Baseball and Basketball





- Fred was born in 1937 in Warrenton, NC.
- ❖ He lettered in three sports, and was all conference in Baseball and Football. He received scholarship offers from Clemson, Wake Forest and accepted one from Louisburg for Baseball and Basketball. He transferred his junior year to East Carolina receiving his BS in PE, and Master in Educational Admin in 1967.
- At East Carolina, he met Dee Ballou from Morehead City, and they married in May 22, 1960. Dee and Fred have three children, Betsy, Nancy and Fred III and they have seven grand children.
- ❖ 1960 he did his student teaching at Smyrna teaching 6<sup>th</sup> Grade Physical Education.
- ❖ Both Dee and Fred fell in love with Smyrna, and over the next five years Fred would make a significant impact on both sports and education in Carteret County.
- **❖** Taught Physical Education, General Science, Health & P. E., Civics, Economics and Sociology, Driver Education.
- Coached Boys' Basketball and Baseball.
- ♦ He was the Principal in 1964-1965 the last year before consolidation into ECHS.
- ❖ He coached through the 1964 season and became the Principal in 1965 where he started the football Program.

## **Championship Teams**

- Regular Season Championship 1960 Smyrna Pony League Team Record 13 and 1 (928%).
- ❖ 1963 Smyrna Championship Baseball Team − Record 10 and 3 (769%), and second in conference in Basketball with a record of 8 and 2 (800%)
- ❖ 1964 Smyrna Basketball Conference and Tournament Championship Team Record 25 and 5 (833%). The last time Smyrna Won a Conference Championship was in 1947.
- ❖ Was Baseball "Coach of the Year" for 1963, and Basketball "Coach of the Year" for 1964.