



2007 Inductee

VERNON WESTCOTT LAMOUREAUX

“WEST”

What coach would not have liked to have had an athlete like West Lamoureaux? He graduated from Garinger High in Charlotte. West lettered four years in football, Conference Champs, State 4A Champs State runner up, All Conference, All City/All County, Honorable Mention All State and Captain ... and that was just football. West ran Track and Field. He was a wrestler on the first wrestling team and went to the Shrine Bowl in 1962 - Head Coach selection. West attended Wingate Jr. College and Appalachian State. In college he competed in track, shot put, discus and javelin. He played football in 1964 at Appalachian until he was injured. As a coach, he came to LHS in 1966, coaching football, wrestling and track. West has been a High School Wrestling Official since 1972 and is still active. He was selected to officiate State Dual team Finals and State Individual Wrestling finals numerous times.

