

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 IA 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

SP1A/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

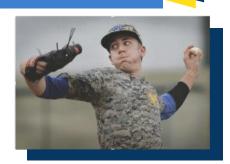
Volleyball Women's - 2021, 2022, 2023, 2024, 2025

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