

#1A-1d Beaufort Scrapbook (Nancy Duffy Russell)
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coached in the fundamentals of the game. They had been taught proper shooting techniques and defensive principals. Coach McQuaid furthered his knowledge of the game through his association with Coach Clair Bee and other great coaches of the era at Coach Bee's summer camps at New York Military Academy.

"It is important to note that his players achieved success as college graduates and as business and professional men. The fact they acknowledged his positive influence on their lives says a great deal about his character and the values he taught them. His long and successful career certainly contributed a great deal to the history of interscholastic athletics in our State."

David Odom, Head Basketball Coach at Wake Forest University, recalls knowing Coach McQuaid from an early age.

"As a young boy growing up in eastern North Carolina who loved basketball, it was impossible to ignore legacy of Coach Tom McQuaid, the head basketball coach at Beaufort and East Carteret High Schools in Carteret County. His teams always won, and they won big. His teams were the scourge of the East, and the story of their successes began to spread throughout the state.

"But the real story of Coach McQuaid lies not only in the wins and championships but also in the lives of the many players that he positively affected and the environment for success that followed his every step in the high schools that he served and the communities in which he lived. Everyone who followed his teams took pride in their accomplishments; the schools prospered as great places to learn and the communities were great places to live. Even those of us who lived elsewhere benefited. The standard had been set and the bar was high indeed. Competition improved and coaches throughout the East began to study the style of Coach McQuaid and model their teams after his.

"His players played and learned and graduated and each made his own mark. Today, some are businessmen, some are lawyers, others doctors, and still others are educators and coaches. Each possesses the unmistakable Tom McQuaid trademarks - hard work, discipline, loyalty, and dedication. Winners all!

"Basketball has been great to me and, in a very real way, the coaching profession is better because of his life and contributions."

**MR. MCQUAID A MAN
TO BE REMEMBERED**

'June 13, 2000

There was certainly community pride in Coach McQuaid's basketball teams. To be a Sea Dog fan, one did not have to have a child grandchild or neighbor who played Basketball or attended Beaufort High School. Spectators and supporters spanned all ages and all walks of life. The common link was basketball, played in Beaufort High School's gymnasium or in a gym in some other community, in a regularly scheduled game or a tournament, or state championship game.

On Tuesday and Friday nights during basketball season, plans were made to attend games or to listen to Ray Cummins play-by-play description on Beaufort's Radio Station WBMA, 1400 on the radio dial. There were always sponsors for these broadcasts, and Mr. Cummins never missed a game.

Through the years the style of uniforms has changed. Uniforms of Beaufort High School days were neat and trim and short in length. The baggy knee-length selection worn by basketball players today would probably have been hard for McQuaid to accept.

The Beaufort High School Sea Dogs were easily recognized by their school colors, emerald green and white. Home uniforms were white with green numerals and away games, green with white numerals. Whether a player was a starter or just sitting on the bench, getting a uniform was a happy and proud moment.

Those of us who played basketball at Beaufort High School can certainly be dated because polyester was not even developed at that time. Our uniforms were of a material that had to be dry-cleaned. They were not the convenient synthetics worn today. Our uniforms were taken to Johnson-Saunders' Dry Cleaners and probably not often enough.

Being privileged to wear a Beaufort High School uniform took many hours of practice and concentration after school in a cold, damp gym, heated only by one coal stove located in the southwest corner away from the court. Mr. McQuaid was a no-nonsense coach whose intense training molded his players into the winners they were.