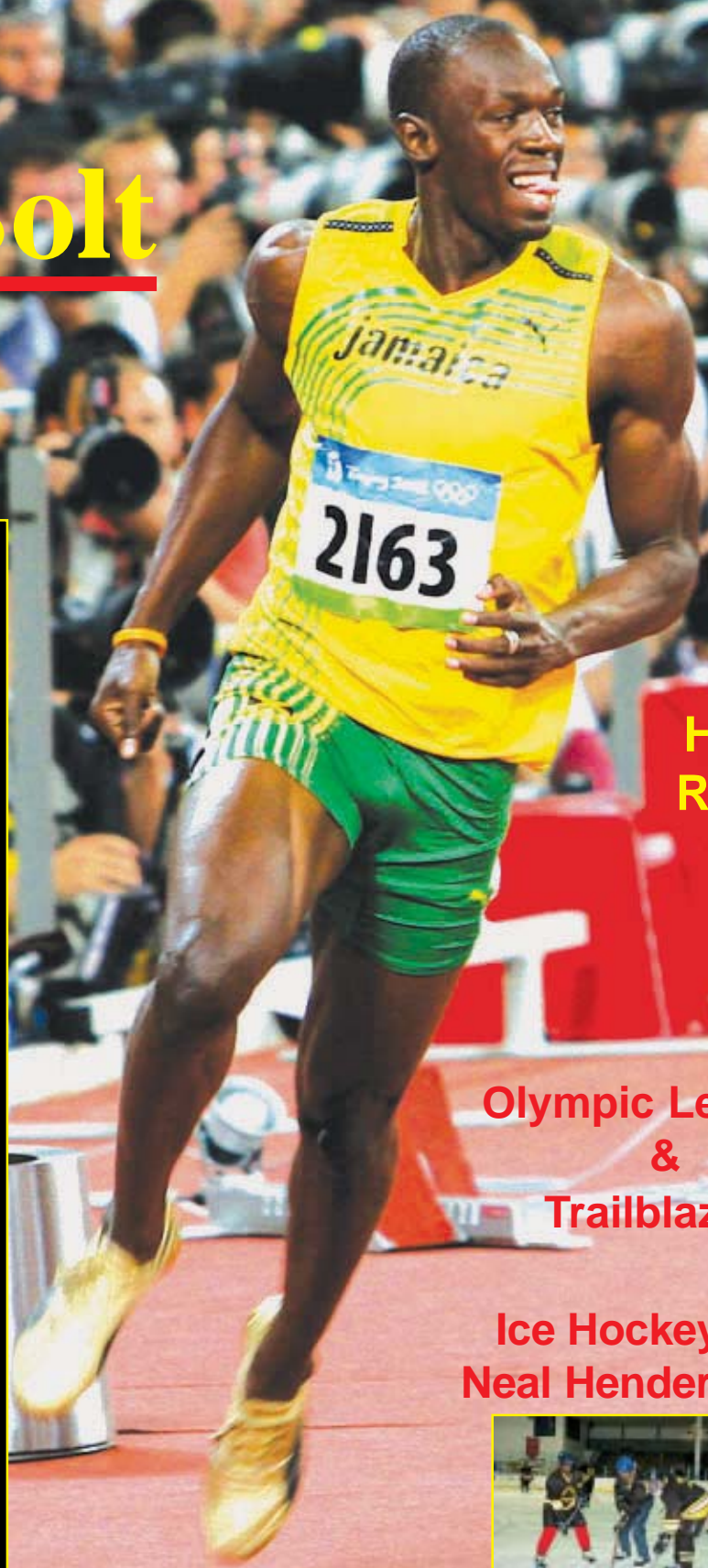


2008
Athlete of the
Year - Usain Bolt

Usain Bolt



Yelena Isinbayeva



Sportswoman
of the Year
Olympic
Pole
Vault
Champion

Sports Greats

2009 MLB Hall of Fame

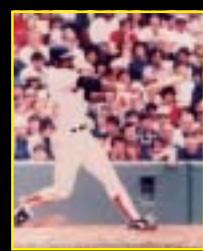


Photo Gallery

2009 Australian Open

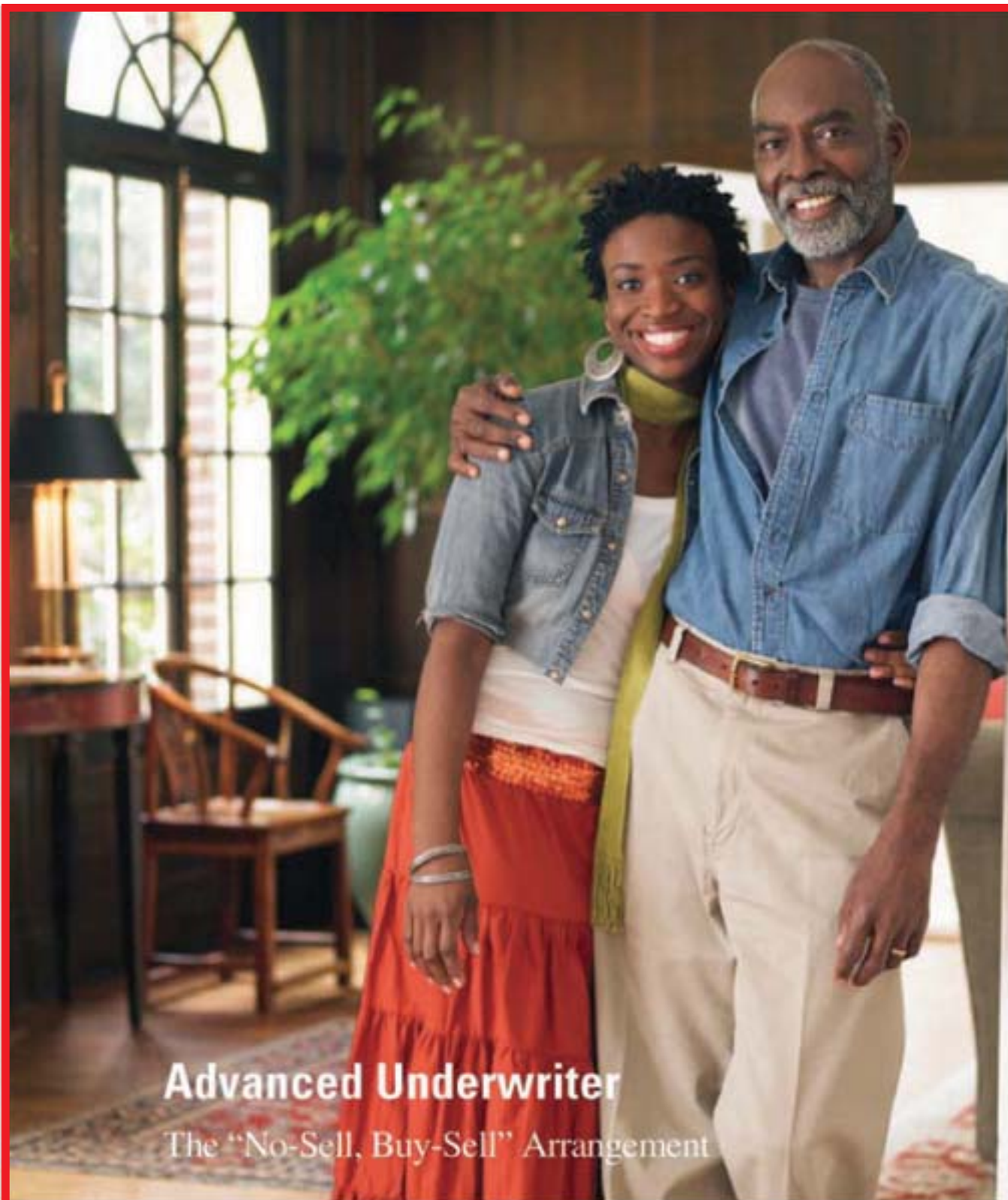


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Ice Hockey's
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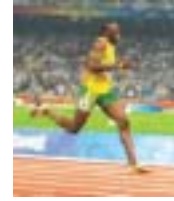
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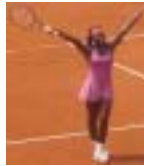
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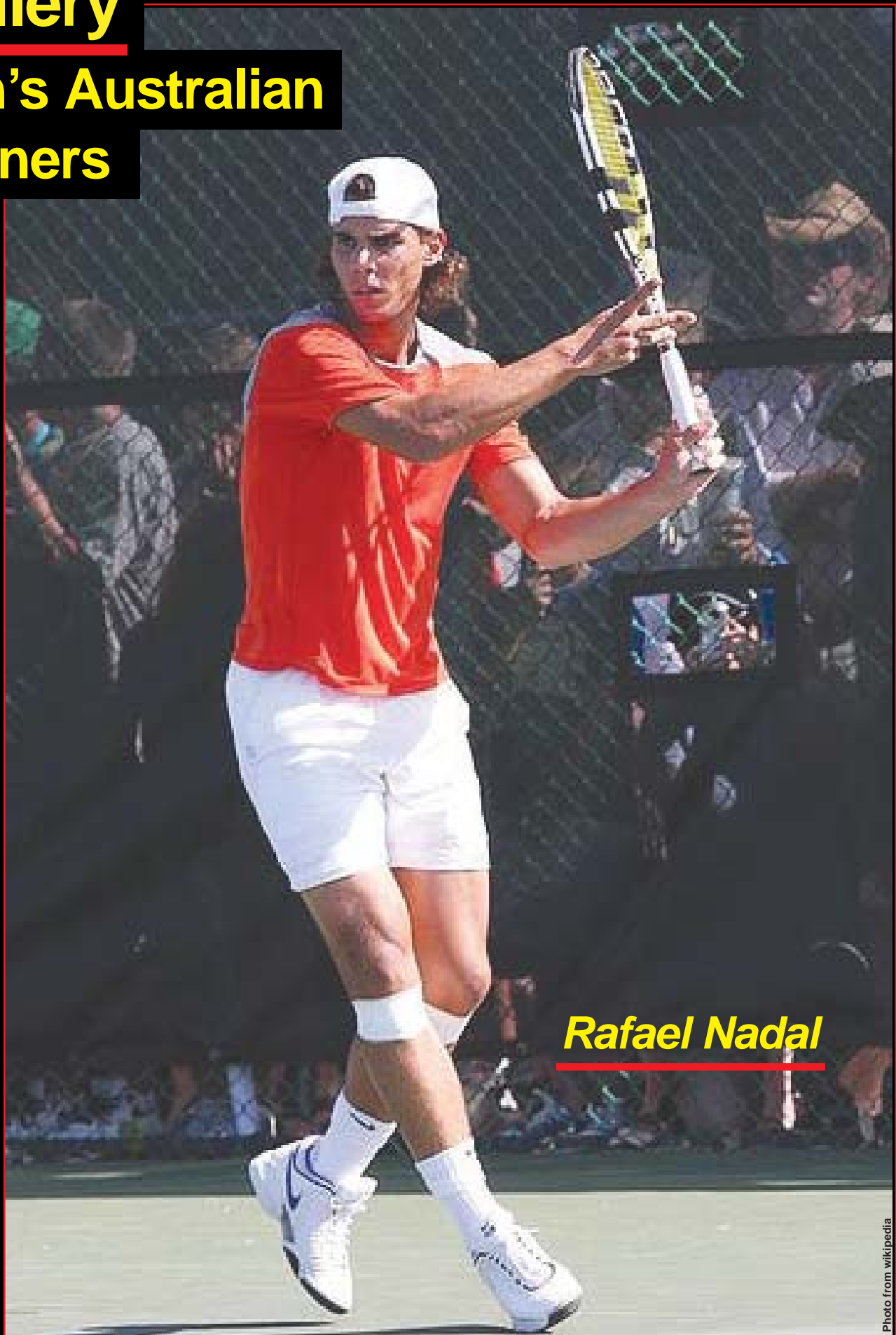
**2009 Women &
Open**



Serena Williams

Gallery

Men's Australian Winners



Rafael Nadal

Neal Henderson

Opening Doors To Opportunities On & Off The Ice

By Cynthia Nevels

Last year, the Washington, D.C. metropolitan area professional sports teams: the (basketball) Wizards, the (hockey) Capitals and the (football) Redskins did not give their fans much to cheer about. If there was any hope or light at the end of the tunnel, DC's ice hockey team, the Washington Capitals shone through during an otherwise dismal season. Their success last year heightened their visibility, as well as spurred more interest in ice hockey in the Washington metropolitan area.

While waiting for the Washington Capitals No. #87, Donald Brashear, to appear at the Fort Dupont Ice Hockey Arena in Washington, D.C., I was introduced to Neal Henderson, whose kids, the Fort Dupont Hockey Cannons, were gearing up for practice time on the ice. They had recently returned victoriously from a tournament in Columbus, Ohio. In ice-hockey circles, Neal Henderson is known for his dedication to the game, encouraging youth to excel in the sport with skills that could impact on other areas of their lives in positive ways. In 2007, Henderson was the recipient of the William Thayer Tutt Award, U.S.A. Hockey's most prestigious award that recognizes a volunteer who has displayed dedication to the advancement of ice hockey at the grassroots level. Before and after practice, Henderson gave me an overview of his career in ice hockey and his quest to provide options in this sport to minority youth.

One could say traveling all over the world has its benefits because it introduces you to different sights, sounds and cultures. Neal Henderson's father, who was in the merchant marines, was stationed in Canada, where Neal was quickly introduced to ice hockey. Said Henderson, "I was a kid who wanted to do what the others were doing. In Canada, ice hockey is what football is to the United States, the country's number one sport." The spray from the snow, the coldness of the air, the swiftness and power of one's glide, those were exhilarating sensations that he experienced in the game and from then on,

it was always in his mind that he would become a professional hockey skater.

Henderson's parents were wholeheartedly behind his participation in the game because it kept their son out of the streets and occupied. As a teenager, Henderson went to live with his aunt in Washington, D.C. He attended Cardoza High School. He played with the Veteran of Foreign Wars (ice hockey) Team. Before and after school, he would hang out at the Uline Arena on Third Street, N.E., watching the Washington Lions hockey team practice. The kid was there so often that the Lions took him under their wings, showing him methods and techniques. Little did they realize that they were preparing him for a career in professional hockey. The owner also noticed Henderson and ended up giving him errands to do, based on his good grades and attendance at school.

Henderson said, "My coach at Cardoza, who also recognized my potential, referred me to a scout. Having graduated in 1956, he entered the minor leagues, playing as either wing or defense with several teams, the Baltimore Clippers, the Baltimore Mercurys and the Salt Lake City Seagulls. Having retired from the game by the late 1960's, he settled in Maryland, got a government job, keeping ice hockey on the sideline. He explained, "During the winters, I would flood my driveway with water, let it freeze, then invite the neighborhood kids to skate. One day my son suggested that I start a club, so one could say that the beginning of the Fort Dupont Ice Hockey Club took root then." Henderson has been coaching for over 33 years.

Why bother when you didn't have to I asked? He replied, "Someone has got to do this, reach out and present opportunities, those same opportunities that I had been given. Ice hockey is an elite game. Equipment, instructions and playing time is very expensive. That is where I come in, giving the kids a chance to reveal that they could be just as good as anyone else on the ice." The Fort Dupont Ice Hockey Club, also known as the Cannons,

are registered with U.S.A. Hockey. Kids interested in learning, performing and participating in tournaments get their uniforms, skates and equipment free.

U.S.A. Hockey membership fees, ice-time rental, upkeep of uniforms and equipment and trips to tournaments are sustained through donations and fund-raising. What does the Coach look for when a youth entertains getting involved? Determination, dedication and dexterity on the ice. Youth ages range from 8 to 17 years. Parents and their children have an orientation session with the Coach during which rules, regulations and expectations are discussed. "At one time, I used to have at least eighty kids in the program. These days it amounts to fifty-five. It's not that the kids get tired or discouraged, the parents often give up. We practice twice a week at the Fort Dupont's Ice Hockey Arena from October to March," added the Coach.

What are the benefits other than participating in the game for the thrill and physical fitness? It didn't take long for the coach to reply, "Being involved in the game provides a sense of self-esteem, focus, discipline, builds camaraderie and determination. The Fort Dupont Ice Hockey Club enables you to travel to various cities to participate in sports clinics and tournaments. Our travels are more than tournaments and sight-seeing. I give them history on the places we visit. Especially so for the minority youth, I teach them about Blacks in hockey who were pioneers such as Art Dorrington and Willie O'Ree."

Thinking over the years about some of his kids who have gone through his program, he mentioned two former Cannons; One of them became a lawyer, who now gives back to the community by serving as an assistant coach with Henderson at the ice arena. Another had entered the Navy upon graduation from college. He is a fighter Navy pilot, and corresponds with the Coach about the goings on in his life.

Henderson's basement is like a history museum with photographs documenting



Photo by Daniel O'Neil

Coach Henderson practicing with the Kids



Photo by Daniel O'Neil

Fort Dupont Ice Hockey Club

his involvement in the sport, as well as plaques, citations and Fort Dupont Club Cannon trophies filling the shelves. Over the years, the Fort Dupont Club Cannons have been highlighted in well known sports magazines. With their ability to rack up trophies and garner high-powered press exposure, one would think that obtaining donations would not be a struggle, but it is. That can be attributed to many factors; for one, the sport itself. Even though ice hockey is on the upswing, it does not get the exposure or respect like that of football, baseball or basketball. Secondly, he believes that athletes and ex-athletes who contribute financially, have not thought outside the box; building a movie theatre or contributing monies toward a basketball recreation center is fine, but there are other entities, such as ice hockey clubs, that would also welcome their support.

During the month of February, Henderson held an ice hockey clinic. February in the ice hockey world is known as *Hockey Is For Everyone Month*, a time when the National Hockey League celebrates its growth in diversity. Ice Hockey Icon – Willie O'Ree,

Washington Capital Donald Brashear and Los Angeles King Wayne Simmonds joined Henderson in training the Fort Dupont Cannons at the Fort Dupont Ice Arena. They spent an hour skating with the youth, teaching them different hockey skills and techniques.

Willie O'Ree is director of the Diversity Program of the National Hockey League. The Diversity Program has 34 non-profit programs for kids throughout North America. According to O'Ree, his duties are to travel to various cities, participate in hockey clinics, as well as appear at fundraising events. Said this sports icon who broke the National Hockey League (NHL) color line in 1958, when he signed on with Boston Bruins, "My satisfaction comes when kids tell me years later that they appreciated the hockey and life skills I dispensed. I talk to them about feeling good about themselves, setting goals, working toward those goals and staying focused." He met Neal Henderson after getting involved in the NHL Diversity Program. "I heard about Henderson and how he started the Fort Dupont Ice Hockey

Club and saw for myself what he was doing. I am proud to be involved in his activities. Neal has contributed so much to this area inside and outside the hockey program. One of his kids attended one of my schools years ago. Today, I see that he has turned into a fine young man. He is an attorney and devotes some of his time assisting Henderson with the Cannons. This is the reward of being involved that I'm speaking about."

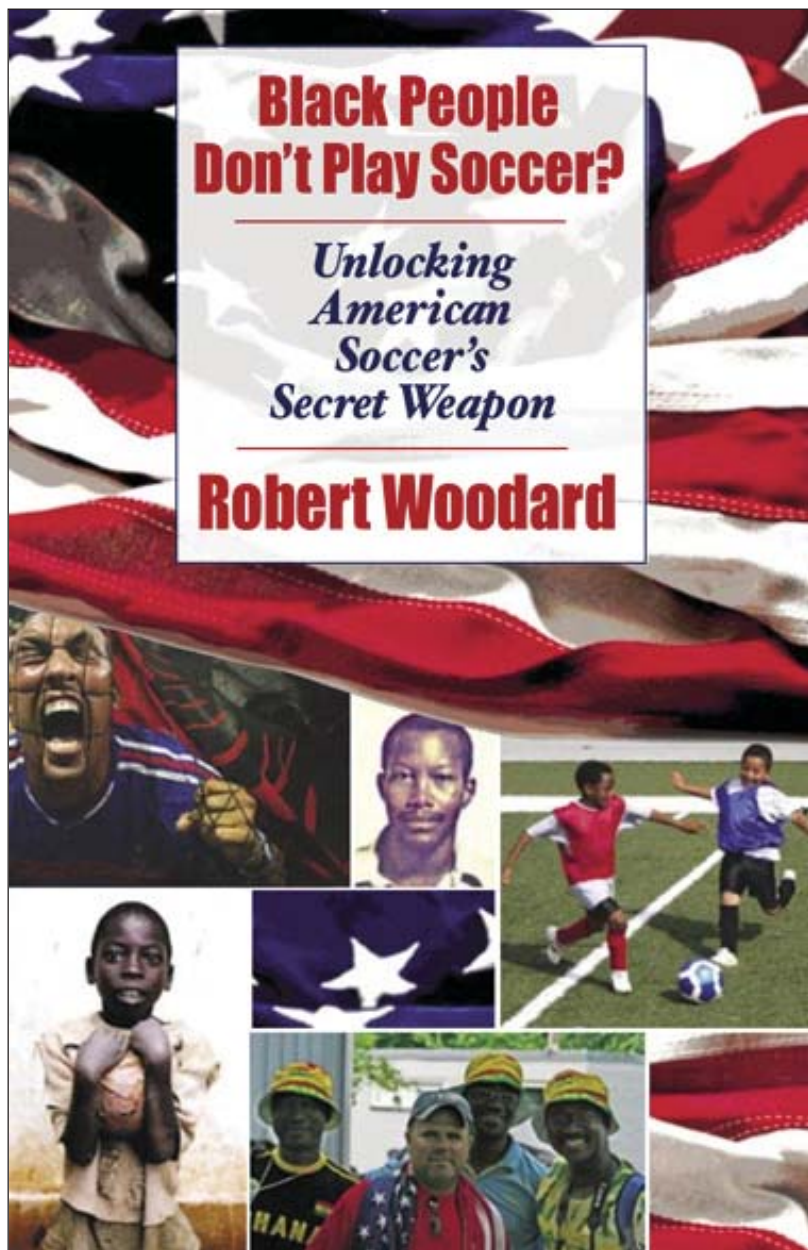
Today, there are at least 29 professional Black players in the NHL.

He shared thoughts on diversity in the near future in the NHL, "I see more diversity rising from the minor leagues. I am glad to be living in a time when we are seeing a wide range of possibilities. The election of Barack Obama as President of the United States is a sign to people all over the world that anything is possible. The "Yes I Can" philosophy covers all areas of life. The "Yes I Can" philosophy coincides with what I've been saying to our youth, if you believe in yourself, set goals and stay focused, you can achieve."

Black People Don't Play Soccer?



By Robert Woodard



Playing soccer for their country is the greatest ambition a black athlete can have. That is anywhere except the United States where soccer is virtually ignored by black athletes and the black community. It's a subject everyone knows about but has never been discussed or examined in detail.

Black People Don't Play Soccer? Unlocking American Soccer's Secret Weapon is the first book to take a comprehensive look into soccer's struggle to catch on in America and more specifically, the black community. BPDPS takes a hard look at how history, the media's anti soccer propaganda, and the ineptitude of soccer's leadership combined for the perfect storm denying soccer a place among America's sports elite.

America loves winners and soccer's quest for respectability depends on its men's teams becoming competitive on the world stage. The US has produced a generation of quality professional players that now earn their living playing in England, Spain, France, Scotland, and dozens of other foreign countries. Major League Soccer has outlasted the old North American Soccer League where Pele and other international stars sowed the seeds of a soccer revolution.

Soccer has arguably never been more popular and profitable than today but it still lacks the cultural punch and buzz to attract the best athletes. Many of the best athletes who could transform US Soccer from a "mid-major" to a world soccer player are African-Americans like Kobe Bryant, Jason Kidd, and Chad Johnson who played soccer early in their careers before turning to basketball and football.

I wrote ***Black People Don't Play Soccer?***

Unlocking American Soccer's Secret Weapon to tell some of the untold stories of the triumphs and struggles of America's black soccer players and their soccer playing brothers of African descent around the world. As crazy as it sounds, I hope somewhere out there this book might inspire a few special athletes to become US Soccer's answer to Tiger Woods and Michael Jordan and one day lead the United States to bring home the greatest prize in sports . . .the World Cup. - Robert Woodard -

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The Legend of Billy “The Kid” Harris

By Tony Brooks

In 1998, Slam Magazine declared Billy Harris the best playground basketball player ever. Even before you saw him play, you heard the legendary stories. His fame escalated from the glass littered play lots of the Chicago Robert Taylor public housing projects to the front office of the Boston Garden, where a contemplating Celtics GM named Red Auerbach considered the possibility. The street is where basketball is played in its unharnessed purest form, not grammar school gym class, not the lay-up line at the YMCA, not even the week long antiseptic Nike camps. The street game, a.k.a. the concrete jungle, where the rims are net-less, fouls don't exist in a game called varsity and the crossover was meant not only to avoid you, but also to embarrass you. That's the training ground where Billy “The Kid” Harris started cutting his basketball teeth. Some “streetballers” have it, but a good majority don't. Billy Harris has the piercing eyes of a long range sharpshooter, along with a sixth sense and presence of mind of being the hunted, after all, when you're #1, everyone is out to get you. When reputation is at stake, the challenger's call must be answered; anyplace, anytime and everytime, if your name is Billy Harris.

In July of 1969, my family and I moved to a community located across the street from Harris' high school, Dunbar Vocational. Harris graduated in June, I had just missed him. His name was still being echoed loudly in playgrounds everywhere. His spirit was still in Dunbar's gym and outside courts where I often played in pickup games and summer league basketball. In August of 1975, I arrived on the campus of Northern Illinois University (NIU) as a freshman. Billy Harris had a hall of fame career at NIU from 1969-73. Gone again. I missed him again, this time by two years. In 2001, I started attending the NIU all-decades alumni basketball games as a spectator. Harris last played in the 2000 alumni game; and at 49 years old, he led all scorers with over 20 points. NIU Sports Information Department Emeritus Mike Korcek, who helped to organize those alumni games, recalled seeing Harris enter the game and immediately jack-up what looked to be 95 footers – BANG then BANG again. The younger players could not guard Billy remembered Korcek. They were asking, “Who is that guy talking smack?”

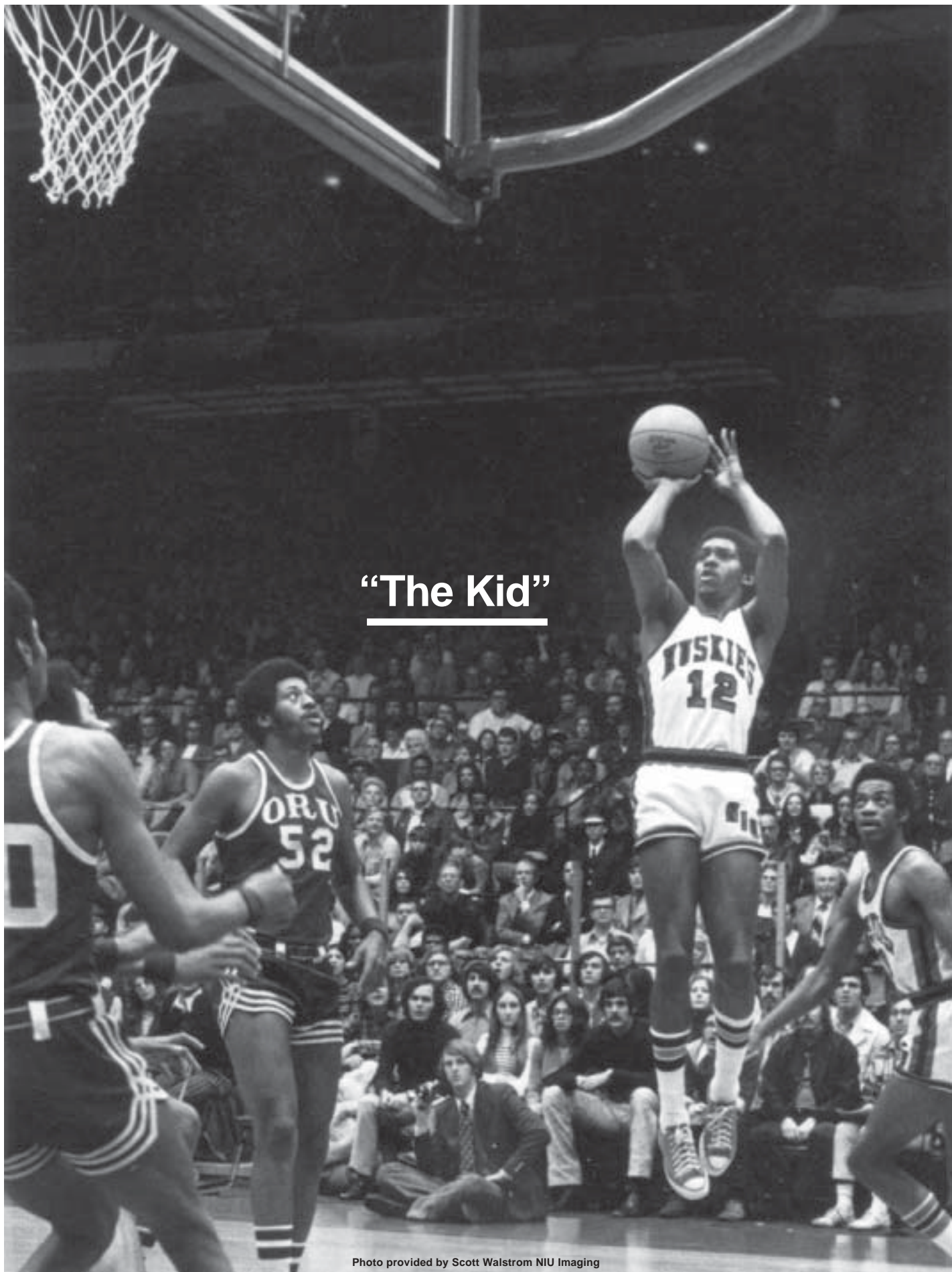
Legend prevails about Michael Jordan's playground challenges of spotting his one-on-one opponents four points and the ball in a game up to five. After the challenger took his first shot (which would be his last touch of the ball), Jordan, like a bird of prey, swipes the ball out of mid-air and wins 5-4. Billy Harris was equally unforgiving. He would spot his opponent 22 points in a game up to 24, and even give his opponent half a point if he could even draw construction (make contact with the backboard). Harris would say, “All you have to do is hit the backboard four times and you win.” “The Kid” never lost.

A lean mean scoring machine accurately describes the six-foot-three inch offensive prowess of Billy “The Kid” Harris. He had the swagger of a Ben Cartwright surveying the Ponderosa. He walked into arenas like he owned the place. He was confident and quick on the draw and never bashful about pulling the trigger, as evidenced by a 33 points per game scoring average in 1969, his senior year at Dunbar Vocational High School. It was that year that he torched Marshall High for 42, and then scorched Parker High with 48 points. In a game vs. DuSable High, Billy had a shooting fit and hit 27 of 29 from the field. When “the smoke cleared and the dust settled,” he finished with 57 points in the books. Harris would electrify the crowd by launching shots just a couple of steps past the half court line. Imagine what his scoring average would have been if the three-point line would have existed.

As one of Dunbar's “Mightymen,” scoring 30 points a game was automatic for the maverick marksman who was the Chicago Public League scoring champion for three consecutive years. Watching Harris walk into a gym or a playground was like waiting to see the outcome of the OK Corral showdown. The venues where he played often had an intensity surrounding him as soon as he stepped on the court. Seeing Billy Harris play basketball for the first time was better than anyone else you had ever seen before.

Like Bob Cousy, “Pistol” Pete Maravich, Julius “Dr. J” Erving and Earvin “Magic” Johnson, Harris' game pointed to the future. With a box-and-one defense thrown at him, Harris often faced a posse of defenders with one aim in mind, shoot the lights out and take no prisoners. “The Kid” frequently found himself in shootout situations, armed only with a verbal barrage and a quick release, exclaiming the verbiage that had just been spoken. Harris usually had a posse of followers too. Sometimes it was in the form of a triple team on the court, or it could be 500 fans in the stands at the community gym following him outside to the parking lot to see matters settled with a boisterous bragger. Yeah, that's the stuff playground legends are made of. Harris' game was fully locked and loaded. Former Northern Illinois University basketball superstar, Matt Hicks, remembers watching Harris in a game at Chicago's Martin Luther King Boys Club. “Billy had just crossed half court and shot the ball all net while falling backwards into the stands by the girls, and started ‘wrapin’ to them.” Wayne Hardaway, a 1974 Dunbar graduate had this to say about Harris. “Billy was a confident shooter and showman.” Marquette University legend and 1977 NCAA Champion, Bo Ellis, considered Billy Harris the best basketball player he had ever been associated with.

Billy Harris took his legendary prime time, raw talented, playground hustling game to Northern Illinois University in 1969. By Harris' junior year, NIU was a nationally recognized program ranked in the AP Top 20. Harris recalled that 21-4 Huskies team being featured in Sports Illustrated. He also added, “We played anybody brave enough to play us. I had 35 against [Ed] Ratliff at Madison Square Garden. I hit 29 against Doug [Collins] at his joint.” In a memorable game with NIU vs. Ball State, Harris knocked down 16 of 18 from



“The Kid”

Billy "The Kid" Harris

the field in the first half and finished with 41 points. The Huskies also upset No. 5 ranked Indiana that year. According to the NIU Sports Information Office, Harris is the top scoring guard in NIU Men's Basketball History, scoring 1,331 career points for a senior year average of 24.1 points per game, and a career average of 18.2. Harris is a member of NIU'S ALL-CENTURY TEAM and in 2001, he was inducted into NIU'S HALL OF FAME.

Harris and I talked about today's NBA players putting up numbers like 4 of 14 from the floor. To Harris, those kinds of numbers were inconceivable. For Billy Harris to miss 10 shots in a single game was impossible. Harris would often tell his critics and skeptics, "Check the books, the stats will prove me out."

Historically, notorious "streetballers" with names like: Larry "Bone Collector" Williams, "Earl The Pearl" Monroe, Lewis "Black Magic" Lloyd, James "Fly" Williams, Nate "Tiny" Archibald, Ron "The Terminator" Matthias, Anthony "Half Man Half Amazin" Heyward, "Pee Wee" Kirkland, Greg "Killer Cross" Jones, Earl "The Goat" Manigault and John "Speedy" Williams were all stars that clustered

high above in a legendary basketball galaxy seemingly unreachable to mere mortals. Others with mere mortal names, who were also kings on the court included: Albert King, Hank Gathers, Charlie Scott, Connie Hawkins, Calvin Ramsey, Arthur Sivals, Raymond Lewis, Eddie Hughes, Mike Lloyd, Will Jones and Ben Wilson.

My pursuit of Billy Harris for an interview was reminiscent of Pat Garrett's tracking down Henry McCarty, the alias name of William H. Bonney, a.k.a. - Billy The Kid. Like William Bonney experienced in the old west, Billy Harris had to face many dangers growing up on the rugged side of Chicago. Unlike Billy The Kid's tragic outcome at the close of 2008, Billy Harris told me he is doing well. Mike Korcek remembers watching the high dribble, going between the legs, the flair and flash that he said made Billy Harris the epitome of the playground basketball player. His legend lives on as the GREATEST PLAYGROUND BALLER EVER!

Tony Brooks is a regular contributor to BSTM and can be reached at anthony8831@sbcglobal.net.



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Robert “Bob” Beamon

Holder of an Olympian World Record for 23 Years History’s Most Stunning Long Jump

Robert (“Bob”) Beamon was born August 29, 1946, in Jamaica, New York. He is a former American track and field athlete, best known for his long-standing world record in the long jump. When he was eight months old, his mother, Naomi Brown Beamon, died of tuberculosis. Because his stepfather was incarcerated, Beamon’s maternal grandmother, Bessie, became his primary caregiver.

Beamon’s childhood was set against a background of violence, gangs and drugs. During a fight at school, Beamon struck a teacher and was expelled. He was sent to a juvenile detention center and then an alternative school for delinquents in New York. At this school, he learned discipline and began to look away from street culture. Beamon used sports as a means to focus his attention and energy toward positive goals. He regularly broke track records at the local and state levels. After graduating from high school, Beamon attended North Carolina A&T University to be close to his ill grandmother. When she died, he transferred to the University of Texas-El Paso, a school with a prominent track and field team.

In 1968, Beamon qualified for the Olympics in Mexico City, Mexico. Four months before, he had been suspended from the University of Texas-El Paso track team for refusing to compete against Brigham Young University, a Mormon college with racist policies. This left Beamon without a coach. However, Olympian Ralph Boston began to coach him unofficially.

On the eve of the 1968 Olympic Games in Mexico City, the World Record for the long jump had only improved by 22 centimeters, to 8.35 meters, over the mark set by Jesse Owens 33 years earlier. The joint World Record holders, Ralph Boston (USA) and Igor Ter-Ovanesyan (Soviet Union) had both dominated the event during the 1960s, and were favored to do well in Mexico. The slight favorite for the event, however, was a relative newcomer, 22 year old Bob Beamon (USA).

Beamon set a world record for the long jump at the 1968 Summer Olympics in



**Bob
Beamon**

Mexico City with a jump of 8.90 meters (29 feet and 2-1/2 inches). He fouled his first two qualifying jumps, but made it through to the finals on his last attempt. In the final, on his first attempt, suddenly everything came together perfectly for Beamon. He was at high altitude, the wind assistance was at its maximum legal limit, and he hit the take-off board perfectly. He launched himself in a high arc above the ground, eventually landing well beyond the existing World record mark. His world record stood for 23 years. His feat was named by Sports Illustrated magazine as one of the five greatest sports moments of the 20th century.

So astonishing was this jump that when the announcer called out the distance, Beamon himself collapsed to his knees, placed his hands over his face, and had to be helped to his feet. One journalist called Beamon “the man who saw lightning.” Sports journalist Dick Schaap wrote a book about the leap, called “The Perfect Jump.”

Prior to Beamon’s jump, the world record had been broken thirteen times since 1901, with an average increase of 0.06 meters (2½ inches) and the largest increase being 0.15 meters (6 inches). Beamon’s Gold Medal mark bettered the existing record at that time by 0.55 meters (21 and 3/4 inches) as he became the first person to reach both 28 and 29 feet.

The defending Olympic champion, Lynn Davies of Wales, told Beamon, “You have

destroyed this event,” and in track and field jargon, a new adjective - *Beamon-esque* - came into use to describe spectacular feats. Reportedly, the then-available optical facilities were not equipped to measure such distance, and therefore manual measuring had to be adopted. Beamon’s record was broken in 1991, when Mike Powell jumped 8.95 meters (29 feet and 4-3/8 inches) at the World Championships in Tokyo, Japan.

While Beamon’s jump has been lauded by sports fans worldwide, some critics devalued the jump, saying there were significant environmental factors that contributed to this ‘Beamon-esque’ mark. The primary factor was the altitude of Mexico City – 7,400 feet. Altitude is of great benefit to events such as the long jump, and never before or since has such an important competition ever been held anywhere near this altitude. Many sprint and jump world records were broken at the 1968 Olympics because of this. Additionally, there was the maximum allowable (for record purposes) 2 meters per second aiding wind on his jump. Add to that, immediately after Beamon’s jump, a major rainstorm came down, making it much harder for his competitors to try and match his feat. These factors lead some to believe that a perfect confluence of environmental factors helped make this history’s most stunning long jump. However, all the other competitors jumped in the same elements and strangely, none of them came close.

That Beamon surpassed himself can be seen by noting that his next best jump in his career measured 8.33 meters (27 feet and 4 inches). After the Gold Medal, he never again jumped over 8.22 meters (26 feet 11¾ inches). His jump is still the Olympic record.

Beamon graduated from Adelphi University in 1972 with a degree in sociology. In 1999, Beamon and his wife, Milana Walter Beamon, co-wrote a book about his life, *The Man Who Could Fly*. He has been inducted into the National Track and Field Hall of Fame and the Olympic Hall of Fame.

Kim Terrell-Kearney

DSU Coach Bowls Into History

By Monica Blair

She is one of only a handful of Black women and one Black male to ever win a professional bowling title. On August 6, 2008, Kim Terrell-Kearney, Delaware State University's (DSU) Head Bowling Coach and touring professional, rolled the bowling ball in the championship match of the U.S. Bowling Congress (USBC) to capture the 2008 U.S. Women's Open Title. It was a 216-189 victory over Trisha Reid. In the championship match, the 43 year old right-hander struck on four of her first five shots to take a 24-pin lead at the halfway point, while Reid mustered just three strikes in the entire game. Terrell-Kearney remarked, "Winning the Open is the pinnacle of most bowlers' career and to win it twice is amazing." The title match victory earned her \$25,000.

Terrell-Kearney advanced to the championship match with a 216-202 victory over Carolyn Dorin-Ballard. In a dramatic finish, Dorin-Ballard missed a 10 pin in the final frame to open the door for Terrell-Kearney, who earlier in the match missed a 10 pin of her own. The U.S. Women's Open, held in Romeoville, Illinois, on August 6, 2008, was a game that changed the history of bowling in that it marked the first showdown of African-American athletes for a professional bowling title. "I had a feeling it was the first time something like this had happened," said Terrell-Kearney. She went on to say, "I've had footsteps to follow in, and hopefully I'm providing inspiration for other African-Americans out there to pursue their goals in bowling." Can you imagine her level of excitement? I get excited just thinking about it!

Kim was born on September 25, 1965, and is a San Francisco, California, native. She was eight years old when she first put her fingers in a bowling ball and rolled it down the lane. Bowling was a family event with her father acting as her first mentor. She later developed a love for another game involving a ball without holes – the game of basketball. While in high school, Kim was totally involved in the varsity girls' basketball team. She also ran on both the track and cross-country teams before graduating in 1983. She had her sights set on the College of San Mateo (CA), where she wanted to play hoops, but decided, at the last moment, to follow in the footsteps of her older sister by choosing San Jose State University (CA). Kim again followed her sister, Sandy, who was already on the bowling team, when she decided to try out for the program. Kim found college bowling at San Jose State to be unbelievably satisfying and developed a passion. San Jose State won the Northern California League Championship during the four years Kim played with the Spartans. During her college years at San Jose State, she was a two-time College Bowling Writers Association All-American. After a successful four-year collegiate career, she earned a Bachelor's Degree in Health Science.

Kim was named to Team USA and competed as a member of the United States Team for two seasons internationally, which included travel to the Philippines and Germany. She then went on to try out for the U.S. Olympic Team in 1988. Kim joined the Professional Women's Bowling Association (PWBA) Tour in 1989, and was named Rookie-of-the-Year. It was in 2001 that she won two of the PWBA major tournaments back-to-back and the biggest purse on

the tour of \$55,000. In November of that same year, she was named the official spokesperson for women's collegiate bowling and the United States Bowling Congress (USBC). As a USBC spokesperson, Terrell-Kearney made appearances and shared her expert knowledge, speaking at a variety of conferences, conventions, institutions and tournaments. She also speaks on behalf of women's collegiate bowling about the sport's transition to NCAA championship sport status. Kim had to give up regular competition in 2003, when the PBWA was discontinued due to lack of a sponsor. It was during this time that she turned her attention to coaching.

Terrell-Kearney has racked up a number of honors and titles. She has won ten Professional Women's Bowling Association (PWBA) Titles. She had two other major titles under her belt prior to 2008 – the 2002 Women's International Bowling Congress Queens and the 2001 U.S. Women's Open. She has won the Robby Award three times, given to the PWBA player that best exemplifies the most positive image of women in professional bowling, both on the lanes and off. Terrell-Kearney has worked in various capacities, giving her time to major bowling projects and has served as a national representative for several companies. Since 2004, she has served as an assistant coach for Junior Team USA and is also a USBC Silver coach. She was a U.S. Women's Open quarterfinalist in 2007.

Terrell-Kearney was named Head Bowling Coach at Delaware State University (DSU) in 2007. Chuck Bell, DSU's Director of Athletics, remarked, "To have a world-renowned professional bowler to join our program should immediately give us national recognition. Kim is an individual with great charisma, style and grace." Kim said, "It's crucial to develop good players at this stage in their careers. The commitment from the athletic department towards women's bowling sold me on Delaware State. I am confident we can set a great example for the Mid-Eastern Athletic Conference (MEAC) and college bowling."

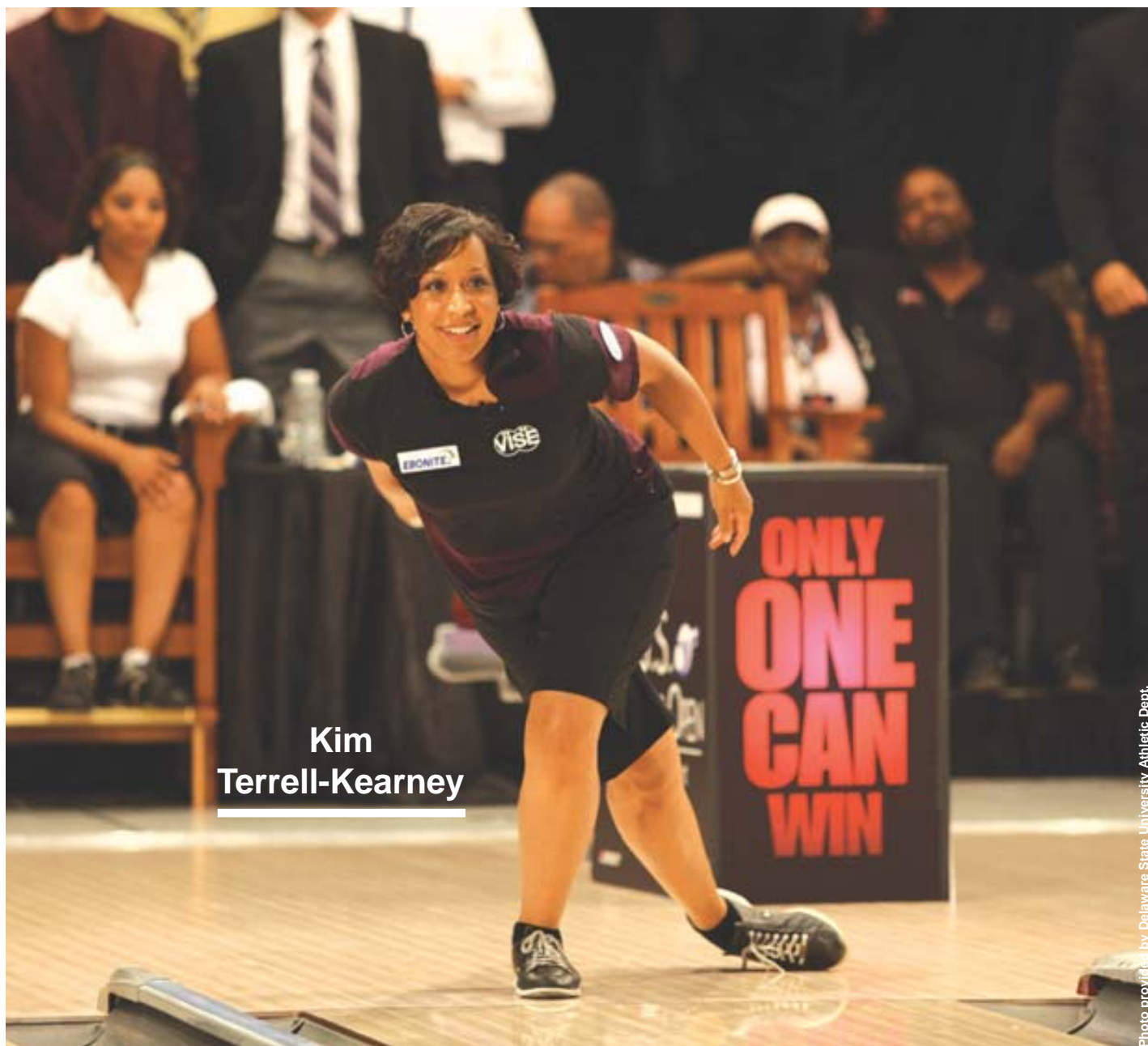
Terrell-Kearney's bowling knowledge, coupled with her drive for excellence, makes her an invaluable asset to DSU. Last season, she led the Hornets to a school-record 74 wins and a No. 11 ranking in the final National Tenpin Coaches Association (NTCA) regular season poll. DSU was runner-up to the eventual NCAA Champion Maryland-Eastern Shore in the 2008 MEAC Championship, the best finish in the nine year history of the team.

Terrell-Kearney has taken DSU to heights they have never soared, when they reached an all time high, jumping to No. 4 in the NTCA Top 20 poll released in December 2008. Their previous high in the poll was No. 8 in November 2007. "It speaks well of our program to be ranked this high because there are so many strong teams around the country," said Kim. "The poll provides great recognition for our team, but we must continue to prove ourselves each week."

Terrell-Kearney's hobbies include running, reading and movies.

A portrait of Kim Terrell-Kearney, a woman with short dark hair, smiling. She is wearing a black polo shirt with white trim on the collar and the word "HORNETS" on the chest. The background is a mottled grey.

**Kim
Terrell-Kearney**



**Kim
Terrell-Kearney**

Photo provided by Delaware State University Athletic Dept.

In 2008, African-Americans made history in politics and bowling; the kind of history that does not happen every day. It was the moment in time when Terrell-Kearney bowled her way into history. Yes, she did!

Honors

- 2006 Daly City Sports Hall of Fame
- 2006 California Women's Bowling Association Hall of Fame
- 2006 San Mateo County Sports Hall of Fame
- 1995, 2001, 2000 PWBA Robby Award
- 1991 San Francisco Black Sports Hall of Fame and Athlete of the Year
- 1990, 2001, 2002 Bowlers Journal International All-American
- 1989 PWBA Rookie of the Year
- Team USA member in 1987 and 1988
- 1986, 1987 Collegiate All-American
- One half of the first 300-300 tie match on Sept. 13, 2000 vs. Michelle Feldman

Professional Titles

- 2008 Women's U.S. Open Bowling Championship, Romeoville, IL
- 2002 Women's International Bowling Congress Queens, Milwaukee
- 2001 Women's U.S. Open Bowling Championship, Laughlin, NV
- 1999 Track TKO Doubles, Las Vegas (with Lynda Barnes)
- 1999 Philip Morris Mixed Doubles, Las Vegas (with Steve Hoskins)
- 1995 Claremore Classic, Claremore, OK
- 1995 Merit Mixed Doubles, Las Vegas, (with Butch Soper)
- 1994 Hammer Midwest Open, Rockford, IL
- 1990 Ebonite Thunderbolt Classic, Winter Park, FL
- 1990 Clearwater Classic, Clearwater, FL

Other Titles

- 1988 FIQ World Youth Championships (all-events)
- 1988 San Jose Queens
- 1987 San Jose Queens



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Cynthia Cooper-Dyke

Named Finalist for Basketball Hall of Fame

By Reggie Rouzan, Sports Information Director, PVAMU

Prairie View, Texas – Prairie View A&M University (PVAMU) women's basketball coach, Cynthia Cooper-Dyke, is in the running for basketball's most prestigious honor and hoops immortality.

Cooper-Dyke is officially a finalist for induction into the Naismith Memorial Basketball Hall of Fame. It is named after James A. Naismith, who invented the sport of basketball in 1891. She could arguably be joining the best group of inductees of all time with the likes of Michael Jordan, David Robinson, John Stockton and Coach C. Vivien Stringer also being named finalists for the class of 2009. "It feels great to be considered a finalist and the first thing I thought of is how proud my mother would be if she was still here," said Cooper Dyke. "When you're a kid, you grow up dreaming of things like this, and it's even more exciting because I didn't even know I was being considered. Plus, I'm more in awe than anything that they would consider me and my career."

Cooper-Dyke's induction would be the final exclamation point on an unbelievable playing career that included numerous accomplishments. She was a four-year letter winner at guard for the University of Southern California (USC) Trojans from 1982 to 1986. She led the Trojans to back-to-back NCAA tournament titles in 1983 and 1984. Cooper-Dyke closed out her collegiate career with an appearance in the 1986 NCAA tournament championship game and a spot on the NCAA Final Four All-Tournament Team. Cooper-Dyke ranks eighth on USC's all-time scoring list with 1,559 points, fifth in assists (381) and third in steals (256).

She started her professional career in Europe in 1986. Cooper-Dyke represented the United States proudly in the Olympic Games in 1988 and 1992. She returned to the United States to play in the Women's National Basketball Association (WNBA) in 1997, with the Houston Comets. She made a profound impact on the league, leading the Comets to four consecutive WNBA Titles. Cooper-Dyke retired as the franchise's all-time leading scorer with 2,601 points.

Cooper Dyke began her collegiate coaching career in 2005, after being named head women's basketball coach at Prairie View A&M University. She recently coached the team to back-to-back regular season conference championships, the most wins in school history (22) and a berth to play in the 2008 Women's National Invitational Tournament (WNIT). More impressively, in only her second season, she was named SWAC Co-Coach of the Year, after leading the Lady Panthers to their first winning season in the program's history. The team won the conference tournament in 2007, and advanced to play in the NCAA Women's Basketball Championship.

Cooper-Dyke is considered a basketball icon as a player and has already starting making progress toward becoming a coaching legend. "I have the same goals as a head coach, that I did as a player and as long as you want to be the best, you have to beat the best," said Cooper Dyke. "The reason I took the job at Prairie View is because I wanted to be the second coach ever to take a HBCU (Historically Black Colleges and Universities) to the Final Four and I want to go to the Final Four with Prairie View and win a NCAA Championship."



Photo provided by Prairie View A&M University Athletic Dept.

**Cynthia
Cooper-Dyke**



Rickey Henderson

2009 Baseball Hall of Fame Inductee

Rickey Henley Henderson (born as Rickey Nelson Henley, December 25, 1958 in Chicago, Illinois) is Major League Baseball all-time leader in stolen bases and runs scored. He also holds the single-season record for stolen bases. In a 25-year career with nine clubs, Henderson's high on-base percentage, power, runs scored and stolen base totals made him the premier leadoff hitter of his era. Many consider him the best ever.

In 1982, he set the modern major league single season record for stolen bases at 130. He set the modern major league record for career stolen bases on May 1, 1991. At the time of his last major league game in 2003, Henderson ranked among the sport's top 100 all-time home run hitters. He was also the all-time leader in walks with 2,190, a record since surpassed by Barry Bonds in 2007.

Henderson was the leadoff hitter for two World Series Champions, the 1989 Oakland Athletics (A's) and the 1993 Toronto Blue Jays. He played for seven other teams during his career, including the New York Yankees, the San Diego Padres, and the New York Mets. Henderson was a 12-time stolen base champion. He led the league in runs five times. When asked if he thought Rickey Henderson was a Hall of Famer, statistician Bill James replied, "If you could split him in two, you'd have two Hall of Famers."

Early years

Henderson was born Rickey Nelson Henley, named after musician Ricky Nelson to John L. and Bobbie Henley in Chicago on Christmas Day, 1958, in the back seat of a 57 Chevy on the way to the hospital. His family moved to Oakland, California, when Henderson was seven. His father died in an automobile accident when he was 12. When he was a junior in high school, his mother married Paul Henderson and the family adopted his surname. When first learning to play baseball in Oakland, Henderson learned to bat right-handed even though he was a natural left-handed thrower, a rare combination for baseball players, especially non-pitchers. Henderson later said, "All my friends were right-handed and swung from the right side,

so I thought that's the way it was supposed to be done."

He graduated in 1976 from Oakland Technical High School, where he played baseball, basketball and football, in which he was an All-American running back. He received two dozen scholarship offers to play football, but turned them down. Henderson was drafted by the Oakland Athletics in the fourth round in 1976. In each of his four minor league seasons, he batted .309 or better with an on base percentage of .417 or better, and more walks than strikeouts. In May 1977, Henderson stole seven bases in one game, tying the minor league record. Henderson played the 1978–1979 winter season for the Navojos Mayos of the Mexican Pacific League, which won its first championship in 30 years.

Oakland Athletics (1979–1984)

Henderson made his major-league debut with the Oakland A's on June 24, 1979, going 2-for-4 with a stolen base. He batted .274 with 33 stolen bases in 89 games. A's owner Charlie Finley hired Billy Martin as manager in 1980, and Martin's aggressive "Billy Ball" philosophy helped catapult Henderson into stardom. Henderson became the 3rd modern-era player to steal 100 bases in a season (Maury Wills - 104 and Lou Brock - 118 had preceded him). His 100 steals set a new American League record, surpassing Ty Cobb's 96, set in 1915. That winter, Henderson played in the Puerto Rican Professional Baseball League, where his 42 stolen bases broke that league's record as well.

Henderson was a serious Most Valuable Player candidate a year later, in a season shortened by a players' strike. He hit .319, fourth in the American League, led the league in hits with 135, and in steals with 56. Finishing second to Milwaukee's Rollie Fingers in the MVP voting, Henderson's fielding that season also earned him his only Gold Glove Award. He later became known for his "snatch catches," in which he would flick his glove out at incoming fly balls, then whip his arm behind his back after making the catch.

In 1982, Henderson broke Lou Brock's

modern major league record by stealing 130 bases, a total which has not been approached since. He stole 84 bases by the All-Star break. No player has stolen as many as 84 bases in an entire season since 1988, when Henderson himself stole 93. Tim Lincecum had the next highest stolen base total in 1982, behind Henderson's 130 steals, with 78. As his muscular frame developed, Henderson continued to improve as a hitter. He developed an increased power-hitting ability, which would eventually lead to the record for home runs to lead off a game. For his career, he would hit more than 20 home runs in four different seasons, with a high of 28 in 1986 and again in 1990.

Henderson adopted an exaggerated crouch as his batting stance, which reduced his strike zone without sacrificing much power. In 1982, he described his approach, "I found that if I squatted down real low at the plate... I could see the ball better. I also knew it threw the pitcher off. I found that I could put my weight on my back foot and still turn my hips on the swing. I'm down so low I don't have much of a strike zone. Sometimes, walking so much even gets me mad. Last year Ed Ott of the Angels got so frustrated because the umpire was calling balls that would've been strikes on anybody else that he stood up and shouted at me, "Stand up and hit like a man." I guess I do that to people."

New York Yankees (1985–1989)

In 1985, Henderson was traded to the New York Yankees for five players. That year he led the league in runs scored (146) and stolen bases (80), was fourth in the league in walks (99) and on base percentage (.419), and had 24 home runs while hitting .314. He also won the Silver Slugger Award, and was third in the voting for the MVP. His 146 runs scored were the most since Ted Williams had 150 in 1950. He became the first player since Lou Gehrig in 1936, to amass more runs scored than games played. Henderson became the first player in Major League history to reach 80 stolen bases and 20 home runs in the 1985 season. He matched the feat in 1986, as did the Cincinnati Reds' Eric Davis. They remain the only players in Major League history who are in the "80/20 Club."



Photo provided by National Baseball Hall of Fame Library

Rickey Henderson

In 1986, he led the AL in runs scored (130) and stolen bases (87) for the second year in a row, and was 7th in walks (89). In 1987, he had an off-season by his standards, fueling criticism from the New York media, which had never covered Henderson or his eccentricities kindly. Yankees owner George Steinbrenner issued a press release claiming that manager Lou Piniella wanted to trade Henderson for "jaking it" (playing lackadaisically). Still, Henderson had his best on base percentage (OBP) to that point in his career (.423), and was fifth in the AL in stolen bases (41) despite playing only 95 games. In 1988, Henderson led the AL in stolen bases (93), was third in runs scored (118), fifth in OBP (.394), and seventh in walks (82), while hitting .305. While only in New York for four and a half seasons, Henderson stole 326 bases, still the Yankees franchise record.

Back to Oakland (1989–1993)

Following a mid-season trade to Oakland in 1989, Henderson reasserted himself as one of the game's greatest players with a memorable half-season in which his 52 steals and 72 runs scored led the A's into the postseason. His 126 walks for the year were the most for any AL hitter since 1970.

With a record 8 steals in five games, Henderson was MVP of the American League Championship Series. He hit .400, while scoring 8 runs and delivering two home runs, 5 runs batted in (RBI), 7 walks and a 1.000 slugging percentage. Leading the A's to a four-game sweep over the San Francisco Giants and the franchise's first World Series Title since 1974, Henderson hit .474 with a .895 slugging average (including two triples and a homer), while stealing three more bases.

A year later, Henderson finished second in the league in batting average with a mark of .325, losing out to George Brett on the final day of the season. Henderson had a remarkably consistent season with his batting average falling below .320 for only one game. Reaching safely by a hit or a walk in 125 of his 136 games, his on-base average was a league-leading .439. With 119 runs scored, 28 homers, 61 RBI and 65 stolen bases, Rickey Henderson won the 1990 MVP Award and helped Oakland to another pennant. He again performed well in the World Series (.333 batting, .667 slugging, 3 steals in 4 games), but the A's were swept by the underdog Cincinnati Reds.

On May 1, 1991, Henderson stole his 939th base to become the sport's all-time stolen base leader.

1993–2000

In July 1993, the Athletics traded Henderson to the playoff-bound Toronto Blue Jays for Steve Karsay and José Herrera. He was involved in the final play of the World Series that year, as he and Paul Molitor scored on Joe Carter's Series-ending walk-off home run. After winning his second World Series ring with Toronto, he re-signed as a free agent with Oakland in December 1993.

In 1994 and 1995, Henderson finished in the top 10 in the league in walks, steals, and on base percentage. His .300 average in 1995 marked his sixth and final season in the American League with a .300 or better average. He signed with the San Diego Padres in the offseason, where he had another respectable year in 1996, again finishing in the top ten in walks, OBP, steals, and runs. In August 1997, he was traded by the Padres to the Anaheim Angels for Ryan Hancock and Stevenson Agosto. His brief stint as an Angel was uneventful. In January 1998, he signed as a free agent with the Oakland Athletics, the fourth different time he played for the franchise. That season, he led the American League in stolen bases (66) and walks (118), while scoring 101 runs.

A year later, Henderson signed as a free agent with the New York Mets. In 1999, he batted .315 with 37 steals and was 7th in the National League in on base percentage — his .423 OBP was his 9th year in a row above .400. Nonetheless, Henderson and the Mets were an uneasy fit. Henderson broke with team tradition and wore number 24, which - although not officially retired - was not worn by a Mets player since Willie Mays. Following the Mets' loss in the 1999 NL Championship Series, the New York press made much of a card game between Henderson and Bobby Bonilla. Both players had been substituted out of the lineup, and they reportedly left the dugout before the playoff game had concluded. In May 2000, he was released by New York, and quickly signed as a free agent with the Seattle Mariners. Despite the late start, he finished fourth in the AL in stolen bases (31).

A free agent in March 2001, he returned to the San Diego Padres. During the 2001 season, Henderson broke two major league records and reached a career milestone. He broke Babe Ruth's all-time record for walks, Ty Cobb's all-time record for runs, and on the final day of the season, he had his 3,000th career hit. That final game was also Padre legend Tony Gwynn's last major league game, and Henderson had originally

wanted to sit out so as not to detract from the occasion. But, Gwynn insisted that Henderson play. At the age of 42, in his last substantial major league season, Henderson finished the year with 25 stolen bases, ninth in the NL. It also marked Rickey Henderson's 23rd consecutive season with more than 20 steals. Of the ten top base stealers who were still active as of 2002, all nine of the others stole fewer bases in 2002 than the 42-year-old Henderson.

In February 2002, he signed as a free agent with the Boston Red Sox, where he became the oldest player to play center field in major league history, when he stood in for starter Johnny Damon. Henderson's arrival was marked by a statistical oddity. During the 22 and a half years since his June 1979 debut through the end of the 2001 season, he had stolen more bases by himself than his new team had: 1,395 steals for Henderson, 1,382 for the Boston franchise. The Red Sox finally "passed" Henderson on April 30, 2002. At 43, Henderson was the oldest player in the American League.

As the 2003 season began, Henderson was without a team for the first time in his career. He played in the independent Atlantic League with the Newark Bears, hoping for a chance with another major league organization. After much media attention, the Los Angeles Dodgers signed him over the All-Star break.

Retirement

Before the 2003 season, his last, Henderson discussed his reputation for hanging onto his lengthy baseball career:

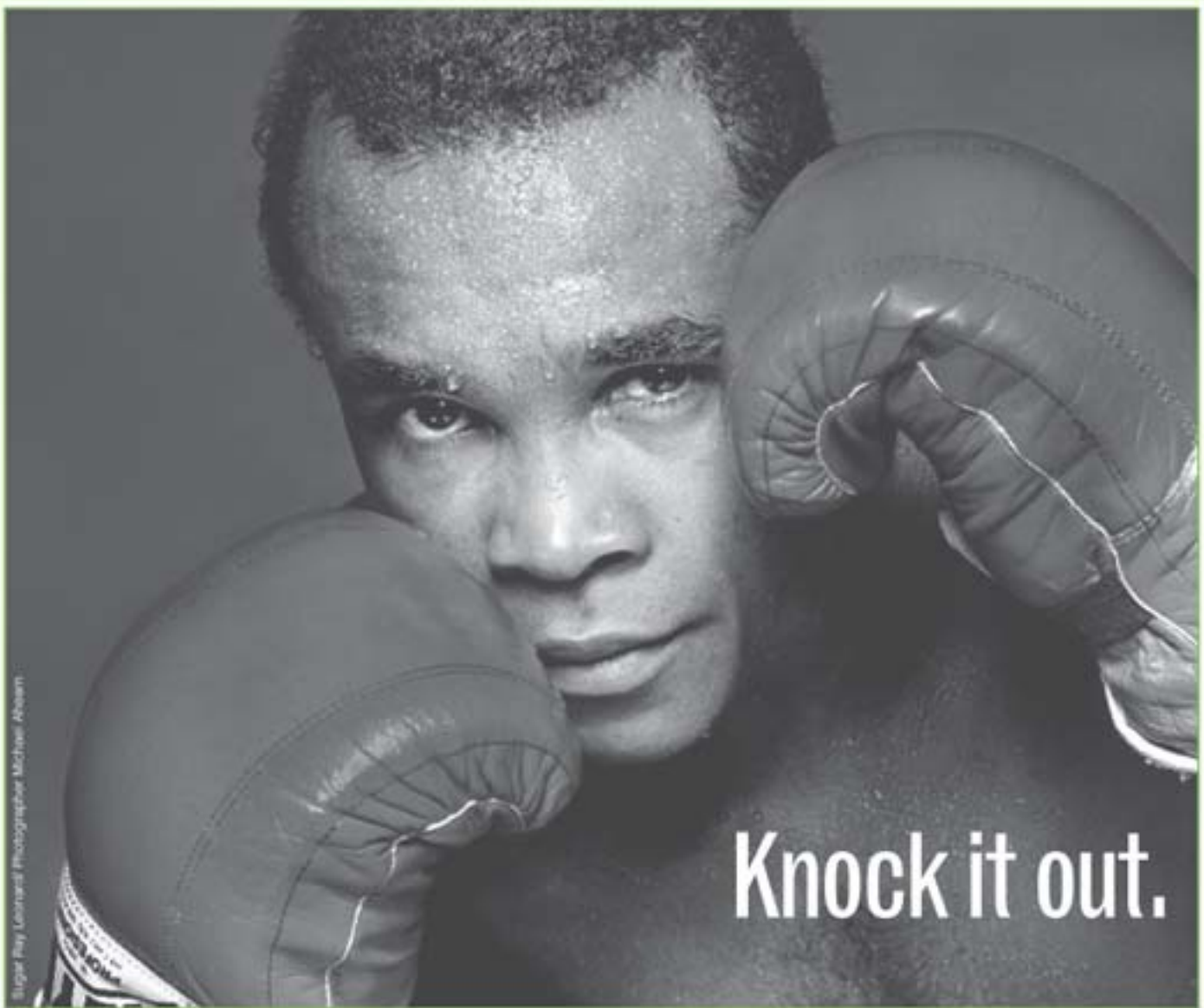
"Each and every day I set a record, but we never talk about it. We'll talk about a home run hitter 24/7. Well, they haven't broken any all-time records, but they hit homers, and that's what matters nowadays. You continue playing, you accomplish a lot, and you'd think people would look at it as a fantastic career. Instead, I think people want me to quit more than anything."

Henderson played his last major league game September 19, 2003. He was hit by a pitch in his only plate appearance, and came around to score his 2,295th run. Though it became increasingly unlikely that he would return to major league action, his status continued to confound, as he publicly debated his own official retirement from professional baseball. After leaving the Dodgers, Henderson started his second consecutive season with the Newark Bears in the spring of 2004. In 91 games he had



Photo provided by National Baseball Hall of Fame Library

Rickey Henderson



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Rickey Henderson sliding

a .462 OBP, more than twice as many walks (96) as strikeouts (41), and stole 37 bases while being caught only twice. On May 9, 2005, Henderson signed with the San Diego Surf Dawgs of the Golden Baseball League, a Class-AA independent league. This was the SurfDawgs' and the Golden Baseball League's inaugural season and Henderson helped the SurfDawgs to the league championship. In 73 games he had a .456 OBP, 73 walks while striking out 43 times, and 16 steals, while being caught only twice.

Henderson would not accept the end of his MLB career. In May 2005, he was still insisting that he was capable of playing in the major leagues.

Contrary to speculation, Henderson's refusal to officially retire was not delaying his eligibility for Hall of Fame induction. The five-year waiting period is based on major league service only. Henderson became eligible for the 2009 induction vote. He finally conceded his "official retirement" on July 13, 2007: "I haven't submitted retirement papers to MLB, but I think MLB already had their papers that I was retired."

Coaching

The New York Mets hired Henderson as a

special instructor in 2006, primarily to work with hitters and to teach base stealing. "I always want to be around the game," Henderson said in May 2007. "That's something that's in my blood. Helping them have success feels just as good."

On July 13, 2007, the New York Mets promoted Henderson from special instructor to first base coach, replacing Howard Johnson, who became the hitting coach. Henderson was not retained as a coach for 2008.

Legacy

On May 1, 1991, Henderson broke one of baseball's most famous records, when he stole the 939th base of his career, one more than Lou Brock.

In 1993, Henderson stole his 1,066th base, surpassing the worldwide record established ten years earlier by Yutaka Fukumoto for the Hankyu Braves in the Japanese Baseball League. In his prime, Henderson had a virtual monopoly on the stolen base title in the American League. Between 1980 and 1991, he led the league in steals every season except 1987, when he missed part of the season due to a nagging hamstring injury. He had one more

league-leading season after that stretch, when his 66 steals in 1998 made him the oldest stolen bases leader in baseball history. Henderson's overall 81% success rate on the base paths is among the highest percentages in history.

Longtime scout Charlie Metro remembered the havoc caused by Henderson: "I did a lot of study and I found that it's impossible to throw Rickey Henderson out. I started using stopwatches and everything. I found it was impossible to throw some other guys out also. They can go from first to second in 2.9 seconds. No pitcher-catcher combination in baseball could throw from here to there to tag second in 2.9 seconds, it was always 3, 3.1, 3.2 seconds. So actually, the runner that can make the continuous, regular move like Rickey's can't be thrown out, and he's proven it." Baltimore Orioles third baseman, Floyd Rayford, described the confusion he felt during a particular game, when Henderson was leading off first base and signaling him with two fingers. Henderson quickly stole second base, then third, and Rayford understood the gesture.

Henderson was a headfirst slider.

Henderson discussed his base stealing technique at length:

"I wanted to know how to dive into the base because I was getting strawberries on my knees and strawberries on my butt... I was thinking about head-first versus feet-first, and wondering which would save my body. With head-first, I worried about pounding my shoulders and my hands, and with feet-first, I would worry about my knees and my legs. I felt that running was more important to me, with my legs, so I started going head-first. I got my [low-to-the-ground] technique from airplanes...I was on a plane and asleep and the plane bounced and when we landed, we bounced and it woke me up. Then, the next flight I had the same pilot and the plane went down so smooth. So I asked the pilot why, and he said when you land a plane smooth, you get the plane elevated to the lowest position you can and then you smooth it in. Same with sliding... If you dive when you're running straight up then you have a long distance to get to the ground. But the closer you get to the ground the less time it will take... I was hitting the dirt so smooth, so fast, when I hit the dirt, there was no hesitation. It was like a skid mark, like you throw a rock on the water and skid off it. So when I hit the ground, if you didn't have the tag down, I was by you. No matter if the ball beat me, I was by you. That was what made the close plays go my way, I think."

San Diego Padres closer Trevor Hoffman said, "I don't know how to put into words how fortunate I was to spend time around one of the icons of the game. I can't comprehend that yet. Years from now, though, I'll be able to say I played with Rickey Henderson, and I imagine it will be like saying I played with Babe Ruth." Padres general



Rickey Henderson

manager Kevin Towers said, "We've had some special players come through San Diego. But there's an aura about him nobody else has."

Manager Tony LaRussa said, "He rises to the occasion—the big moment—better than anybody I've ever seen." Coach Rene Lachemann said, "If you're one run down, there's nobody you'd ever rather have up at the plate than Rickey."

Pitching coach Dave Duncan said of Henderson, "You have to be careful because he can knock one out. But you don't want to be too careful because he's got a small strike zone and you can't afford to walk him. And that's only half the problem. When he gets on base, he's more trouble still." Sportswriter Tom Verducci wrote, "Baseball is designed to be an egalitarian sort of game in which one player among the 18 is not supposed to dominate... Yet in the past quarter century, Henderson and Barry Bonds have come closest to dominating a baseball game the way Michael Jordan could a basketball game."

In July 2007, New York Sun sportswriter Tim Marchman wrote about Henderson's accomplishments:

He stole all those bases and scored all those runs and played all those years not because of his body, but because of his brain. Rickey could tell from the faintest, most undetectable twitch of a pitcher's muscles whether he was going home or throwing over to first. He understood that conditioning isn't about strength, but about flexibility. And more than anyone else in the history of the game, he understood that baseball is entirely a game of discipline — the discipline to work endless 1–1 counts your way, the discipline to understand that your job is to get on base, and the discipline to understand that the season is more important than the game, and a career more important than the season. Everyone had their fun when he broke Lou Brock's stolen base record and proclaimed, 'I am the greatest', but he was, of course, just saying what was plainly true.



Coach Rickey Henderson

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James “Jim” Rice

2009 Baseball Hall of Fame Inductee

James Edward Rice was born March 8, 1953 in Anderson, South Carolina. As a former left fielder in Major League Baseball, he played his entire career for the Boston Red Sox from 1974 to 1989. An 8-time American League (AL) All-Star, he was named the AL's Most Valuable Player in 1978 after becoming the first major league player in 19 years to hit for 400 total bases, and went on to become the ninth player to lead the major leagues in total bases in consecutive seasons. He joined Ty Cobb as one of two players to lead the AL in total bases three years in a row. He batted .300 seven times, collected 100 runs batted in (RBI) eight times and 200 hits four times. Rice had eleven seasons with 20 home runs, also leading the league in home runs 3 times, RBI's and slugging average twice each.

In the late 1970s, he was part of one of the sport's great outfields along with Fred Lynn and Dwight Evans, who was his teammate for his entire career. Rice continued the tradition of his predecessors Ted Williams and Carl Yastrzemski as a power-hitting left fielder who played his entire career for the Red Sox. He ended his career with a .502 slugging average, and then ranked tenth in AL history with 382 home runs. His career marks in homers, hits (2,452), RBI (1,451) and total bases (4,129) remain Red Sox records for a right-handed hitter, with Evans eventually surpassing his Boston records for career runs scored, at bats and extra base hits by a right-handed hitter. When Rice retired, his 1,503 career games in left field ranked seventh in AL history.

Rice will be inducted into the Baseball Hall of Fame on July 26, 2009.

Notable seasons

Rice's three-run home run was the key blow in helping the Pawtucket Red Sox (International League) defeat the Tulsa Oilers (American Association) in a 5–2 win in the 1973 Junior World Series. After he was AAA's International League Rookie of the Year, Most Valuable Player and Triple Crown winner in 1974, he and fellow rookie teammate Fred Lynn were brought up to the Red Sox at the same time, and were known as the “Gold Dust Twins.” He was promoted in the Red Sox organization to being a full-time player in 1975, and

finished in second place for the American League's Rookie of the Year honors, and third in the Most Valuable Player voting, after he finished the season with 174 base hits, 102 runs batted in, a .309 batting average and 22 home run. The Red Sox won the AL's East Division, but Rice did not play in either the League Championship Series or World Series because of a wrist injury sustained during the last week of the regular season when he was hit by a pitch. A disappointed Rice appeared during the postseason player introductions, in uniform and without the cast on his wrist, which he had removed the night before, informing the team that he was fit to play. Red Sox management, however, persuaded him that healing would be in the best future interest of both Rice and the team. The Red Sox went on to lose the World Series, 4 games to 3, to the Cincinnati Reds of the National League (NL).

In 1978, Rice won the Most Valuable Player Award in a season where he hit .315 (third in the league) and led the league in home runs (46), RBIs (139), hits (213), triples (15) and slugging average (.600). He is one of only two AL players ever to lead his league in both triples and home runs in the same season. He remains the only player ever to lead the major leagues in triples, home runs and RBIs in the same season. His 406 total bases that year were the most in the AL since Joe DiMaggio had 418 in 1937, and it made Rice the first major leaguer with 400 or more total bases since Hank Aaron's 400 in 1959. This feat was not repeated again until 1997, when Larry Walker had 409 in the NL. No AL player has done it since Rice in 1978, and his total remains the third highest by an AL right-handed hitter, behind DiMaggio and Jimmie Foxx.

In 1986, Rice had 200 hits, batted .324, and had 110 RBIs. The Red Sox made it to the World Series for the second time during his career. This time, Rice played in all 14 postseason games, where he collected 14 hits, including two home runs. He also scored 14 runs and drove in six. The 14 runs Rice scored is the fifth most recorded by an individual during a single year's postseason play. The Red Sox went on to lose the World Series to the New York Mets, 4 games to 3, the fourth consecutive series appearance by Boston, which they lost in seven games.

Since his retirement at the end of 1989, the Red Sox have not reissued his jersey number 14, except during Rice's tenure as the team's hitting coach in the mid-to-late 1990s. The team's long-standing tradition has been to officially retire the number of players who have been elected to the Baseball Hall of Fame as a member of the Red Sox, and have spent at least ten years with the team, although this policy may no longer be in effect following the retiring of Johnny Pesky's number 6 in September 2008.

Career accomplishments

Rice led the AL in home runs three times (1977, 1978, 1983), in RBI twice (1978, 1983), in slugging average twice (1977, 1978), and in total bases four times (1977-1979, 1983). He also picked up Silver Slugger Awards in 1983 and 1984 (the Award was created in 1980). Rice hit at least 39 home runs in a season four times, had eight 100-RBI seasons and four seasons with 200+ hits, and batted over .300 seven times. He finished his 16-year career with a .298 batting average, 382 home runs, 1,451 RBIs, 1,249 runs scored, 2,452 hits, and 4,129 total bases. He was an American League All-Star eight times (1977-1980, 1983-1986). In addition to winning the American League MVP award in 1978, he finished in the top five in MVP voting five other times (1975, 1977, 1979, 1983 and 1986).

Rice is the only player in major league history to record over 200 hits while hitting 39 or more home runs for three consecutive years. He is tied for the AL record of leading the league in total bases for three straight seasons, and was one of three AL players to have three straight seasons of hitting at least 39 home runs while batting .315 or higher. From 1975 to 1986, Rice led the AL in total games played, at bats, runs scored, hits, homers, RBIs, slugging average, total bases, extra base hits, go-ahead RBIs, multi-hit games, and outfield assists. Among all major league players during that time, Rice was the leader in five of these categories.

His biggest flaw as a hitter was his tendency to hit into double plays. Rice's ability to hit a baseball dangerously hard, coupled with having many slow-footed

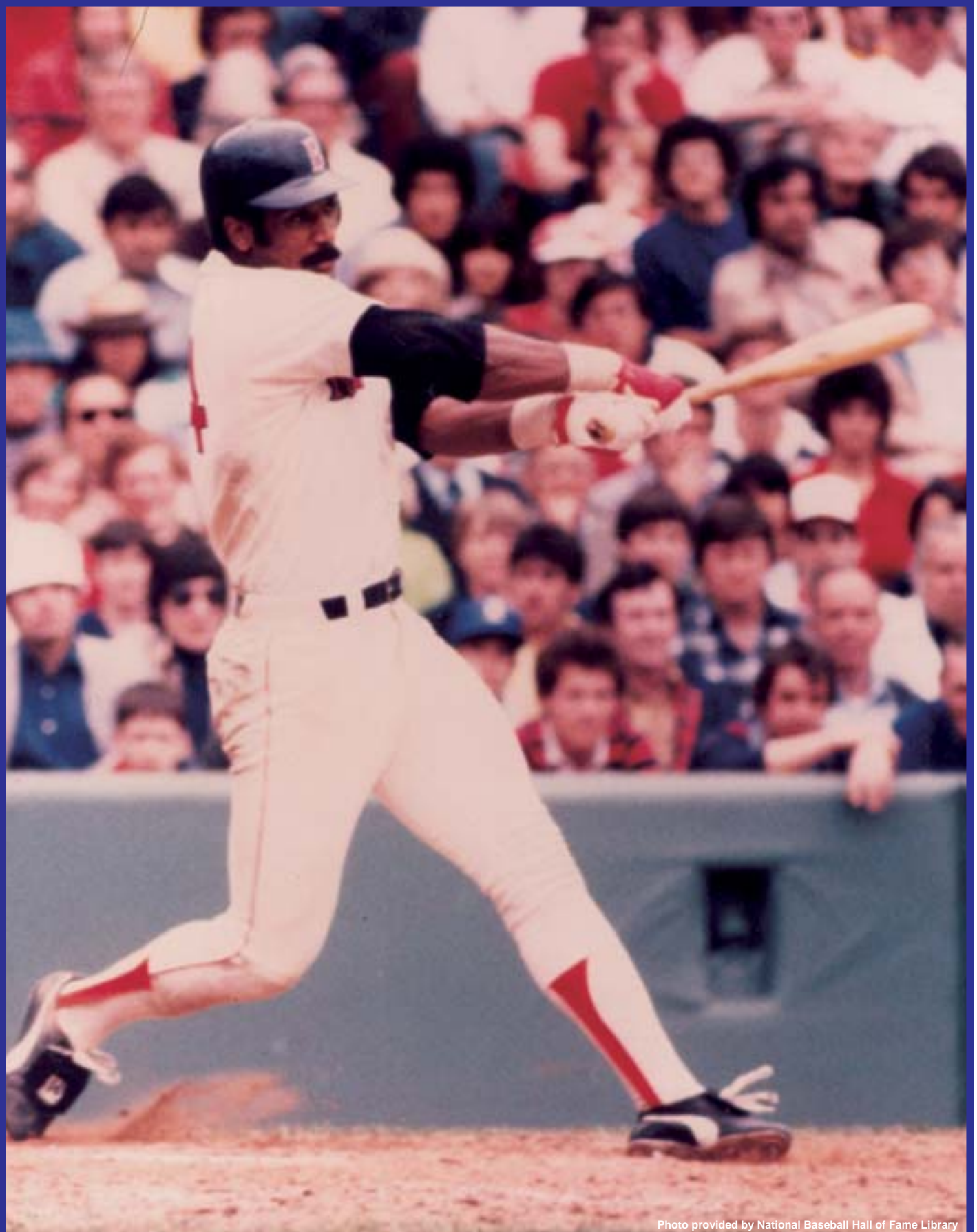


Photo provided by National Baseball Hall of Fame Library

Jim Rice

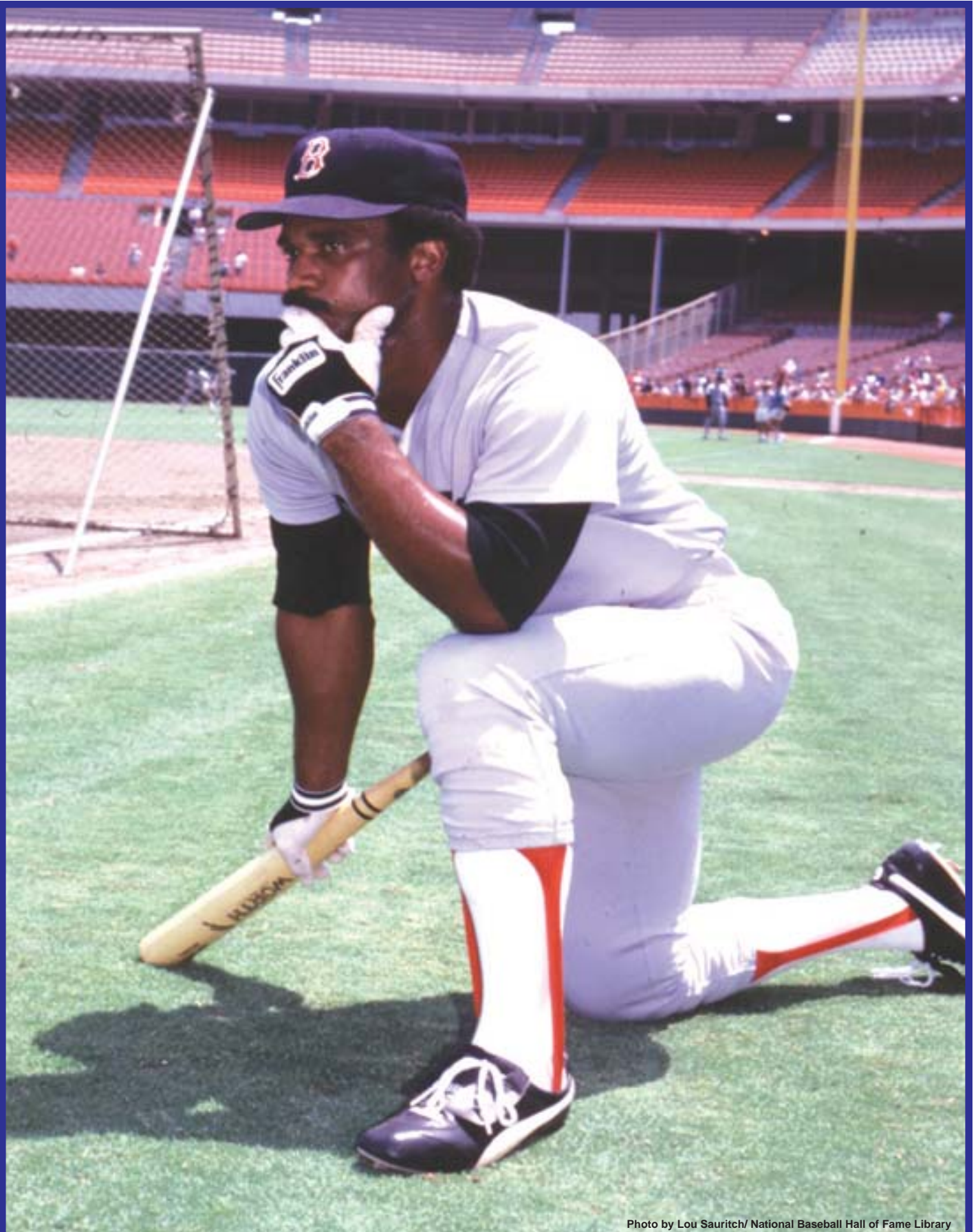


Photo by Lou Sauritch/ National Baseball Hall of Fame Library

Jim Rice

teammates on base in front of him (e.g., Wade Boggs, Bill Buckner, etc.) resulted in many double plays. In 1984, he set a major league single-season record by hitting into 36 double plays. His 315 career times grounding into a double play ranked third in major league history behind Hank Aaron and Carl Yastrzemski when he retired. He broke Brooks Robinson's AL record for a right-handed hitter (297) in 1988, and Cal Ripken, Jr., eventually surpassed his mark in 1999. Rice led the league in this category in four consecutive seasons (1982-1985), matching Hall of Famer Ernie Lombardi for the major league record.

It should be noted that the on-base prowess of Rice's teammates placed him in a double play situation over 2,000 times during his career, almost once for every game he played, and that he posted a batting average of .310 and slugging percentage of .515 in those situations, better than his overall career marks in those categories. In addition, the Red Sox were far more successful as a team in the games in which Rice faced at least one double play situation, posting a winning percentage of .572 in those games, compared to a mark of .489 in games when Rice didn't face a double play situation.

Rice could hit for both power and average, and currently only nine other retired players rank ahead of him in both career home runs and batting average: Hank Aaron, Jimmie Foxx, Lou Gehrig, Mickey Mantle, Willie Mays, Stan Musial, Mel Ott, Babe Ruth and Ted Williams.

In 1981, at a point in his career when it looked like he would one day rank among the game's all-time greats, Lawrence Ritter and Donald Honig included him in their book *The 100 Greatest Baseball Players of All Time*.

Fielding ability

Rice was an adequate left fielder who finished his career with a fielding percentage of .980 and had 137 outfield assists (comparable to Ted Williams' figures of .974 and 140). Although he never enjoyed great speed, he had a strong throwing arm and was able to master the various caroms that balls took from the Green Monster (in left field) in Boston's Fenway Park. His 21 assists in 1983, remains the most by a Red Sox outfielder since 1944, when Bob Johnson had 23. Rice also appeared as a designated hitter in 530 games.

Community activities

Rice was associated with a variety of charitable organizations during his career, primarily on behalf of children, some of which have carried on into his retirement. He was named an honorary chairman of The Jimmy Fund, the fundraising arm of the Dana-Farber Cancer Institute in Boston in 1979. In 1992, he was awarded that organization's "Jimmy Award," which honors individuals who have demonstrated their dedication to cancer research. Rice is also active in his support of the Neurofibromatosis Foundation of New England. His involvement with Major League Baseball's RBI program (Reviving Baseball in Inner Cities) resulted in the naming of a new youth baseball facility in Roxbury, Massachusetts, in his honor in 1999. A youth recreation center in Rice's hometown of Anderson, South Carolina, is also named in his honor. Rice's most notable humanitarian accomplishment occurred during a nationally televised game on August 7, 1982, when he rushed into the stands to help a young boy who had been struck in the head by a line drive off the bat of Dave Stapleton. As other players and spectators watched, Rice left the dugout and entered the stands to help 4-year old Jonathan Keane, who was bleeding heavily. Rice carried the boy onto the field, through the Red Sox dugout and into the clubhouse, where the young boy could be treated by the team's medical staff. Team doctor Arthur Pappas later said that Rice's actions may have saved the boy's life.

Retirement activities

Rice has served as a roving batting coach (1992-1994) and hitting instructor (1995-2000), and remains an instructional batting coach (2001-present) with the Red Sox organization. While the Red Sox hitting

coach, the team led the league in hitting in 1997, and players won two batting titles. Since 2003, he's also been employed as a commentator for the New England Sports Network (NESN), where he contributes to the Red Sox pre-game and post-game shows. He had a cameo appearance in the NESN movie *Wait Till This Year* and in the film *Fever Pitch*. The former slugger has been known to pass his wisdom on to the current Sox players and stars from time to time. Rice was elected to the Boston Red Sox Hall of Fame when it first opened in 1995, and he is the 40th member of Ted Williams' Museum and Hitters Hall of Fame, having been inducted along with Paul Molitor, Dave Winfield and Robin Yount in 2001. On November 29, 2008, the Boston chapter of the Baseball Writers Association of America (BBWAA) announced that Rice would be the recipient of the Emil Fuchs Award for long and meritorious service to baseball.

Hall of Fame candidacy

While Rice was generally regarded as one of the better hitters of his era based upon the statistics traditionally used by the BBWAA to evaluate players' Hall of Fame qualifications, he was not elected until his 15th and final year of eligibility, netting 76.4% of the votes. Over the years he was on the BBWAA ballot, he received about 3,900 total votes, the most ever collected by any player that was voted on for baseball's highest honor. In 2006 and 2007, he received over 63% of votes cast. Rice just missed being elected in 2008, when the count found him on 72.2% of the ballots, only 2.8% short of the required 75%. Rice became the third enshrinee to get into the shrine on his last chance on the ballot, and the first since Ralph Kiner (1975).

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Yelena Isinbayeva

2008 Sportswoman of the Year

Olympic Pole Vault Champion

Olympic pole vault champion, Yelena Isinbayeva, took the top place as the 2008 Sportswoman of the Year. Isinbayeva was undefeated outdoors in 2008, defending her Olympic pole vault title in Beijing, China, with one of her four world records.

The Russian dominated the poll with 1,723 points, way ahead of Kenyan track and field star, Pamela Jelimo, who had 631 points. Jelimo bolted out of nowhere in 2008, to take Olympic Gold in the 800 meters, and also collected the \$1 million Golden League jackpot by winning her event at all six League meets.

Yelena Gadzhievna Isinbayeva was born June 3, 1982. She is a two-time Olympic Gold Medalist (2004 and 2008). Isinbayeva was elected Female Athlete of the Year by the International Association of Athletics Federations (IAAF) in 2004, 2005 and 2008, and World Sportswoman of the Year by Laureus (which recognizes the achievements of those teams and individuals who symbolizes the very best in sport). On July 22, 2005, she became the first female pole vaulter to clear 5.00 meters.

At the age of 26, Isinbayeva is seen as the best female pole vaulter in history. She has already been a 9-time major champion (Olympic, World outdoor and indoor and European outdoor and indoor champion).

Isinbayeva's current world records are 5.05 meters outdoors, a record she set at the Summer Olympics Games in Beijing on August 18, 2008, and 4.95 meters indoors, a record set at the Donetsk indoor meet on February 16, 2008. The former was Isinbayeva's twenty-fourth world record.

Isinbayeva's mother is of Russian ethnicity, while her father is of Tabasaran ethnicity. She was born in Volgograd.

From the age of 5 to 15, Isinbayeva trained as a gymnast in her hometown of Volgograd. She ultimately left the sport because as she grew, she was considered too tall to be competitive in gymnastics, ultimately attaining a height of 5' 8½".

Just six months after having taken up pole-

vaulting, she won her first big victory at age 16 during the 1998 World Youth Games in Moscow, Russia, with a height of 4.00 meters, which was only her third athletic competition. She jumped the same height at the 1998 World Junior Championships in Annecy, France, but she did not win a medal. In 1999, Isinbayeva improved on this height at the World Youth Championships in Bydgoszcz, Poland, when she cleared 4.10 meters to take her second Gold Medal.

At the 2000 World Juniors, Isinbayeva again took first place clearing 4.20 meters ahead of German Annika Becker. The same year, the women's pole vault made its debut as an Olympic event in Sydney, Australia, where Stacy Dragila of United States took Gold.

2001 saw another Gold medal, this time at the European Junior Championships with a winning height of 4.40 meters.

Isinbayeva continued to improve in this relatively new event and 2002 saw her clear 4.55 meters at the European Championships, where she gained her first senior championship medal (Silver), finishing second to her compatriot Svetlana Feofanova.

2003 was another year of progression and saw Isinbayeva win the European Under 23 Championships Gold with 4.65 meters. On July 13, 2003, just about a month after her 21st birthday, Isinbayeva broke her first World Record at a meeting in Gateshead, England, with a height of 4.82 meters, which had made her the favorite to take Gold at the World Championships the following month. But, due to inexperience, she only won Bronze with Feofanova taking Gold and Becker winning Silver.

2004 saw the women's pole vault really start to mature as an event. During a meeting at Donetsk, Ukraine, Isinbayeva set a new indoor world's best, with a height of 4.83 meters, only to see Feofanova increase this by a single centimeter the following week. The following month at the World's Indoor in March, Isinbayeva broke Feofanova's record with a Gold Medal

winning jump of 4.86 meters, beating reigning indoor and outdoor champion Feofanova (Bronze) with reigning Olympic champion Dragila taking Silver.

In June, Isinbayeva returned to Gateshead, and once again the world record mark was improved to 4.87 meters. Feofanova bounced back the following week to again break the record by a centimetre in Heraklion, Greece.

On July 25th in Birmingham, England, Isinbayeva reclaimed the record jumping 4.89 meters and five days later in Crystal Palace, London, added a further centimetre to the record.

The pole vault was one of the most eagerly awaited events at the 2004 Summer Olympics in Athens, Greece, and although the competition did not reach the heights that were anticipated, the rivalry between Isinbayeva and Feofanova brought the event alive. With all of the other events finished, the whole crowd was focused on the pole vault.

When Feofanova failed at 4.90 meters, the Gold Medal was Isinbayeva's. She then attempted and cleared a new world record height of 4.91 meters. Isinbayeva broke her own record later that year at the Memorial Van Damme in Brussels, Belgium, with a 4.92 meters jump. It was her eighth world record of the season, which along with her Olympic & World Indoor titles, helped her gain her first World Athlete of the Year Award.

At the European Indoor Championships in Madrid, Spain, Isinbayeva won Gold with a new indoor world record of 4.90 meters. In July 2005, Isinbayeva broke the world record four times over three separate meetings. First in Lausanne, Switzerland, she added an extra centimeter to her own mark, clearing 4.93 meters. It was the 14th world record of Isinbayeva's career, coming just three months after she broke her own indoor mark (4.89 meters). Eleven days later, in Madrid, Spain, she added an additional 2 centimeters to clear 4.95 meters. In Crystal Palace, London, on July 22nd, after improving the record to 4.96

**Yelena
Isinbayeva**



meters, she raised the bar to 5.00 meters. She then became the first woman in history to clear the once mythical five-meter barrier in pole vaulting, achieving the monumental mark with a single attempt. After the women's pole vault final at the 2005 World Championships in Helsinki, Finland, was delayed due to extremely bad weather conditions, Isinbayeva once again broke her own world record, clearing 5.01 meters in her second attempt, and winning the competition with a 41 centimeter margin of victory, which was the greatest margin ever obtained in any World or Olympic competition for the event. This was already the eighteenth world record in the career of the then 23-year-old Isinbayeva and her successful season was crowned with her second consecutive World Athlete of the Year Award.

At an indoor meet on February 12th in Donetsk, Ukraine, Isinbayeva set a new indoor world record. She cleared 4.91 meters. In March, she successfully defended her World Indoor Title in front of a homeland crowd in Moscow, Russia. During the 2006 European Athletics Championships, she won the Gold Medal, clearing 4.80 meters. This was the only Gold Medal missing from her collection until that time. In September, she won the World Cup, representing Russia, in Athens.

Isinbayeva was crowned Laureus World Sports Woman of the Year for the 2006 season.

On February 10, 2007, in Donetsk, Ukraine, Isinbayeva broke the world indoor pole vault record again, by clearing 4.93 meters. It was Isinbayeva's 20th world record.

In August, Isinbayeva repeated as world champion in Osaka, Japan, with a vault of 4.80 meters, then failed three times at setting a new world record at 5.02 meters. Her competition did no better than 4.75 meters (next 3 competitors).

In 2007, she also won the IAAF Golden League Jackpot (which she shared with Sanya Richards) after having won all 2007 IAAF Golden League meets. Isinbayeva was unbeaten in the 2007 season and won 18 out of 18 competitions.

During the indoor season, Isinbayeva set her twenty-first world record, clearing 4.95 meters in February 2008 in Donetsk, Ukraine. A few weeks later, in Valencia, Spain, Isinbayeva won the World Indoor

Championships over Jennifer Stuczynski. It was Isinbayeva's third consecutive World Indoor Title.



Yelena Isinbayeva

On July 11, at her first competition of the outdoor season at Rome's Golden Gala, Isinbayeva broke her own world record, clearing 5.03 meters. This was her first world record outdoors since the 2005 World Championships. Isinbayeva stated that she had tried so many times at 5.02 meters and was still unsuccessful. Her coach told her to change something and so she attempted 5.03 meters. This record came just as people began to speculate her fall from the top of pole vaulting, as American Jennifer Stuczynski cleared 4.92 meters at the American Olympic Trials. Isinbayeva stated that this motivated her to maintain her reputation as the world's greatest female pole vaulter. A few weeks later, at the Aviva London Grand Prix, Isinbayeva and Stuczynski competed together for the first time in the outdoor season. Isinbayeva won the competition with Stuczynski finishing second. Both attempted a new world record of 5.04 meters. Isinbayeva was tantalizingly close on her final attempt with the bar falling only after Isinbayeva had landed on the mat.

Isinbayeva broke her 19-day old world record on July 29th, in Monte-Carlo, Monaco. She cleared 5.04 meters, her

twenty-third world record, on her final attempt.

At the 2008 Summer Olympics in Beijing, China, on August 18, Isinbayeva needed merely two vaults to prolong her reign over the Olympic Title. She went on to finish it in style by clearing 5.05 meters, her 24th world record.

On November 23, 2008, in Monaco, Spain, she was elected World Athlete of the Year by the IAAF for a third time in her career, along with Jamaican male sprinter Usain Bolt.

Setting 24 world records (14 outdoor and 10 indoor), staying virtually unbeaten since the Olympic Games of 2004 (winning nine straight Gold Medals in indoor and outdoor championships) and being elected IAAF World Athlete of the Year in 2004, 2005 and 2008, Isinbayeva has established herself as one of the most successful athletes of her generation.

In August 2005, top United Kingdom pole vault coach, Steve Rippon, said to the British Broadcasting Corporation that "she [Isinbayeva] is one of the few female pole vaulters I look at and think her technique is as good as the men's. In fact, the second part of her jump is probably better

than any male pole vaulter currently competing. She has a fantastic technique, she's quite tall (almost 5 ft 9 in) and she runs extremely well."

These statements are confirmed by close observation of her jumps. Isinbayeva's high level of body control (courtesy of her gymnastics background) especially pays off in the so-called "L-Phase," where it is vital to use the pole's rebound to convert horizontal speed into height. Common mistakes are getting rebounded away in an angle (rather than vertically up) or inability to keep the limbs stiff, both resulting in loss of vertical speed and therefore less height. In Isinbayeva's case, her L-Phase is exemplary.

Isinbayeva has both a Bachelor's and Master's Degree, after graduating from the Volgograd State Academy of Physical Culture. She is currently studying in post-graduate school. In the Russian club competitions, she represents the railroad military team. She is formally an officer in the Russian army, and on August 4, 2005, she was given military rank of senior lieutenant. On August 19, 2008, she was promoted to the military rank of Captain.

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Usain Bolt

2008 Athlete of the Year

In a clash of Olympic stars, Jamaican sprinter Usain Bolt edged U.S.A. swimmer Michael Phelps to be voted the 2008 Athlete of the Year. In a poll by the International Sports Press Association, journalists from 96 nations gave Bolt a narrow edge of 1,673 points to 1,557 over Phelps. Bolt won three Gold Medals, setting world records in the 100 meters, 200 and 400 meters relay to become the star of Beijing's Bird's Nest stadium. In Beijing's Water Cube, Phelps was the outstanding star with a history-making eight Golds in the pool for the United States.

Bolt holds the Olympic and World Records for the 100 meters at 9.69 seconds, the 200 meters at 19.30 seconds and, along with his teammates, the 4x100 meters relay at 37.10 seconds, all set at the 2008 Summer Olympics. Bolt became the first man to win all three events at a single Olympics since Carl Lewis in 1984, and the first man in history to set world records in all three at a single Olympics. His name and achievements in sprinting have earned him the media nickname "Lightning' Bolt."

Bolt distinguished himself with a 200 meters Gold Medal at the 2002 World Junior Championships, making him the competition's youngest-ever Gold medalist. In 2004, at the CARIFTA Games, Bolt became the first junior sprinter to run the 200 meters in under 20 seconds with a time of 19.93 seconds, breaking Roy Martin's world junior record by two-tenths of a second. Bolt also set competition records at a number of other junior events.

Bolt turned professional in 2004, but missed most of his first two seasons due to injuries. He was eliminated in the first round of the 200 meters heats at the 2004 Summer Olympics. In 2007, Bolt beat Don Quarrie's 200 meters Jamaican national record with a run of 19.75 seconds. In May 2008, Bolt set his first 100 meters world record with a time of 9.72 seconds, improving upon his previous personal best of 9.76 seconds, which was made earlier in the month.

Early life

Bolt was born in Trelawny, Jamaica, on August 21, 1986. He grew up with his parents, Jennifer and Wellesley Bolt, a

brother, and his sister Sherine. His parents ran the local grocery store in the rural area, and Bolt spent his time playing cricket and football in the street with his brother, later saying, "When I was young, I didn't really think about anything other than sports."

As a child, he attended Waldensia Primary and All-Age School. It was here that he first began to show his sprinting potential, running in the annual national primary-schools' meet for his parish. By the age of twelve, Bolt had become the school's fastest runner over the 100 meters distance.

Upon his entry to William Knibb Memorial High School, Bolt continued to focus on other sports, but his cricket coach noticed Bolt's speed on the pitch and urged him to try track and field events. Pablo McNeil, a former 100 meters Olympic athlete, and Dwayne Barrett coached Bolt, encouraging him to focus his energy on improving his athletic abilities. The school had a history of athletic success with past students, including sprinter Michael Green. Bolt won his first annual high school championship medal in 2001, taking the Silver Medal in the 200 meters with a time of 22.04 seconds. McNeil soon became his primary coach, and the two enjoyed a positive partnership, although McNeil was occasionally frustrated by Bolt's lack of dedication to his training and his predisposition to practical jokes.

Early competitions

Performing for Jamaica in his first Caribbean regional event, Bolt clocked a personal best of 48.28 seconds in the 400 meters in the 2001 CARIFTA Games, winning a Silver Medal. The 200 meters also yielded a Silver Medal, as Bolt finished in 21.81 seconds.

He made his first appearance on the world stage at the 2001 IAAF World Youth Championships in Debrecen, Hungary. Running in the 200 meters event, he failed to qualify for the finals, but he still set a new personal best of 21.73 seconds. Bolt still did not take athletics or himself too seriously. However, he took his mischievousness to new heights by hiding in the back of a van, when he was supposed

to be preparing for the 200 meters finals at the CARIFTA Trials. He was detained by the police for his practical joke, and there was an outcry from the local community, which blamed Coach McNeil for the incident. However, the controversy subsided, and both McNeil and Bolt went to the CARIFTA Games, where Bolt set championship records in the 200 and 400 meters with times of 21.12 and 47.33 seconds, respectively. He continued to set records with 20.61 and 47.12 seconds finishes at the Central American and Caribbean Junior Championships.

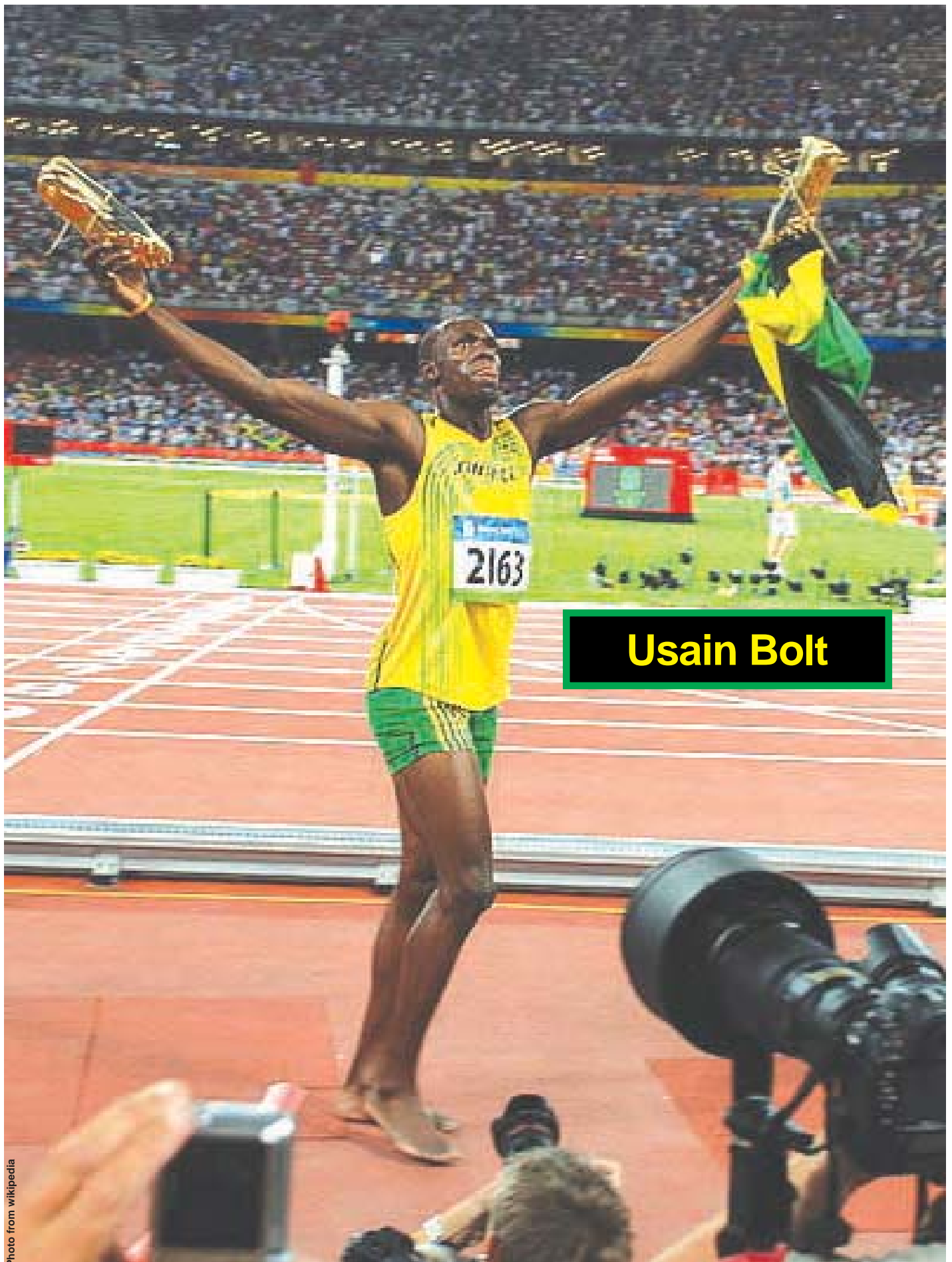
Former Prime Minister P. J. Patterson recognized Bolt's talent and arranged for him to move to Kingston, along with Jermaine Gonzales, so he could train with the Jamaica Amateur Athletic Association (JAAA) at the University of Technology.

Rise to prominence

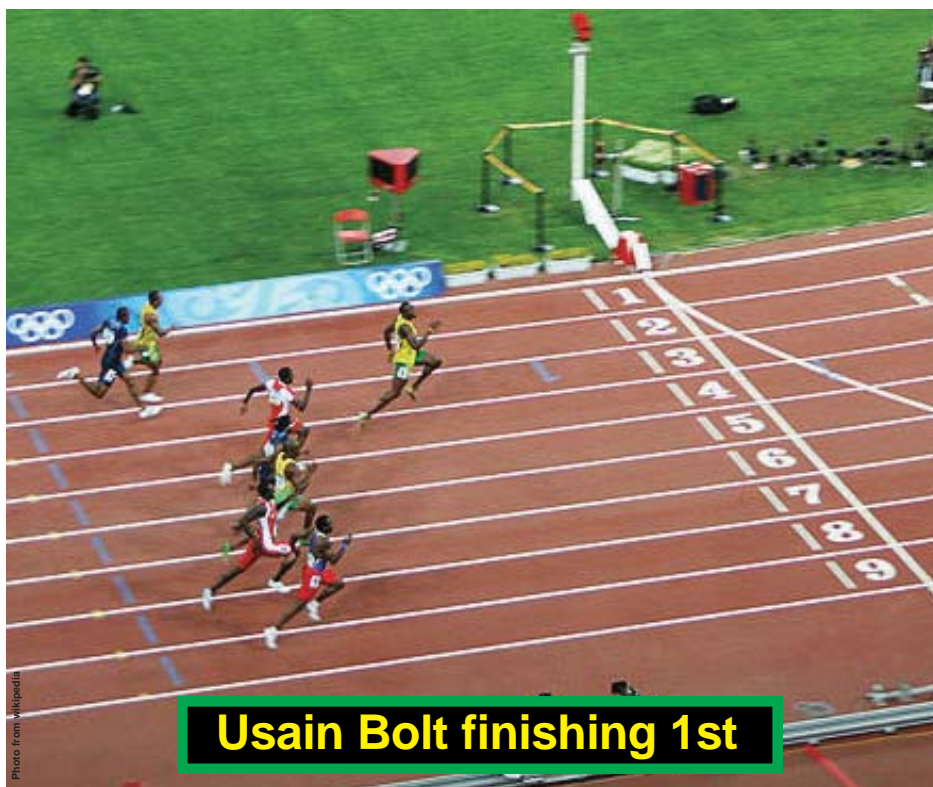
The 2002 World Junior Championships before a home crowd in Kingston, Jamaica, gave Bolt a chance to prove his credentials on the world stage. By the age of 15, he had grown to 6'5" tall, and he physically stood out amongst his peers. He won the 200 meters in a time of 20.61 seconds, a new personal best. As a member of the Jamaican sprint relay team, Bolt took two Silver Medals and set national junior records in the 4x100 and 4x400 meters with times of 39.15 seconds and 3:04.06 minutes, respectively. Bolt's 200 meter win made him the youngest World Junior Gold Medalist ever.

The flow of medals continued, as he won Gold at the 2003 World Youth Championships. He set a new championship record in the 200 meters with a time of 20.40 seconds. Michael Johnson, the 200 meters world-record holder, took note of Bolt's potential but worried that the young sprinter might be over-pressured, stating, "it's all about what he does three, four, five years down the line." Bolt had also impressed the athletics hierarchy. He received the IAAF Rising Star Award for 2002.

Bolt turned his main focus to the 200 meters and equaled Roy Martin's world junior record of 20.13 seconds at the Pan-



Usain Bolt



Usain Bolt finishing 1st

American Junior Championships. This performance attracted interest from the press. His times in the 200 and 400 meters led to him being touted as a possible successor to Johnson. Indeed, at sixteen years old, Bolt had reached times that Johnson did not register until he was twenty. Bolt's 200 meters time was superior to Maurice Greene's season best that year.

In his final Jamaican High School Championships in 2003, he broke both the 200 and 400 meters records with times of 20.25 and 45.30 seconds, respectively. Bolt's runs were a significant improvement upon the previous records, beating the 200 meters best by more than half a second and the 400 meters record by almost a second.

Bolt was growing more popular in his homeland. Howard Hamilton, who was given the task of Public Defender by the government, urged the JAAA to nurture him and prevent burnout, calling Bolt "the most phenomenal sprinter ever produced by this island." His popularity and the attractions of the capital city were beginning to be a burden to the young sprinter. Bolt was increasingly unfocused on his athletic career and preferred to eat fast food, play basketball, and party in Kingston's club scene. In the absence of a disciplined lifestyle, he became ever-more reliant on his natural ability to beat his competitors on the track.

As the reigning 200 meters champion at

both the World Youth and World Junior championships, Bolt hoped to take a clean sweep of the world 200 meters championships in the Senior World Championships in Paris. Bolt beat all comers at the 200 meters in the World Championship trials, but he was pragmatic about his chances and noted that, even if he did not make the final, he would consider setting a personal best a success. However, he suffered a bout of conjunctivitis before the event, and it ruined his training schedule. Realizing he would not be in peak condition, the JAAA refused to let him participate in the finals on the grounds that he was too young and inexperienced. Bolt was dismayed at missing out on the opportunity, but focused on getting himself in shape to gain a place on the Jamaican Olympic Team instead. Even though he missed the World Championships, Bolt was awarded the IAAF Rising Star Award for the 2003 season on the strength of his junior record.

Professional career

Under the guidance of new coach Fitz Coleman, Bolt turned professional in 2004, beginning with the CARIFTA Games in Bermuda. He became the first junior sprinter to run the 200 meters in under twenty seconds, breaking Roy Martin's world junior record by two tenths of a second, with 19.93 seconds. A hamstring injury in May ruined Bolt's chances of competing in the 2004 World Junior Championships, but he was still chosen for

the Jamaican Olympic Squad. Bolt headed to the 2004 Athens Olympics with confidence and a new record on his side. However, he was hampered by a leg injury and was eliminated in the first round of the 200 meters, with a disappointing time of 21.05 seconds. American colleges offered Bolt track scholarships on the strength of his performances, but the teenager from Trelawny refused them all, stating that he was content to stay in his homeland of Jamaica. Bolt instead chose the surroundings of the University of Technology, Jamaica, as his professional training ground, staying with the university's track and weight room that had served him well in his amateur years.

The year 2005 signaled a fresh start for Bolt in the form of a new coach, Glen Mills, and a new attitude towards track and field. Mills recognized Bolt's potential and aimed to cease the sprinter's unprofessional approach to the sport. Bolt began training with Mills in preparation for the upcoming season, partnering with more-seasoned sprinters such as Kim Collins and Dwain Chambers. The year began well, and in July, he knocked more than a third of a second off the 200 meters CAC Championship record with a run of 20.03 seconds. He registered his 200 meters season's best at London's Crystal Palace, running in 19.99 seconds. Misfortune awaited Bolt at the next major event, the 2005 World Championships in Helsinki. Bolt felt that both his work ethic and athleticism had much improved since the 2004 Olympics, and he saw the World Championships as a way to live up to expectations, stating, "I really want to make up for what happened in Athens. Hopefully, everything will fall into place." Bolt qualified with runs under 21 seconds, but he suffered an injury in the final, finishing in last place with a time of 26.27 seconds. Injuries were preventing him from completing a full professional season, and the eighteen-year-old Bolt still had not proven his mettle in the major world competitions. Bolt was involved in a car accident in November, and although he suffered only minor facial lacerations, his training schedule was further upset. Bolt had continued to improve his performances, and he reached the world top-5 rankings in 2005 and 2006. Peart and Mills stated their intentions to push Bolt to do longer sprinting distances, with the aim of making the 400 meters event his primary event by 2007 or 2008. Bolt was less enthusiastic, and demanded that he feel comfortable in his sprinting. He suffered another hamstring injury in March 2006, forcing him to withdraw from the 2006 Commonwealth Games in Melbourne, Australia. After his recovery, Bolt was given

new training exercises to improve flexibility, and the plans to move him up to the 400 meters event were put on hold.

Upon his return to competition, the 200 meters remained his primary event, and he beat Justin Gatlin's meet record in Ostrava, Czech Republic. Bolt had aspired to run under twenty seconds to claim a season's best, but, despite the fact that bad weather had impaired his run, he was happy to end the meeting with just the victory. However, a sub-20-second finish was soon his, as he set a new personal best of 19.88 seconds at the 2006 Grand Prix in Lausanne, Switzerland, finishing behind Xavier Carter and Tyson Gay to earn a Bronze Medal. Bolt was focused on his aims, stating that 2006, was a year to gain experience. Also, he was more keen on competing over longer distances, setting his sights on running regularly in both 200 and 400 meters events within the next two years. Bolt claimed his first major world medal two months later at the IAAF World Athletics Final in Stuttgart, Germany. He passed the finishing post with a time of 20.10 seconds, gaining a Bronze Medal in the process. The IAAF World Cup in Athens, Greece, yielded Bolt's first Senior International Silver Medal. Wallace Spearmon from the United States won Gold with a championship record time of 19.87 seconds, beating Bolt's respectable time of 19.96 seconds. Further 200 meters honors on both the regional and international stages awaited Bolt in 2007. The young Jamaican yearned to run in the 100 meters, but coach Mills diverted his attention, stating that he could run the shorter distance if he broke the 200 meters national record. In the Jamaican Championships, he ran 19.75 seconds in the 200 meters, breaking the 36-year-old Jamaican record held by Don Quarrie by 0.11 seconds.

Mills complied with Bolt's demand to run in the 100 meters. Bolt was entered to run in the event at the 23rd Vardinoyiannia Meet in Rethymno, Crete. In his debut tournament run, he set a personal best of 10.03 seconds, winning the Gold Medal and feeding his enthusiasm for the event. He built on this achievement at the World Championships in Osaka, Japan, winning a Silver Medal. Bolt recorded 19.91 seconds, but this paled in comparison with Tyson Gay's time of 19.76 seconds, which set a new championship record. The Jamaican national record fell when Bolt partnered with Asafa Powell, Marvin Anderson, and Nesta Carter in the 4x100 meters relay.

However, their finish in 37.89 seconds was



not enough to beat the Americans' time of 37.78 seconds. Bolt did not win any Gold Medals at the major tournaments in 2007, but Mills felt that Bolt's technique was much improved, pinpointing improvements in Bolt's balance at the turns over 200 meters and an increase in his stride frequency, giving him more driving power on the track.

The Silver Medals from the 2007 Osaka World Championships boosted Bolt's desire to run. Bolt continued to develop in the 100 meters. He entered to run in the event at the Jamaica Invitational in Kingston. On May 3, 2008, Bolt ran a time of 9.76 seconds. This was the second-fastest legal performance in the history of the event, second only to compatriot Asafa Powell's 9.74 seconds record set the previous year in Rieti, Italy. Rival Tyson Gay lauded the performance, praising Bolt's form and technique especially. Michael Johnson, who was observing the race, said that he was shocked at how quickly he had improved over the 100 meters distance. The Jamaican surprised even himself with the time, but Coach Glen Mills remained confident that there was more to come.

Mills' prediction came true before the end of the month, when Bolt established a new 100 meters world record on May 31, 2008. Bolt ran 9.72 seconds at the Reebok Grand Prix held in the Icahn Stadium in New York City, breaking Powell's record. The record time was even more remarkable in light of the fact that it was only his fifth senior run over the distance. Gay again finished second and commended Bolt's physical superiority, stating, "It looked like his knees were going past my face." Commentators

noted that Bolt appeared to have gained a psychological advantage over fellow Olympic contender Gay.

In June 2008, Bolt responded to claims that he was a lazy athlete, saying that the comments were unjustified, and he trained hard to achieve his potential. However, he surmised that such comments stemmed from his lack of enthusiasm for the 400 meters event. He chose to not make the effort to train for distance running. Turning his efforts to the 200 meters, Bolt proved that he could excel in multiple events—first setting the world-leading time in Ostrava, then breaking the national record for the second time with a 19.67 seconds finish in Athens, Greece. Although Mills still preferred that Bolt focus on the longer distances, the acceptance of Bolt's demand to run in the 100 meters worked for both sprinter and trainer. Bolt was more focused in practice, and a training schedule to boost his top speed and his stamina, in preparation for the Olympics, had improved both his 100 meters and 200 meters times.

Bolt announced that he would double-up with the 100 and 200 meters events at the Beijing Summer Olympics. The new 100 meters world-record holder was the favorite to win both. Michael Johnson, the 200 and 400 meters record holder, personally backed the sprinter, saying that he did not believe that a lack of experience would work against him. Bolt qualified for the final with times of 9.92 and 9.85 seconds in the quarter-finals and semi-finals, respectively. In the Olympic 100 meters final, Bolt broke new ground,

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winning in 9.69 seconds. This was an improvement upon his own world record, and he was well ahead of second-place finisher Richard Thompson, who finished in 9.89 seconds. Not only was the record set without a favorable wind, but he visibly slowed down to celebrate before he finished and his shoelace was untied. Bolt's coach reported that, based upon the speed of Bolt's opening 60 meters, he could have finished with a time of 9.52 seconds.

Bolt stated that setting a record was not a priority for him, and that his goal was just to win the Gold Medal, Jamaica's first of the 2008 Games. Olympic medalist Kriss Akabusi construed Bolt's chest slapping before the finish line as showboating, noting that the actions cost Bolt an even faster record time. IOC president Jacques Rogge also condemned the Jamaican's actions as disrespectful. Bolt denied that this was the purpose of his celebration by saying, "I wasn't bragging. When I saw I wasn't covered, I was just happy." Lamine Diack, president of the IAAF, supported Bolt and said that his celebration was appropriate given the circumstances of his victory. Jamaican government minister, Edmund Bartlett, also defended Bolt's actions, stating, "We have to see it in the glory of their moment and give it to them. We have to allow the personality of youth to express itself."

Bolt then focused on attaining a Gold Medal in the 200 meters event, aiming to emulate Carl Lewis' double win in the 1984 Los Angeles Olympics. Michael Johnson felt that Bolt would easily win Gold, but believed that his own world record of 19.32 seconds set at the 1996 Summer Olympics in Atlanta would remain intact. Bolt eased through the first and second rounds of the 200 meters, jogging towards the end of his run both times. He won his semi-final and progressed to the final as the favorite to win. Retired Jamaican sprinter Don Quarrie praised Bolt, saying he was confident that Johnson's record could be beaten. The following day, at the final, he won Jamaica's fourth Gold of the Games, setting a new World and Olympic record of 19.30 seconds. The feat made him the first sprinter since Quarrie to hold both 100 and 200 meters world records simultaneously and the first since the introduction of electronic timing. Furthermore, Bolt became the first sprinter to break both records at the same Olympics. Unlike in the 100 meters final, Bolt sprinted hard all the way to the finishing line in the 200 meters race, even dipping his chest to improve his time. Following the race, "Happy Birthday" was played over the stadium's sound system as his 22nd birthday would begin



at midnight.

Two days later, Bolt ran as the third leg in the Jamaican 4x100 meters relay team, increasing his Gold Medal total to three. Along with teammates Nesta Carter, Michael Frater and Asafa Powell, Bolt broke yet another World and Olympic record in 37.10 seconds. Following his victories, Bolt donated \$50,000 to the children of the Sichuan province of China to help those harmed by the 2008 Sichuan earthquake.

After the Olympics

The end of the 2008 season saw Bolt compete in the AF Golden League, beginning in Weltklasse Zürich. Despite having the slowest start among his competitors in the 100 meters race, he still crossed the finishing line in 9.83 seconds. Even though the time was slower than both his newly set world record and Asafa Powell's track record, it was still among the top-fifteen 100 meters finishes by any sprinter to that date. Bolt admitted that he was not running at full strength, suffering from a cold. At the Super Grand Prix final in Lausanne, Bolt ran his second-fastest 200 meters with a time of 19.63 seconds, equaling Xavier Carter's track record. However, it was the 100 meters final, featuring Asafa Powell, that drew the most interest. Powell had moved closer to Bolt's world record, after setting a new personal best of 9.72 seconds, reaffirming his status as Bolt's main contender. Bolt's final event of the season came three days later at the Golden League final in Brussels. This was the first 100 meters race featuring both Bolt and Powell since the final in the Olympics. Both Jamaicans broke the track record, but Bolt came out on top with a time of 9.77 seconds, beating Powell by

0.06 seconds. Victory, however, did not come as smoothly as it had in Beijing. Bolt made the slowest start of the nine competitors and had to recover ground in cold conditions and against a headwind. Yet, the results confirmed Jamaican dominance in the 100 meters, with nine of the ten fastest legal times in history being recorded by either Bolt or Powell. On his return to Jamaica, Bolt was honored in a homecoming celebration and received an "Order of Distinction" in recognition of his achievements at the Olympics.

Bolt was not only selected as the IAAF Male Athlete of the year, he won a Special Olympic Award for his performances. Bolt is now turning his attention to future events, suggesting that he aims to break the 400 meters world record in 2010.

Personal life

Bolt expresses a love for dancing and his character is frequently described as laid-back and relaxed. The first sport to interest him was cricket, and he said if he was not a sprinter, he would be a fast bowler instead. He is a fan of the Indian batsman Sachin Tendulkar, West Indian opener Chris Gayle and Australian opener Matthew Hayden. Bolt's Jamaican track and field idols include Herb McKenley and former Jamaican 200 meters record holder, Don Quarrie. Michael Johnson, the former 200 metres World and Olympic record holder, is also held in high esteem by Bolt.

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Tamika Duck Accepts Virginia Union Post

A warm, friendly smile. Answers. Timely statistics. A kind word. Reporters covering Virginia State athletics over the past few seasons have become familiar with Tamika Duck and the invaluable services she provides as the school's assistant sports information director.

And it should come as no surprise that Duck has earned a promotion. Duck has accepted the position of sports information director at Virginia Union. "It's a dream come true," Duck said. "I'm so blessed. Right now, it's still unbelievable."

Duck played basketball at Virginia Union before going to work for Jim Junot in the

school's sports information department. She followed Junot to Virginia State when he accepted the SID job. "I'm really thrilled that Tamika is getting a chance to be an SID," Junot said. "I'm not surprised that someone has hired her so soon. She's been my assistant since I was at Virginia Union, and I know how talented she is."

While Junot is saddened to see Duck leave Virginia State, his pride in her quick professional ascension is obvious. "There's a lot of pride on several levels. Tamika going to VUU shows how much you can learn at Virginia State when you devote yourself to learning the job," Junot said. "Tamika is the second assistant of mine to

go on to a full-time position. ... I'm also proud that Tamika will be going to VUU, where I first started as an SID.

"I know I'm not the easiest person to work for, but this isn't an easy profession, and what you learn here at VSU as an assistant will prepare you with finding a job after graduation. Tamika is a prime example of that."

Duck will be filling the void left by Tiffani Sykes, who has served as SID at Virginia Union for the past two years. Sykes has chosen to pursue a master's degree in sports administration from Grambling State.

Kristene Kelly Added to Athletic Department at Saint Augustine's College

Raleigh, NC - Kristene Kelly has been appointed to the position of Associate Athletic Director at Saint Augustine's College.

Kelly also joined the college's faculty in the Department of Human Performance and Wellness. Her responsibilities will include assisting Athletic Director George Williams

in providing oversight and supervision in the areas of staffing, team travel, planning and academics; developing the budgets and departmental policies; and serving as sports supervisor for men's basketball, softball, bowling, baseball, sports information and compliance.

Kelly received a Bachelor of Science and

a Bachelor of Arts Degree from Johnson C. Smith University in Charlotte, NC, and a Master of Science Degree in Sports Management from the University of Tennessee.

She is currently finishing requirements for a Doctoral of Education Degree at the United States Sports Academy.

Lincoln University's Theon Francis Selected to Philadelphia Inquirer Men's Soccer Academic All-Area Team

Lincoln University, PA - Lincoln University of Pennsylvania senior men's soccer player Theon Francis (Trinidad & Tobago/Queens Royal College) was selected to the Philadelphia Inquirer Academic All-Area Men's Soccer team. The team was voted on by the sports information offices of the 28 area institutions from the Philadelphia metropolitan area.

A biology major with a 3.49 GPA, Francis tied for the team lead in goals with seven and was second in points with 15. His effort helped Lincoln finish the season with a 5-11-1 record under first year coach Z. Joseph Jallah. During the season, Francis scored a pair of game-winning goals against Gallaudet and Columbia Union.

The ballerina in cleats ended his career with 15 goals, six assists and 36 points. As a

freshman, Francis played a major role in helping the Lions qualify for the postseason for the first time since 1966. Lincoln finished 9-5 and was the No. 1 seed in the Association of Division III Independents Tournament. Six of his 15 career goals were game-winners.

An honors student, Francis is the king of the Biology Club, the senator for the Caribbean Students Association and Tri Beta. After earning his degree on May 5, Francis plans to attend medical school. He would like to become a pediatrician.

Francis is the second men's soccer player and fifth Lincoln student-athlete to be named to the prestigious Philadelphia Inquirer Academic All-Area Team. Francis joins Oluwafemi Badejo (men's soccer, 2005), Megan Veale (volleyball, 2005), and Ashley Parker and Ashley Douglas

(women's track and field, 2007). Parker was named the Performer of the Year in 2007.

Rutgers-Camden junior Mark Gidjunis and Temple junior J.T. Noone have been named the 2008 Philadelphia Inquirer Academic All-Area Men's Soccer Performers of the Year. Gidjunis and Noone are two of 12 student-athletes selected to the Philadelphia Inquirer Academic All-Area Men's Soccer Team.

Francis, Gidjunis and Noone are joined on the Philadelphia Inquirer Academic All-Area Men's Soccer team by Andrew Bernhard of La Salle, Theon, Bryan Johnson and Justin McCall of Cabrini, Evan Nesterak and Jason Thorpe of Swarthmore, A.J.O'Malley of Rutgers-Camden, Zach Sell of Neumann and Todd Wampler of Drexel.

MEAC

Bethune Cookman, FL - Coppin State University, MD - Delaware State University, DL - Florida A&M University, FL
Hampton University, VA - Howard University, DC - Maryland Eastern Shore, MD - Morgan State University, MD
Norfolk State University, VA - NC A&T State University, NC - SC State University, SC - Winston-Salem State University, NC

MEAC Announces Tennis Preseason Predictions

Hampton University's men's and women's tennis teams were predicted to finish first in the Mid-Eastern Athletic Conference (MEAC) northern division preseason poll, while the defending MEAC men's and women's champions of South Carolina State were selected as the top choices in the southern division preseason poll, as voted on by the leagues head tennis coaches and sports information directors.

The Hampton Pirates concluded the 2008 season with a 5-0 MEAC mark and 8-8 overall record. They were chosen as the top pick in the men's northern division poll unanimously with 20 first-place votes. The Pirates will return all of its letter winners from last year's team and will welcome three newcomers.

South Carolina State tallied 10 first-place votes as the preseason favorite for the south. The Bulldogs ended the 2008 season with a 3-0 mark in conference play and 18-4 overall record en route to their fourth MEAC championship title in five years and seventh overall.

Morgan State was predicted to finish second in the men's northern division followed by Howard, Delaware State, Coppin State and Maryland Eastern Shore.

The Rattlers of Florida A&M, last year's MEAC championship runners-up, earned nine first-place votes and were picked to finish second in the southern division.

Bethune-Cookman and Norfolk State tied for third in the preseason poll.

In women's action, the Lady Pirates received 21 of the possible 22 first-place votes to earn the nod to finish atop the northern division. Hampton posted a 5-0 MEAC mark during the 2008 season and an 8-10 record overall. They return five letter winners, including 2008 MEAC Player of the Year Na-Hyun Baek.

The Lady Bulldogs, winners of the four consecutive MEAC titles, were the favorite in the southern division with 16 first-place votes. South Carolina State concluded the 2008 season with a 4-0 MEAC mark and 13-4 overall record.

Delaware State was chosen to finish second in the northern division. Morgan State earned one first-place vote and was picked to finish third. Howard, Coppin State and Maryland Eastern Shore finished fourth through sixth, respectively in the preseason predictions.

Florida A&M received five first-place votes as the pick to finish second in the women's southern division, followed by Bethune-Cookman, Norfolk State and North Carolina A&T.

Conference play begins on March 4 with four of the men's and women's teams in action. The 2009 MEAC Tennis Championship tournament is scheduled for April 17-19 at the Millbrook Tennis Center in Raleigh, North Carolina.

2009 MEAC Women's Tennis Predicted Order of Finish

As voted on by the leagues head coaches and sports information directors (First place votes in parenthesis)

MEAC Northern Division

- | | |
|---------------------------|----------|
| 1. Hampton (21) | 261 pts. |
| 2. Delaware State | 180 pts. |
| 3. Morgan State (1) | 179 pts. |
| 4. Howard | 176 pts. |
| 5. Coppin State | 131 pts. |
| 6. Maryland Eastern Shore | 114 pts. |

MEAC Southern Division

- | | |
|------------------------------|----------|
| 1. South Carolina State (16) | 235 pts. |
| 2. Florida A&M (5) | 189 pts. |
| 3. Bethune-Cookman | 165 pts. |
| 4. Norfolk State | 163 pts. |
| 5. North Carolina A&T | 130 pts. |

2009 MEAC Men's Tennis Predicted Order of Finish

MEAC Northern Division

- | | |
|---------------------------|----------|
| 1. Hampton (20) | 240 pts. |
| 2. Morgan State | 162 pts. |
| 3. Howard | 160 pts. |
| 4. Delaware State | 154 pts. |
| 5. Coppin State | 119 pts. |
| 6. Maryland Eastern Shore | 105 pts. |

MEAC Southern Division

- | | |
|------------------------------|----------|
| 1. South Carolina State (10) | 200 pts. |
| 2. Florida A&M (9) | 196 pts. |
| T3. Bethune-Cookman | 144 pts. |
| T3. Norfolk State | 144 pts. |

Morgan State University Bears Stun ACC's University of Maryland Terps

College Park, MD – Morgan State's basketball program had never beaten an ACC opponent. Reggie Holmes scored a game-high 25 points to lead Morgan State to a 66-65 upset victory over Maryland at the Terps' Comcast Center before 15,138 fans.

The Bears entered the contest with a 0-5 record against Maryland in a series dating back to 1988.

UMES Earns Seven Top Ten Finishes At Maryland Invitational

University of Maryland Eastern Shore (UMES) competed in the Maryland Invitational at the Prince George's Sports and Learning Center (MD). The Hawks were one of 36 collegiate teams at the annual event hosted by the University of Maryland. UMES earned seven top 10 finishes in individual events from six athletes in the non-scoring meet.

Sophomore Thomas Keane-Dawes was the only Hawk to place in the top 10 in more than one event. He was fourth in the 400 (50.43) meters and ninth in the 200 (22.63) meters. Fellow sophomore Paul Jones-Burden was just ahead of Keane-Dawes in

the 400 meters, clocking in at 50.02 in third. Freshman Harrison Agbor-Eyong was second in the weight throw with a mark of 10.56 meters. Sophomore Peter Sang crossed sixth in the 3,000 meters with a time of 8:52.55.

2008 Beijing Olympian Allodin Fothergill was eighth in the 60 meters race in 6.98. Senior Jamahl Strachan also was eighth in the pole vault, jumping 1.93 meters. Two UMES teams were in the 4x400 meters relay, with the Hawks' "A" team (3:26.55) finishing sixth, more than 10 seconds ahead of the "B" team (3:36.80), which was 15th.

SIAC

Albany State University, GA - Benedict College, SC - Claflin, SC - Clark Atlanta University, GA - Fort Valley State College, GA - Kentucky State University, KY - Lane College, TN - Lemoyne Owen College, TN - Miles College, AL, Morehouse College, GA - Paine College, GA - Tuskegee University, AL

SIAC Names Gregory Moore New Commissioner

The SIAC Council of Presidents announced the appointment of Gregory Moore as the new Commissioner of the SIAC. The announcement was made by Dr. Benjamin F. Payton, Chair of the Council, who also serves as President of Tuskegee University. In the capacity as SIAC Commissioner, Mr. Moore will serve as the head of the SIAC office and staff and coordinate intercollegiate athletic activities among the 13-member schools. He will report directly and be responsible to the SIAC Council of Presidents.

"Mr. Moore brings a wealth of educational and professional experiences to the position," Payton said. He holds a B.A. degree in Political Science from the College of New Jersey, and a J.D. degree from the University of Oregon School of Law. He has served as General Counsel for the Jersey Express Basketball Club, where he played a key role in the recruitment and hiring of legendary NBA player, Darryl Dawkins, as head basketball coach. He has also served as Legal Counsel/Government Relations Director for the Essex County College of Newark, New Jersey; and has maintained

a successful law practice, The Moore Law Group, LLC in New Jersey, which deals with sports law and commercial transactions, *et. al.* Mr. Moore has also served as Deputy Counsel for the New Jersey State Legislature.

Mr. Moore has broad experience in sports administration, sports marketing, broadcast licensing agreements, NCAA compliance policies and issues, media relations and staff management, among others.

Mr. Moore expressed appreciation to the search committee for "affording me the opportunity to serve as the next Commissioner of the SIAC. It is my sense that SIAC student athletes are the embodiment of what is best about college sports and I will work tirelessly to broaden the platform to showcase these outstanding young men and women," Mr. Moore stated.

We are very pleased that Mr. Moore will move from his legal work to devote 100 percent of his professional time to the management, development and advancement of the SIAC," said Payton.

"Mr. Moore was the unanimous choice of the SIAC Executive/ Search Committee, which nominated him following interviews with the four finalist candidates on December 17, 2008," Dr. Payton continued.

The Council of Presidents met in a special session on December 18 and elected, Mr. Moore as SIAC Commissioner in a unanimous vote.

The entire SIAC Council of Presidents joins the Executive/Search Committee in the expectation that Mr. Moore will lead the Conference to a new level of performance with quality and integrity," said President Payton.

The office and staff will retain the current location in Atlanta.



Legendary KSU Basketball Coach, Lucias Mitchell, Honored

Kentucky State University's (KSU) Athletics Department renamed the basketball court at Exum Center in honor of Coach Lucias Mitchell. Coach Mitchell is K-State's all time winningest coach and led them to three straight NAIA Titles.

After finishing just 10-15 in his first year as KSU's coach, Mitchell, now 73, led his next three teams to the NAIA National Basketball Championship in 1970-71-72, as the Thorobreds compiled records of 29-3, 31-2 and 28-5. KSU became only the second team ever to win three straight NAIA Titles. The other coach to do so is former KSU mentor John McLendon, who accomplished the feat at Tennessee State. All divisions included, only Mitchell, McLendon and UCLA's John Wooden have ever won three national titles in a row.

After the three-year run by Mitchell's teams, his 1972-73 team finished 28-6, but was upset in the first round of the NAIA National Tournament. The next year, 1973-74, KSU went 28-5 and had a 21-game winning streak broken in the semi-finals of the NAIA

Tournament before winning the third place game the next night. All totaled, the Thorobreds finished 144-21 in that five-year span, an .873 winning percentage.

Under Mitchell, KSU became the first NCAA Division II team ever to have back-to-back first-round NBA draft choices. Elmore ("Big E") Smith, who was drafted in the first round by the Buffalo Braves, signed what was at the time the highest contract ever by an NBA player. The following year, 1972, Travis ("The Machine") Grant was a first-round pick in both the NBA and the old ABA, where he played for the San Diego Conquistadores.

Mitchell won National Coach of the Year Awards in both 1970 and 1971. He had five KSU players drafted into the NBA, and was the first ever Black coach to be elected as an officer of the National Association of Basketball Coaches (NABC). He also was one of just four coaches selected to head up the first-ever Olympic Development Camp at Colorado Springs, Colorado, in 1971.



Even though he coached only 15 years, he still ranks today as the sixth most winning coach in NCAA Division II, with 325 wins and just 103 losses, a .759 winning percentage that he compiled at Alabama State, Kentucky State and Norfolk State.

SWAC

Alabama A&M University, AL - Alabama State University, AL - Alcorn State University, MS - Arkansas-Pine Bluff College, AR
Grambling State University, LA - Jackson State University, MS - Mississippi Valley State University, MS
Prairie View A&M University, TX - Southern University, LA - Texas Southern University, TX

University of Arkansas at Pine Bluff's Athletics

Garner 3.0 GPA for First Time Ever

UAPB's 14 sports combined to make a cumulative 3.0 GPA on a 4.0 scale for the fall semester.

Pine Bluff, Arkansas - The University of Arkansas at Pine Bluff's (UAPB) Athletic Department announced on Monday that the school's athletic programs secured an overall "B" average for the first time in school history.

UAPB's 14 sports combined to make a cumulative 3.0 GPA on a 4.0 scale for the

fall semester of 2008.

"We are extremely pleased with our athletes' performances in the classroom this past semester," UAPB Athletic Director Louis "Skip" Perkins said. "One of the things that I wanted us to achieve when I arrived here in the summer of 2007, was an increase in our overall GPA among our athletes. We have increased every semester and this fall's grades were outstanding."

Baseball led the charge with an overall

GPA of 3.81, followed by women's tennis (3.38), softball (3.22), women's soccer (3.13) and men's tennis (3.09).

Almost 40 percent of UAPB's athletes had a GPA between a 4.0 and 3.0 for the fall semester.

"We have a motto around here," Perkins said. "'Championships are won in the classroom.' These student athletes have taken this creed to heart and we're extremely proud of their performance."

Alabama State Names Holland Director of Athletics

Former Lady Hornet standout to lead department into 2009.

Alabama State University's (ASU) appointment of Monique Holland as its athletic director sends a message. School officials appointed their leading expert on NCAA compliance to the program's top position to emphasize that the school is serious about playing by the rules, Holland said.

ASU President William Harris voiced his full endorsement of the new AD in a statement that announced her hiring. "Monique Holland is the right person at the right time to lead ASU's athletic department forward . . ." he said.

Holland, an ASU alum and former athlete, was promoted from the Associate Athletic Director for NCAA Rules Education and Compliance, a position she's held since last June. She came from Georgia State with the mission to clean up a program that was wrecked by an NCAA infractions case that had dragged on for years.

The hundreds of violations the school self-reported resulted in self-imposed sanctions that included firing coaches and limiting scholarships. ASU received notice that the NCAA had completed its investigation and mandated five more years of probation and a ban on postseason championship play next year for the football team.

Holland said her first and biggest challenge is to "change the mindset of the community, and let our student athletes know that the

administration is totally, totally behind what we're trying to do here." She said she wanted the alumni to understand that the program is headed in a new direction, that the commitment from the coaches and staff is genuine. "I believe from the bottom of my heart that the President, the Board and everyone are all dedicated to that, and I want all our supporters to understand that," she said.

Holland, who was an Academic All-American at ASU during her career as a basketball player from 1992-1995, said she wants to create an environment where all coaches and athletes have a chance to succeed. "We can strive for that and for academic excellence and be competitive," she said. "We will contend for SWAC championships, contend in NCAA post-season. I did not come here to settle for playing the game, we want to be a benchmark for other institutions. We want them to call us on the phone and say, 'How did you do that?'"

She said she wants to sit down with all the coaches on the staff and go over specific plans of action and set goals. "I want to give all our teams, our coaches and athletes my attention, because they need it," she said. "We want to find the best way to be successful, and provide all our athletes with the opportunity for a great collegiate experience."

Holland came to ASU from Georgia State, where she helped develop the athletic department's strategic plan, according to a news release. She previously worked as

Assistant Director of Membership Services for the NCAA, where she conducted compliance reviews and athletic certification of Division I institutions, the release states.

Class of 2008 Inducted into Hall of Fame

Six SWAC greats from administration, sports medicine, football and basketball were enshrined in front of friends, family and supporters.

Carl Williams thanked his wife for her support during his forty years of service at Southern.

Frank Lewis thanked several coaches and his family for supporting him at Grambling State to his years of professional football.

In the absence of Jimmie Giles, his daughter Candace brought words of thanks.

Lindsey Hunter, through his son, gave special recognition to his mother, Armenta.

Doug Porter took the time to thank his wife of more than fifty years. From Mississippi Valley State to Fort Valley, Porter was especially proud of her support.

Former Jackson State SID, Sam Jefferson, thanked several administrators and his family - who braved the Mississippi winter storm to join him on the night.

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Other HBCUs Featured This Month

Savannah State Alumnus Officiates Super Bowl XLIII

By Walter Moore - Savannah State University (SSU) graduate Roy Ellison was a part of the referee crew that officiated Super Bowl XLIII on February 1, 2009, when the Arizona Cardinals were defeated by the Pittsburgh Steelers in Tampa, Florida. Completing his sixth season as an NFL official, this was Ellison's first game as a Super Bowl official, serving as an umpire.

"That was my first Super Bowl assignment. This year was my first year of eligibility for the Super Bowl and I was fortunate enough to earn the assignment in my first attempt. I worked the Pro Bowl in 2004, the Divisional playoff between Chicago and Carolina in 2005, an alternate in the 2006 Wildcard game between the Giants and the Eagles and I worked my first championship in 2007 between the Packers and the Giants. The Giants eventually went on to win the Super Bowl against the undefeated Patriots," he said.

A 1987 SSU honor graduate with an undergraduate degree in Computer Science, Ellison played guard and center

for the SSU Tigers from 1983-86. Ellison was a part of the offensive line that paved the way for Casey Grigley to become the first 1,000-yard rusher in the history of the school in 1985. Ellison's day job is with AT&T, where he is a voice engineer.

Ellison earned the assignment through the league's evaluation system in which the highest-rated officials at each position with the required experience are chosen to work the game. Super Bowl officials must have at least five years of NFL experience and previous playoff assignments.

"I graded out this season as the top ranked Umpire in the League. There are 17 officials in each 7 positions on the field and then there is an additional Umpire that floats between crews. He is there because of the amount of injuries that the Umpire incur through the course of the season. We are graded every play of every regular season game and our scores are cumulative through the end of the season. The top ranked 8 of 17 crews will work the Wildcard and Divisional playoff games. The top 3



Roy Ellison (c)

officials in each position will work the two Championship games with the top ranked guy working the Super Bowl."

When asked on his thoughts about working Super Bowl XLIII, Ellison said "It was an unbelievable experience that I will always remember. The atmosphere was unlike any other that I had ever been involved. But once the game started, I was able to buckle down, focus in and call it like it was just another game."

Langston University Track & Field Team Scores Big in Classroom

At the end of the first semester, the Langston University Track & Field team had plenty to boast about academically. 12 members of the women's team and nine members of the men's team finished with 3.0 or above grade point averages. 10 of the 21 athletes were freshman. The individuals who finished with a 3.0 or above: Tasia Galbreath, Angelica McBee, Tatiana

Simon, Rose Cooper, LaShunna Jimmerson, Shantel Leonard, Ashley Reynolds, Ebony Starr, Jasmine Steen, Equilla Weatherton, Lakendra Bass, Maria Haley, Clemmon Bridges, Stacey Walker, Jason Lawrence, Julius McKaufman, Junnell Wright, Willie Felder, Timothy Dorsey, Rickey Freeman, Julius Koger. Congratulations to everyone.



TSU Student-Athletes Continue to Excel in the Classroom

Nashville, TN - More than 80 Tennessee State University (TSU) student-athletes were honored for their notable academic completion of the fall semester as recognized by the TSU Department of Athletics.

The following individuals achieved the highest grade point average for their respective sports:

Parker Smith	Men's Basketball	3.800
Tamira Rumph	Women's Basketball	3.938
Printence McMurtrey	Men's Track & Field	4.000
Rahab Kagaruki	Women's Track & Field	4.000
Javier Jackson	Football	3.667
Chris McKay	Men's Golf	3.938
Marie Black	Women's Golf	3.769
Bridget Metzger	Softball	4.000
Aaron Fields	Men's Tennis	3.800
Dania Lofton	Women's Tennis	3.588

Soccer Review



David Beckham and 2009 MLS Team Breakdowns

By

Robert Woodard

Last year, critics of David Beckham claimed he was a washed up, money grubbing has been soaking up unwarranted attention clubbing with Hollywood's elite but producing nothing of value on the field. Beckham's aura as the great savior of American soccer faded as the Galaxy suffered through a pair of dismal seasons, failing to make the playoffs with the league's worst defense.

Beckham was a symbol of Major League Soccer's second-class status, a whipping boy for those inclined to take a shot at the quality of America's top professional league. Then one of the world's greatest teams, AC Milan of Italy signed a loan deal with the Galaxy sending Beckham over until March 9th. The initial response was the same as when Beckham came to America – it was a publicity stunt to sell the jersey of an aging, overhyped, underachieving, superstar. A funny thing happened in Italy. Surrounded by world-class players, Beckham not only earned a starting job, he kept it and AC Milan suddenly wanted to buy his contract from the Galaxy.

The war of words started and suddenly Beckham found himself branded as a traitor and a mercenary. MLS fans felt rejected and dismissed Beckham saying that if he didn't want to be in MLS, then MLS didn't want or need him. Nothing could be further from the truth, as MLS entered its preseason with daily news reports that at least acknowledged the league existed. As they say, bad publicity is better than no publicity and hardly anyone in the media pays the least bit of attention to the MLS.

Beckham seems destined to remain with Los Angeles since AC Milan wants him but apparently not enough to pony up the money it will take to make a deal. Galaxy President and CEO, Tim Leiweke, took a hard line in negotiations saying, "If Milan are so determined to keep him, why are they taking so long? Do they think that we will settle for less money? They are mistaken." Leiweke laid out his position, claiming that Beckham leaving the Galaxy had far reaching repercussions for Los Angeles, the MLS and soccer in the United States. "What Milan don't understand is that behind this story, there are fans that are renouncing subscriptions, sponsors that want damages and rival teams that have the right to know if the Galaxy will play at their stadium with or without Beckham."



David Beckham

Major League Soccer is a healthy league financially with continual signs of growth. They don't need David Beckham to survive but giving him away for nothing is simply irresponsible. The Galaxy are looking at about \$25 million to sell Beckham, and AC Milan are hoping to high pressure them into a low ball deal. It would be a catastrophe for MLS and the Galaxy to let Milan take them to cleaners. Beckham should return to fulfill his contract. His professionalism and hope to play for England in next's year's World Cup is the guarantee that he'll show up to play every night.

2009 MLS Team Breakdowns

There are a number of interesting stories unfolding in MLS this season revolving around clubs with the potential to surprise. Here are the breakdowns of the teams most likely to produce some entertaining soccer or go on an unexpected playoff run.

LA's 8-13-9 record and failure to make the playoffs was simply a matter of a great offense featuring Beckham, and MLS leading scorer Landon Donovan. Both went overseas as loan players and assuming Beckham returns, should be sharp this season.

The question is whether Coach Bruce Arena can assemble a defense capable of keeping the opposition down to a goal a game. If Omar Gomez, the 6'5" defender, the third overall pick in this year's MLS draft out of NCAA Champion, Maryland can step into a starting role and be effective, it could an immediate impact on LA's leaky defense. Veteran Eddie Lewis has also returned from overseas and is looking to lock down the left back slot.

The Galaxy has the potential to be the surprise team of the year or end up as they did for the past two seasons as an entertaining

team to watch and a disappointment in terms of results

Real Salt Lake (RSL) was the definition of average with a 10-10-10 record, barely making the playoffs on the last day of the season. However, the season ranked as the most in franchise history with an upset over heavily favored Chivas USA in their first round in their first ever playoff matchup.

RSL finally opened up their soccer-specific stadium late last year and an entire year in the cozy new arena will only help harness a solid fan base.

Robbie Findley is maturing as a striker and capable of scoring in the 10 to 15 goal range. RSL has an interesting mix of young players and seasoned veterans like Clint Mathis and Andy Williams. They won't be stylish, but they will show up to compete every night. Real Salt Lake isn't ready to win the championship, but as Chivas discovered, RSL can derail the title hopes of a much better team come playoff time.

The mystery team of the 2009 MLS season will be the expansion Seattle Sounders. They have the advantage of a ready-made fan base partly derived from the legacy of the old North American Soccer League version of the Sounders that survived in various leagues since 1984. The team, owned by Microsoft's Paul Allen and comedian Drew Carey, has already sold 19,000 season tickets along with a big money sponsorship deal with Microsoft's Xbox 360.

Kasey Keller, former U.S.A. international star, joined the squad and can provide a couple of quality seasons. The offense will be based around former Arsenal star Freddie Ljungberg and striker, Nate Jaqua. Expansion teams seldom make it to the playoffs, but Seattle with a little luck could be the exception.

The darlings of the 2008 MLS season were Chivas USA. They played a slick possession oriented game that captured the attention of the so-called experts, but their season came to a crashing halt at the hands of the blue collar boys from Real Salt Lake in the first round of the playoffs. This year represents a make or break year for Chivas. Goalkeeper Brad Guzan chose backing up Brad Friedel at Aston Villa to being number one with Chivas. Despite the slick passing offense, Chivas does not possess the cold-blooded finisher to score key goals or the tough defense to be a threat to win the title.

The 2008 MLS Champion Columbus Crew came from nowhere to take its first title behind a solid defense and the playmaking of star midfielder Guillermo Barros Schelotto. Things fell into place for the Crew but being the hunted is much harder than riding under the radar.

Eddie Gaven, Robbie Rogers, Frankie Hejduk, and Chad Marshall will all return but Ezra Hendrickson has retired and his loss might be enough to keep the Crew from being a contender.

Outside the LA Galaxy, the biggest disappointment last year was DC United. DC loaded up on South American talent but could not find enough balls to keep everyone happy. DC proved again that lots of pretty passing and showmanship doesn't always translate into wins. Forward, Jaime Moreno is a year older and not likely to recapture his goal scoring glory.

Toronto FC has established a great fan base in the heart of hockey country, but going in its third year, the franchise make be at a critical juncture. Each of the previous years, Toronto was a streaky team that combined impressive results with long goal scoring droughts. This off season, the club made perhaps the biggest deal in league history when it obtained two time MLS Cup MVP, attacking midfielder, Dwayne De Rosario from Houston. De Rosario returns to his native Canada adding instant offense to a solid defensive team anchored by Marvel Wynne, one of the best young wide defenders in the US.

The window might be closing for teams like the New England Revolution and New York Red Bulls. Others like FC Dallas, Real Salt Lake, the Colorado Rapids and Kansas City Wizards simply don't have all the pieces or chemistry to be anything but solid and predictable.

It all shapes up as one of the most competitive and profitable seasons in MLS history.

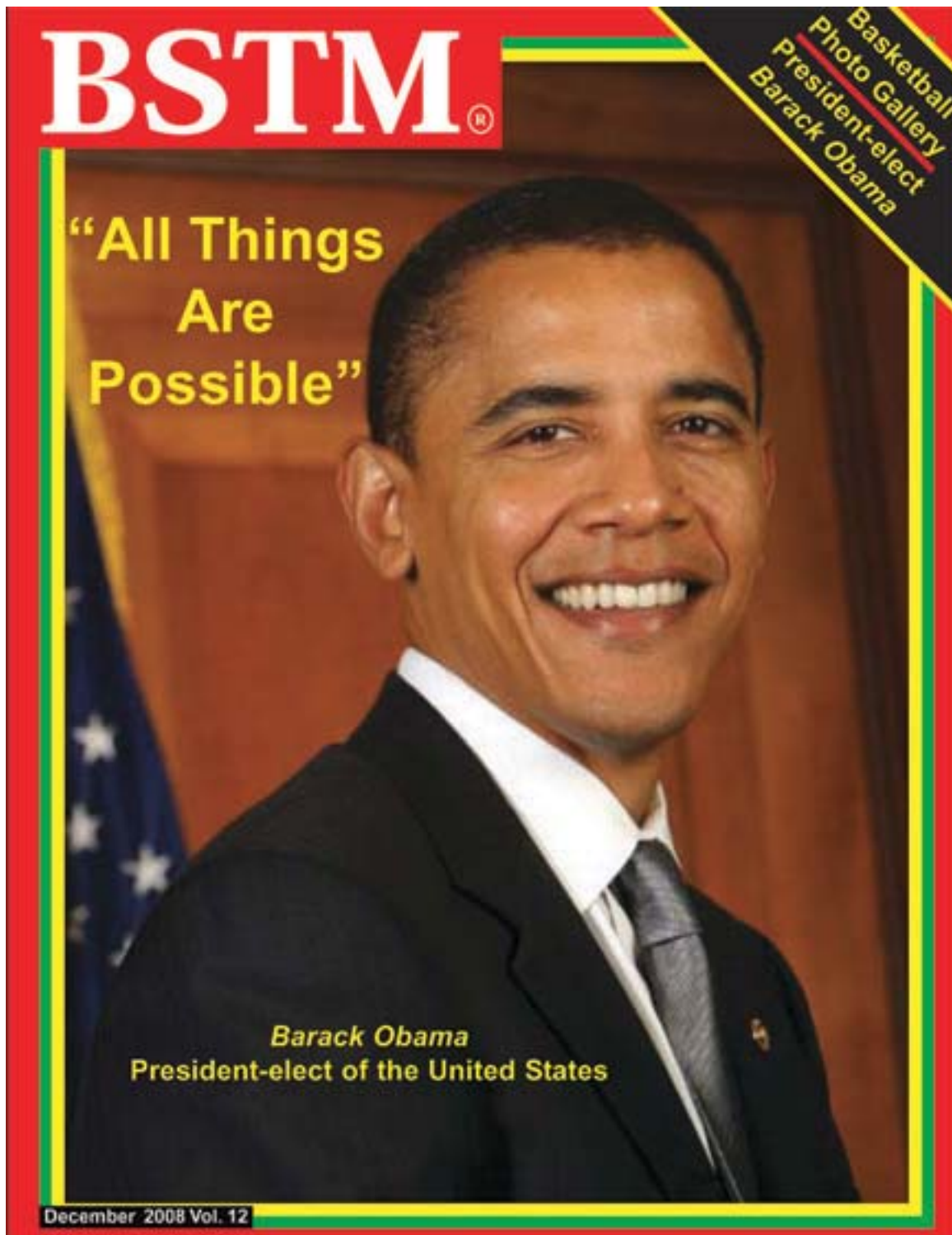
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