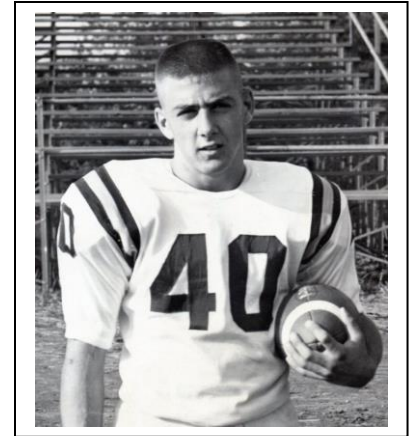


NORMAN MOSES

Amherst sports took a significant leap into a realm of unprecedented success in the mid- to late-1960s, becoming contenders in football, basketball, and baseball. With a combination of the hiring of proven coaches and an influx particularly gifted athletes, the stage was set for championships and accolades.

Among the most talented was Norman Moses, a powerfully built, instinctive athlete who excelled at every sport he tried. His early development was defined by daily trips to and from the basketball court at Madison Heights School, where he played until almost dark. He then ran home, across fields, hurdling fences, then through the woods, practicing evasive moves and cuts against the trees that stood as defensive players in his path. He even had a frequent drag-racing competition with one of his buddies in the parking lot at the school – Norman on foot and the friend on a motorcycle.



An aficionado of horror movies, Moses found motivation in the fields and woods of his youthful running – the shadows of bushes in the twilight, the flushing of an occasional quail, and even the sound made by his pants as he raced through tall weeds combined to heighten his need for speed.

All of these qualities joined to create an explosive athlete with sharp reflexes and quick acceleration. Moses' four years at ACHS were packed with success in four sports: football, basketball, baseball, and track. The consummate team player, Moses' individual skills were perfectly complemented by a surrounding cast of coaches and teammates, many of whom also went on to further sports achievements.

His future in football at Ferrum College was quickly derailed by an early injury. Following that experience, he later helped develop the next generation of local athletes through work as a coach in youth football. Paramount in his message was the need for team play, a component he recognized as being vital to any success he had enjoyed.

As is often the case for exceptional athletes, legends grow over time. An unsubstantiated story has Norman Moses entering the dugout between innings of a baseball game, saying, "I'll be back in a minute", removing his baseball uniform to reveal his track uniform, then running the 440 on the track that surrounded the field. Probably nobody in Amherst County would question the veracity of this event.

Norman Woodson Moses – October 14, 1948

Career Highlights

- ACHS Football: All District team, 3 years; District champions, 2 years; Honorable Mention, Prep All-American; Team Awards; gained more than 5000 total yards
- ACHS Basketball: All District team, 2 years; District Champions; Elected to an area All-Star team; leading free throw shooter, two years
- ACHS Baseball: Undefeated championship team, 1968; All District team
- ACHS Track: Set many school records; State meet qualified in high jump, broad jump, 100 yard dash, 220 yard dash, low hurdles; 1966 District meet: 1st high jump, 2nd broad jump, 3rd 220.
- Coach, Amherst County youth sports: 12 years, football; several years, baseball.