



## Stuart B. Allen

August 8, 1925 - November 26, 2014

Stuart B. Allen, 89, of Winchester, VA passed away Wednesday, November 26, 2014 at The Willows due to Alzheimers.

He was the son of the late Alexander Allen and Florrie Edwards Allen of Richmond, VA.

Mr. Allen was a teacher/coach at John Handley High School from 1971 until 1990. Before that, he was a teacher/coach at Myers Park High School in Charlotte, NC and Spotsylvania High School, Spotsylvania, VA. He was also the pool director at Stonebrook Swim and Racquet Club of Winchester from 1974 until 1994.

His awards for excellence in coaching were, 1970 NHS-ACA Track Coach of the Year; 1971 NHS-ACA Distinguished Service Award; 1975 VHS League Walt Carmack Award; 1996 Emory & Henry College Sports Hall of Fame; 1995 John Handley High School Sports Hall of Fame; 2008 NCHS AA Sports Hall of Fame and in 2009 the track at Myers Park High School was named for him.

Mr. Allen was a graduate of Emory & Henry College Class of 1950 and the University of North Carolina at Chapel Hill, NC.

During World War II he served in the Merchant Marines. Upon graduating from Emery & Henry College, he served in the US Army during the Korean Conflict.

Surviving are his wife, Jean Whitehouse Allen; two daughters, Leslie Allen of Winchester and Alexis Allen Sherrill and her husband James of Fredericksburg and a son, S. Bruce Allen and his wife Betty of Winchester.

Private interment will be in Oak Hill Cemetery, Fredericksburg, VA.

Memorials may be made to Adult Care Center, 411 N. Cameron Street, Winchester, VA 22601.

Arrangements are by Phelps Funeral & Cremation Service, Winchester.

[www.phelpsfunerals.com](http://www.phelpsfunerals.com)

# Tribute Wall

RA

“ I'm glad to have this forum to honor Coach Allen. He "got me" as a junior transplant from the Charleston area who was interested in throwing the discus. At that time, Flake Campbell had won the State meet in '63, and he repeated in '64. Meanwhile, I had a dreadful, antiquated throwing style that he had to "un-coach" and then re-coach. All of which he did without telling me what a project that was. I barely placed in any meets that first season, but hit a hot streak in '65 and won a string of 6 or 7 meets in a row. Never would have happened without Coach Allen's long patience. At the awards banquet, he admitted that he never expected me to do as well as I had. The most amazing single thing about Coach Allen was that he could run a track practice, in which there were many moving parts, and give each of us the impression that we were receiving individual coaching.

A second memory was PE class in '63-64. We did a whole battery of exercises, followed by jumping rope for about 20 minutes, and Coach Allen did every rep and jumped rope along with us, all while having enough breath control to shout out instructions. I can still remember jumping rope to James Brown's "Night Train." No wonder the guy seemed indestructible.

I went on to serve as the Sports Information Director at Lenoir-Rhyne as a student, and while I interacted with several excellent coaches, the experience never dimmed my memories of being Coached by Stuart B. Allen, nor of my respect for him.

When my daughter graduated from the University of South Carolina, Lou Holtz, the keynoter, drew the distinction between being successful and being significant. I freely recognize Coach Allen as having done both!

*Rick Abercrombie, MPHS Class of 1969*

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Rick Abercrombie - June 13, 2019 at 12:48 PM

SD

“ Coach Allen was one of the best teachers I had. He was very inspirational, and he had a good sense of humor. For example, one time we were stretching out by sitting almost all the way to the ground, and Coach Allen said, "This is the camper's position." Coach Allen taught by demonstration; I remember how he would do, on the chin-up bars, something called a "back lever" in gymnastics. He would talk while holding this difficult positions, saying things like, "Now boys - this is really pretty easy."

He helped me as a pole-vaulter by giving me both total freedom and instruction when I needed it. When I finally broke my first pole, he shouted across the track field, "Daniel! Daniel! Are you all right? Come here son!" He then said not to worry about breaking the pole, that he would buy me a new one. He was a very inspirational person indeed.

*Skip Daniel*

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**Skip Daniel** - March 03, 2016 at 03:54 PM

TL

“ I am sorry to hear about Stewarts death from Alzheimer's. I worked with Stuart from 1971 to 1973. I have many fond memories of our teaching years together. May God bless your family as you grieve the loss of Stuart. Fondly Tad Hall Lewis Bellingham Washington

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**Theodora Lewis** - January 04, 2015 at 12:20 AM

PM

“ Leslie, Lexie and Bruce. You will not remember me but I used to babysit all of you when you lived on Calumet Place in Charlotte. I was your next door neighbor. (Pat Miller ). I was so sad to hear of your dad's passing. He and your Mother were both like 2nd parents to me. Please give your mother my deepest sympathy

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**Pat McDade** - December 04, 2014 at 08:49 PM



“ Coach Allen was a great example to all those he coached and taught. (MPHS '67) If he asked for 10 pushups, he also did 10. He seemed to be tireless in everything he did. I am happy he lived a long life. The Allen family should be proud to come from this line.

*T. L. Brewer*

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December 02, 2014 at 11:51 AM

JT

“ My deepest sympathy to the Allen family and to all of the young men and women that Coach Allen made an impact upon. I have passed many of the lessons on to my children as they pursue running. Thank You Coach! Rest in Peace!

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**Jack Thompson** - December 02, 2014 at 07:22 AM

DB

“ He was a great man. My thoughts and prayers are with your family.

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**Donald Blankenship** - December 01, 2014 at 10:05 PM

DW

“ Deepest sympathy to the Allen family. Coach Allen is someone I will never forget. He was a mentor to me during my high school track days and as a track coach later. He had such an infectious smile when you would see him. Even during his illness he would look you in the eye and just smile. A true legend in my eyes. RIP Coach Allen!!!

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**Debra Beamer Washington** - December 01, 2014 at 09:22 PM

MM

“ What a wonderful man who meant so much to so many of us. When I think of my time at Handley Coach Allen is always one of the people that comes to mind. He set the bar high and found a way to get the best out of us all. Rest in peace coach you will be missed greatly. My condolences to everyone in the family.

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**Mike Minnis** - December 01, 2014 at 08:50 PM

JL

“ So sorry to hear of Coach Allen's passing. He taught me how to swim when I was little, coached me, trained me as a life guard, and gave me my first job at Stonebrook. I was five the first time he took me took me up the high dive, and he climbed that ladder with me hundreds of times over the years till I was old enough to go it alone. Some of my best memories growing up were with Coach at that pool, and I am really grateful to have known him. Rest in Peace, Coach. And, thank you.

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**Joshua Legg** - December 01, 2014 at 12:35 PM

SS

“ I'misorry for your loss Bruce...may God be with you and yours ...i will keep you in my prayers

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**Susan Slayden** - December 01, 2014 at 12:21 AM

LP

“ To Lesslie and Lexie I was so sorry to read in the Charlotte Observer of your loss. Your Dad was a great person who had a positive influence on so many people. I have missed all of you since you moved from Charlotte, but I know how much he wanted to move to Winchester.

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**Larry J Pryor** - December 01, 2014 at 12:21 AM

JH

“ To the family of Coach Stu Allen:  
I am so sorry to hear of your loss.  
I well remember Coach Allen as a student at Myers Park High School between 1968-1970 and a lifeguard at Spring Valley Swim Club.  
He was definitely a leader of people and an amazing teacher, both at school and as an manager of people. He was available to both the men and women at the school to help them make the most of their talents. For the women, he was well ahead of his time in making sure opportunities were available for all.  
Even with all these passing years, I have always had occasion to remember things he told me that I have used to this day. I am not sure I would be where I am today if he had not been a part of my life.  
I am sure he now rests in peace.  
He was truly a great man!  
Jo Haubenreiser

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**Jo Haubenreiser** - November 29, 2014 at 07:05 PM

KC

“ My thoughts are with you and your family, Bruce.

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**Kitty Schroth Crist** - November 29, 2014 at 06:36 PM

TO

“ *My condolences to you and the entire family Bruce.*

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**Timothy O'Boyle** - November 29, 2014 at 06:08 PM

BW

“ *Bruce, I am so sorry to hear of your Dad's passing.(Coach Allen) He was one of those teachers that really made a difference in my life. I say teacher, because being a coach is teaching. He always amazed me with his wisdom and that sly wit of his. The year we won State in 76 he had this Cheshire cat grin on his face that said, "I knew you guys could do it". We were celebrating and he came up to me and said, "Reds, who came in second today behind us?" I said, coach I don't know. Then he said, "remember that". He showed me how to be humble when we won and hungry when we didn't. Which was far and few between. My heart goes out to you and your family. Just remember, all the awards he got he deserved, but his best achievement was the lives he touched along the way!! Your friend and classmate, Benson "RED"*

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**Benson Walker** - November 29, 2014 at 05:49 PM

GJ

“ *In 1969 Coach Allan had this kid running and doing pull-ups after the runs. It was his practice to require every tenth pull-up to be one where you had to toss your whole body over the bar feet first. It took quite a number of tries but a great sense of accomplishment was appreciated when this feat of strength was brought to fruition. He was a good man and a fine coach. We Mustangs of MPHS will long remember him and his leadership.*

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**Gregory Johnson** - November 29, 2014 at 04:35 PM