

MEET THE STAFF:

Reid Holmes-- Head Baseball Coach

Coach Holmes is in his fifteenth year as the head coach at Southwest Guilford. He was an assistant for five years prior to becoming the head coach in 2000. As an assistant, he was part of the 1995 2A State Runner Up team at Western Guilford and the 1997 2A State Champion team at Southwest Guilford. During his time at Southwest, the Cowboys have reached the state playoffs for thirteen consecutive seasons, advancing as far as the regional finals in 2000. He graduated from Western Guilford and UNC Charlotte with a degree in English. He is in his nineteenth year teaching English at Southwest Guilford.

Wayne Pryor Jr. - Head JV Women's Basketball Coach

B.S. in Physical Education with a concentration in Sports Management from Elizabeth City State University May 2011. Team Felton Basketball Assistant 2011-Present. Assistant JV Boys coach at Greensboro Day School 2011-13 with a record of 65-3. Head JV Girls Coach at Southwest Guilford High School 2015-2015. Assistant Varsity Boys and Girls Coach at Southwest Guilford High School for the past 2 years.

Jon Chambers-- Head Softball Coach

Coach Chambers is in his twelfth year as the Head Coach at Southwest Guilford. He was the JV Coach for four years prior to becoming the Head Coach in 2003. During his time as Head Coach, the Cowgirls have reached the state playoffs for eleven consecutive seasons, obtaining two District Championships, one in 2008 and the other in 2011. Coach Chambers graduated from Northeast Guilford in 1990. He attended UNC-Greensboro on academic scholarship and graduated Cum Laude with a degree in Exercise Sport Science and Math. Coach Chambers is in his sixteenth year teaching at Southwest Guilford. He taught math for his first two years and is in his fifteenth year as the weight training coach.

Meredith Antley- Assistant Men's Coach

Junior Varsity Coach at Southwest from 2007-2011. Varsity Coach at Southwest from 2013 - current. Played volleyball at Southern Guilford High School, club at Appalachian State University.

MEET OUR ATHLETIC DIRECTOR:

Brindon Christman - Athletic Director

Brindon Christman, athletic director at SWGHS from 1999 to present. Former football, baseball and track and field coach, with a degree in Sports Management from Guilford College and a Master's degree Physical Education from NC A and T State University. SWGHS current offers all NCHSAA supported sport teams. Our goal for our athletic department is for student athletes of all levels to reach both their athletic and academic full potential while participating in high school sports. We want students to embrace hard work, character development and strive to build unity among teammates, and classmates. We are very proud that our student athletes are among the highest gpa's and smartest students in our school.



**COWBOY & COWGIRL
ATHLETICS**

**4364 BARROW ROAD
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Softball
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**Southwest
Guilford
High School**



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Southwest_Guilford_High](http://swghs.gcsnc.com/pages/Southwest_Guilford_High)
on our school website

**SUMMER
2015**

"The following materials/statements/programs are not endorsed by GCS nor do they represent the district's position or policy."

2015 SWHS Baseball Camp

Monday, June 22 - Thursday, June 25

9:00 am - 12:00 Noon

Camp Cost: \$85.00

Ages: 7-14

The coaching staff at Southwest Guilford High School pride themselves in teaching the game of baseball. The 2015 camp will be held at the Southwest Guilford High School baseball field. Proper mechanics, drills, and strategy for all positions will be taught, demonstrated and discussed.

T-shirt, daily snack, and camp insurance are included in the registration fee.

Please return registration information by **June 16th** and check payable to:

Baseball Booster Club
Attention: Reid Holmes
4364 Barrow Road
High Point, NC 27265
holmesa@gcsnc.com



2015 SWHS Basketball Camp

Wednesday, June 24 - Thursday, June 25

8:00 am - 12:00 Noon

Camp Cost: \$70.00 for one, \$125 for two. For walk-up campers that register the first day of camp, the price for camper is \$85 the day and \$140 for two

Ages: 6-18

The Southwest Guilford High basketball coaching staff enjoys teaching the game of basketball. We really want young players to learn the game the right way as basketball can be fun for all. The camp will be held in the beautiful facilities at Southwest High School, which happen to be some of the best that the state has to offer. Campers will learn basics fundamentals, conditioning and health related tips and strategy for all positions. T-shirt, daily snack, and camp insurance are included in the registration fee. Special guest professional International Professional Players will make an appearance.

If you have any questions please contact Wayne Pryor Jr., at **919-610-7819**. Please return registration information by **June 16th** and check payable to:

SW Basketball Booster Club
Attention: Wayne Pryor
4364 Barrow Road
High Point, NC 27265
pryorw@gcsnc.com



REGISTRATION FORM:

Camper Name: _____

Age: _____

Circle one: Male or Female

Grade for 2015/15 School yr. _____

Address: _____

Phone: _____

School: _____

I certify that my child is medically qualified to attend SW basketball camp and I hereby authorize the staff of the camp to act for me according to their best judgment in any medical attention. I give permission for a physician and/or hospital staff to administer necessary care to this child. I waive and release the Guilford County Schools, SWGHS camp, Guilford College, and its staffs from all liability for any injuries and illnesses incurred while attending camp.

Parent/Guardian Signature: _____

Phone # Home: _____

Work: _____

Cell: _____

Insurance Company: _____

Policy Number: _____

Allergies/Medical Concerns _____

T-shirt size: YL Small Med Large XL

Emergency Contact Information:

Name: _____

Contact #: _____

Walk-up registration is welcome!

2015 SWHS Softball Camp

2015 Cowgirl Softball Clinic

June 15-18 5:30-8:30pm

\$ 80.00 Pre-Registration

\$90.00 for walk -ups

If you bring a travel team of at least 10

You will receive \$10 off per girl.

Camper to coach ratio 4:1

This camp is for beginners to intermediate level players and will offer instruction and training in skills and techniques of throwing, catching, hitting, base running and defense. Players will be separated into smaller groups based on age and skill level. All instruction will be done by Coach Jon Chambers and his staff.

You may reach him at: **336-509-4755**

- Participants should wear comfortable clothing.
- Bring your glove, cleats and bat.
- Water will be available but bring sports drinks if you like.
- Each participant will receive a t-shirt.

Please return registration information by **June 16th** and check payable to:

SW Softball Boosters
Attention: Jon Chambers
4364 Barrow Road
High Point, NC 27265
chambej@gcsnc.com



2015 SWHS Volleyball Camp – ** with Guilford College**

Where: Southwest Guilford High School, Jim Coggins Gymnasium

When: July 14th – 15th (Tuesday - Wednesday)

Time: 9:00-12:00 pm (for rising 6th – 8th graders)
1:00-4:00 pm (for rising 9th – 12th graders)

Cost: \$50 (includes instruction from Guilford College staff as well as t-shirt)

DUE BY JUNE 26th

Forms/money may be turned into:

Coach Meredith Antley
Southwest Guilford High School
4364 Barrow Rd.

High Point, NC 27265

e-mail: mesink@yahoo.com

***Please make checks to SWHS Boosters**

****Anyone who registers after June 26th will NOT receive a t-shirt and is not guaranteed a spot in the camp****

