3:46.57)

2014-2015 – Arcadia California Invitational - 4x200 Champion

2014-2015 – NCHSAA Women’s Indoor Track 4A State Championship MVP

2015 - NCHSSA 4A State Indoor Champion – 55 Meter Hurdles (Set Indoor High School Record 7.81)

2015 – NCHSAA 4A Indoor State Champion – 300 Meter (Set High School Indoor Record 39.05)

2015 - NCHSAA 4-A State Championship - 4X200 Meter Relay (Set High School Indoor Record 1:37.75)

2015 - New Balance Nationals Indoor Meet - National Champion 4x200 Meter Relay

2015 - NCHSAA 4-A State Championship 4x400 Meter Relay

2015 - NCHSAA 4-A State Championship 55 Meter Hurdles

2015 - NCHSAA 4-A State Championship 100 Meter Hurdles (Set High School Outdoor Record 13.44)

2015 - NCHSAA 4-A State Championship 300 Meter Hurdles

Received 4year Track & Field Scholarship to Clemson University

Ricky D. Holt

Winston-Salem Preparatory Academy

Athletic Director



Coaching Career:

1985 – 1988

Teacher and Coached Football, Basketball, and Track at West Rowan Middle School, Cleveland, North Carolina

1988 – 1997

Teacher and Coached Basketball, Track, and Assistant Football at A.L. Brown High School, Kannapolis, North Carolina.

1997 – 2004

Teacher and Coached Basketball, Track, and Assistant Football at Carver High School, Winston-Salem, North Carolina.

2004 - 2016

Teacher and Athletic Director at Winston-Salem Preparatory Academy, Winston-Salem, North Carolina. In 2004 Ricky Holt went to work at newly opened Winston-Salem Preparatory Academy, he started the athletic program from the ground up. During his 12 years as Athletic Director at Prep the school won 8 state championships and was runner-up twice. Also, during AD career 35 individual player won state championships.

Accomplishments:

- 1989 NC 3A State Football Championship – Assistant Coach – A.L. Brown
- 1989 Central Piedmont Conference Coach of the Year – Girls Track - A.L. Brown
- 1990 South Piedmont Conference Coach of the Year – Girls Track – A.L. Brown
- 1991 South Piedmont Conference Coach of the Year – Girls Track – A.L. Brown
- 1992 Cabarrus County Coach of the Year – Boys Basketball – A.L. Brown
- 1995 South Piedmont Coach of the Year – Boys Basketball – A.L. Brown
- 1996 Cabarrus County and South Piedmont Coach of the year - - A.L. Brown
- 1998 Winston-Salem Chronicle Men’s Basketball Coach of the Year – Carver
- 1998 NC 3A State Football Championship – Assistant Coach – Carver
- 2000 Piedmont Triad Conference Men’s Basketball Coach of the Year – Carver
- 2002 NC 3A State Football Championship – Assistant Coach – Carver
- 2004 NC 3A State Runner-Up Boys Track – Head Coach – Carver

Erin Lee Morrison

Parkland IB Magnet High School



Lettered: Track and Field

Achievements:

2011-2012

All American 60m (Indoor)
Won State Title 4x100m
All-Conference 4x200, 4x400, 200m (Outdoor)
Awarded Coach's Award
State Champion 4x200 (Outdoor)

2012-2013

3rd Place 300m, 4x400 State Championship (Indoor)
State Champion 4x100, 4x200, 4x400 (Outdoor)
Broke State Record in 4x200
Indoor/ Outdoor MVP
All-American in 4x200
All Conference 400m, 4x400, 4x200 (Outdoor)

2013-2014

400m Runner-up State Championship (Outdoor)
State Champion 4x200 and 4x400 (Record Breaking)
All-American 4x200m Relay (Runner-up New Balance Nationals indoor)
All-American 4x200m Relay (New Balance Nationals Champion outdoor)
All American Swedish Relay (New Balance Nationals Outdoor)
High School US #12 4x400 (indoor)
4A Team State Champions (Indoor/ Outdoor)

2014-2015

3rd Place Finish in 400m State Championship (Outdoor)
State Champion 4x400m Relay (Record Breaking)
NC #12 All-time in the 500m
NC #2 All-Time 4x400m Relay
High School US #3 500m (indoor)
High School US #10 400m (outdoor)

Received a full scholarship to Hampton University. She later transferred to Appalachian State University

Miaysha Bryant

Parkland IB Magnet High School



Accomplishments:

- 2012 – All Piedmont Triad 4-A Track and Field as a freshman.
- 2013 – NCHSAA 4A Regional Track Meet – 1st place 4X100, 4X200, and 4x400.
- 2013 - NCHSAA 4-A track-and-field State Championships – 4X100 Champs - Parkland's time of 47.22 seconds in the 4x100 tied the state-meet record and its time of 1:37.83 in the 4x200 set an all-classifications state-meet record.
- 2013 – All Piedmont Triad 4-A Track and Field as a sophomore.
- 2013 - New Balance Outdoor Championships – 4th place Swedish Relay
- 2014 - NCHSAA 4-A Indoor track-and-field champions – First girls team state title in school history.
- 2014 – Won the 4x200-meter relay at the Arcadia (Calif.) Invitational, a national outdoor track meet which attracts the nation's elite prep athletes.
- 2014 - NCHSAA 4-A track-and-field State Outdoor Team Champions – won the 4x100 in 46.99 seconds, won the 4x200 in 1:36.99, and both relay teams lowered meet records that the Mustangs set last spring.
- 2014 - New Balance Nationals Outdoor Meet – National Champs in the 4x200-meter relay. The team produced their fastest-ever time of 1 minute, 36.80 seconds. Miaysha's blazing third leg time of 23.56 seconds was the fastest of the race.
- 2014 - New Balance Nationals Outdoor Meet – 4X100 meter relay fourth place finish.
- 2015 - NCHSAA 4-A indoor track-and-field team champions and 4X200 meter relay champions.
- 2015 - New Balance Nationals Indoor Championships at The Armory in New York – 4X200 Relay Champions, participant in Emerging Elite 60 meter dash at New Balance Championships.
- 2015 - Arcadia (Calif.) Invitational – 4X200 Meter Relay Repeat Champions
- 2015 - Arcadia (Calif.) Invitational – Seeded 200 Meter Dash – 1st Place
- 2015 - NCHSAA 4-A track-and-field State Outdoor Team Champions – 4X200 Meter Relay Champions - 4th Place 100 Meters - 4th Place 200 Meters – 2nd Place 4 x 100 Relay

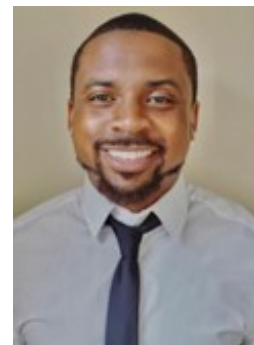
Parkland Records

- 2014 – 4 x 100 Relay Outdoor – 46.59
- 2015 – 4 x 200 Relay Outdoor – 1:36.32
- 2015 – #2 all-time 100 Meters Outdoor – 11.67
- 2015 – #3 all-time 200 Meters Outdoor – 24.10

State Records

- 2015 – 4A Championship 4 x 200 – 1:36.32

- 2015 – Signed a track scholarship with North Carolina Central University



Bryce Sherman

Parkland High School (05) & Carver High School (06-08)

Lettered: Football, Track and Field

Achievements:

2004- TRACK AND FIELD (Freshman Year)

All County
All Conference

2005- TRACK AND FIELD (Sophomore Year)

2005 NIKE All-American (60meters)
Ranked #1 sophomore in the Country my US Preps Track
All State / All County (55 meters & 300meters)
NIKE ALL American 4 x 200
2x State Champion / Runner up 200 meters
All-State / Regional Champion (100m / 200m / 4x100)
Piedmont 3A Runner of the Year (Track) / All County / All Conference

2006- (Junior Year)

FOOTBALL

Piedmont 3A All-Conference / All County / All-Northwest Honorable Mention
Led State in Kick Return Touchdowns: (4) / Over 1800 All-purpose yards and 26 Touchdowns

TRACK AND FIELD

3A State Champion / Regional Champion (55m)
Piedmont 3A Runner of the Year / All County / All Conference
3A State Champion (100m / 200m / 4x100 / 4x200)
3A State Champion MVP
All State / Regional Champion / All Conference / All County 2008- (Senior Year)

FOOTBALL

Pre-Season All-State Nominee / All County / All conference /
Leading rusher in the city (1700 yards) / Led state in Punt Returns (4) Track and Field

OUTDOORS

3A State Runner Up (100m / 200m)
State Champion (4x100 / 4x200)
All State / Regional Champion / All Conference / All County
Signed Track and Field Scholarship with the University of South Carolina

NaTeja Shavonne Hale

Parkland IB Magnet High School



Lettered Track and Field Four Years

Hard working, versatile, humble, multi-event winner!! These are just a few of the words that described NaTeja Shavonne Hale during her time as a member of the Parkland High School Lady Mustangs Track Team. Miss Hale began participating in Track & Field after her mother noticed a unique athletic ability at the young age of 7. NaTeja, at that young age, showed that she was determined to be a winner. She would race her older male cousin and would match him step for step no matter the distance that they raced. This was only the beginning of a NC State Champion!

Miss Hale started competing with the Piedmont Athletic Club, there she met Coach Antwaun Hughes. This was the beginning of a great coach/player relationship that helped NaTeja become a champion while she was a member of the Parkland High School four-time state championship women's track team. During her younger years, she competed and had some success, just off her experience in elementary and middle school years. It wasn't until her freshman and sophomore seasons at Parkland that NaTeja realized that she had to do more. She had to become more focused and take her lessons from her freshman and sophomore years to build the multi-event winner that we know of today! Miss Hale began specializing in the Triple Jump, Hurdles, Pentathlon and Heptathlon.

Miss Hales' junior and senior seasons were filled with success! She became a two-time indoor North Carolina State Championship team member. She finished fifth in the indoor triple jump her junior year. Her senior year, she finished second in the triple jump and fourth in indoor 55 hurdles. NaTeja also qualified to participate as part of this powerful Lady Mustang team at the New Balance Meet in New York, twice at the Arcadia Invitational meet in California, as well as various local, state, and regional meets. During her years at Parkland, NaTeja was named All-Conference and All-County 3 years in a row.

Coach Antwan Hughes acknowledged that having an athlete like NaTeja who excelled in multiple events was a luxury. Coach Hughes was quoted saying "She's so versatile, so she can do it all."

NaTeja received a full scholarship to UNC-Asheville and later transferred to North Carolina Central University.