



# Heathwood Athletics



With more than 80 percent of our Middle and Upper School students participating in at least one sport, athletics are an integral part of life at Heathwood. We believe strongly that a robust athletic program promotes a healthy mind, body, and spirit in each student, and provides invaluable opportunities to encourage fitness, self-discipline, teamwork, and individual excellence. It's about helping each student maximize their unique potential.

## HIGHLANDER TEAMS

*We field 37 teams in 16 sports starting as early as fifth grade.*

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|--------------------------------------|--|
| Baseball boys (V, JV)                | Lacrosse boys (V, B)                   |
| Basketball girls and boys (V, JV, B) | Soccer girls and boys (V, JV)          |
| Bowling girls and boys (V)           | Sporting Clays girls and boys          |
| Cheerleading girls (V, JV, B)        | Swimming girls and boys (V)            |
| Cross Country girls and boys (V, JV) | Tennis girls and boys (V, JV)          |
| Football boys (V, JV, B)             | Track and Field girls and boys (V, JV) |
| Golf girls and boys (V)              | Volleyball girls (V, JV, B)            |
|                                      | Wrestling boys (V, JV)                 |

## Exceptional Coaching

Like our teachers, Highlander coaches are more than just experts within their sport. They are engaged, motivating mentors who help our students learn the technical mastery and discipline to excel and the sportsmanship to truly lead on and off the field, track, or court. Our coaches and teachers have a close working relationship and help our student athletes successfully balance academics and athletics.

## State-of-the-Art Facilities

Heathwood's exceptional athletic facilities include a track, cross-country trails through our 122-acre wooded campus, multiple fields, gyms, and training facilities. These are often used by athletic associations to host statewide events. This year, we opened the Tourville Center, Heathwood's strength and conditioning facility, in our Lower Gym. The space features new weight equipment from Sorinex, a rehab and cardio room overlooking Highlander Stadium, updates to the athletic training room, and new athletic offices. The top-of-the-line facility models our commitment to strength and conditioning and continues to keep Heathwood Hall at the forefront of facilities in SCISA and across the state.

## Endless Opportunities

Each year, Highlanders continue their athletic careers at the collegiate level. Our coaching staff partners with our College Counseling Office to offer extensive guidance throughout the college recruiting process. And we work diligently to secure media recognition for our entire program and those college-bound athletes specifically. The Highlanders have a strong social media following, consistent local media coverage, and have recently been covered through ESPN, ESPNU (on campus twice for signing day), Sports Illustrated, CBS Sports, Fox Sports, Saturdays Down South, and SEC Country, among others.



## Q&A WITH MARCUS LATTIMORE Head Football Coach

### WHY DID YOU CHOSE TO COACH AT HEATHWOOD?

"Heathwood is a special community, with kindhearted people who make it feel like home. The genuine care for our students is evident. Serving as head football coach gives me the opportunity daily to motivate, inspire, and make an impact on the lives of our students."

### WHAT IS YOUR APPROACH TO COACHING?

"Our coaching staff believes in building a uniform system, developing the program from top to bottom, with accountability as the foundation. We teach our players the 'why' of doing things, not just the 'how' or the memorization of details. Our athletes know they represent something bigger than themselves. They work with pride to have people respect the name on the back of their jersey and more importantly, the name on the front."

### WHAT IS HEATHWOOD'S PHILOSOPHY OF ATHLETICS?

"There are so many life lessons you can learn outside the classroom. Sports take commitment and responsibility. It's hard work to be a part of a team and balance school work with practices and games. Our students learn to trust each other, themselves, and their coaches. They have to find the resilience to keep going when things get tough. We want them to understand that the *win* is not everything. Being a good citizen – a good teammate – has to be first. At the end of the day, it's what matters most. Heathwood's entire coaching staff genuinely cares about our student athletes and works to instill this in these young people."



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## RECENT ACCOLADES

- 30 All-Region athletes
- 25 All-State athletes
- 6 individual State Champions
- 5 state Players of the Year
- 3 statewide SCISA Student Athletes of the Week
- 3 state runner-up championship finishes
- 2 SCISA Region 1-AAA State Championships
- 1 State Coach of the Year
- 1 Region 1 Co-Coach of the Year
- 1 NSCAA State Private/Parochial School Coach of the Year
- 1 Regional Coach of the Year
- WACH Fox Scholar Athlete of the Year
- Watkins Award finalist
- WLTX Player of the Week
- *The State* Midlands Runner of the Year
- Half of all 2016 graduates on the football team now playing at the college level



## 10 YEARS OF HIGHLANDER ALUMS PLAYING COLLEGIATE SPORTS

**Baseball** College of Charleston

**Basketball (men's)** Berry College, Erskine College, Johnson College, University of North Carolina Asheville, United States Military Academy at West Point (Army)

**Basketball (women's)** Benedict College, Clemson University, Columbia International University, Elon University, Francis Marion University, University of Delaware, University of South Carolina (#1 recruit in the nation)

**Cross Country (women's)** University of Virginia

**Football** Dartmouth College, Duke University (2 players), Furman, Hampden-Sydney College, Mississippi State

**Lacrosse** Rhodes College, Tufts University

**Rowing (women's)** Clemson University

**Soccer (women's)** Brevard College, College of William & Mary

**Swimming (women's)** University of South Carolina

**Tennis (men's)** Sewanee:

University of the South

**Volleyball (men's)** Erskine College

