

2018-2019 All Arkansas Preps Coaches of the Year

Golf – Mike Tucker, Cabot High School

It was a banner year for the Cabot Panthers boys golf team and Coach Mike Tucker. The Panthers' top four golfers finished in the top 5 of the 6A State Tournament and three of those players qualified for the Overall tournament. Junior Caleb Miller was one of four players to advance into a sudden-death playoff. Seniors Blaine Calhoun and Connor Gaunt placed fifth and sixth, respectively.

Tennis – Darin Phelan, Fayetteville High School

Fayetteville was a clear winner in the Class 6A girls tennis state tournament and in the Overall tournament. Junior Mary Houston won the singles title in both the state and Overall events while the doubles team of Grace Coleman and Yasmine Humbert did the same. Coach Darin Phelan guided the program to its second consecutive state title.

Cross Country – Mike Power, Bentonville High School

Bentonville boys coach Mike Power's team dominated over a sloppy course at the Oaklawn infield to earn its second consecutive state title and its sixth title since 2009. The Tigers placed five runners in the Class 6A Top 10 and defeated Fayetteville by five points for the title.

Volleyball – Laura Crow, Conway High School

Laura Crow coached the Conway Lady Wampus Cats to their first state volleyball title in 20 years. Conway finished 29-7-1 overall and finished second to Fort Smith Southside in the 6A-Central but the Lady Cats defeated Southside in the state championship match in four games. Conway's only other state volleyball title came in 1998.

Football – JR Eldridge, Arkadelphia High School

J.R. Eldridge was coming off a 2017 season in which he led Arkadelphia to a Class 4A state championship. However, the 2018 season didn't get off to a great start for the Badgers, who started 0-5 overall and 0-2 in the 7-4A Conference. But Eldridge helped lift the Badgers out of their early-season hole, winning 10 consecutive games to earn the school's second consecutive state championship and fourth overall. Arkadelphia became the first team in state history to defeat four No. 1 seeds in the state playoffs, knocking off Warren, Stuttgart, Shiloh Christian and Joe T. Robinson.