

Lyons Steps Down At Avery

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Missy Lyons has stepped down as girl's basketball coach at Avery High. Lyons led the program for 11 seasons, won nearly 200 games and led the Vikings to a pair of Class 1A sectional championships.

The Vikings (0-3 in regional competiion) have been to regionals three times in school history. Lyons owns two of those trips. Lyons, who won nearly 200 games during her 11-year stay with the program, made the announcement on Monday. But she will remain at the school in a teaching capacity.

The Vikings were 21-8 last season and lost to North Wilkes in the sectional finals. Lyons was 126-45 from 2008-12. Her 2010 squad was 24-4 and lost to Kernersville-Bishop McGuinness in the Class 1A Western Regional semifinals.