

ASU Hoops Inks Two for 2014-15

Written by Ryan Bower

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Appalachian State University men's basketball head coach Jason Capel announced the signing of two players to National Letters of Intent on Thursday.

"I love the potential of this class," said Capel. "Both are exceptional young men who are very talented and hard workers. I believe they bring different qualities to our program with their athleticism and ability to be outstanding two way players."

The two-player class consists of guard Kedrick Flomo (Winston-Salem, N.C./North Forsyth) and forward Rasheed Worrell (Coker, Ala./Sipsey Valley).

Kedrick Flomo

6-2 • 175 • Guard

Winston-Salem, N.C.

North Forsyth High School

Team Charlotte AAU

Flomo will join the Mountaineers following his senior season at North Forsyth where he has averaged 24.0 points per game over his first three seasons for head coach Shawn Vestal's squad and is poised to become the all-time leading scorer in school history. Flomo is a three-time all-conference selection, has been named as an all-district selection twice and was named as the Mid-Piedmont 3A Conference Player of the Year as a junior. He holds career and single-season school records in three-point shooting and assists. Flomo is also the school record-holder in single-game scoring (45) and holds school single-game records in field goals (16) and three-point field goals (9). In addition to his outstanding career at North Forsyth, Flomo has also played AAU basketball for Team Charlotte - a squad coached by 12-year NBA veteran Jeff McInnis. Flomo chose Appalachian over a number of other Division I schools including East Carolina, Georgia Southern and Winthrop.

Capel's Comments: "I am pleased and very excited about adding a player of Kedrick's caliber to our program. He is a great kid who comes from a great family and has been mentored by two

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great coaches (Jeff Vestal - North Forsyth and Jeff McInnis - Team Charlotte AAU). Kedrick is a winner at every level, both on the court and in the classroom. He has a natural knack for scoring the basketball from anywhere on the floor and has the ability to be a facilitator as well. Kedrick possesses exceptional quickness and athletic ability that will also help him become a very good defender. He is a driven young man with great leadership qualities who works tirelessly on the court and in the classroom. I really think other players will enjoy playing with him and I am very much looking forward to getting the opportunity to coach him at the next level.”

Rasheed Worrell

6-8 • 205 • Forward

Coker, Ala.

Sipsey Valley High School

Alabama Magic AAU

Worrell will come to Boone after his senior season at Sipsey Valley where he has averaged better than 10 points and nine rebounds per game over the past two seasons including 15 points and 10 rebounds per game last year. Worrell connected on 53.8 percent of his field-goal attempts as a junior and blocked more than 100 shots en route to all-state honorable mention accolades. In addition to his career at Sipsey Valley, Worrell has also played AAU basketball for Alabama Magic. Worrell chose Appalachian State over Loyola-Chicago, Presbyterian and Wofford.

Capel's Comments: "Rasheed is a really good kid and a player full of potential. The first thing that jumps out at you is his length. He is really long and athletic and understands how to use both as an asset to his team. He is a multiple-jump player, meaning he can keep balls alive and rebound above the rim and outside of his area. Defensively, Rasheed is a guy who will be able to protect the basket as well as defend multiple positions. Rasheed is really young for his graduating class, having just turned 17 a few months ago. I truly believe he has another growth spurt left in him and he already stands 6'8". Offensively he can face the basket and make shots as well as use his length and explosion to finish plays around the rim. Rasheed is a skilled forward, who enjoys the process of getting better and working hard. I think he has a very high ceiling of potential that we are looking forward to developing. "

Photo Courtesy: Jason Capel, ASU Athletics