



# 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:

- 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

Asher Neumann, Class of '22 Swim State Champion  
Ashlynn Stephens, Class of '22 - NC 1A State Volleyball player of the year.

Madison Darnell, Class of '24 NC 1A State Women's Tennis Champion

### SPIA/2A Conference Members:

- Highland
- Bessemer City
- Cherryville
- 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
- Football - 2013, 2010
- Men's Basketball - 2012
- Men's Swimming - 2010
- Men's Golf - 2010
- Men's Soccer - 2006

### 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 - 2018, 2010, 2009  
 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 - 2014, 2009  
 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 and 200m Track & Field Individual - 2022  
 Women's Tennis - 2023



**Regionals:**

Men's Track - 400m - Regional Champion - 2019  
 Women's Track - 400m Regional Champion - 2019  
 Women's Track - 800m Regional Champion - 2019, 2018  
 Women's Track - 1600m Regional Champion - 2018  
 Women's Cross Country - Individual Regional Champion - 2019, 2018  
 Men's Golf - Regional Champion - 2010, 2009  
 Men's Golf - Regional Runner Up - 2019, 2008  
 Men's Basketball - Final Four - Regional Runner Up - 2012  
 Women's Golf - Regional Runner Up - 2019, 2017  
 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  
 Men's Tennis - Regional Runner Up - 2010, 2009  
 Women's Tennis - Four Qualifying Individuals - 2022  
 Womens Tennis - Two Qualifying Individuals - 2023



**Conference Championships:**

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

**1000 Point Scorers in Basketball:**

Marjani Onafowora  
 Casey Almond  
 Leah Graham  
 Shatima Sharpe  
 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

Highland Athletes have received many honors across multiple sports including:

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