

75TH SHRINE BOWL

of the Carolinas



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"Strong Legs Run So Weak Legs May Walk" Thursday, December 15, 2011

WHAT DID IT?

Unknown factors lead to game week injuries



The training room away from home for athletes includes anything from ace bandages to a whirlpool machine and stretching tables.

Brianna Nowak

N.C. Student Correspondent

As most may have seen, the training room seems like the place to be at 7:00 AM, 1:00 PM, and 9:00 PM. Ice bags, taping jobs, and prewrap have been the common treatments for injuries this week. However, some are severe.

Injuries have ranged from shoulders and knees to ankle sprains. The question that is on the coaches', players', and trainers' mind is how did this happen? State playoffs? Exhaustion? A reoccurring injury? The mystery has yet to be completely solved.

However, there are some theories, exhaustion being one.

"There is a combination of players coming out of state playoffs and not having much rest. Now they are doing two practices a day, every day," explained North Carolina adult trainer Ray Davis.

Before the Shrine Bowl, players mostly practiced after school for a max of two hours. Now for five days in a row they are doubling that. The tightly packed schedule and lack of sleep is not a benefactor either. "Between the alertness, fatigue, and balance factor, everything comes into play," stated Davis. However, exhaustion is not the only speculation to take into account.

Because of the Shrine

Bowl's timeline, falling right after state playoffs, players may not have had enough time to rest. Hence, why most come already injured. Yes, their body might be in great condition, but their muscles and bones may not be.

It also does not aid players when the competition is the same 24/7. "At practice, players are going against someone that is equal to you," stated lead athletic trainer, Mike Guerrero.

"These guys are the best of the best."

In normal high school practice, there may be a few "stars" on the team, but every-day at 9:30 AM and 2:30 PM the level is equivalent through out. This game prepares players for the college football practice level, literally.

Compared to the 2010 game, which was injury free, there have been an increased amount of reports filled out. "Last year we were relatively injury free. Year before that we had a lot," stated Guerrero.

"Injuries come in cycles." Between exhaustion, lack of rest time, and practice level, the amount of injuries have yet to be justified. Trainers will continue to ice and tape in order to preserve the athletes' football career.

South Carolina Escorts Take Charge

Gettys Brannon

S.C. Student Correspondent

In high school an escort is usually an accompaniment to a beautiful young woman at a dance or some type of debutante function.

At the Shrine-Bowl, S.C. Head Escort Jamie Smith and his team are anything but that.

The noticeable figure, comparable with Al Capone, and “Big Joey” Massino, Jamie Smith laughed when asked of his mafia like manner, “You never know, a good mobster will never tell you what he’s into.”

“We escorts are responsible for everyday activities outside of football,” Smith said.

The early morning roosters are? ... You guessed it, the escorts. “Get’em up, get’em in bed, make sure they are where they need to be at the time allotted.”



(L to R) S.C. Escorts Mark Tinsley, Dean Beheler, Jamie Smith, and Brian Moss.

Smith a 5th year veteran said.

Joining Smith’s team this week, are all first time escorts; Mark Tinsley, Dean Beheler, and Brian Moss.

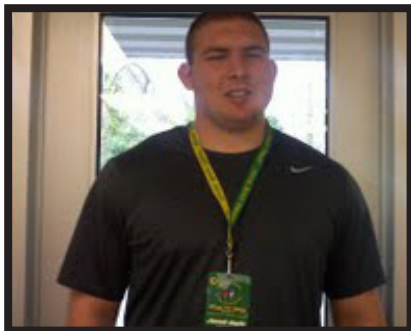
Their experience to this point “has been real fun even though most people are tough getting up,” Moss described humorously.

“All escorts are Shriners and we give our time for our passion of the Shrine and the Shrine Bowl,” Smith said.

Sleep with your eyes open and give a big Shrine Bowl round of applause whenever Mr. Smith asks.



Get to Know Your Fellow Teammates...



North Carolina's Jacob Ingle (RG).

Brianna Nowak

N.C. Student Correspondent

Rising Elon University football player, Jacob Ingle, is the 2011 right guard for the NC

Tarheels. Ingle played football all through his middle school days and his years studying at Williams High School in Burlington, NC.

The Carolina all-star game has been in the back of Ingle's mind for a while now. "The Shrine Bowl is something I really wanted to do since high school," stated Ingle.

"I have been working towards this since my freshman year."

Although, he was "shocked and overwhelmed"

with the news, Ingle had another art to turn to. "Music has been apart of my life, since fourth grade," commented Ingle.

Ingle plays the bass guitar, banjo, and the piano. He plans to continue to practice his love for instruments at Elon where he will major either in music education or exercise science.



North Carolina's Anthony Rook (TE).

Brianna Nowak

N.C. Student Correspondent

Living in Greenville,

North Carolina, Anthony Rook felt the need to show some respect for his state. "I came out to the combine because I wanted to represent my state," explained Rook.

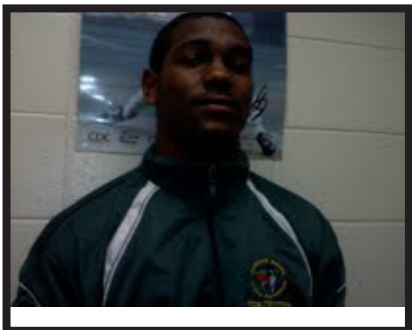
"I wanted to play with good competition."

The North Carolina tight end could not be more excited to wear the green and yellow. "I feel pretty good. I like having a chance to play in this game,"

stated Rook.

Football is not the end for Rook, however. The J.H. Rose High School student has big dreams for himself, during his college study at Wake Forest. "I want to major in political science," said Rook.

Before Rook embarks on his journey to becoming a lawyer, game day is his top priority. Will NC come out with a win? "Duh," shouted Rook.



North Carolina's Tysean Holloway (RB).

Brianna Nowak

N.C. Student Correspondent

Asheville, North Carolina resident, Tysean Holloway, has

the running back position for the NC team this year. "I was the only one in western North Carolina to represent us. It felt good to be recognized as one of the best," stated Holloway regarding his selection for the December game week.

Along with the "cool and laid back team," Holloway is craving the big "W" for the Tarheels on Saturday.

"Ima run the ball. Whatever I can do to help the team

win," explained Holloway.

"It's all I got."

However, a commitment to Appalachian State University is something he can add to the list. Holloway plans to major in communications/broadcasting. "My dream is to be on ESPN," commented Holloway.

The Lonely Life of a Kicker

Gettys Brannon

S.C. Student Correspondent

You have the Alabama and Boise State kicker, who were in the ranks of the most hated people in college football and then there's Kaleb Patterson.

Though kicking may not be the most glamorous position on the field kickers are a vital part to any team's success.

Patterson has assumed the role as South Carolina's premier kicker as well as any coach could ask. Gaffney Defensive Coordinator Ben Fuller explained "When playing Byrnes we had to keep their offensive behind our thirty so (Patterson) couldn't put points on the board."

He's a scorer. Scoring 10 of 19 field goals this year, and making 89 out of 91 PAT's Patter-



South Carolina Kicker Kaleb Patterson lines up to launch a football during practice

son was named South Carolina Special Teams Player of the Year.

Patterson says the key to kicking is "just being clutch." Patterson has an offer from Miami (OH) but is hoping to garner some attention while at the Shrine Bowl.

Patterson's career long is 54 yards but can kick it from nearly 70 yards, dialing in from 65 at a camp last season.

Weather: Thursday, 12.14.11

6 AM: 48 F

9 AM: 52 F

12 PM: 61 F

3 PM: 65 F

6 PM: 61 F

9 PM: 57 F



High: 67 F
Precip: 10%

Thursday, December 15, 2011

7:00 AM: Breakfast at the Clarion

7:00 AM: Training room open

9:30 AM - 11:30 AM: Free time at hotel

12:00 PM: Lunch at hotel

Compliments of Grill 221

1:00 PM: Training room open for PM practice

2:30 PM: Afternoon practice (2 hrs)

4:30 PM: Teams leave fields, return to hotel

6:00 PM: Board buses for dinner

6:30 PM: Dinner at Spartanburg Shrine Club

Compliments of Spartanburg Shrine Club

9:00 PM: Return to hotel

TEAM MEETINGS OPTIONAL

9:00 PM - 10:30 PM: Country Store Open

11:00 PM: Lights Out