What is claimed is:

1. A paperboard core configured to receive a yarn wound thereon, wherein the core comprises a clay-coated paper outer ply, wherein the outer ply is configured to provide direct frictional engagement of the core with the yarn, such that the yarn is windable on the core via direct contact between the clay-coated outer ply and the yarn.

2. The core of claim **1** further comprising a layer of adhesive between at least one inner ply and the outer ply.

3. The core of claim **1**, wherein the outer ply comprises Precipitated Calcium Carbonate (PCC), china clay, latex, or any combination thereof.

4. The core of claim **1** further comprising an overcoating applied to an outer surface of the outer ply.

5. A paperboard core configured to receive a yarn wound thereon, wherein the core comprises:

at least one inner ply; and

an outer ply disposed adjacent to the at least one inner ply, wherein the outer ply comprises clay-coated paper,

wherein the outer ply is configured to provide direct frictional engagement of the core with the yarn, such that the yarn is windable on the core.

6. The core of claim **5**, wherein the yarn is an elastomeric yarn.

7. The core of claim **5** further comprising an ink layer printed on an outer surface of the outer ply.

8. The core of claim **5**, wherein the outer ply is spirally wound onto the at least one inner ply.

9. The core of claim **5** further comprising an overcoating applied to an outer surface of the outer ply.

10. The core of claim **9**, wherein the overcoating is configured to act as a barrier against chemicals from the yarn passing into the core when the yarn is wound onto the core.

11. The core of claim **9**, wherein the overcoating is configured to enhance the frictional engagement of the core with the yarn.

12. The core of claim **5** further comprising a layer of adhesive between the at least one inner ply and the outer ply.

13. The core of claim **5**, wherein the outer ply comprises Precipitated Calcium Carbonate (PCC), china clay, latex, or any combination thereof.

14. A method of making a paperboard core configured to receive a yarn wound thereon, the method comprising disposing an outer ply adjacent to at least one inner ply, wherein the outer ply comprises clay-coated paper, wherein the outer ply is configured to provide direct frictional engagement of the core with the yarn, such that the yarn is windable on the core via direct contact between the clay-coated outer ply and the yarn.

15. The method of claim **14**, wherein disposing the outer ply adjacent to the at least one inner ply comprises spirally winding the outer ply onto the at least one inner ply.

16. The method of claim **14** further comprising applying an adhesive layer between the at least one inner ply and the outer ply.

17. The method of claim **14** further comprising applying an overcoating to an outer surface of the outer ply.

18. The method of claim **17**, wherein the overcoating is configured to act as a barrier against chemicals from the yarn passing into the core when the yarn is wound onto the core.

19. The method of claim **17**, wherein the overcoating is configured to enhance the frictional engagement of the core with the yarn.

20. The method of claim **14** further comprising applying an ink layer to an outer surface of the outer ply.