

COPY

R. S. ELLIOTT ARMS CO.
Kansas City, Mo.

July 23, 1943

Dr. Forrest C. Allen
Department of Physical Education
University of Kansas
Lawrence, Kansas

Dear Phog:

Thanks a lot for your inquiry regarding the purchase of athletic equipment for the Army Specialized Training Program.

Now Phog, the suggested prices at which you are supposed to buy this equipment are of course such that we would be entirely out of the picture on practically every item listed.

We assume that possibly the department has notified you of some method of purchasing this equipment from the manufacturers so that prices can be furnished somewhat in line with those listed. However, let me say that while we have been distributors of some of the largest factories in the United States, we just want to say that a great many of the quotations on this equipment are far under what this type of merchandise costs us.

However, Phog, that is not the problem so much as the problem of getting delivery.

On AA-3 priority we are not in position on most items to get delivery under 60 to 90 days.

On such items as sweat clothing it is our understanding that the entire production of most factories is now taken up until the month of December, and this production is taken up on very high priority.

In other words if we were to place an order with our factory for sweat clothing today, it would probably be December or January before that clothing arrived.

We have orders in with the factory now that have been there for five and six months, on which we are trying to get delivery.

We think that the problem that you have in obtaining this merchandise is to get it where you can as quickly as you can, and if we can be of any help or have any item in this line on which you might request a bid from us, we will only bid on such an item on which we are fairly sure of being able to make a delivery that is not too late for your requirements.

Let me say that at present, however, it is almost impossible to make any guarantee of deliveries in any reasonable length of time.

Certainly appreciate your interest in writing and if I can be of any service in helping you obtain this equipment do not hesitate to call on me.

Yours very truly,

R. S. ELLIOTT ARMS CO.

By: (Signed) J. R. Elliott

R. S. Elliott Arms Co. - page 2.

P. S. Taft Talbot has been spending practically 90% of his time in army and navy outfits looking after their supplies and if he can be of any assistance to you, on any of this material do not hesitate to call on him.

COPY

LOWE & CAMPBELL ATHLETIC GOODS CO.
KANSAS CITY, MO.

July 22, 1943

Dr. Forrest C. Allen
Director of Physical Education
University of Kansas
Lawrence, Kansas

Dear Doctor:

Your letter of the twentieth has been received, and we sincerely appreciate the opportunity to bid on the physical training equipment needed in connection with your Army Specialized Training Program.

It is in order to emphasize the point here that the real problem will be to obtain the equipment within any reasonable time at any price, on any preference rating. This type of equipment has been purchased in tremendously big quantities for the Air Corps Training Program - their program has been in operation for more than a year, and orders have been placed with the various factories in lots ranging from 30,000 units to 50,000 units at one time - and as fast as one contract was completed another would be executed. At the Classification Center at Nashville, Tenn. we have already delivered over 100,000 units in the past eight months.

Even on the orders in these quantities, the actual production costs will exceed the comparative price quotations given by the Director of the Training Division, so we are led to the conclusion that these prices must have been taken from a schedule that is decidedly on the obsolete side.

SHOES. We can supply for September delivery Converse Shoes with canvas uppers and rubber soles at a price of \$2.35 per pair. We can supply for immediate delivery our L & C No. B57 (made by Wisco) at a price of \$3.00 per pair.

TRUNKS. We can supply our No. PS60 at a price of \$1.65 per pair, - we have some stock available for at once delivery, and would require four weeks' time for making up the balance.

T SHIRTS. We can supply our No. T243 for delivery the latter part of September at \$5.00 a dozen.

SUPPORTERS. We can make delivery immediately on the No. E6V at \$4.00 a dozen or on the No. 5C at \$5.25 a dozen.

HOSE. We can supply our No. H730 at \$3.00 per dozen pair, or our No. H729 at \$4.00 per dozen pair; 300 pair of either for immediate delivery, balance by September 15th.

SWEAT SHIRTS AND PANTS. We cannot supply within six months time in any quantity at any price on any preference rating.

All of the foregoing quotations based on preference rating of AA3 or better on PD-3A certificates. Ration Certificates would also be required on the shoes.

Yours for victory,

LOWE & CAMPBELL

(Signed) Les Freeburg

July 26, 1943.

Col. Wm. C. Washington,
R.O.T.C.,
University of Kansas.

Dear Colonel Washington:

I am sending you copies of letters that I have received from athletic goods houses such as Lowe & Campbell and Elliotts of Kansas City, and Snowden Mize of Atchison. You can see there is quite a variance in the prices quoted by the War Department bulletin and the quotations from these firms. And too, they give warning that unless some of this stuff is not ordered soon it may not be had, and even then it may not be had without quite a delay.

I thought these informative quotations would be of interest to you.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

July 26, 1943.

Professor Bert Nash,
School of Education.

Dear Bert:

I am sending you copies of letters that I have received from athletic goods houses such as Lowe and Campbell and Elliotts of Kansas City, and Snowden Mize of Atchison. You can see there is quite a variance in prices quoted by the War Department Bulletin and the quotations from these firms.

I have also sent copies to Colonel Washington, and am sending this to you so that you may keep it on file as a handy reference regarding prices for equipment for the Army.

Very sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

July 26, 1943.

Chancellor Deane W. Malott,
University of Kansas.

Dear Chancellor Malott:

I am sending you copies of letters that I have received from athletic goods houses such as Lowe and Campbell and Elliotts of Kansas City, and Snowden Mize of Atchison. You can see there is quite a variance in prices quoted by the War Department Bulletin and the quotations from these firms. And too, they give warning that unless some of this stuff is not ordered soon it may not be hand and even then there may be quite a delay.

Of course, I realize that our department will not sell this stuff. That will be in the hands, doubtless, of the bursar. But I did want to do what little bit I could in hastening the preventible delays.

By referring to the bulletin from the Seventh Service Command addressed to presidents and commandants at universities, you can see that shoes were quoted at \$1.85, and the best any of these firms can do is \$2.35. My feeling was that the Army might object to the price that the University would have to charge for this equipment, and naturally there would be a small handling charge. The unused athletic office might be an ideal place for handling that equipment because it has cashier's windows and storage space.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

P.S. Mr. Bud Widiok, of the Snowden Mize Company, just called me this morning from Atchison and stated that Kansas State had just placed their order for athletic equipment for the Army students. The order was placed by the athletic department and the Army furnished the priorities. Mr. Widiok is coming through Wednesday morning with samples so that interested persons here may see his merchandise.

F.C.A.

July 23, 1943.

Colonel William C. Washington,
Commandant, R.O.T.C.,
University of Kansas.

Dear Colonel Washington:

We have sent out inquiries to four different firms in regard to prices and their ability to furnish gym equipment for the Army students expected at the University on August 9th.

The outlook is not too encouraging. We have received replies from two firms, and doubtless will hear from the others in a day or so. One firm says "Even on the orders in these quantities, the actual production costs will exceed the comparative price quotations given by the Director of the Training Division, so we are led to the conclusion that these prices must have been taken from a schedule that is decidedly on the obsolete side." They can supply for September delivery shoes quoted at \$2.35 per pair, and can supply for immediate delivery shoes at \$3.00 per pair. The other firm quotes shoes at \$4.50 per pair. Ration certificates would be required on the shoes.

These prices are more than the \$1.85 quoted in the bulletin from the Seventh Service Command.

Gym shirts are difficult to obtain, and the sweatsuits will be even more difficult to get. This type of gym equipment has been purchased in tremendously large quantities by other training programs - some of which have been in operation for more than a year. As one firm says, the real problem will be to obtain the equipment within any reasonable time at any price, on any preference rating.

I have also written to Mr. Frank Leahy, director of athletics at Notre Dame, who is in charge of the Keds Sports Department of the U. S. Rubber Company. I have not heard from him as yet, but I shall keep you advised as soon as replies come to my desk.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

July 23, 1943.

Mr. Bud Widick,
Snowden Mize Athletic Goods Co.,
Atchison, Kansas.

Dear Bud:

Thank you very much for your letter
of the 22nd instant quoting prices on gym equipment
for the Army students.

We, of course, cannot act until we
have definite instructions from the military authority.
I am passing your information on to our people here so
that they may be advised of the situation.

With appreciation of your courtesy, I am

Sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

July 23, 1943.

Mr. Les Freeburg,
Lowe & Campbell Athletic Goods Co.,
1509 Baltimore Ave.,
Kansas City, Mo.

Dear Les:

Thank you very much for your letter of the 22nd instant quoting prices on gym equipment for the Army students.

We, of course, cannot act until we have definite instructions from the military authority. I am passing your information on to our people here so that they may be informed of the situation.

With appreciation of your courtesy,

I am

Sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

PROPOSED PLAN FOR A-12 PHYSICAL EDUCATION PROGRAM

According to present information approximately 700 Army boys in the A-12 program will arrive at the University August 9. These boys are required to take physical education three days per week in two-hour periods. The Army will prescribe the P. E. program and the University will provide instructors and facilities.

Available facilities. Since the men's gymnasium is being used to capacity with the V-12, Naval Air Cadet, and the civilian programs, it seems unwise to disrupt present practices and procedures in the gymnasium to accommodate the Army here. Furthermore, it seems highly desirable to take all men's civilian classes to the West Stadium for the five-weeks session to avoid congestion in dressing rooms and gym proper.

With the men's gymnasium used to capacity and the civilian students at the stadium, Hoch Auditorium offers the best possibility for housing the A-12 P. E. program. All of the Army boys can be handled on the basketball floor and stage at Hoch provided the classes can be kept to approximately the same size and provided further that Hoch can be used for physical conditioning five days per week. By scheduling classes on M.T.T. and M.W.F., the Monday classes will be quite large.

Section	Time	Days	Number of Students	No. on Monday
A	8:30-10:20	MWF	86 two sections	175
B	10:30-12:20	MWF	86 " "	175
C	1:30- 3:20	MWF	86 " "	175
D	3:30- 5:20	MWF	86 " "	175
E	8:30-10:20	MTT	86 " "	
F	10:30-12:20	MTT	86 " "	
G	1:30- 3:20	MTT	86 " "	
H	3:30- 5:20	MTT	86 " "	

Dressing facilities for A-12 men. If Hoch Auditorium is used for the A-12 program in physical conditioning, the following recommendations are made concerning dressing rooms, showers, etc.

The additional load imposed upon existing shower and dressing facilities in Robinson Gym would be too great, therefore it is recommended that A-12 boys report to physical education classes in gym apparel ready for work. This should be easy for the A-12 boys since Lindley Hall is almost as close to Hoch Auditorium as is Robinson Gym. The A-12 boys can change clothes in Lindley Hall before and after class. Showers will be available there. This plan would eliminate all problems of handling equipment, crowded dressing rooms, etc., since the boys would be "at home" in Lindley Hall and could take care of their own problems relating to dressing and undressing, valuables, showers, etc.

Civilians taking physical conditioning. We are planning to use the freshman dressing room at the stadium for civilian classes next fall. All equipment of class members will be kept there in lockers, and of course showers are available there.

PROPOSED PLAN FOR A-12 PHYSICAL EDUCATION PROGRAM

According to present information approximately 700 Army boys in the A-12 program will arrive at the University August 9. These boys are required to take Physical Education three days per week in two-hour periods. The Army will prescribe the P. E. program and the University will provide instructors and facilities.

Available facilities. Since the men's gymnasium is being used to capacity with the V-12, Naval Air Cadet, and the civilian programs, it seems unwise to disrupt present practices and procedures in the gymnasium to accommodate the Army here. (See schedule enclosed) Furthermore, it seems highly desirable to take all men's civilian classes to the West Stadium for the five-weeks session to avoid congestion in dressing rooms and gym proper.

With the men's gymnasium used to capacity and the civilian students at the stadium, Hoch Auditorium offers the best possibility for housing the A-12 P. E. program. All of the Army boys can be handled on the basketball floor and stage at Hoch provided the classes can be kept to approximately the same size and provided further that Hoch can be used for physical conditioning five days per week. ~~Until November 1, Hoch would only be needed in case of inclement weather.~~ By scheduling classes on M.T.T. and M.W.F., the Monday classes will be quite large. ~~However, if the weather permits, these classes can be taken outdoors.~~ ~~If weather does not permit outdoor work, mass calisthenics and exercises can be given on Monday in Hoch.~~

July 13, 1943.

Colonel William C. Washington,
Reserve Officers Training Corps,
University of Kansas.

Dear Colonel Washington:

With the coming of the 700 Army A-12 students within a month, it is necessary for us to know something of their requirements for physical conditioning.

Will they be issued gym clothing, and if so, will it consist of more than the gym shoes, shorts, shirt and supporter?

I am asking this question so that we will know what sort of baskets to provide for them in the check room. At the present, we are using the large football baskets for the Naval Aviation Cadets, and the smaller wire baskets for the V-12 students. If, however, they should be issued warm-ups, or sweatsuits, then I do not see how we can take care of them with these small baskets.

It was my thought that if the Army issues its students a full outfit, including the sweatsuits, we will have to purchase large checking baskets similar to those used at swimming pools. It is very doubtful if we could get wire baskets, and we might have to purchase the wooden baskets - about like a half-bushel basket without handles.

I will appreciate any information you can give me at your earliest convenience.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

July 10, 1943.

Professor Leonard Axe,
Military Coordinator,
University of Kansas.

Dear Professor Axe:

With the coming of the 700 Army A-12 students within a month, it is necessary for us to know something of their requirements for physical conditioning.

Will they be issued gym clothing, and if so, will it consist of more than the gym shoes, shorts, shirt and supporter?

I am asking this question so that we will know what sort of baskets to provide for them in the check room. At the present, we are using the large football baskets for the Naval Aviation Cadets, and the smaller wire baskets for the V-12 students. If, however, they should be issued warm-ups, or sweatsuits, then I do not see how we can take care of them in these small baskets.

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I will appreciate any information you can give me at your earliest convenience.

Sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

Lawrence, Kansas
July 13, 1943

Dr. Forrest C. Allen
105 Robinson
Campus

Dear Dr. Allen:

This will acknowledge the receipt of your letter of July 10, 1943, in respect to the 700 Army A-12 students.

I am sorry that I cannot give you and help on the questions you asked. At the present time, I am devoting my time to the Navy V-12 program.

Sincerely yours,
Leonard H. Allen

July 20, 1943.

Mr. Jack Elliott,
R. S. Elliott Arms Co.,
1508 Grand Avenue,
Kansas City, Mo.

Dear Jack:

I am enclosing a carbon copy of instructions the University has received from the War Department concerning the wearing apparel for physical training activities of students in the Army Specialized Training Program.

We expect about 700 or 800 of these students at the University of Kansas on August 9th, and undoubtedly the University will have to purchase the equipment and then sell it to the students. This is confidential, but I thought by sending the whole thing you could see the set-up. It will be necessary for the University to get bids on the gym equipment as listed on the enclosed sheets.

I would appreciate it if you would let me know at your early convenience if you could supply this equipment and what your quotation is on the articles.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

July 20, 1943.

Mr. Les Freeburg,
Lowe & Campbell Athletic Goods Co.,
1509 Baltimore Avenue,
Kansas City, Mo.

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Director of Physical Education,
Varsity Basketball Coach.

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July 20, 1943.

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Snowden-Mize Athletic Goods Co.,
Atchison, Kansas.

Dear Bud:

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Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

SERVICES OF SUPPLY
ARMY SPECIALIZED TRAINING DIVISION
PROGRAM
OF
PHYSICAL TRAINING

This is a revised statement of the program and
supersedes that published previously.

Revised - 12 March 1943.

24-17127

1. Objective

- a. The object of the Physical Training Program is to give to the trainees in the shortest practicable time an intensive, all-round training which will develop in them those qualities, capabilities and reflexes associated with first-class physical condition and in particular to prepare them for the arduous military duties which await them upon their return to troops.

2. Organization

- a. In those institutions where Army Specialized Training Program contracts call for the use of institutional personnel to conduct physical training, the Commandant will give such supervision to the training as will ensure the effective execution of the program. However, the "chain of command" in this training is through institutional authorities, with whom the Commandant will collaborate closely. In those institutions where contracts do not call for use of institutional personnel to conduct the physical training program, the Commandant will organize and execute the program by utilizing military personnel as instructors.
- b. Six (6) hours each week, consisting of three periods of two hours each, are to be devoted to the physical training programs. In addition, trainees electing to do so should be encouraged to devote a part of their daily and week-end periods of free time to training for, or participation in, intramural sports.
- c. To make efficient use of existing facilities and teaching personnel the time schedule for physical training must be integrated with the academic and military training schedules to the end that classes may be conducted throughout each day.
- d. The physical training program should begin immediately upon the assignment of trainees to classes and should develop progressively throughout the training course.
- e. Normally, the platoon is a convenience unit for regular instruction; however, companies or entire battalions could be brought together occasionally for various drills in order to develop esprit de corps and the habit of mass action.
- f. In the interests both of effective teaching and of developing trainee leadership, it is suggested that qualified trainees who may be possessed of exceptional skills or capabilities be utilized, wherever possible, as demonstrators and assistant instructors.

3. Standards.

- a. The fact that a trainee has passed the required physical examination for the Army and has successfully completed the transition period from civilian to soldier indicates that he is good material. However, it does not necessarily follow that he possesses the physical stamina or the basic skills to cope with the tasks that active duty will impose. Overzealousness on the part of an instructor in mistaking quantity of training given for quality of performance may defeat the purpose or lead to injury by

- a. not taking into consideration the aptitude and condition of the men and their ability to perform the tasks assigned to them.
- b. By the end of the first week tests should be made to screen out those who require special training. Further tests are to be made at the end of each term (and at such other times as may be desired) to measure progress and to determine when those of inferior development may be qualified to participate in the general program.
- c. The physical efficiency testing program is designed to measure the principle factors in general physical fitness which are strength, endurance, agility, and coordination. Tests to measure these factors, together with average performances, are listed below:
 - (1) Push-ups - Measures arm and shoulder extension strength. Average performance, 25 times.
 - (2) Squat Jumps - Measures leg strength and coordination. Average performance, 32 times.
 - (3) Sit-ups - Measures abdominal strength. Average performance, 33 times.
 - (4) Pull-ups - Measures arm and shoulder flexor strength. Average performance, 8 times.
 - (5) 100 yard pick-a-back - Measures muscular endurance. Average performance, 26 seconds.
 - (6) Burpee test, 20 seconds - Measures agility and coordination. Average performance, 10 times.
 - (7) 300 yard run - Measures cardio-respiratory endurance. Average performance, 46 seconds.
- d. Instructions covering procedures in conducting tests and rules for the conduct of each test will be provided.
- e. Reports of trainees' physical efficiency tests are to be submitted at the conclusion of each twelve-week term. Forms for this report will be provided.
- f. There should be such additional testing in the area of aquatics as may be necessary to classify trainees for instructional purposes. Non-swimmers, inadequate swimmers, and satisfactory swimmers should be segregated and assigned to appropriate programs of instruction.
- g. The following War Department publications are to be used as the basis of instruction:
 - (1) Training circular No. 37 WD. - Physical Training
 - (2) FM 21-20 Basic Field Manual. - Physical Training
 - (3) TM 21-220 Technical Manual. - Sports and games.
 - (4) Team sports
- d. ~~In each area the daily program should begin with a period of calisthenics or other conditioning exercises for a period of approximately fifteen~~

4. Suggested Program.

- a. The Physical Training Program should be designed to cover a wide range of activities with particular stress on those which develop skills or talents of special military value. It is suggested that the first four weeks of the course be devoted to general conditioning, testing, and orientation with a sampling of all the basic activities. During this period the trainees should be observed carefully and classified with respect to their individual aptitudes and deficiencies.
(Recommended activities are listed in App. "A" and sample programs for the first and second weeks are shown in App "B".)
- b. For the remainder of the first term, following the initial orientation period, trainees should be assigned to activities in which their deficiencies are greatest or in which further physical efficiency is markedly below standard. By the end of the first term most trainees should be able to equal the average performances in the physical efficiency tests.
- c. For simplification and continuity of instruction, it is suggested that after the first four weeks activities be grouped into four basic areas as follows:
- (1) Aquatics
 - (2) Combatives
 - (3) Gymnastics and obstacles courses.
 - (4) Team sports
- d. In each area the daily program should begin with a period of calisthenics or other conditioning exercises for a period of approximately fifteen minutes followed, whenever practicable, by a short run. The purpose of this drill is to give the trainee a fundamental training in body control, good posture in every sort of movement, and the ability to respond instantly and accurately to the spoken command. It also serves as a warm-up in preparation for the more strenuous activities that follow. Depending upon the nature of the previous work, and extended and gradually increasing run may provide a fitting climax to the day's program.
- e. During the second and each succeeding term all trainees except those who may require further special work in general conditioning should be assigned to two of the four basic areas for training. The division of time, which should be approximately even, should be such as to provide continuity of instruction in each area, afford a satisfactory balance to the daily program, and avoid over-long continuance of the same activity. In most cases a division of time each class period would seem desirable, however, the details of the time schedule are left for local determination to the end that the program may be best adapted to existing conditions at each institution.
- f. It is expected that each trainee will receive training in all four areas of activity before his course is concluded.
- g. A suggested program for each activity area is presented in App. "C". These programs are intended as guides and not as mandatory schedules. With the approval of the Commandant programs already in existence which are the equivalent in content may be substituted.

- N. Recognizing the value of team work and of competition in teaching men to think quickly and act vigorously in the face of strong opposition, and as a means of inculcating a "will to win", it is recommended that, in addition to the prescribed work in physical training which shall, itself, be made competitive as is practicable, intramural contests in competitive team sports be strongly encouraged. It is anticipated that as early in the course as competitive groups can be organized, much of the Saturday afternoon free time could be devoted to such contests.

APPENDIX A

<u>ACTIVITY</u>	<u>REFERENCE</u>
1. DISCIPLINARY EXERCISES	PAR. 14, 16 and 17
a. Commands	F. M. 21-20
b. Marching and exercises while marching	F. M. 21-20
2. CALISTHENICS	T. C. #87
3. GUERRILLA EXERCISES	T. C. #87
4. GRASS DRILLS	T. C. #87
5. RUNNING ACTIVITIES	T. C. #87
A. Zig Zag Run	Par. 31, F. M. 21-20
b. Running, Jumping and Climbing	Par. 32, 33, F. M. 21-20
c. Obstacle Course	Par. 32, 33, F. M. 21-20
d. Relays and Sprints	T. C. #87
6. COMBATIVES	T. C. #87
a. Combatives	Par. 76, 34, 35
b. Contests Personal	F. M. 21-20
7. SPORTS AND GAMES	
A. Games	Par. 80, 36, 38, 77, and 81
	F. M. 21-20
b. Group Games	T. C. #87
c. Sports and Games	T. M. 21-220
8. Aquatics	
a. Swimming	F. M. 21-20 Chap 5
b. Life Saving and Water Safety	F. M. 21-20 Chap 5
9. TESTS	
A. Physical Efficiency	To be supplied

APPENDIX BSAMPLE PROGRAM FIRST WEEK

<u>DAY</u>	<u>TIME ALLOTMENT</u>	<u>ACTIVITY</u>
FIRST DAY	20 Minutes	Calisthenics (Learn and execute first 4 Exercises)
	15 Minutes	Guerrilla Exercises
	10 Minutes	Grass Drills
	15 Minutes	Combatives
	30 Minutes	Team Sports
SECOND DAY	20 Minutes	Calisthenics (Review and warm up first 4 Exercises)
		Learn and execute Exercises 5, 6, 7, 8,)
	10 Minutes	Guerrilla Exercises
	15 Minutes	Combatives
	45 Minutes	Aquatics - classify individuals according to swimming ability.
THIRD DAY	90 Minutes	Physical Efficiency Tests Followed by Distance Run and Walk. Tests one, two and three should be given at this time. Tests four, five, six and seven should be given at the next meeting of the class.

NOTE 1: The above is not intended as a required schedule but merely as a pattern. Adjustments will be necessary to make efficient use of facilities and of teaching personnel. However, with respect to physical efficiency tests absolute uniformity is desired.

NOTE 2: Additional time, making up the allotted two hours, may be utilized for bathing, dressing, etc.

APPENDIX BSAMPLE PROGRAM SECOND WEEK

<u>DAY</u>	<u>TIME ALLOTMENT</u>	<u>ACTIVITY</u>
FIRST DAY	90 Minutes	Physical Efficiency Tests. Tests four, five six and seven should be given this time.
SECOND DAY	25 Minutes	Calisthenics
		Review Exercises 1-8
		Learn and execute Exercises 9-12 ✓
	10 Minutes	Guerrilla Exercises
	5 Minutes	Grass Drills
	30 Minutes	Combatives
	20 Minutes	Varied Relay Races
THIRD DAY	20 Minutes	Calisthenics & All Exercises
	10 Minutes	Guerrilla exercises
	5 Minutes	Grass Drills
	15 Minutes	Combatives
	40 Minutes	Team Sports

NOTE 1: The above is not intended as a required schedule but merely as a pattern. Adjustments will be necessary to make efficient use of facilities and of teaching personnel. However, with respect to the physical efficiency tests absolute uniformity is desired.

NOTE 2: Additional time, making up the allotted two hours, may be utilized for bathing, dressing etc.

NOTE 3: Daily programs of progressive intensity, but following, in general, these samples, are to be planned locally for the third and fourth weeks.
(See Training Circular number 87 WD)

APPENDIX CACTIVITY AREAS WITH SUGGESTED PROGRAMS1. Aquatics

a. Ability to swim and float for long periods of time.

- (1) All strokes with special emphasis on elementary breast stroke and back stroke.
- (2) After a term of instruction a trainee with some previous swimming ability should be able to swim one mile in one hour. If he can do this he should be able to stay afloat three to five hours, swimming and floating with a minimum of motion.

b. Under-water swimming.

- (1) With practice, trainees should be able to swim twenty (20) yards under water.

c. Life-Saving.

- (1) Holds with their releases.
- (2) Effective Carries.
- (3) Artificial respiration.
- (4) Securing in pairs to a floating object.

d. Water Safety.

- (1) Jumping from high tower (10 to 20 feet).
 - a. Jumping is safer than diving.
 - b. Technique should include leveling off and swimming under water without rising to the surface.
- (2) Attaching properly to a line for rescue.
- (3) Improvising rafts from floating objects.
- (4) Approved tactics to avoid injury wreckage, oil fire, or predatory fish.

e. Clothing

- (1) During the later stages the training in aquatics should provide practice with, as well as without, clothing, including the use of inflated garments for temporary support.

2. Combatives

a. Boxing, wrestling, judo tricks, rough and tumble fighting.

- (1) Emphasize best use of natural weapons - hands, feet, knees, elbows and head.
- (2) Stress general body maneuverability and foot work.
- (3) In wrestling the emphasis should be on standing holds and their counters.

b. Sabreing.

- (1) Stick handling with either or both hands.
- (2) Fundamental slashes and parries with movement to either side.

c. Personal contests.

- (2) Novelty contests such as are described in the War Department Training Circular No. 87 and in Paragraphs 35 and 76 of F. M. 21-20 add zest and interest to the day's work and are valuable in developing body control and competitive spirit.

d. Actual competition.

- (1) At first the various maneuvers employed in this part of the program should be practiced as exercises. Later, when sufficient skill is acquired, trainees may be paired off for actual competition, under adequate supervision, in some phases of the work.

3. Gymnastics and Obstacle Courses.

- a. The chief object of instruction in this area is the development of the kinesthetic sense, balance, and certain kinds of body control, particularly while supporting the weight by means of the arms and hands. It is also one of the best types of activity for the much-needed development of the upper body.
- b. Exercises utilizing the horse, parallel bars, horizontal bar, ropes and mats should be stressed and they should be planned with a view to being of use in surmounting the physical obstacles that may be encountered in the field.
- c. This phase of training naturally culminates, during the latter part of the term, in work on the obstacle course in which most of the skills previously learned as exercises are utilized in a more practical way. Since obstacle courses are not uniform standards of achievement should be established locally, with a minimum performance requirement for all trainees.

4. Team Sports

- a. The will to win through coordinated team play and discipline is the first objective in this area.
- b. Teams should be evenly matched with incentive to develop hard, aggressive play and a fighting, competitive spirit.
- c. Other objectives are the improvement of cardio-respiratory endurance, speed and agility, and the development of the large muscle groups, particularly of the legs.
- d. The list of sports which may be employed is limited only by the availability of facilities and equipment and by trainee interest. However, experience has shown that the following games, while affording the values desired, have, in the past, been most easily adaptable to general participation by large numbers.

Soccer, speedball, touch football, modified football, basketball, volleyball, baseball.