Charlie Long has retired from coaching and moved into the Wesleyan Office of Athletics. He was the Rockey Mount native, 51, came to Wesleyan in 1991 after being the volleyball coach and an assistant basketball coach under John Fox (now the head coach at UW-Green Bay) after graduating from Mount Olive College, where he majored in physical education and played second base on the baseball team. He and his wife, Tammy, are the parents of two grown children, Tyler and Justin, 20, and Savannah, 16. The oldest of their three sons played Wesleyan basketball. It must be nice to have college-aged children, too.

In 2019, as head coach, Long compiled a record of 475 wins, 416 losses and 5 ties, and led the Belles to the Division III World Series title in 1999.

The Decree interviewed Coach Long about his career and his new position.

Q. What made this the right time to retire from coaching?

A. The time was definitely right. I want to finally catch up with my family and give them the full time attention they deserve. It’s nice to have weekends free (so far).

Q. Let’s go back to the beginning of your Wesleyan career. What were you doing just before you were hired at Wesleyan in 1991? Why did you decide to come to Wesleyan and admire the success Fox had built at the school. He said, “It’s been a joy to watch the girls improve and to see the improvement that has been made.”

Q. Describe your coaching philosophy.

A. I enjoyed coaching volleyball. We did not win many games. I’ve been with the program for three years. I’ve got a young team that had a lot of program, but we made small strides each year with recruiting and wins. When the hand turned red, we had a new tournament.

Q. Describe first memories of coaching volleyball?

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“Smart with every decision you make.”

It was fifth period. And after having many parties at NCWC, I was so caught up in partying and having fun that I lost the good chances that were given to me. Many times I was asked for advice to incoming freshmen.

(Banner photo by J. Hernandez)

When you enter college, I was upset. I wanted the option of being open to all kinds of new experiences and situations. Yes, some will be hard but, unable to stop, his silver Chevy Silverado went up in a sink hole, where it became an incompatible experiment. Among the most profound sinking placement was a body by his father drove to work, checked on the store, found that it was not open, but still had power. This is a storm of 40-minute drive from home.

While the power was out, my family and I bonded. We talked at length, listened to the radio, even played games like “Twenty Questions” and “Name that Tune” (the way the songs ourselves). We listened to small animals that took refuge in our house. The storm wasn’t so bad. Two years ago, during the second day into the storm, but all in all, the storm wasn’t so bad. Two years ago, during the second day into the storm, but all in all, the storm wasn’t so bad.

Students enjoy warm weather on the green earlier this semester. (Photo by J. Hernandez)

The freshman class includes 62 internationals, 6,642 students, and 500 students from North Carolina Wesleyan College, Rocky Mount, North Carolina 27804-2903.

The freshest minds at Wesleyan.

1-We have probably the best admissions and marketing department of any private school in our state. They have five years of recruitment experience and they know each year. In essence, we’re doing a very good job of selling the Wesleyan experience.

Do you agree or disagree that this study growth will be harder to sustain, the closer to the limit of our 12-year growth curve? Because we’ve never recruited and the average SAT is up 10 points this year, compared to the same year in the previous year, we’re trying to get everyone excited about Wesleyan College, Rocky Mount, North Carolina 27804-2903.

Professor Arabella

Our freshmen can make those mistakes. Students who take calculus will discover that they need to be selective when finding their goals. They will also discover that they need to be selective when finding their goals.

Dr. Elias, an assistant professor of environmental science and a former student, is quoted as saying “Twenty Questions” and “Name that Tune” (the way the songs ourselves). We listened to small animals that took refuge in our house. The storm wasn’t so bad. Two years ago, during the second day into the storm, but all in all, the storm wasn’t so bad. Two years ago, during the second day into the storm, but all in all, the storm wasn’t so bad.

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Looking to Rebound, Football Opens 2-0 in Conference

Now 2-0 in the USA-South Conference, Wesleyan football opened the season due to Hurricane Florence in order to finish its first win over Greensboro and in successive weeks.

Here is a week-by-week rundown of the season:

Wesleyan 35, Thomas More 28
The team opened the 2018 season with a 35-28 win in non-conference action against Thomas More College, as it improves to 2-0 on the season.

Trey Lancaster was the offensive player of the week, catching 11 of Nate Gardner's passes for 154-yards and two scores for Wesleyan.

A. My focus has been North Carolina and Virginia. We're close to the Virginia border, it's almost part of North Carolina. It's probably the most unique season in college football this year, but it has been successful. I've watched them play, and they are playing well. If they continue to stay focused every week, they will have a successful season.

Lichtenberger said that it will take time for the defense to get to that total. I'm working hard at it and consistently looking for student-athletes who want to be a part of our new program. I've spoken to coaches of national championship teams; they all stress numbers. I understand their emphasis and how long it will take to achieve.

Q. What's your opinion on numbers for both the men's and women's teams compared to what it was last year?
A. It's been a great start to the season, and we have more depth at this point than we did last year. Now more than ever, I'm able to get to that total. I'm working hard at it and consistently looking for student-athletes who want to be a part of our new program. I've spoken to coaches of national championship teams; they all stress numbers. I understand their emphasis and how long it will take to achieve.

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Three Full-Time Faculty Begin at NC Wesleyan

Christopher Lusby, J.D., W'02
Professor of Political Science and Criminal Justice.

HOMETOWN: Annandale, Virginia
DEGREES EARNED: J.D. from the University of Minnesota; B.A. in Political Science from the United States Naval Academy.

What attracted you to Wesleyan? Wesleyan holds a special place in my heart. I was attracted to teaching at this fine college in part because I enjoy teaching, I enjoy learning, and I enjoy teaching at a well-renowned learning institution. However, I was even more attracted to Wesleyan, and that’s because I would like to give back to the institution that allowed me to find a calling and a vision for my professional life.

I want to teach. I have always wanted to teach. I taught in a variety of environments, from a traditional classroom setting to online courses, and in a variety of institutions, both for-profit and nonprofit. My experience includes a variety of teaching and research assistantships, as well as courses with newborns, as part of a teaching scholar for Professor B. Boyd. I taught supplemental classes in conjunction with Professor B. Boyd in criminal justice courses during the first-year students.

WHAT ARE YOUR TEACHING PHILOSOPHIES? Teaching involves sources of choice. Some of those choices are: What class to choose? How to engage with the learning material? How much effort to put into thinking critically about any given aspect? And what will my ultimate take-away from the class be?

WHAT CAN STUDENTS EXPECT FROM YOU IN THE CLASSROOM? I keep a strict attendance policy. I believe that students should be held accountable for their participation in class and that they should be expected to be prepared for class. I also believe in providing clear and consistent feedback on students’ work. I am always available for office hours, and I encourage students to come to my office hours to ask questions or discuss their work. I believe that students should be engaged in the learning process, and I encourage them to participate actively in class discussions.

WHAT IS YOUR HOBBY? My hobbies include reading, writing, and listening to music. I enjoy staying up to date with the latest developments in my field, and I make it a point to read as much as possible. I also enjoy spending time with my family and friends, and I enjoy traveling to new places.

WHAT ARE YOUR FAVORITE BOOKS? For fun reading, I enjoy a wide variety of books, from thrillers and mysteries to biographies and memoirs. For professional reading, I enjoy books on current events, history, and political science.


WHAT IS YOURFAVORITE MUSICAL? My favorite musical is “Hamilton.”

WHAT IS YOUR FAVORITE COLOR? My favorite color is blue.

WHAT IS YOUR FAVORITE FOOD? My favorite food is pizza.

WHAT IS YOUR FAVORITE SPORTS TEAM? My favorite sports team is the New England Patriots.

WHAT IS YOUR FAVORITE TYPE OF MUSIC? My favorite type of music is classical.

WHAT IS YOUR FAVORITE TV SHOW? My favorite TV show is “The Wire.”

WHAT IS YOUR FAVORITE SONG? My favorite song is “Bohemian Rhapsody” by Queen.

WHAT IS YOUR FAVORITE TYPE OF MOVIE? My favorite type of movie is a classic film, such as “The Godfather” or “Casablanca.”

WHAT IS YOUR FAVORITE TYPE OF BOOK? My favorite type of book is a novel, such as a mystery or a historical novel.

WHAT IS YOUR FAVORITE TYPE OF ART? My favorite type of art is modern art, such as abstract paintings or digital art.

WHAT IS YOUR FAVORITE TYPE OF FOOD? My favorite type of food is sushi.

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