

# Cougar Coaches

**Running a Tight Ship.** Coach Leroy Riley pushed his players the extra mile to get their best performance. He had no time for anything less.

## Leading the Way

Don't step on the field unless your are ready to give everything you have and leave everything on the field. I grew up playing soccer and Ive spent over 26 years either playing it or coaching it. After I had a career ending injury, coaching seemed like the next best thing.

**-Brian Reid**

In life, the harder you work the farther you can go. Always remember that no matter how hard you work one day there is always someone out there working that hard every day.

**-John Haynes**

You are not going to get anywhere in life if you do not work hard. Dedication comes first and gratification comes later. I like coaching basketball because it is very active and I like the competition.

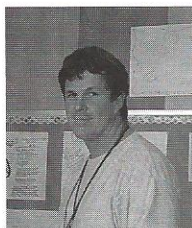
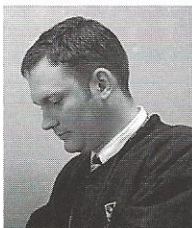
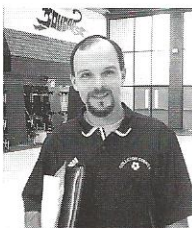
**-Lorraine Browning**

If you believe it, you can certainly acheive it. I've always been a cheerleader, all of my life. In Connecicut, I coached cheerleading for seven years. They were state and national teams.

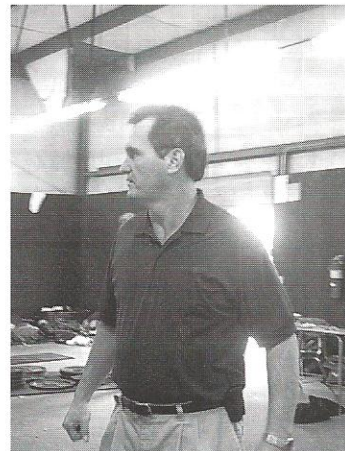
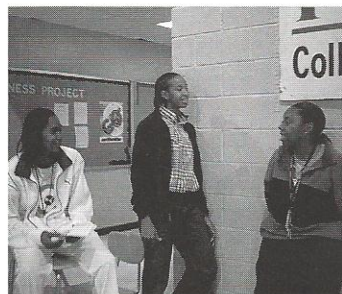
**-D. Harris**

Are you going to let someone work harder and take your place on the team? I believe that football challenges the students to outthink their opponents.

**-John Locke**



**Lounging Around.** Natasha Ferguson and Shay Jones talk to Ms. Williams, the girls varsity basketball coach. Natasha and Shay were two of her starting five.



**Leading by Example.** Coach Roderick no only tells players how to play the game, but he also straps it up at practice and leads by example. Coach Roderick was often found sharing laughs with players.

**I'm so excited!** Cross country coach George Smith takes the cross country team straight to the top. His girls team all qualified for the state meet.

