

Sports & Entertainment

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Ark. Gov. Sarah Huckabee Sanders launches Presidential #RazorbackReady2026 school fitness challenge

LITTLE ROCK, Ark. — Governor Sarah Huckabee Sanders, alongside the Arkansas Department of Education, announced the #RazorbackReady2026 challenge, a statewide initiative to promote the Presidential Fitness Test and encourage healthier, more active lifestyles among Arkansas students.

“President Trump is Making America Healthy Again and Arkansas is answering the call,” said Governor Sanders. “The #RazorbackReady2026 challenge is designed to get our students excited for the Presidential Fitness Test that is coming back to Arkansas schools next school year. We want our students to get excited, get creative, and most importantly, get active!”

“Research shows when students make healthy choices, attendance, concentration, and learning outcomes are all improved,” said Secretary of Education Jacob Oliva. “The #RazorbackReady2026 challenge rewards students engaged in the Presidential Fitness Test, and it emphasizes critical and creative thinking. I am proud of Governor Sanders for once again prioritizing matters that truly make a lasting difference in our state.”

The Governor signed an executive order requiring Arkansas public schools to begin incorporating elements of the Presidential Fitness Test in their physical education standards in the 2026-2027 school year. To build excitement and increase participation, the #RazorbackReady2026 challenge, invites schools across the state to showcase student fitness in a fun, competitive way.

Schools can participate in the challenge by posting a 60-90 second video of students completing the fitness test on social media like Facebook, Instagram, or X using the hashtag #RazorbackReady2026. The challenge will run from April 20 through May 22, with the winning school announced later this summer. Entries will be judged on components including, creativity, social media engagement, and student participation.

The winning school will receive a visit from University of Arkansas Head Basketball Coach John Calipari in the weeks following the competition.

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As part of the reinstated Presidential Fitness Test, students will complete the following test components:

- One-Mile Run: A measure of cardiovascular endurance
- Sit-Ups (One Minute): To assess abdominal strength and endurance
- Push-Ups or Pull-Ups: Measuring upper body strength
- Shuttle Run: A test of agility and speed
- Sit-and-Reach: Assessing flexibility, particularly in the hamstrings and lower back

Students scoring at or above the 85th percentile nationally across all activities may qualify for the reinstated Presidential Physical Fitness Award, established by President Lyndon B. Johnson.

In July 2025, President Donald J. Trump signed an executive order reestablishing the President’s Council on Sports, Fitness, and Nutrition and bringing back the Presidential Fitness Test—renewing a national focus on improving the health and well-being of America’s youth. The order builds on the Make America Healthy Again Commission, established in the first month of President Trump’s administration to restore urgency around improving health outcomes across the nation.

The Governor’s initiative goes hand-in-hand with the state’s broader education reforms. With Arkansas LEARNS raising expectations in the classroom and the Bell-to-Bell, No Cell Act creating more focused learning environments, students have greater opportunities to stay engaged, build lasting learning habits, and perform at a higher level, both academically and physically.

Women’s basketball head coach Hana Haden announces completion of staff with James Frey and Shanasa Sanders

MEMPHIS, Tenn., April 15, 2026– Memphis women’s basketball head coach Hana Haden announced the completion of her first coaching staff at Memphis, with James Frey and Shanasa Sanders signing on as assistant coaches. Madison Cope is also joining the staff as director of basketball operations.

Frey comes to Memphis after three years as associate head coach at New Mexico State. In 2024-25, the Aggies reached the second round of the WNIT – their third-ever appearance in the competition – behind an 18-16 (10-8 C-USA) record.

“James has won over 300 games as a head coach, brings strong recruiting ties both in the United States and internationally, and has a great basketball mind,” said Haden. “His 30-plus years of coaching experience and relationship-building will be a great asset to our program.”

Frey assisted in the development of guard Molly Kaiser, the program’s first First Team All-CUSA player since 2019. With the help of Frey, Kaiser in-

creased her scoring average by scored 14.9 points per game shooting a career-best 39.3% from beyond the arc.

For over a decade, Frey served as the athletic director and head women’s basketball coach at South Georgia Technical College. He built one of the top junior college programs in the nation, earning NJCAA Region 17 Coach of the Year honors seven times. Across 11 seasons, he produced a 306-61 overall record, a 164-22 conference mark, eight Southeast District Championships, six NJCAA Tournament Sweet 16 appearances and two NJCAA Elite Eight runs.

Before coaching at SGTC, Frey was an associate head coach and recruiting coordinator at the College of Coastal Georgia for both their men’s and women’s basketball programs. He served in this

role for 21 years and oversaw all duties associated with each of the programs.

Sanders joins Haden’s staff after competing against her in the Sun Belt as a co-associate head coach at Georgia State. Overseeing the guards, Sanders helped develop Mikyla Tolivert into a Third Team All-Sun Belt player in 2024-25 behind 15.5 points, 5.4 points and 2.5 assists per game.

“Shanasa is a fantastic addition to our program. She is a great connector, a relentless recruiter and is tremendous in player development,” said Haden. “She will be an invaluable resource to our student athletes both on and off the floor.”

Prior to her four-year stint at GSU, Sanders was an assistant coach at her alma mater Stetson, where she trained and developed 10 all-conference players. In 2021-22, she helped guide the Hatters to a 20-win campaign and an Atlantic Sun Conference semifinal appearance.

Sanders spent one season as a varsity assistant coach at Jean

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Memphis Grizzlies provide Mid-South organizations with many partnership opportunities with the ‘Grizz Engage’

MEMPHIS, Tenn., April 20, 2026 — The Memphis Grizzlies are inviting Mid-South nonprofits, schools and businesses interested in seeking meaningful partnership opportunities with the team to attend Grizz Engage, a free forum on Tuesday, May 19, from 9 a.m. to 12:30 p.m. at FedExForum.

Designed to equip attendees with knowledge and opportunities to work alongside the Grizzlies in ways that create real community impact, Grizz Engage will include interactive breakout sessions, keynote panels, direct access to staff and clarity on the multiple pathways to engage with the organization. Participants will have access to eight breakout sessions, which

will cover fundraising, corporate partnerships, mentoring, educational initiatives, vendor service opportunities, event rental spaces and more. The experience will allow organizations and businesses interested in participating to walk away with actionable insights, stronger connections and a clear roadmap for building impactful partnerships with the Grizzlies.

Each organization can register

up to two representatives. Pre-registration is required. Onsite registration will not be available. Registration is open now at grizzlies.com/engage and closes on Thursday, May 14, at 11:59 p.m. or until maximum capacity has been reached. Interested parties can reach out to community@grizzlies.com with additional questions.

For more information on Grizz Engage, visit grizzlies.com/community and follow @grizzcommunity on Twitter/X and Instagram. For more information on the Grizzlies, visit grizzlies.com, ‘like’ Memphis Grizzlies on Facebook or follow @memgrizz on Twitter/X and Instagram.

Meet some of BIHMST Sports Correspondents



William M. Larsha, Jr.



Ashley Braun Gendek

BIHMST Travelers, join correspondents William M. Larsha, Jr. and Ashley Braun Gendek in their sports coverage of The University of Memphis Tigers, Memphis Grizzlies, TN Titans, Southern Heritage Classic, and more!



Q&A with The Devil Wears Prada 2 Director David Frankel... *from sports-Ent. 5*

NRA Honors Anthony Imperato... *see sports-Military 2*

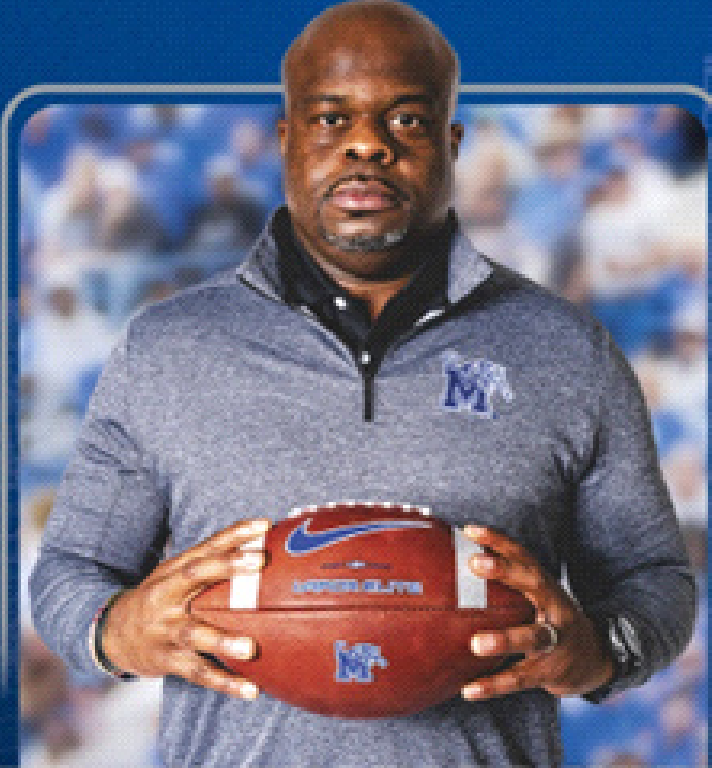
A Report from the Memphis Safe Task Force...*see sports-Military 2*

Newsmax Presents Original Documentary “Starlets: The Ladies Who Made Hollywood” ... *see sports-Ent. 5*

Tangerine Records Releases Jimmy Scott’s 1963 Hit LP *see sports-Ent. 6*

Military Book Selection: “Passport to Freedom: From Tehran to Triumph”... *see sports-Military 2*

50th Anniversary of Dan Seals & John Ford Coley’s “I’d Love To See You Tonight”... *see sports-Ent. 6*



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