

FSU Names New Women's Coach



Photo by John Henderson

Coach Mary "Honey" Lamb

An assistant coach at Norfolk State University and a Gatesville, North Carolina native was recently appointed new women's basketball coach at Fayetteville State University.

The new Lady Bronco head coach Mary Lamb succeeds Yvonne Edwards who resigned to accept a similar post at North Carolina Central University.

When asked how it felt to be the new head coach at FSU. "It feels great," smiled the 29-year-old Tar Heel native. "I certainly feel that I have accom-

plished one of my goals."

"She (Lamb) has the head coaching experience we were looking for," said FSU athletic director John D. Marshall.

The appointment was effective September 1.

Ms. Lamb received the bachelor of science degree in health, physical education and recreation from Norfolk State University in 1975 and is a recipient of the M.A. degree in health and physical education from Glassboro State College, Glassboro, New Jersey, 1977.

Coach Lamb has served as assistant basketball coach and head volleyball coach at Norfolk State University for 1980-81.

Before returning to her alma mater she served four and one-half years in the Camden, New Jersey public school system as a teacher in health and physical education as well as head coach in basketball for one year and three years in the middle school system.

Professionally Coach Lamb is affiliated with the Virginia Association for health, physical education recreation; The American Alliance for Health, Physical Education and Recreation and Dance; National Association for Sport and Physical Education.

She is a member of the Delta Sigma Theta Sorority.

Playing The Game Of School

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divisions are and how the subject relates to other subjects. Newspapers, magazines, encyclopedias, and other library materials can be used to facilitate this familiarization process and can also help before the purchase of the basal text(s).

4. The student may choose a book on the same subject from the library, especially if it is one written on a younger level or a more beginning level. The main ideas are stressed even more in these books and they provide a general idea of what is to be covered, the main ideas and how they will be approached in the basal text.

5. After understanding the meaning and title of the course, the student should preview the basal text(s) by reading the preface, introduction, forward and table of contents. These readings will enable him to gain an overall view of the subject to be covered and some of the particulars involved.

6. Next, the student should scan the various chapters of the book stopping to note items of possible interest.

7. The student should make every effort to read the first chapter of the required text for the course **before** the first class; this serves a three-fold purpose: (1) it will enable the student to feel he's ahead of the game, which, indeed, he will be; (2) it will allow him to make an intelligent contribution to the class on his first day; (3) it will take some of the pressure off him as assignments pile up from each class.

8. When doing preparatory reading before class, the student should restrain the urge to underline. He should use his brain more than his pencil and be selective in underlining.

9. The student should make a schedule which can save him time and energy in studying. A schedule can keep the student from forgetting important things or from constantly

having to decide what to do next.

During-Class Study Activities

As the game commences and the student begins to attend the scheduled class, certain "plays," that is, techniques and rules may be employed to increase his effectiveness in the game. Ideally, playing the game of school is easy if the student possesses drive, determination and dedication, in other words "the will to win." However, if one does not naturally possess these attitudes, it is possible to develop them, or at least give the appearance of possessing them. The following is a beginners list of during-class activities, or rules of the game, which will enable the superstar or casual game player to achieve maximum effectiveness at playing "the game of school."

1. Beginning with the very first day and continuing thereafter, the student should come to class wearing an attitude that is conducive to learning and teaching himself. Remember, positive thinking and positive attitudes bring positive results!

2. The best players of the game of school secure a seat in the front of the class, establish eye contact with the instructor and maintain good posture. Even if at first this is a facade, it will produce the desired results.

3. The student should view the teacher primarily as a facilitator of learning and only secondarily as a fountain of knowledge from whom students may passively come to slake their thirst for knowledge. No instructor is there to spoon feed his students or shove it down their throats.

4. The student should "listen with a pencil," i.e., take notes selectively, carefully and accurately. All that is said in class cannot either be written down or memorized. Therefore, the student should write down only the important ideas, not every scrap of information.

5. The student must establish a level of work and set goals at the beginning

Football Statistic After Three

Sept. 4 FSU Broncos--12
Sept. 11 FSU Broncos--37
Sept. 18 FSU Broncos--6

Morris Brown College--27
St. Paul College--7
Norfolk State Univ.--26

As of September 19, FSU Broncos stand 1-0 in the CIAA Conference.

Remaining Schedule

| | | | |
|-------------|--|------------------|-----------|
| October 2 | N.C. Central Univ. | Fayetteville | 7:30 p.m. |
| October 9 | Bowie State University | Fayetteville | 7:30 p.m. |
| October 16 | Winston-Salem State U. | Fayetteville | 7:30 p.m. |
| October 23 | Livingstone College (Homecoming Game) | Fayetteville | 7:30 p.m. |
| October 30 | Elizabeth City State U. | Fayetteville | 7:30 p.m. |
| November 6 | University of D.C. | Washington, D.C. | 7:30 p.m. |
| November 13 | Johnson C. Smith Univ. | Fayetteville | 7:30 p.m. |

William K. "Bill" Head Coach

Football Assistants

George William
Anderson Powell

William Spencer
Marshall Blackshear

Bernard Smith

Scouting For FSU

Birdie Watford

Johnny Burn

FSU 1982-83 Cross Country Schedule

| Date | Event | Site |
|--------------|----------------------------|--------------------|
| September 11 | Campbell Invitational | Buie's Creek, N.C. |
| September 18 | Pembroke Invitational | Pembroke, N.C. |
| September 25 | Capitol Classic | Raleigh, N.C. |
| October 2 | Campbell Invitational | Buie's Creek, N.C. |
| October 9 | Methodist Invitational | Fayetteville, N.C. |
| October 14 | N.C. State U. Meet | Raleigh, N.C. |
| October 30 | NCAA DIV. II Meet | Carrollton, Ga. |
| November 6 | CIAA Meet | Charlotte, N.C. |
| February 5 | Virginia Tech Invitational | Blacksburg, Va. |
| February 7 | CIAA (VMI) | Blacksburg, Va. |
| February 12 | Chapel Hill Invitational | Chapel Hill, N.C. |

FSU 1982-83 Outdoor Track Schedule

| | | |
|-------------|---------------------|---------------------|
| March 19 | Pembroke Meet | Pembroke, N.C. |
| March 26 | ACC Relays | Raleigh, N.C. |
| April 2 | Duke Invitational | Durham, N.C. |
| April 16 | Norfolk, Va. Relays | Norfolk, Va. |
| April 21-23 | Penn Relays | Philadelphia, Pa. |
| April 29-30 | CIAA Championships | Winston-Salem, N.C. |

Henry Darlington, Head Track Coach

of the course and continue with them.

6. The best impression possible should be made; students are judged by performance, participation, attitude and willingness to work.

7. The student should make voluntary contributions to the class discussion.

8. Whenever possible, the student should transfer information learned in previous classes to the present class.

Post-Class Study Activities

After every game is a period of post-game activities. Runners must spend time "cooling down" after a race. Lengthy analysis and rehash often follows other games so that mistakes can be discovered and strengths can be magnified. Many students hold the mistaken idea that once a class is over, their obligation to "playing the game of school" is over. However, a master game-player knows that muscles that are not used will soon atrophy, and

that information that is not used will soon be forgotten. Therefore, to minimize the need for relearning, the student should periodically review the information and concepts he has already learned. Flexing his mental muscles will maintain their strength. The following thoughts will aid in the pursuit of an education of which the student can be justly proud, and will assure his position as a superstar in "the game of school."

1. Since most college-level courses are introductory in nature, reading and study in the content area of the courses recently completed should be continued periodically if a level of expertise worthy of a master-player of the game of school is to be achieved.

2. Information learned in one class usually can and should be transferred to another.

3. Notes taken in classes completed should be reviewed at timely intervals to refresh the memory. Review should not be something done just at test time.