

Alice Coachman

From hard times to great heights

1923 - 2014

Athlete

Champion

Trailblazer



Early Life

The 1920's to 30's in Georgia was a period marked by suffering.

In the 1920's, the boll weevil, a type of beetle, destroyed much of the cotton crops in the South. At that time, cotton was the main source of income for many in the South. Life became harder when the Great Depression of the 1930's forced most **sharecroppers**, many of whom were Black, into poverty.

It was during these hard times that Alice Marie Coachman was born in Albany, Georgia, on November 9, 1923. She was one of ten children born to Fred and Evelyn Coachman.

Major events like wars, economic hardship or prosperity can have a big impact on someone's childhood.

What are the events that are shaping your generation?



LACK OF CONFIDENCE has brought about greater losses in some boll-weevil regions than the pest itself. Remember that some farmers are making more cotton in the acre and more money under weevil conditions than they did before the insect came. Take the care they are taking and reap the same benefits.

BEAT THE BOLL WEEVIL

With a Little More Care at Every Step
You—Not the Weevils—Get the Crop

GET A GOOD COTTON CROP

Plant Seed Adapted to Your Locality.
The only seed of a good, self-sustaining variety with good test quality. Choose a variety of cotton best for growing, about-planted time, location. It may be necessary under weevil conditions to buy only the lower seed middle class, because the late maturing top crop will be infested with weevils.

Plant at the Earliest Safe Date.

Grow Less Cotton Per Acre.
Plant only as much cotton as you can take care of and care of well your labor, tools, and animals. Better growing under weevil conditions requires less attention than under the old conditions. In the weevil-infested areas, most cotton was lost that was more than raised by the additional seed raised from the top crop.

Cooperate to Destroy All Cotton Plants Several Weeks Before Frost.
You can't get your cotton too early. The weevil infestation is planting the attack the seed stage. Agree with your neighbors to have all cotton cut down by frost by October 15. This required work will then be full plowing and bedding stubble and other weevil places for insects which may attack your cotton next spring. If you wait until after frost most of the adult weevils will escape from the fields to wood quarters in grain, nutmeals, and other abundant places. Some of them may come through the winter well fed. In some regions, fields need spring plowing they will lay waste to them in spring. From these eggs a new generation of weevils will develop quickly and will attack other cotton and fields. In hot weather a new and larger generation may come in next two weeks.

Get Your Community to Grow a Single Early-Maturing Variety of Cotton.
Such a practice would bring all the cotton in the community to maturity at about the same time, enable to market the cotton quickly, and would make it easier for you and more other farmers of the neighborhood to operate the portion of seed at the same time.

Collect and Destroy All Punctured Squares Weekly, Especially the First Month.
If every punctured square is destroyed, a whole generation of weevils will be wiped out in ten or three weeks. The old weevils will die and it will be possible to continue making the crop. Destroy every square punctured and killed so and be removed will furnish a weevil to which you are not. If you can not pick squares without requiring transportation and the weather is hot and dry, make use of an insect trap in the middle. To keep on the cotton bolls to be made punctured squares of. Many of them will be in the weevil middle and be killed by the sun. By an ordinary treatment of the squares are necessary to early spring, avoid pick and destroy the squares which are spent on the young cotton plants.

Plant Only on Warm, Fertile, Well-Drained Land.

Cultivate Shallow, Often, and Until Picking Time.

FOR FURTHER INFORMATION
ASK YOUR COUNTY AGENT
State Agricultural College, or U. S. Department of Agriculture, States Relations Service, Washington, D. C.

Get the weevils early—by picking fallen squares—or they will get this year's crop—but
DO NOT FAIL TO CULTIVATE!
Get the weevils late—by destroying stalks before frost—or they will get next season's crop.

Irrepressible Talent

From childhood, Alice had a passion and talent for athletics. Alice loved to run and play sports with the boys in her neighborhood, but when her father caught her doing these things, he would punish her because he did not feel it was proper for girls to act that way.

Still, against her parent's wishes, Coachman practiced in secret.

“Back then,” she told William C. Rhoden of the New York Times in 1995, “there was the sense that women weren't supposed to be running like that. My father wanted his girls to be dainty, sitting on the front porch.”

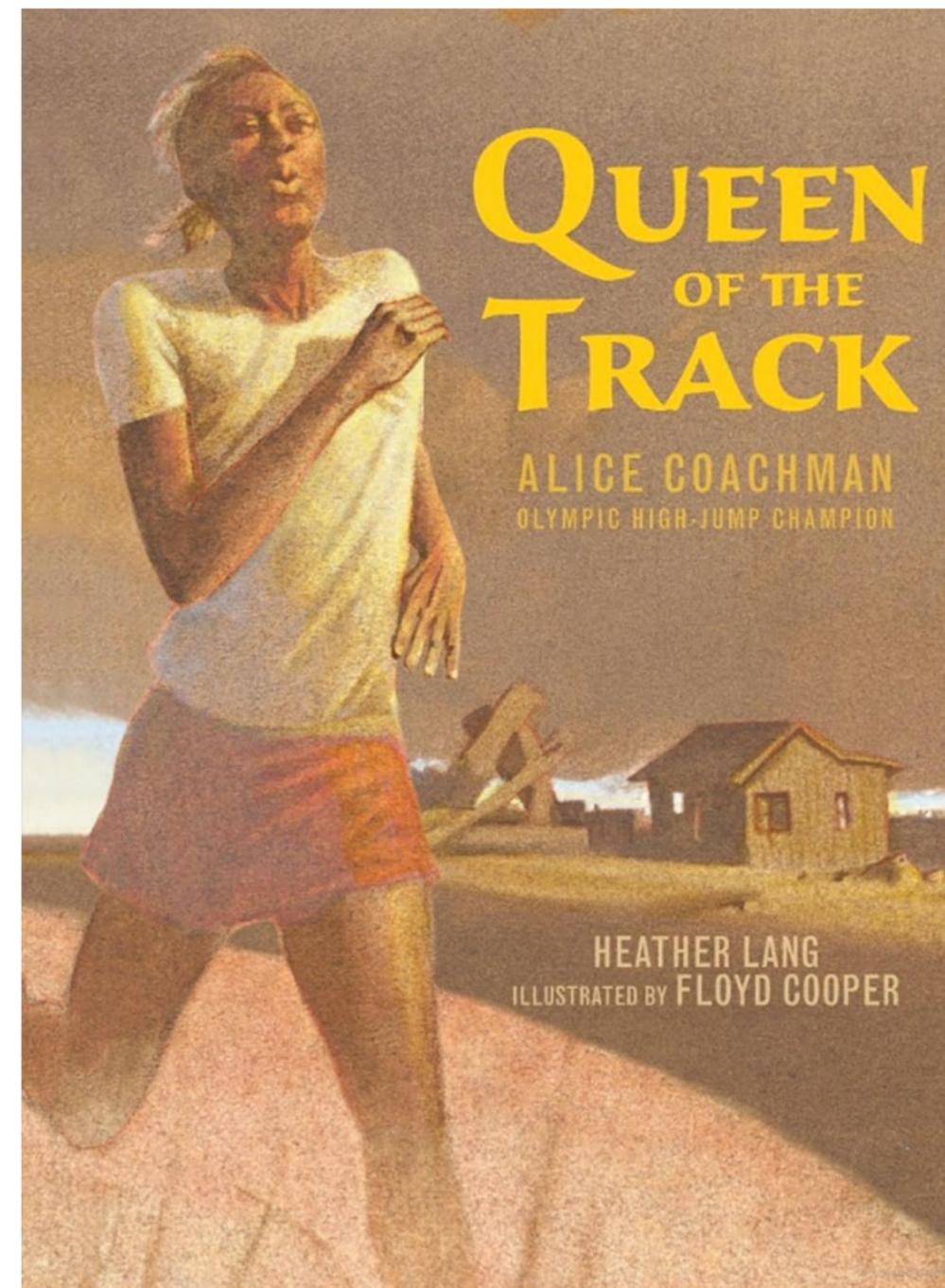


Image from the book *Queen of the Track: Alice Coachman, Olympic High-Jump Champion*, written by Heather Lang and illustrated by Floyd Cooper.

Overcoming barriers...

Coachman not only faced obstacles based on her gender, but also faced a **hostile** racial environment. For example, because of strict **segregation** laws, young athletes of color in southern schools could not use public training facilities or attend organized sports events.

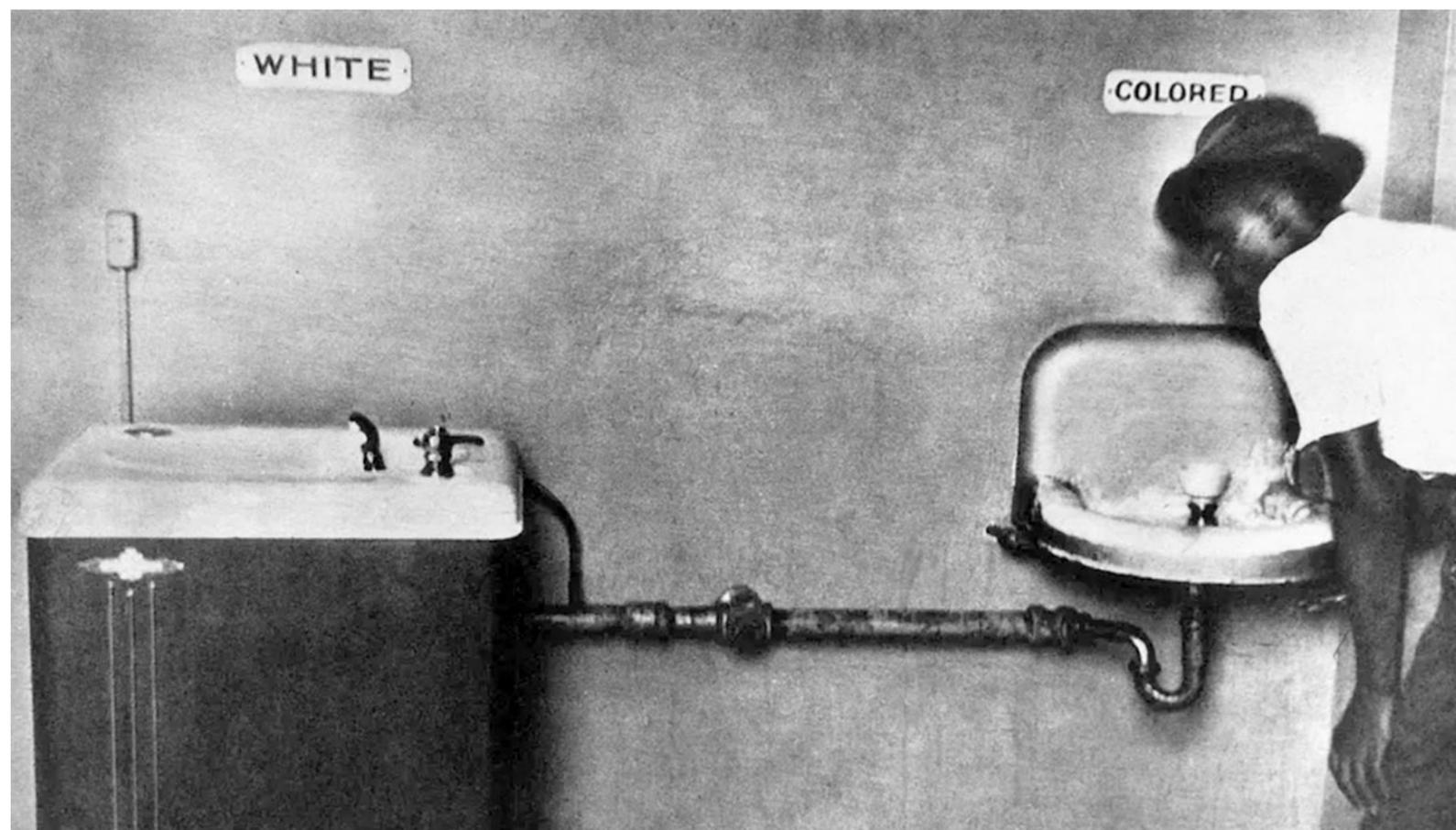


Photo of a young man drinking from a segregated water fountain in North Carolina, 1938.

... and opening new doors

Despite these barriers, Coachman continued to develop her athletic skills. She would run barefoot on the dirt roads near her house. Coachman was also **resourceful**, as she would practice for hours, jumping over a crossbar made of rags tied together.

Have you ever faced difficulty doing something because of your race, age, gender or background? Have you ever had to improvise like Alice Coachman did to improve her skills?

Image from the book *Touch the Sky: Alice Coachman, Olympic High Jumper*, written by Ann Malaspina and illustrated by Eric Velasquez.



Dedicated helpers



Coachman didn't overcome the odds all on her own. She had several people who spoke up for her.

It was people like Cora Bailey, her fifth-grade teacher, and her aunt, Carrie Spry, who convinced Coachman's parents to let her pursue her athletic career.

In 1938, Harry E. Lash, Madison High School's track coach, helped develop Coachman's raw talent.

What are some ways a coach or mentor can help you achieve your goals?

Smashing records without shoes!

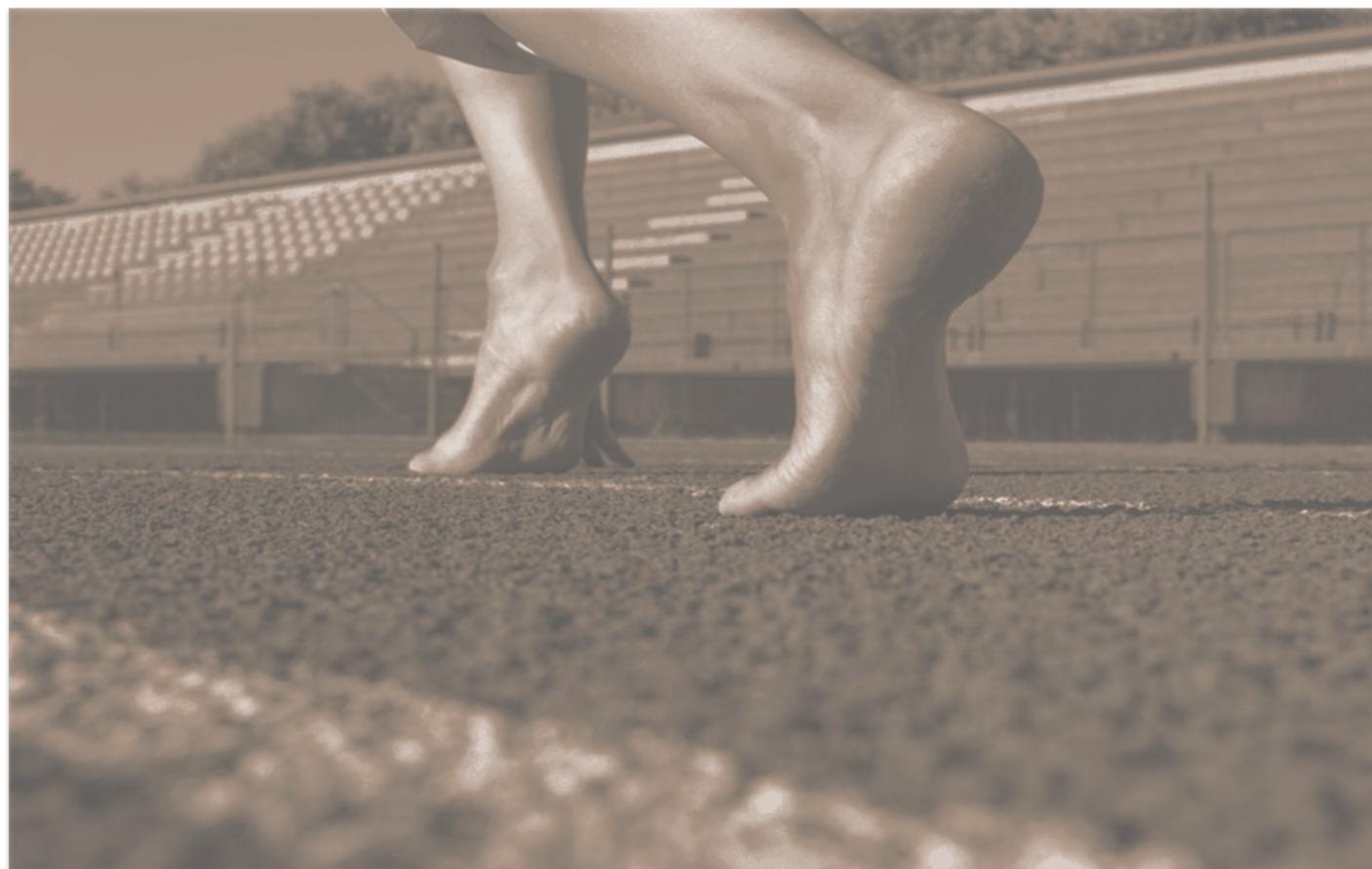


Image courtesy of Shutterstock.

In 1939, in the summer before her first official semester in college, Coachman entered the Women's National Championships and broke both the **collegiate** and national high jump records. What made this victory more impressive is that Coachman did all her events barefoot!

On to college

At just age 16, Coachman accepted a scholarship and transferred to the Tuskegee Institute, where she began to gain national recognition for her athletic ability.

Under the leadership of its first president, Booker T. Washington (1881-1915), the Tuskegee Institute (now Tuskegee University) became one of the most influential institutions now referred to as “Historically Black Colleges and Universities” (HBCUs).

HBCUs are colleges and universities that were established with a focus on serving the African American community. Most of these schools were founded after the Civil War and are concentrated in the southern United States.



A great coach at Tuskegee Institute



At Tuskegee Institute, Alice was coached by the legendary Cleveland “Cleve” Abbott, who was hired by Booker T. Washington to become both a classroom teacher and director of the Tuskegee athletics program in 1915.

Abbott had a huge influence on Coachman and the school’s overall success. In his 32-year career, the Tuskegee football team won nine national titles and went 203-96; in women’s track, Tuskegee won 14 national championships and a half dozen competed in the Olympics.

Today, he is widely remembered as a **pioneer** in developing women’s track and field in the USA.

Multi-sport national champion

Under Abbott's guidance, Coachman would go on to win the Amateur Athletic Union (AAU) high jump championship eight **consecutive** times (1939 to 1946), and AAU's 50-meter dash four consecutive times (1943 to 1946). She also won national championships in the 100-meter dash and the 4x100-meter relay.



Alice was a **multi-talented** athlete. In addition to running track, she was a member of the three-time national champion Tuskegee Women's basketball team.

Alice Coachman is on the far right in this photo with the Tuskegee relay team.

Multi-sport national champion



After graduating from Tuskegee in 1946 , Alice enrolled at Albany State College to further her education.

She continued to compete at a high level and won both the AAU high jump championship and the 50-meter dash in 1946-1947. In total, Alice held 25 national titles, cementing her status as a college track legend.

What does it mean to be a “legend” in sports?

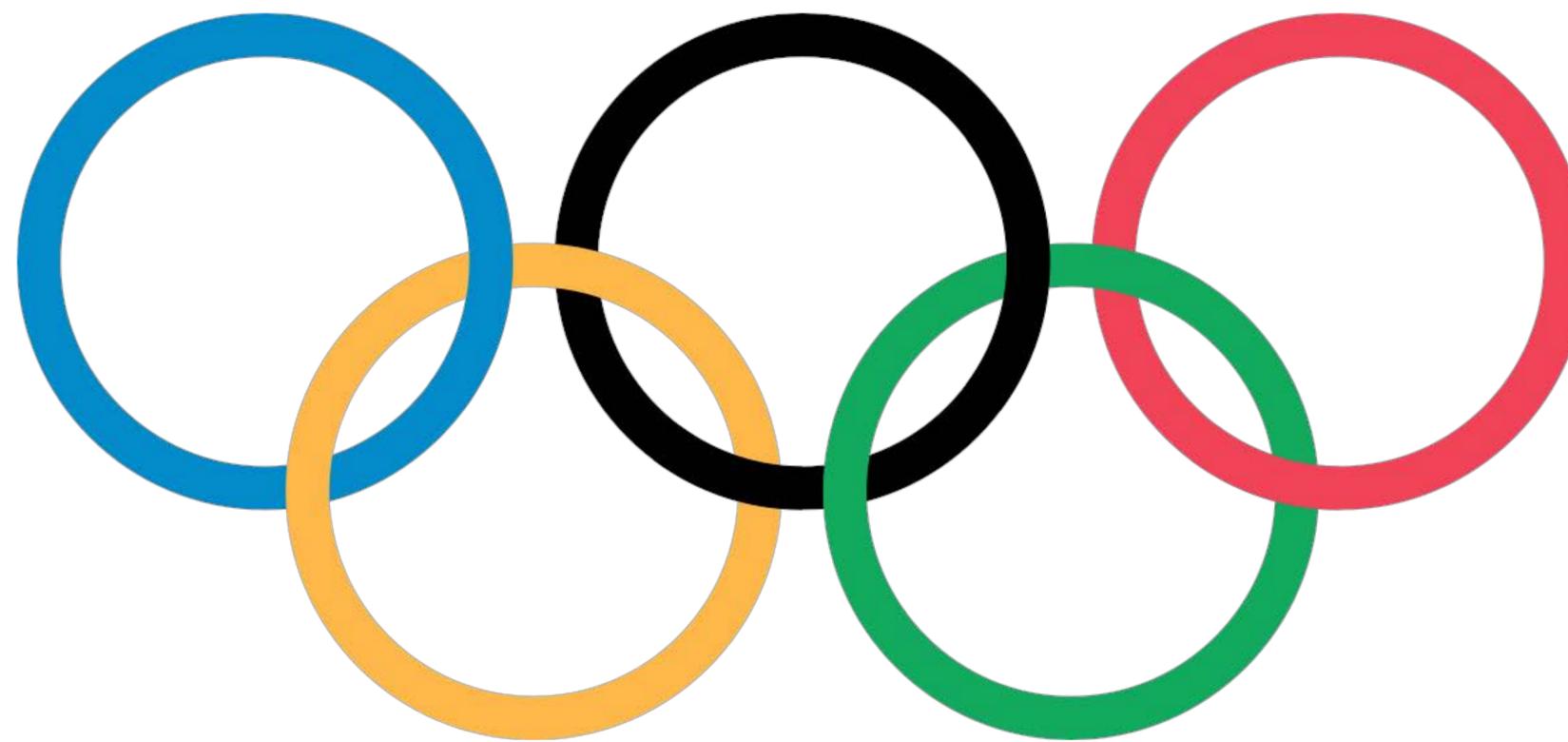
Who are some current or recent sports legends?

Ready for the Olympics

You probably know that the Olympics are held every four years.

Did you know that there were no Olympics held in 1940 or 1944?

Can you guess why?

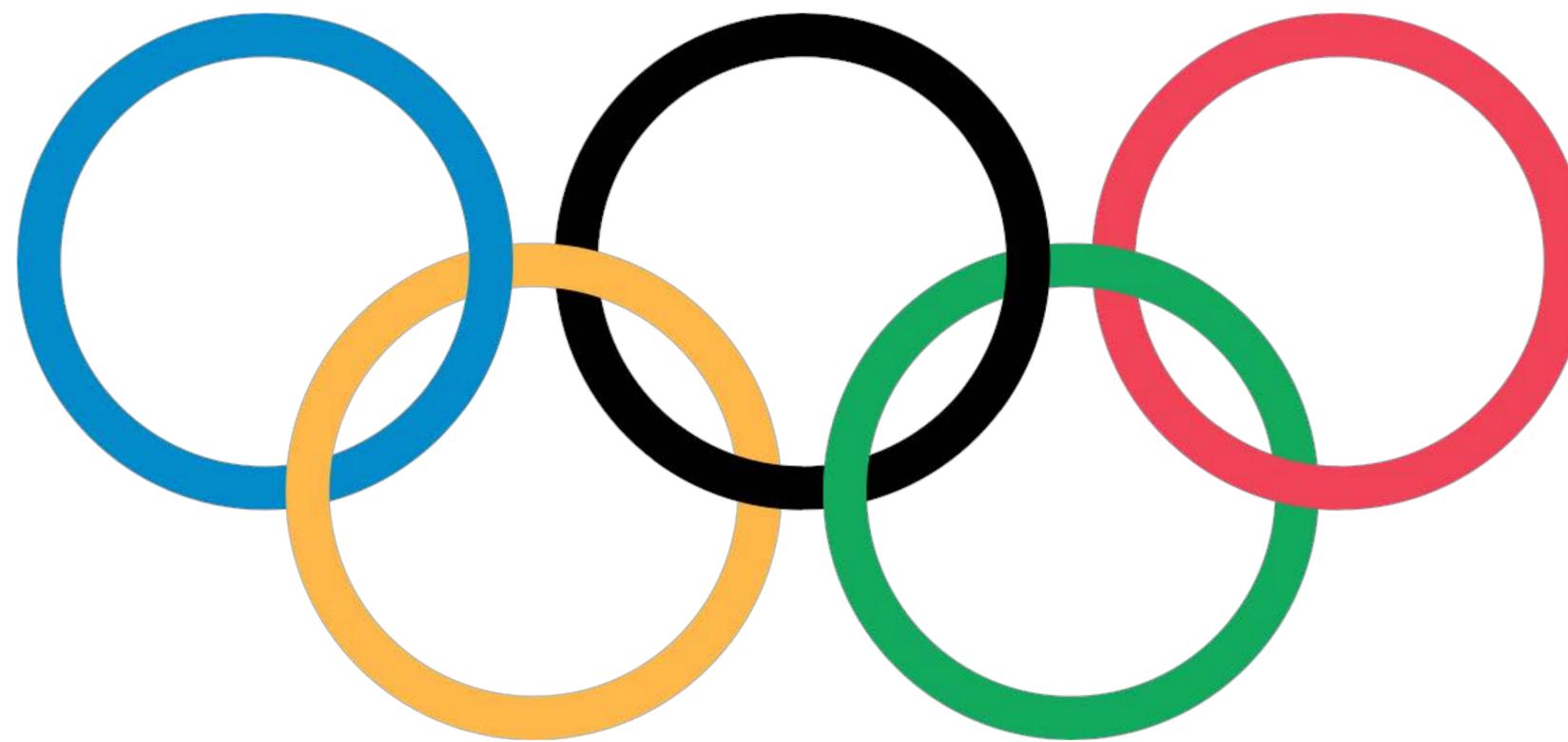


Ready for the Olympics

The Olympics were cancelled in those years due to World War II. They were supposed to be held in Tokyo, Japan (in 1940) and London, England (in 1944).

It is quite likely Coachman would have placed in the 1940 and 1944 Olympics, had they been held.

They were also cancelled in 1916 in Berlin, Germany during World War I and were **postponed** in 2020, again in Tokyo, due to the CoViD-19 pandemic.



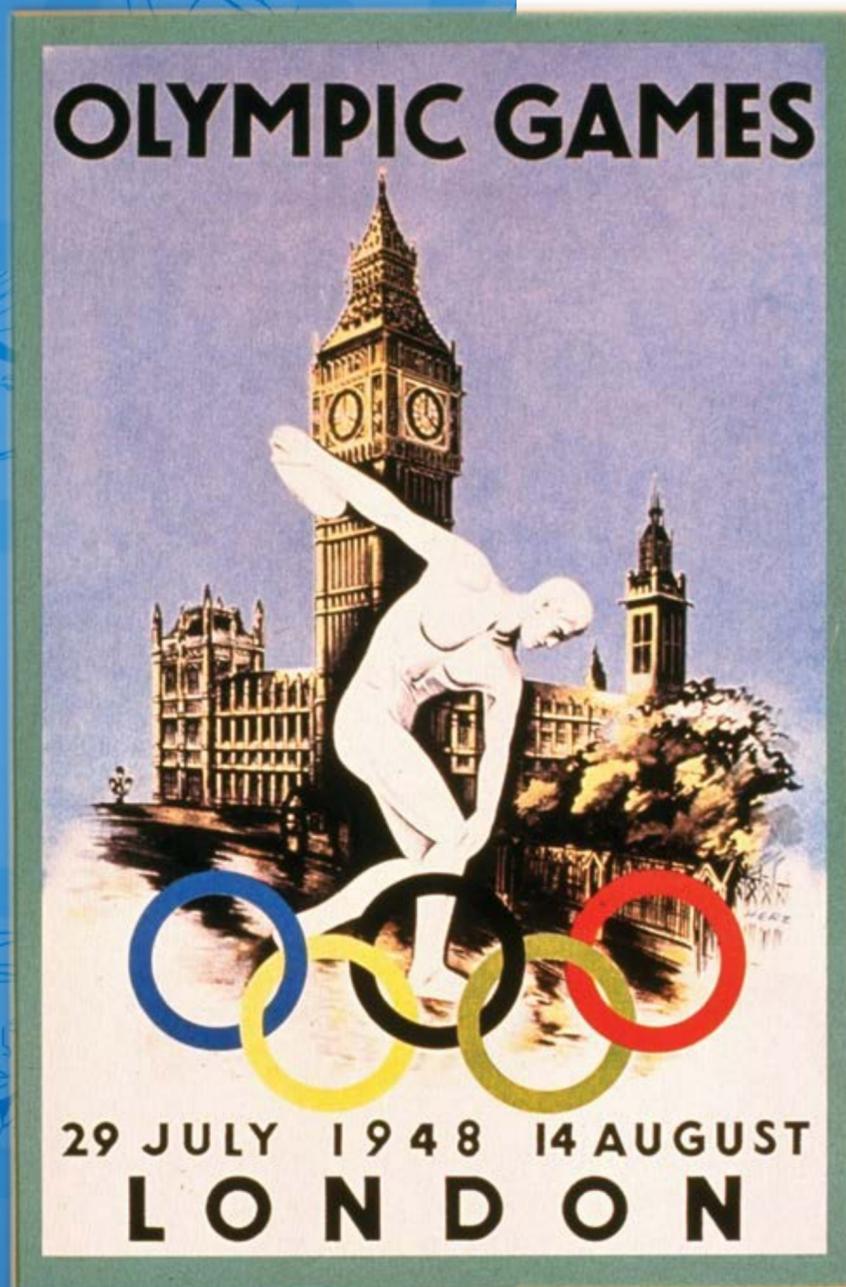
FINALLY: The 1948 Olympics!

This meant that Alice missed not just one, but TWO opportunities to showcase her talent and receive well-deserved recognition. But she didn't give up.

It was only in 1948 that Coachman was finally able to compete in the high jump and establish herself as one of the best athletes in the world.

Because the world was recovering from the devastation of the war, the 1948 London Olympiad was known as the “**Austerity Games.**” It was also the first Olympics to broadcast events on television. Most were excited just to come together and to move past dark times.

Coachman had to stay in shape while she waited for her chance to compete. Sometimes it can take a while for you to have the opportunity to show what you can do, but you have to stay prepared!



High Jump

There was immense pressure on Alice Coachman to deliver a medal.

Her preparation method was unusual.

She explained: ***“I don’t work out the day before a meet ... I was talking to the man above, telling him, ‘If it’s your will, let it be done.’ ”***

Coachman also prepared by sucking a lemon rather than drinking water, saying later: ***“It helped me when my mouth was dry. I liked to feel light so I didn’t drink water in competition.”***

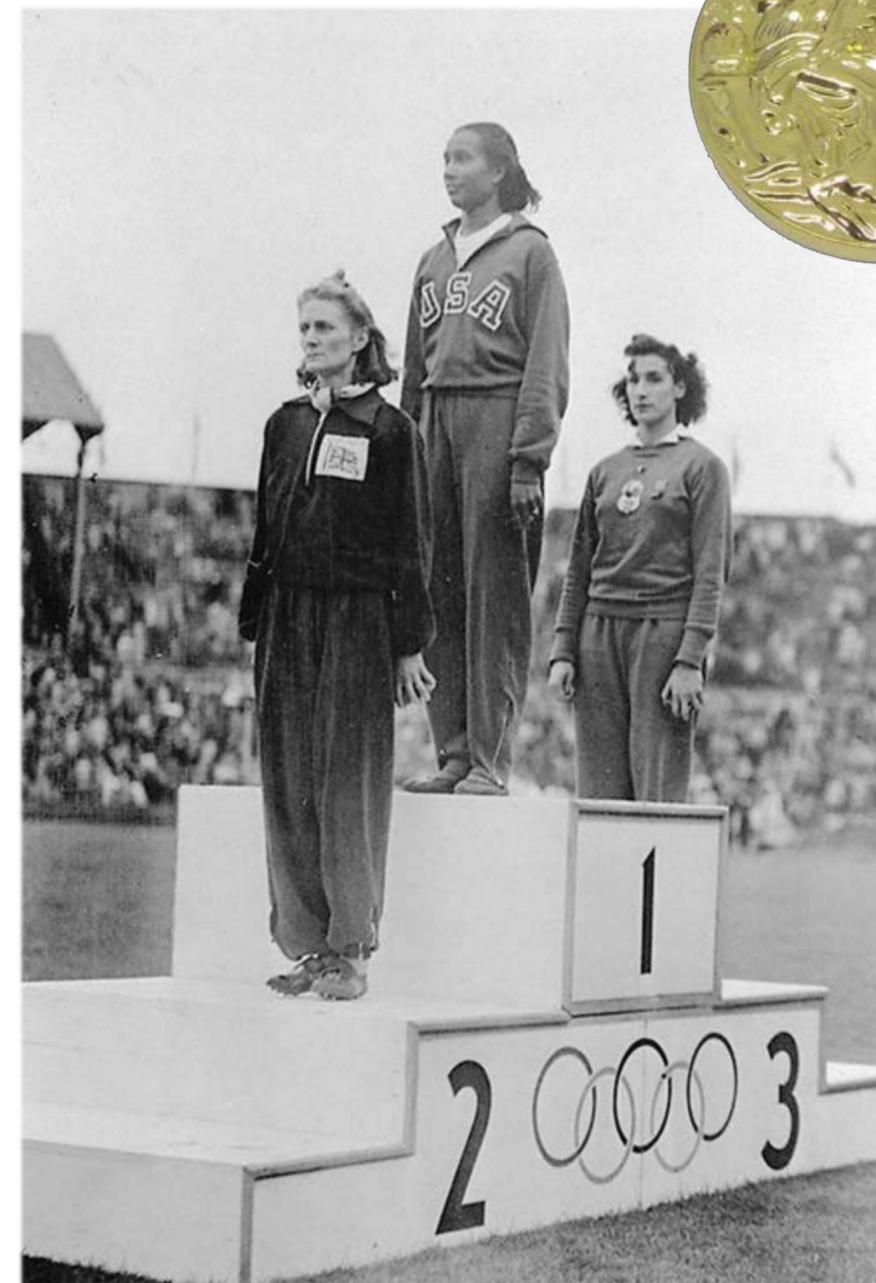


Olympic Champion

The high jump competition was very close, as both Dorothy Tyler of Britain and Coachman cleared 5 feet 6 $\frac{1}{8}$ inches.

However, because Coachman cleared her distance on her first try while Tyler cleared it only on her second, Coachman won the tie-breaker and was declared winner.

This achievement made Alice Coachman ***the first Black woman in the world to win the Olympic gold medal.***



Olympic Champion



Coachman was one of many Olympic athletes of color to be welcomed at The White House by President Harry S. Truman.

What is your favorite Olympic sport?

Why does that sport appeal to you?

President Harry S. Truman stands with a group of African American Olympic athletes in the Oval Office in 1948. Alice Coachman is second from the right.

Olympic Champion

However, even at the celebration for her victory back home in Georgia, she was faced with the racism that was very common at the time. The Sunday Times reported in 2012:

“When [Coachman] reached Atlanta in Georgia she was welcomed along the roads stretching almost 180 miles to Albany, where a civic celebration was held. She was congratulated by the mayor, but he did not shake her hand. Neither did she speak publicly.”

Coachman recalled many years later:
“That was the way it was in 1948.”



After the Olympics

Alice returned to Albany State College to finish her degree, graduating in 1949.

In 1952, Coachman became the first African American woman to earn an endorsement deal as she partnered with Coca-Cola to become a spokesperson!



After the Olympics



At the 1996 Summer Olympic Games in Atlanta, Coachman was honored as one of the 100 greatest Olympians in history.

She's also been inducted into nine different Halls of Fame, including the National Track & Field Hall of Fame (1975) and the U.S. Olympic Hall of Fame (2004).

Have you ever visited a Hall of Fame for your favorite sport? If your community, school or family had a Hall of Fame, who do you think would be in it?

Paving the path for others

Although Coachman lived a quiet, humble life out of the spotlight after her athletic career, she continued to leave a legacy in women's sports and the wider world of Track & Field.

Alice Coachman was a **trailblazer** who led the way for future African American and female athletes. She created the Alice Coachman Track and Field Foundation to aid young athletes and former competitors in financial need. Alice once said:



“I have always believed that I could do whatever I set my mind to do.”

Vocabulary

Sharecropper

Hostile

Segregation

Resourceful

Prowess

Resourceful

Collegiate

Pioneer

Consecutive

Multi-talented

Postponed

Austerity

Endorsement

Trailblazer



AN ACTION PHOTOGRAPH OF A. COACHMAN (U.S.A.), WHO WON THE WOMEN'S HIGH JUMP AND BROKE THE OLYMPIC RECORD WITH 5 FT. 6 $\frac{1}{8}$ IN.



WOODSON
CENTER

BLACK *History*
and **EXCELLENCE**