

Cross Country Begins

The Rocky Mount Cross Country team started its 1974 season September 12 at Wesleyan College against Wilson. They were defeated by a score of 44 to 17.

Running the 2.2 mile track for RMSH were Lee Toler, Mike Avent, Mark Hayden, Robert Privott, and William Grey. Wilson had 13 runners in this event. Lee Toler finished in fifth place, which was the highest for the Gryphons. Mike Avent was close behind in sixth place. Finishing third for the Gryphons and tenth in the race was William Grey.

Cross country differs from regular track in that you

don't just run around a flat track again and again, but you run over holes, grass, hills, and anything else that gets in your way.

The score is kept in cross country as in golf. The lowest score wins. Points are given according to finishes in the race.

The course is usually about 2.5 miles long. The sport is very demanding and excellent preparation for an athlete for other sports.

For you people who have the stamina to run cross country, it's not too late. If you would like to go out, contact Coach Stan Bastain.



Members of the Cross Country team are: Coach Stan Bastain, Mark Hayden, Lee Toler, (kneeling) William Gray, Mike Avent. Missing is Robert Privott.

The members of the girls' tennis team and the cross country team need everyone's support. The players practice long and hard each day and are worthy of the school's support. The least that the

students of RMSH could do is attend the matches. The members of both teams agreed that it is much easier to win when supporters are present. So, give these players your support.



Members of the girls' tennis team, left to right (standing): Julie Ward, Renee Holcolm, Louanne Denson, Ginny Horne, Helen Williams, Susie Harris, Wanda Spikes, Joy Bradley, Corbi Bulluck; (kneeling): Helen Wiley, Teresa Joyner, Lee Bennett, Winberly Burton, Kim Thornell, and Allison Sellars.

Tennis Season Begins Well With 6 Wins

In this age when women are gaining more momentum in sports, the girls' tennis team is placing its claim for equality. Led by their coach, Miss Judy Bradshaw, the members of the team are proving to the school that they, too, mean business.

Already, the tennis team holds an impressive record for the season. They stand six

wins to one loss. The girls started their season losing to Wilson. However, they sprang back to win the next six matches beating Goldsboro, Kinston, Greenville, New Hanover, Aycock, and New Bern.

The members of RMSH's girls' tennis team are Renee Holcomb, Helen Williams, Teresa Joyner, Allison Sellars, Ginny Horne, Julie Ward, Lee Bennet, Joy

Bradley, Corbi Bullock, Helen Wiley, Wanda Spikes, Wimberly Burton, Susie Harris, Louanne Denson, and Kim Thornell. Nine of the fifteen are returning from last year.

One problem that the RMSH team faces is support. The students and faculty do not attend the matches. The matches are played at Sunset Park and it does not cost to watch. So, get out and support the girls' tennis team.



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