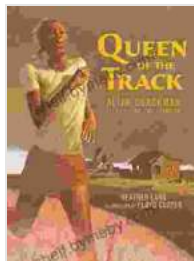


# Alice Coachman: Olympic High Jump Champion, Trailblazing Pioneer



## Queen of the Track: Alice Coachman, Olympic High-Jump Champion by Heather Lang

★★★★★ 5 out of 5

Language : English

File size : 50651 KB

Screen Reader : Supported

Print length : 52 pages

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## A Humble Beginning: Tuskegee's Shining Star

Alice Regina Coachman was born in Albany, Georgia, on November 9, 1923. Growing up in a rural and segregated community, Alice's path to greatness was far from ordinary. Her humble beginnings in the small town of Albany shaped her resilience and fueled her unwavering determination to succeed.

At Tuskegee Institute, Alice found her calling in track and field. Coached by the legendary Cleveland Abbott, she honed her athletic prowess and set multiple records in high jump, broad jump, and basketball. Her exceptional talent earned her a place on the 1948 Olympic team, a groundbreaking moment for an African American woman.



## **Olympic Glory: Breaking Barriers, Making History**

The 1948 London Olympics was a watershed moment for Alice Coachman and for the world of sports. Amidst a backdrop of racial segregation and prejudice, Alice stepped onto the Olympic stage with unwavering determination to smash barriers and make her mark.

On August 7, 1948, Alice made history by becoming the first African American woman to win an Olympic gold medal. With a remarkable high jump of 1.68 meters (5 feet 6 inches), she soared above the competition, etching her name into the annals of Olympic history.



Triumphant and radiant, Alice Coachman celebrates her historic gold medal victory in London.

### **Beyond the Olympics: A Legacy of Inspiration**

Alice Coachman's Olympic victory transcended the realm of sports. It was a beacon of hope and inspiration for African Americans and women worldwide. She became a symbol of resilience, determination, and the indomitable human spirit.

After her Olympic triumph, Alice continued to compete, becoming a multiple national champion in high jump, long jump, and hurdles. But her legacy extended far beyond medals and records. Alice dedicated her life to promoting physical fitness, education, and equality.



### **A Trailblazing Pioneer: Forever in the Spotlight**

Alice Coachman's contributions to sports and society were recognized with numerous awards and accolades. She was inducted into the National Track

and Field Hall of Fame, the Black Athletes Hall of Fame, and the Georgia Sports Hall of Fame.

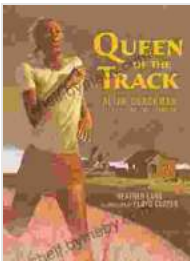
Alice's legacy lives on through the Alice Coachman Track and Field Foundation, which supports youth athletic programs and promotes her message of empowerment and equality. Her story continues to inspire generations, reminding us of the power of determination, the importance of breaking barriers, and the enduring impact of a true trailblazing pioneer.



Alice Coachman's legacy extends far beyond her Olympic triumph, inspiring countless others to reach for their dreams.

◇ Alice Coachman's Olympic high jump victory was more than just a triumph on the field. It was a symbol of hope, resilience, and the unyielding pursuit of equality. Her journey from humble beginnings to Olympic glory is a testament to the human spirit's ability to overcome adversity and achieve greatness.

As we celebrate Alice Coachman's legacy, let us remember her as a trailblazing pioneer who shattered barriers, inspired generations, and left an indelible mark on the world. May her story continue to inspire us all to strive for our dreams and to never give up in the face of adversity.



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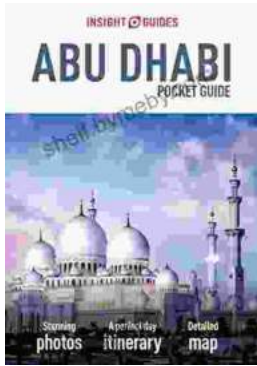
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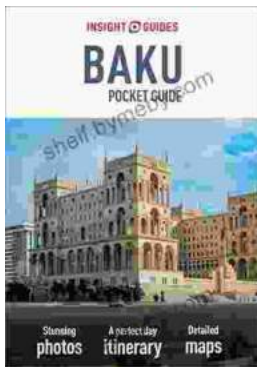
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