

# Susan Cox Views Coaching As Rewarding

By KATHY M. NEWBERN  
Susan Cox is a coach — coach of a winning team.  
Ms. Cox, formerly of Hertford and now residing in Williamston, is teacher and coach at Williamston High School. In her seven years there, she has made quite a record for herself and for her teams.  
Her teaching job includes health and physical education instruction for ninth grade. Her coaching job involves several aspects of women's athletics — basketball, softball and tennis.  
Ms. Cox is perhaps best known in her capacity as basketball coach. Since taking that position, the girls' team at Williamston High has won five district championships in five years; was State Runner-Up in 1974; has been to the State Play-Offs each of those five years; has won six conference championships and six conference tournament championships; and has a seven-year record of 155 wins and 21 losses. That's noteworthy in anybody's scorebook. But Coach Cox is quick to add that accomplishments are not achieved alone. She said, "I've just been lucky in being there when there was a lot of talent. A coach can't be successful if you can't get the students involved in the sport. And I can't be successful without a cooperative administration." Ms. Cox adds that her current situation is good. She said, "Williamston is sort of a

unique situation. The community is very sports-minded and the administration at the school is behind athletics. If you need something, you can find someone who will help you out." She continued, "We also have a new school with fantastic athletic facilities, probably one of the finest in the northeastern part of the state."  
While girls' basketball may be big news at Williamston High School, softball is also an area that has received attention. Under the direction of Coach Cox, the girls' team has won two conference championships and currently holds a record of nine wins and one loss. The team also initiated a three-day Invitational Softball Tournament which is probably the only one of its kind in the state.  
Although it takes talent to make a winning team, the talent of Ms. Cox as a coach has also been recognized. Last July, she was selected to serve as Assistant Coach for the annual East-West All-Star Basketball Game. Her team, East, won the game by a score of 54-50 following a sound defeat the previous year. She said, "They came back to win and did so because of a lot of determination. I enjoyed doing that (coaching the team) because it gave me a chance to coach some of the best talent available. And some of those players are now at major colleges and doing well."

Ms. Cox has had no formal training specifically in the area of coaching although she holds an A.A. degree from College of the Albemarle, a B.S. degree in health and physical education from the University of North Carolina at Greensboro, and recently added a Master's degree from East Carolina University. She said what she has learned about coaching came from playing the game, watching, reading and a "lot of hard work." While at Perquimans High School, her alma mater, she was a member of the girls' basketball team she described as "not very successful." However, that experience gave her an understanding of qualities more important than winning. Those qualities are evident in her work. She said, "I demand a lot as a coach and I try to teach something besides basketball. I try to give kids a little self-discipline, loyalty to team mates, and an understanding of team play. I just hope if I've accomplished anything it will be that my players will know more about basketball, softball or whatever sport than I did. I also want them to know the enjoyment of playing the game as well as how to lose. And I want them to learn something about honesty, loyalty and team work. I want to teach them to be a student first and an athlete second." Concerning her role as a

female coach, Ms. Cox said, "The men I work with are behind women's athletics. We know we have to help each other. But it's not like that in a lot of places where the female is on the outside looking in." She admits that she is fortunate in having cooperative department members who unite efforts for the sake of students interested in sports.  
Even though Coach Cox views the athletic program at Williamston as outstanding, she admits there's room for improvement. She sees the need for a volleyball program, an upgrading of the track program, and the need for another female physical education instructor "at least on a part-time basis." She added that she has encountered some problems while coaching. One of these, she said, was the change from the 2A to 3A conference. The resulting problem was that many of the 3A schools lacked programs in athletics for females. She said, "It took four years, but now they have softball, track, and basketball for girls on the conference level. But Title IX had a lot to do with it."  
When asked to elaborate on the effects of Title IX, which basically calls for equal opportunities in athletics, Coach Cox said, "Title IX has its advantages and disadvantages. It depends upon the situation you're in. It can definitely give some impetus for improvement. But in physical

education to put boys and girls in the same classes is fine in some areas, but I think it's unrealistic in other areas. Title IX can be carried to the extreme and some people have done that. It's something we're all going to have to work into gradually." Ms. Cox holds to the basic philosophy that anything worth obtaining is worth working for and she takes that same attitude in regard to Title IX.  
In addition to her teaching and coaching responsibilities, Ms. Cox is involved in community activities. She is a member of the Williamston Recreation Advisory Council and conducts basketball and softball clinics for the recreation department. She will also be working in the recreational summer program. One of her future goals is "to get into a college coaching situation."  
Coach Cox summed up her career attitude like this, "I enjoy doing what I'm doing. I think you have to enjoy what you're doing to really be successful. Teaching by itself is a full-time job and coaching just makes it a much longer day if all you're concerned about is the financial part. But there are more rewards to coaching than money. You have the opportunity to not only watch a student grow physically, but also to mature. And you can take pride in the fact that you've taught them something and that they're using it."



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## Local Farmers Are Recognized

A Perquimans County farming team has been recognized and has received membership in the North Carolina 5000 Pound Peanut Club. Farmers Carroll Williams of Hertford and his son, Billy Williams of Tyner raised 5,637 pounds of peanuts and received a \$75 cash award for the achieve-

ment. That makes them eligible for club membership which requires growers to produce 5,000 or more pounds on at least one measured acre. The 5000 Pound Peanut Club differs from the Peanut Production Contest where the entire acreage grown by the grower is used in calculating yields.

Sponsored by the N.C. Agriculture Extension Service and the N.C. Peanut Growers Association, membership in the club now totals 43. The club was organized in 1968 and has annually offered cash awards and certificates to contest participants.

The yield of 5,637 pounds per acre by Carroll and Billy Williams represented the third highest yield ever by an individual member since the club began. The highest yield to date is 6,317 pounds per acre grown by a Como, N.C. farmer, E.W. Evans Jr. in 1970.

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## Baseball Organized

By TONY JORDAN  
The Babe Ruth League will hold tryouts next Sunday afternoon at 2 p.m. on the Perquimans Co. High School field. The purpose of the practice is for the coaches (Senior division coaches are Carl Sawyer and Marvin Hunter; Junior division coaches are Brian Woodell and Ralph Jordan) to see the talent of the boys. It is very important that all that are going to play be at this tryout. If you have a registration form and haven't turned it in, please bring it with you Sunday. If you haven't received a form, there will be some available for you there. It is important that these forms be turned in because the teams can't be drafted without them.  
We would like to thank the sponsors of the teams because such an operation couldn't work without them. The sponsors are Woodard's Pharmacy (full team), Hollowell Oil Co., Winfall Ready Mix, Winslow Oil Co., Hertford Hardware, Brinn Insurance, and Jackson's Wholesale. Head umpire, Roy Perkins, should be complemented for his work in getting these sponsors, setting up the tryout and for a number of other activities.

In other news, the order for the uniforms has been sent in and it shouldn't be very long before they are here. The league has decided on Mondays and Thursdays as the nights for the senior division games. The junior division will play Tuesdays and Wednesdays. The senior division will consist of four teams; two from Perquimans Co. and two from Chowan Co. The junior division will have a six-team league; two from Perquimans and four from Chowan. Each team will play two games a week; one in Hertford and one in Edenton. The games will start in early June and end in August. Activities during the year will include All-Star games between Perquimans and Chowan, hopefully on July 4th, All-Star teams to play in regional play against Washington, N.C. All-Stars. (there will be four teams: 13-year-old, 14-15 year-old, 16-year-old, and 17-18 year old.) The Babe Ruth League is a national organization and the Babe Ruth World Series is held in Arizona in August.  
We urge any boy who is undecided as to whether he is going to play Babe Ruth to come out Sunday and see for himself what this league means.

## Tobacco Comment

WASHINGTON, D.C. — Congressman Walter B. Jones has announced the defeat in the House of Agriculture Committee by a record vote of 28 to 10, an amendment introduced by Congressman James P. Johnson of Colorado, which would have deleted tobacco from the provisions of PL 480, The Food for Peace Program.  
The effort on the part of Congressman Johnson to delete tobacco from the provisions of this Act is another move on the part who would destroy the entire program said Jones.  
Under The Food for Peace Program, the federal government transfers American agricultural commodities to underdeveloped countries throughout the world. Sometimes the recipient countries are allowed to finance the purchases; sometimes the transfers are outright contributions. However, tobacco is classified under Section I of The Food for Peace Program which involves only cash transactions. These cash transactions are monitored carefully by both the USDA and the Department of State. The Food for Peace Program is important for our farmers, Jones added, because the government purchased the commodities at the going market rates — this provides both income and expanded markets for the farmer.  
Jones stated, "The tobacco interests continue under attack by many segments of our society without sufficient justification or documentation. Without the dedicated efforts on the part of those few Members of Congress representing tobacco producing areas, I am fearful of the ultimate consequences should these vicious attacks continue."

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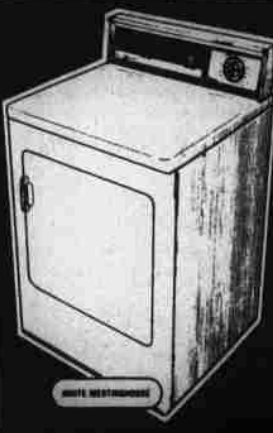
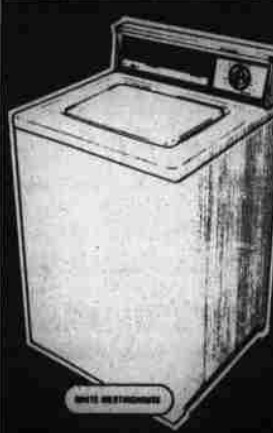


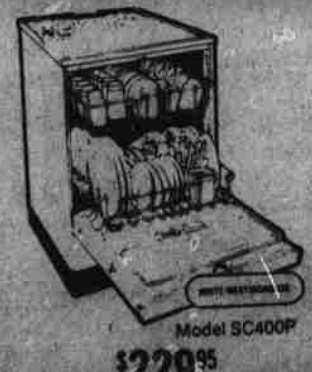
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