



East-West All-Star Games

North Carolina Coaches Association
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All-Star Bulletin # 3

Dear All-Star,

This is the last time I'll write you. If there are any questions I haven't answered, please don't hesitate to call the office at 336-379-9095 or email me at pweaver@nccoach.org. Anyone here will eagerly try to help you.

Your body should be in top shape. Don't ease up on your workouts now; the coaches will do that at the appropriate time.

All of the mailings and forms are available online for downloading at eastwestallstars.com if you have not already sent us all of the required paperwork.

Be on time to player check-in at the Robert R. Sawyer Gymnasium at Grimsley High School or at Southwest Guilford High School if you're a basketballer; late arrivals usually miss the team pictures.

Football players report at 1:00 p.m. on Friday, July 8.
Basketball players report at 12:30 p.m. on Saturday, July 9.
Women soccer players report at 10:30 a.m. on Sunday, July 10.
Men soccer players report at 12:00 p.m. on Sunday, July 10.

All players need to eat lunch and hydrate before reporting except women's soccer who will be fed at 2 pm after practice.

Don't forget your nice clothes (coat and tie for men and for women, a church-type dress or something comparable) for the banquet and religious services. Family and friends can still purchase tickets for the banquet if they let us know now. Payment will need to be made by money order or call Tim Via at the NCCA office to order using a credit card.

We are expecting a group of the state's finest young adults. I don't like to mention this but we won't hesitate to send home immediately anyone who chooses to conduct himself/herself in an inappropriate manner.

Make sure you have enough practice gear and some spending money when you come. Practice jerseys or scrimmage vests are the only clothing we provide for practice. We will provide game uniforms. Bring your game shoes. Football players should also bring gym shoes in the event some of your practices have to be moved to an indoor location because of inclement weather.

All teams will stay at the Wyndham Garden Greensboro, 415 Swing Road, Greensboro 27409, 336-299-7650. Unfortunately the pool at the motel will be under renovation while you're here so don't bring a swim suit.

Join the All-Star group on Facebook at www.facebook.com/eastwestallstars. Check out www.eastwestallstars.com and tell your friends to follow it, too. We are also on Twitter at [nccoachesasn](https://twitter.com/nccoachesasn).

One last request is that you make a special effort to be on time for all functions. It is selfish to ask a team or a larger group to wait for one person.

Game tickets can be purchased here: <https://ncca.hometownticketing.com/embed/all>

The best of luck to you in the game. I'm confident you'll enjoy yourself and possibly make some long-time friendships. We've worked hard to prepare for your coming and look forward to the games with great anticipation.

Phil Weaver
All-Star Games Director, NCCA