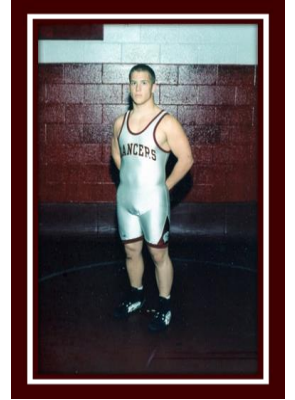


JASON COX

Jason Cox has been involved in sports most of his life, starting at age 5. He is especially appreciative of his parents, Fred and Wanda Cox, for their support in youth sports – Wolverines football, Amherst wrestling, and Dixie Youth baseball. His father was one of his early coaches in football and baseball.

Starting in sixth grade, Cox developed a relationship with Craig Maddox, who ultimately became a tremendous influence in his life as a wrestler. Cox became student manager and practiced with the team, even before being eligible to participate in the actual matches.



By the time he arrived at Amherst County High School, he was ready to assume leading roles in football and wrestling. After four years, he had reached high levels in both sports. In football, he was two-time all-district and all-region, as both running back and linebacker. His last two years, he amassed more than 1000 yards rushing each season.

Working with coaches Craig Maddox and William Wells, he became a four-time district wrestling champion, twice a regional champion, state runner-up, and finally, undefeated state champion. He participated four years as a member of the freestyle national team, and placed third in the Cadet Freestyle Team Trials. In 2000, he was named Virginia's Most Valuable Wrestler.

Cox earned a Division I scholarship to attend Virginia Military Institute, where he was a four-year starter. Named first team All-Southern Conference twice, he was designated four times the Southern Conference Wrestler of the Week. He now stands among the Top 10 at VMI in season and career wins, and was once ranked 12th nationally.

Cox has continued to be involved in Amherst County sports, serving as coach in youth wrestling, high school wrestling, and middle school and Wolverines football. He projects the upcoming high school wrestling team as possibly being the best ever. He credits much of his success to two coaches, Craig Maddox and Mickey Crouch, whom he describes as being superior in their ability to motivate and get the most out of each athlete.

Jason Marion Cox – February 19, 1982

CAREER HIGHLIGHTS

- Youth: Wolverines (1987-95); Amherst wrestling (1987-95); Dixie Youth Baseball (1987-95)
- ACHS: Football (1996-2000) – All-District, All-Region (1998, 1999), 1000-yards rushing (1998, 1999), AAA state finals (team, 1998), 13-1; Wrestling (1996-2000) – District Champion (4), Regional Champion (2), AAA state finalist (1999), undefeated season, State Championship (2000), career record (126-10)
- VMI: Wrestling – NCAA Division 1 starter (4 years), All-Southern Conference (2 years), Southern Conference Wrestler of the Week (4 times), Top 10 VMI career wins (87), season wins (31), team captain (2), NCAA Division I national ranking, 12th
- Coaching: Wrestling – youth “quick pin” (2007-present), ACHS (2007-present), state top 5 (2 times); Football – Amherst Middle School, head coach (2008-14), undefeated 2014, Amherst Wolverines (2014-present)