

Goode, Generals off to positive start

By Tommy Keeler Jr.

QUICKSBURG — A year after almost not being able to field a varsity squad, the numbers are up and there's some real positive energy brewing at Stonewall Jackson.

In May, the school hired Jay Goode as the new head football coach and so far things are going well for the Generals.

"The first day of practice went great," Goode said on Thursday evening. "We had about 62 kids out, which was a good number. They

really worked hard.

"It was a great practice. They had a great attitude. I was really impressed with the first day."

Goode said of the 62 kids, about 36 of them are on varsity. That is twice as many as the Generals had show up for varsity last year on the first day of practice, forcing the school to consider canceling the season.

Goode coached for the last 16 years as an assistant football coach at Glenvar High School in Salem. The

Highlanders won their first-ever state championship in football last year. He was also the head girls soccer coach at Glenvar.



Name

A graduate of Radford High School, Goode said he also coached at Patrick County High School and under his former high school coach and Winchester native

Norman Lineburg at Radford. Goode said that he wanted to become a head coach, and so when the youngest of his three daughters graduated from high school this past summer he felt the time was right.

"It's a nice area, nice school, great administration. I'm glad to be here," Goode said. "The people are friendly. The administration is great, the kids are great. We've really enjoyed the experience so far, hopefully it will continue."

The Generals went 1-9 last year, winning the final game of the season against Page County for the second consecutive year.

Longtime coach Dick Krol retired after his 28th season as head coach of the Generals with a 142-154 record.

Goode said the Generals will run a different offense and defense this season, switching to a Wing-T on offense and a 4-4 on defense.

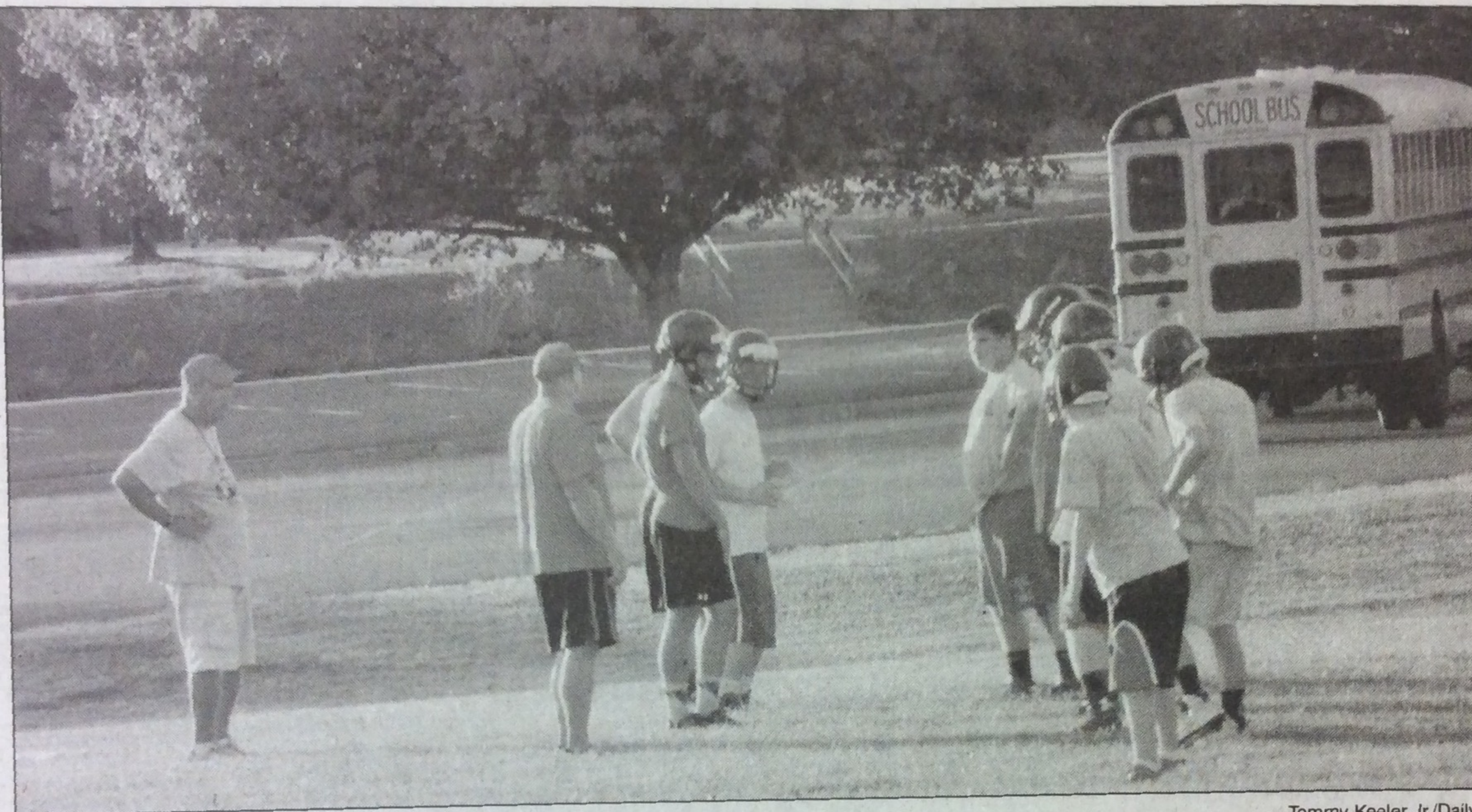
"They were running a new offense and a new

defense. They seemed to pick up on it well, especially today," Goode said. "They really got an idea of what were running. They seem real excited."

Goode said that his assistant coaches have been a big help to him, especially with getting the numbers up for the varsity squad.

He said getting the numbers up is one of the biggest keys to turning the program around, and he also wants the players to have fun while playing.

GOODE, B3



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Stonewall Jackson head football coach Jay Goode, far left, watches during football practice Thursday in Quicksburg. Goode was hired in May to replace longtime coach Dick Krol.

Goode

Continued from B1

Goode said one of the biggest keys to success at Glenvar was the weight room, and he was very pleased with the turnout for

the Generals in the weight room over the summer. He said they ran two sessions during the summer and had an average of about 25 kids for each session.

"The kids have had great attitudes. They've really worked in the summer," Goode said. "They came in

our weight room and they got after it. Some of it's going to pay off this year, hopefully."

Goode said the main goal for the team this year will be a simple one.

"Our goal is just to improve every day, get better," Goode said. "That's

kind of our goal going into the season – just get better each practice, each game. That's kind of our team goal this year."

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