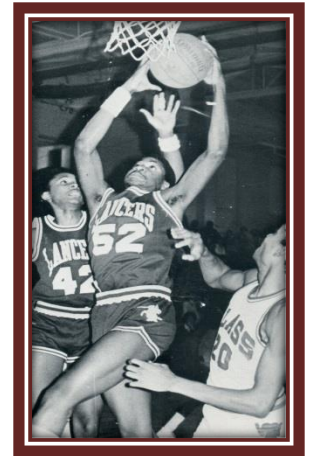


Michael Herndon

Mike Herndon, at eleven years old, sports was not in the plan for him. At the age of twelve, he signed up to play basketball in the Amherst County Recreation League. By his own accounts, he knew nothing about the game and he was awful and uncoordinated. That didn't last long. Mike's first coach was Glenn Ricketts, (Hall of Fame Inductee). Glenn taught him how to shoot layups. Assistant Coach. Eddie Carter worked with him throughout practices and he got better and developed a lifetime love for the game. After his first year of recreation league basketball, Mike's Dad put up a goal in the yard. Mike practiced relentlessly, working to get better. The following year he was selected to play on the All-Star team.



With just two years of experience at Monelison Junior High, Mike entered Amherst County High School. His sophomore year, he was selected to be on the 1978-79 Varsity team. This team was the defending Seminole District Champions. The team consisted of mostly returning players from the previous season, Mike and David Smith were the only two sophomores on the team. He remembers not getting a lot of playing time that year, but he did not consider it a wasted year. He had the chance to practice daily against the older players, increasing his level of competitiveness, while preparing for the next season. The 1979-80 team proved to be a team to contend with. With only two returning starters and a host of players from the previous years undefeated JV team, the Lancers captured the Seminole District regular season and tournament championship. Mike was named as a 1st team All-District player and to the Lynchburg News and Advance All-Area Team.

Success gained from the court at Amherst County High School enabled Mike to receive a scholarship to play at the Virginia Military Institute. The coaches at VMI had selected five freshmen to the 1981-82 roster. Mike ended up being the only one of the five who wasn't a starter, until the 13th game of the season at Tennessee Chattanooga where he got his first start, which continued for the rest of his career at VMI. Mike competed against former NBA players such as Mark West (Old Dominion University), Olden Polynice and Ralph Sampson (University of Virginia). One of his fondest memories at VMI was playing against his good friend and former teammate David Smith when their two teams (VMI and Radford) met in Lexington, VA in front of their former High School coach, Ernie Guill. Quite a career for the kid who at twelve years old decided he wanted to play basketball.

CAREER HIGHLIGHTS

- ACHS, Regular Season & Seminole District Undefeated Champions 1978-79
- ACHS, Regular Season & Seminole District Champions: 1979/80
- 1st Team All District: 197-/80
- Lynchburg News & Advance All Area Team:1979-80
- VMI, Leading Rebounder:1982-83, Most Valuable Player: 1984-85, #6 All Time Blocked Shots & #9 All-Time Field Goal Percentage