



ATHLETICS



ATHLETICS AT HIGHLAND

Highland is a member of the North Carolina High School Athletic Association's Southern Piedmont 1A/2A Conference and also schedules other Gaston County High Schools in non-conference games.

Student-Athletes participate in the full range of athletics including football, men's and women's tennis, men's and women's soccer, volleyball, men's and women's golf, baseball, softball, men's and women's track and field, men's and women's basketball, men's and women's cross country, swimming, and cheerleading.

Lauren Tolbert, Class of '22 Accomplishments:
9 State Championships across multiple sports

2018 1A Cross Country State Championship Bronze Medalist
2019 1A Cross Country State Championship runner-up
2021 800m AAU JR Olympics Gold Medal Winner, Humble, TX
2021 Adidas Indoor National Champion
2020 Cross Country State Champion
2021 Girls Track & Field Athlete of the Year Nominee
2021 State Women's Cross Country Bronze Medalist
2022 State 300 Meter Record 2:09.37 Gold Medalist
2022 State Champion 100 Meter, time 12.57, Gold Medalist
2022 State Champion 200 Meter, time 25.27, Gold Medalist
2022 1A Women's State Meet Most Outstanding Performance
2022 Duke Athletic Scholarship Recipient

Madison Darnell, Class of '26 NC 1A Women's Tennis State Champion
Asher Neumann, Class of '22 NC 1A Swim State Champion
Ashlynn Stephens, Class of '22 - NC 1A State Volleyball player of the year.
Addison Beam, Class of '18 NC 1A Men's Golf State Champion

SPIA/2A Conference Members:

Highland School of Technology
Bessemer City High School
Cherryville High School
Thomas Jefferson Classical Academy
Burns High School
East Gaston High School
Shelby High School

NCHSAA Scholar Athlete Team Award:

Highest GPA in the State

Women's Soccer - 2013, 2023
Men's Soccer - 2006, 2023
Baseball - 2023
Women's Swimming - 2023
Men's Track - 2023
Football - 2010, 2013
Men's Basketball - 2012
Men's Swimming - 2010
Men's Golf - 2010

Post-Graduation

Every sport at Highland has had athletes go on to play collegiate sports with over 45 student athletes playing at the NCAA Division I, II, or III levels. Highland graduates have received scholarships to play at over 30 different colleges.

Highland athletic teams consistently make the NCHSAA state playoffs and field competitive teams against conference, regional, and state opponents.

State Championships:

Women's 400m Track State Champion - 2019
 Men's Golf Individual State Champion - 2009, 2010, 2018
 Men's 400m Track State Champion - 2010
 Men's 500m Indoor State Champion - 2010
 Women's Triple Jump State Champion - 2009
 Women's Cross Country Individual State Runner Up - 2019
 Women's 800m State Runner Up - 2019
 Women's 100m Hurdles State Runner Up - 2009, 2014
 Women's Cross Country Individual State - 3rd place - 2019
 Women's 800m State - 3rd place - 2019
 Women's 4X400 State - 3rd place - 2019
 Women's Cross Country Team - 9th place - 2019
 Women's Cross Country Team - 5th place - 2018
 Men's Cross Country Team - 11th place - 2013
 Men's Cross Country Team - 8th place - 2011
 Men's Individual Swim Champion- 2022
 Women's 100m Track & Field Individual -2022
 Women's 200m Track & Field Individual -2022
 Women's Tennis Individual State Champion - 2023



Regionals:

Men's Track - 400m - Regional Champion - 2019
 Women's Track - 400m Regional Champion - 2019
 Women's Track - 800m Regional Champion - 2018, 2019
 Women's Track - 1600m Regional Champion - 2018
 Women's Cross Country - Individual Regional Champion - 2018, 2019
 Men's Golf - Regional Champion - 2009, 2010
 Men's Golf - Regional Runner Up - 2008, 2019
 Men's Basketball - Final Four - Regional Runner Up - 2012
 Women's Golf - Regional Runner Up - 2017, 2019
 Men's Cross Country - Regional Runner Up - 2011
 Women's Basketball - Sectional Runner Up - 2010
 Baseball - Advanced to sweet 16 - 3rd round of Playoffs - 2016, 2023
 Men's Tennis - Regional Runner Up - 2009, 2010
 Women's Tennis - Four Qualifying Individuals - 2022
 Women's Tennis - Two Qualifying Individuals - 2023
 Women's Tennis - Team Regional Runner Up - 2023
 Men's Soccer - 4th Round of Playoffs - 2024
 Volleyball - Final Four - Regional Runner Up - 2024



Conference Championships:

Women's Golf - 2013, 2014, 2015, 2017, 2018, 2019
 Women's Track & Field - 2019
 Women's Cross Country - 2018
 Women's Basketball - 2017
 Men's Tennis - 2008, 2009, 2010
 Men's Basketball - 2012
 Volleyball Women's - 2021, 2022, 2023, 2024, 2025
 Men's Soccer - 2025
 Swimming - 2023, 2024, 2025
 Women's Tennis - 2023, 2024, 2025

Highland Athletes have received many honors across multiple sports including:

All State Team, All Region Team
 All District Team, All Conference
 Conference Players of the Year
 Gaston County Runner of the Year
 Gaston Gazette Player of the Year
 All Gazette Tournament Team
 Scholar Athlete Awards
 SP1A Cross Country Female Athlete of the Year
 National Athlete of the Week

1000 Point Scorers in Basketball:

Addison McCraw
 Marjani Onafowora
 Casey Almond
 Leah Graham
 Shatima Sharpe

Elijah Sherrill
 Kobe Christian
 Javon Patton
 AJ McKenzie
 Lee Nester
 Robert Gettys

Conference Coach of the Year:

Baseball
 Men's Basketball
 Women's Basketball
 Women's Cross Country
 Men's Golf
 Women's Golf
 Women's Track & Field
 Swimming
 Men's Tennis
 Women's Tennis
 Softball
 Volleyball