

Coaches
Corner

LHS's Bobby Collins:

"Union County is talented on both sides of the football. They're better than their record shows. Their receivers are among the best in the state and they have a strong defensive line. We need to focus and execute. It is important to protect the football and stay away from turnovers."

Buford's Tripp Watts:

"Indian Land is a team which has been down the last few weeks, but they picked up a big win over North Central to give them some confidence. We have to control the line of scrimmage on both sides of the ball."

IL's Mike Mayer:

"We have to create turnovers and take advantage of the breaks. When we get in the red zone, we have to make the most of those chances. We have to battle all the way as we did last week."

AJ's C.J. Frye:

"There's no secret to this game, Chesterfield has a talented quarterback and some outstanding receivers. They are capable of moving the ball, so we have to be able to move the football and keep their offense the field."

Tonight's
Games

Union Co. at Lancaster

Lancaster seeks to rebound in its annual homecoming game as the Bruins, 7-1, 2-1, host Union County. Lancaster dropped a 16-7 road loss to No. 2 South Pointe in Rock Hill last week. Union County, 3-5, 2-1, rolled to a 36-12 home win over Clinton High. Lancaster is ranked ninth in the latest Class AAA poll. Union County received votes in the top 10 balloting. The Yellow Jackets are led by former Chesterfield High coach Steve Taneyhill, the former USC Gamecocks' star quarterback. In the overall series with Lancaster, UCHS is 10-6. Kickoff is at 7:30. Next week, LHS caps regular-season play with a home game with Broome.

Buford at Indian Land

County rivals Indian Land and Buford meet for the second time this season, with IL hosting the Jackets for its annual homecoming. IL defeated Buford, 39-38 in the first meeting this season at BHS on Aug. 28. Late in the game, a blocked extra point by Buford's Christian Catledge was caught by IL's Trevor Martin, who dashed into the end zone for an apparent two-point play for a 36-35 lead, but the conversion score, after a later review, should not have counted since, by rule, when an extra-point kick is blocked the ball is ruled dead. IL's Matthew Medlock kicked a 22-yard field goal as time expired to give the Warriors the narrow win. A week ago, IL, 5-3, 2-2, posted a 28-21 overtime win over North Central. BHS, 5-3, 3-1, dropped a 35-14 homecoming loss to Central. BHS has a 30-25-1 lead in the series. IL's Mike Mayer is 13-8 against the Jackets, while BHS coach Tripp Watts is 1-2 against the Warriors. Kickoff is at 7:30. Next week, IL hosts Andrew Jackson, while Buford is home to face Carolina Pride.

AJ at Chesterfield

Andrew Jackson looks to rebound from a home loss to Cheraw as the Volunteers venture to Chesterfield to face the Rams, 6-2, 3-1. AJ fell to Cheraw, 33-12, while Chesterfield, idle last week, dropped a 31-23 home loss to Buford in its last outing, Oct. 9. Chesterfield received votes in the Class AA state poll this week. In the overall series, AJ holds a 26-12 lead. Kickoff is at 7:30. Next week, AJ visits Indian Land to cap regular-season play at the IL Reservation.

BHS duo likes team's bond

Jackets are closer, a key in their 2015 grid success

Robert Howey

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Buford High School senior teammates Christian Catledge and LaDarius Parker play on opposite sides of the ball, but they say the Jackets' 2015 football success is about bonding.

BHS, 2-8 a year ago, has come on strong this season to post a 5-3 record, including a 3-1 mark in Region IV-AA.

"This summer we came together and it drew us closer," said Catledge, a 5-8, 150-pound senior safety on the BHS defense. "I feel we're closer. We spent a lot of time together, nearly every day in the summer."

Parker, a 5-3, 180-pounder who plays running back, said the team has bonded well.

"We're a lot closer," said Parker, a three-year starter. "Our football team at camp before the season had a lot of time to connect. Now, we're like a band of brothers and it goes past the football field."

"When practice is over, we don't go in different directions," Parker said. "We stay together."

Parker provides punch to the BHS offense where he's rushed for 606 yards on 127 carries with nine catches for 82 yards and scored eight touchdowns this season.

"My strong side is the offense," said Parker. "When I run the football, I feel I can change the game, or at least give them a boost of offense in a moment. I like the ball."

A year in BHS second-year coach Tripp Watts' spread offense, which at times features the wishbone set, has also been a benefit after a switch from the Wing-T.



LORIE SELLERS/FOR THE LANCASTER NEWS

Buford High School seniors LaDarius Parker, left, and Christian Catledge say the Jackets' team bond this season has played a key role in Buford's football success under second-year coach Tripp Watts.

"Last year, it was all new, now we're used to it," Parker said. "We've bought into it."

Watts said Parker has secured the ball better.

"In the past, he's had problems with fumbling, but this year he's only had two fumbles," Watts said. "He has come a long way this year and protects the ball well."

Catledge's forte is the BHS defense where he's picked off six passes and ranks as one of the Jackets' top tackling points leaders with 148 points. He has 43 first hits, 42 assists, a blocked kick and broken up a pass.

A week ago in Jackets' home loss to Central of Pageland, Catledge posted 34 points on 11 first hits and 12 assists.

"I like to hit people," he said. "I like the contact."

"Christian flies to the football," Watts said. "He has bat-

tled through injuries this season, but he's worked his butt off."

Catledge, a Buford captain, will likely get his share of pounding tonight when the Jackets battle the rival Indian Land Warriors, who earlier this season in the first of two regular-season clashes, edged BHS, 39-38.

"I love this rivalry," Catledge said. "During the game, we don't like each other, but when it is over, we can shake hands and respect each other."

Parker said he expects a battle at IL's Reservation.

"This game can be a chance to get a little redemption and get back on track after our loss last week," Parker said. "We have to keep the ball and not turn it over. We have to execute like we're capable."

Catledge said the Jackets' teamwork will have to kick in.

"I try to keep us pumped during the game," he said. "We have to keep everybody together and bond as a team, it's being more like brothers than teammates."

Parker said he leads by example.

"I show how I can help the team, but it's not all verbal, but the way I play," he said. "It's more like through my actions."

Parker added the "together" team still hasn't put it all together this season.

"We haven't played our best game yet and we can play better," he said.

Watts said the BHS duo will be vital tonight.

"Both are going to have big games Friday night for us to win," Watts said.

◆ Contact sports editor Robert Howey at (803) 283-1157

Thompson tops bodybuilding field

David Kellin

For The Lancaster News

A field of 14 bodybuilders competed in the first NGA Red Rose City Classic Natural Championship at the University of South Carolina Lancaster's Bundy Auditorium on Saturday, Oct. 17.

Octavius Parker took the overall title, and Maceo Thompson was named meet runner-up.

Parker received a pro card, which allows him to advance to the professional level of bodybuilding competition.

The competitors came from across the area, and even one from Ohio, to claim a coveted trophy. Thompson, Michael Duncan, and Kyle Montgomery are from Lancaster.

Many began bodybuilding as a way to improve their health and fitness.

Cedric Talley weighed 296 pounds when he began his journey. Today, he is "shredded," the sport's term for the muscular look of the bodybuilder.

"Bodybuilding is about setting goals and then reaching them," Talley said.

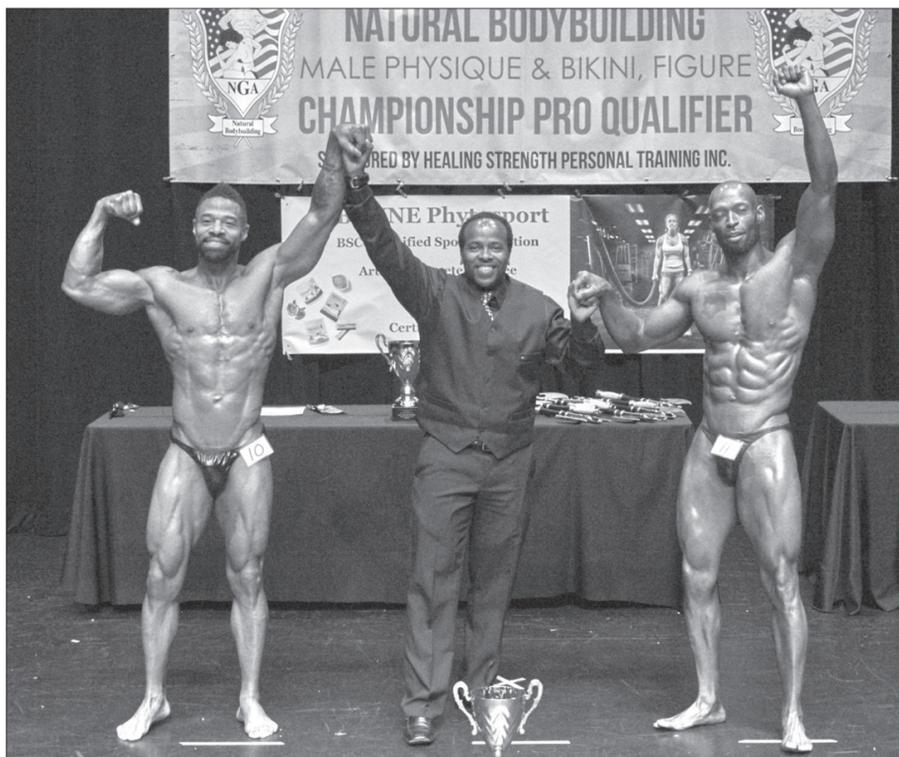
Event promoter Kennett Washington, a Lancaster native and pro body builder, explained what bodybuilding is about.

"It is about tapping your inner strength, and going beyond," said Washington, a former Lancaster High School athlete.

Many view bodybuilding as just a group of muscle-bound men.

Washington's wife Jackie Washington explained it is about education on health and fitness.

"Events such as this one allow bodybuilders that chance to demonstrate their progress and gain support from others," she said.



DAVID KELLIN/FOR THE LANCASTER NEWS

NGA Red Rose City Classic Natural Championship competition promoter Kennett Washington, a Lancaster native, celebrates with runner-up Maceo Thompson, left, and winner Octavius Parker during the event held Oct. 17 at the University of South Carolina Lancaster's Bundy Auditorium.

A number of stereotypes come with this sport. Many of which were not evident in the auditorium on Saturday night. The athletes are more like a group of friends showing off their successes. They are a family.

Washington took the opportunity to pay tribute to his late brother Donnie Washington, who also was a LHS Bruin athlete who played on the 1989 Class AAAA state runner-up football team.

The former Lancaster County sheriff's deputy and Richland County sheriff's deputy died while on duty 12 years ago.

"He was liked by everybody, even the crooks liked him. I

could walk in a store, and someone would say, 'Are you Donnie's brother? He arrested me last night.'"

Washington presented a silver cup to his nephew, Donovan, in honor of his brother. The nephew, flanked by mother, grandmother and uncle, beamed with pride as he looked into the audience.

Kennett Washington gave credit to his family in its role with the competition, which featured pre-judging and final judging Saturday.

"I could not have held this event without the support of my wife, Jackie, my mother, Linda and my family. Thanks to all of them for their support."

Washington's son Ethan was the Kids Fitness winner.

NGA Red Rose City Classic Natural Championship first-place results:

Men's Bodybuilding Novice – Octavius Parker; Men's Physique Novice – Brandon Stinson; Figure Masters – Shawn Smith; Men's Masters Bodybuilding 35-44 – Octavius Parker; Men's Physique Open – Brandon Stinson; Figure Open – Kelsey Adams; Kids Fitness – Ethan Washington; Men's Collegiate Body Building – Richard Saad; Men's Open Middle – Maceo Thompson; Men's Master 45-54 – Kyle Montgomery; Men's Open Light Heavyweight – Octavius Parker