

August 19, 1943.

Mr. George M. Dick,
352 20th St.,
Santa Monica, California.

Dear George:

Pardon my delay in answering your good letter of the 13th instant. I am very happy to comply with your request and I trust that you will be able to get the position you desire.

I certainly was surprised to learn that you were discharged August 5th.

Had you thought of returning to the University to get your degree and play football this fall, and at the same time earn more than enough money to keep you going? And when you finish I am sure we will be able to use you. Of course, if you want to stay in the California school system this is a great opportunity.

I understand that Henry Shenk has written you and doubtless he will be able to present things to you in a more favorable light than I could, but you can count on having a job here if you want it.

I don't want you to feel that you owe me anything for helping you. That is our job, of course, and I don't want you to feel that you have to send me any basketball players. Of course we are always happy to get fellows like Armand Dixon, but do not feel obligated in the least.

Thanks for your compliment on the coaching technique. However, I am not nearly as optimistic about that as you are. Please rest assured that we are happy to help you, and you call on us any time you wish to do so.

With all good wishes, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

August 19, 1943.

To Whom It May Concern:

I am very happy to commend to you Mr. George M. Dick, formerly of the University of Kansas. George played varsity football here at the University two years, and was an outstanding end. He also played on my varsity basketball team, and until the time of a knee injury was one of the valued members of my squad.

George Dick is clean, capable and courageous. He is courteous and he has a fine faculty of making friends among his fellows. I found that he at all times developed a fine morale among the men with whom he came in contact. I would recommend him to you as a very safe and valuable young man to deal with young people. He sets a fine example and his ideas are constructive and helpful to young men.

Last fall when our required physical conditioning for all men at the University became operative we engaged George Dick as one of our instructors in physical conditioning classes. He also did substitute teaching for the Lawrence public school system and did a splendid job in the junior high school and the high school.

We have found George Dick alert, responsive and loyal in all of his work. We were highly pleased with the type of service he gave, and he carried an individual responsibility that was pleasing. I am happy to recommend him without reservation or evasion.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

August 13

Dear Doctor:

It's been a long time since I left K.V. and I sure miss the place. I should have written sooner but I wanted to have something good to tell you when I did write.

I did all right in the army for about the first 8 wks, then my knee began bothering me - due to the hiking - I was in the hospital for two weeks. After that they put me in limited service. I worked in the company supply room waiting for a permanent assignment. It was about 5 wks before they assigned me to the "range section" at Camp Roberts. I helped survey and lay out new target ranges for the camp.

Two weeks ago they began reexamining all the limited service men. They looked at my record and decided to discharge me. I was discharged Aug. 5.

I decided to visit a while in the Los Ang. area before I come home. While I was visiting my cousin, Ed Browne who is Phy Ed instructor at the Santa Monica Jr high school.

I found there was an acute shortage
of Phy Ed instructor in this area.

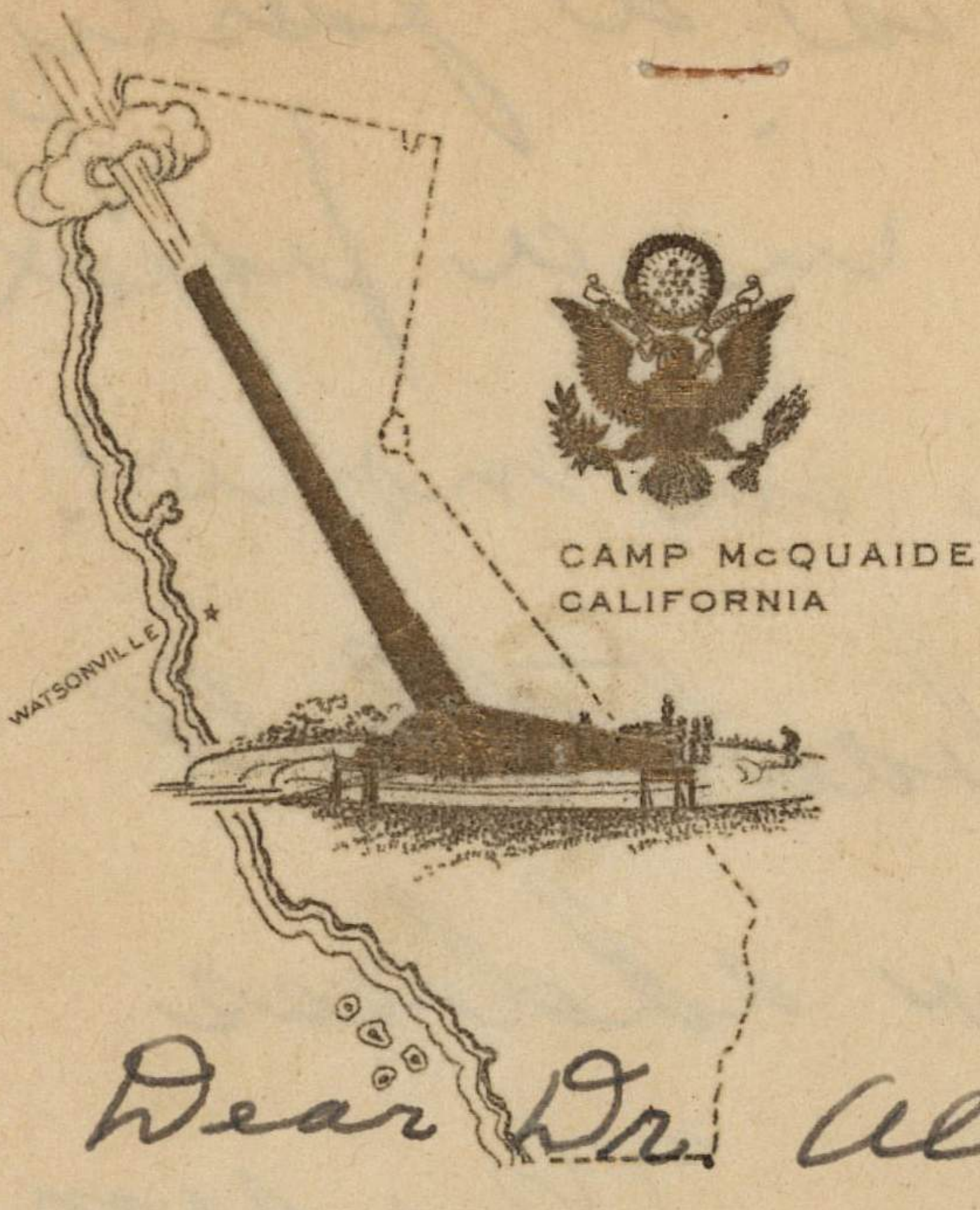
I saw the state director of Phy Ed, Vernon
Lundeth Friend University, - he told
me he thought I could get a temporary
certificate to teach. It would be a
grand opportunity for me to get into
the California school system and
a chance to get started in life.

I would like for you to write
a letter of recommendation for me
and mention about me instructing
physical conditioning classes and
substitute teaching. I would appreciate
this very much.

It seems like everything is one
sided - I'm asking for help from
you - Maybe I can send you
some basketball players before
you retire - like Armond Dixon.

I saw in the paper where you
were only going to coach 7 more years
That's quite a long time for the
other Big Six teams to wait to win
a championship. I'm one of the
fellows that believe "It's the coach
not the material that wins year after
year."

Sincerely
George Dick



June 12, 1943

Dear Dr. Allen,

Well, everything is just fine here at Camp McQuaide, California. My training will officially be over the nineteenth of June, but unofficially it's over now. I'm up for over sea shipment so I get a five day furlough starting the nineteenth.

Yesterday we took a twenty mile hike in about four hours. Most of the fellows made it, but there were plenty of sore feet that night. I guess we'll get plenty of hiking when I go to O.C.S. in the infantry.

Next week we go into the field for three days and get into the real old army life. I guess it will be more like the field artillery than the

coast. This coast artillery is a fairly
easy racket, especially in a fixed
harbor defense like I'm in now.

You can send my basketball
and sweater to the below address
in care of Mrs. F. M. Bagley. My arm
length is about 34 inches and
chest about 35 or 36 inches.
I hope that the war is won pretty
soon so I can get a chance to
display them.

I hope you are in good health
and the University is treating
you well.

Sincerely,
Armand Dixon

Armand Dixon
137 Monterey Blvd.
Hermosa Beach, Calif.



COAST ARTILLERY
CAMP McQUAIDE, CALIFORNIA

May 3, 1943

Dear Doc,

I got your letter concerning all the fellows and news on the hill and was glad to hear from you.

I guess I'm pretty lucky being stationed out here in California. I'm in Camp McQuaide, a Coast Artillery outfit. It's located on the point of Monterey Bay. It's very beautiful, country with rolling hills, trees, flowers; everything that makes a country beautiful.

I'm an acting sergeant at the present time. I have applied for O.C.S. and have been accepted in the infantry. Will go to school after my basic training is over.

I got a letter from Lewis Musick.
He is in Camp Sibert, Alabama in
the chemical warfare service. He does-
not like the country too well.

My physical conditioning instruction
has helped me to a very great
extent. I can handle men now
mainly because of my experience
I had at Kansas University.

Hope the world is treating you
fine. Say hello to Mr. Shenk for
me. Lots of luck to him on the
coming season.

Give my regard to Mrs. Allen
and your sons and daughters
as well.

Sincerely,
Armand Dupin

May 7, 1943.

Lieutenant Joao Duarte,
Rua Honora de Melo, 973,
Perdizes,
Sao Paulo, Brazil.

Dear Lieutenant Duarte:

I owe you a very great apology for not answering your letter of December 14th sooner. Somehow it was misplaced in my correspondence and while I was cleaning off some old correspondence from my desk I discovered it.

For the life of me I cannot understand how blank pages appeared in your edition of "Better Basketball". I am sending a carbon copy of this letter to the McGraw-Hill Publishing Company, 330 West 42nd Street, New York City, the publishers, asking that they communicate with you and make the necessary adjustment. I would suggest that you also write them calling attention to the error in this publication. I am sure they will be very happy to rectify the error.

Answering your inquiry regarding the procedure in the United States in organizing national basketball teams, I beg to state that the all-American teams are never assembled to play games. It is more of a newspaper selection of these all-American teams. However, if you mean the Olympic teams, that is another matter. For the games in Berlin the colleges had teams and the Amateur Athletic Union had teams. The AAU teams are independent teams and have no connection with colleges.

The United States was divided into eight districts and a series of elimination tournaments were set up in the eight districts. The four western districts played and the four eastern districts played among themselves. Then the finals were between the eastern and western district winners. For the Olympic games they took the players from both the first and second teams, and a coach was appointed to handle these boys in Berlin.

Answering your query regarding the basket ball rules for women - most of the women's basketball teams are now playing under the men's rules. However, I believe if you would write and ask the A. S. Barnes Company, publishers of these guides, the same question you are asking me they would be in better position to tell you than I would. We do not have any connection with the women's basketball here at the University of Kansas. Practically none of the schools or colleges have women's competitive basketball in the State of Kansas. Iowa and some of the other states, I believe, do have high school basketball, but they do not play in colleges

in an intercollegiate way. The A. S. Barnes Company are practically the only publishers printing women's basketball guides at the present time.

Again apologizing for my delay, and wishing you the best of success, I am

Faithfully yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

May 7, 1943.

McGraw-Hill Book Company,
330 West 42nd Street,
New York City, N.Y.

Dear Sirs:

I am sending you a copy of a letter that I received long since from Brazil. You will note that the writer states there are some blank pages in his copy of "Better Basketball".

I do not know from whom this book was purchased but I am sure that you would like to make inquiry from Lieutenant Duarte. I will appreciate it if you will because I am sure that he will consider this a favor.

Sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

Tenente João Duarte
Rua Homem de Melo, 973
Perdizes, São Paulo, Brasil.

14th. December 1942.

Dear Mr. Allen,

It is with the greatest of pleasure that I write this letter to congratulate you sincerely on your book "Better Basketball" (1937 Edition) which I have read with the greatest of attention.

For those who are dedicated to basketball your book is a most helpful guide and a real success for teaching the technique of the game, a technique perfected to a very high degree.

I must say that I greatly admire the succinct manner in which you describe all the phases of the game.

Unfortunately in reading the book I found that pages numbers 398, 399, 402, 403, 406, 407, 410 and 411 are blank and I would approach you with a view to ask you kindly to arrange for the subject matter of those pages to be sent to me in order that my book be complete.

At the same time I ask your kind advice as to the present procedure in the United States in organising your National Basketball Team. That is to say, are players called from teams all over the country and then do they all train together at one centre?

Further, I would very much like to know if the Official 1942-1943 Rules as published in the "Official Sports Library for Women Basketball Guide" (A.S. Barnes and Co. - Publishers) are followed by all women's teams in the U.S.A. or if some clubs or regions follows the rules applied to men's clubs.

Perhaps there exists some publication on such matters and if such is the case I would appreciate it if you would indicate the name of the publishers to enable me to send for it.

Thanking you in anticipation for an early reply,
I am, yours faithfully,



Lieutenant João Duarte

Lieutenant of the Brazilian Army and Secretary of
the São Paulo Basketball Federation (Federação
Paulista de Basketball).

March 1, 1943.

Mr. Bruce Drake,
Basketball Coach,
University of Oklahoma,
Norman, Oklahoma.

Dear Bruce:

I have obtained the address of the Kansas alumnus who was Chief of Police at Oklahoma City during the time of the hot car charge against Ug Roberts and Allie Paine, and I am writing him and trust to have the information very soon. I will send it to you at once.

This is in regard to our conversation of Saturday night following the altercation between Ug Roberts and Bill Brill. You will recall that Jack Copeland was in our car when we rode from Mount Oread down to the hotel. Jack Copeland told me at the Eldridge Hotel that he was in the car with the chief of police of Oklahoma City and me when we rode back from Norman and that he heard the chief tell me of the incident of having gone out to Allie Paine's and Ug Roberts' house about 1:30 or 2 o'clock in the morning and taking them down to the police station on this hot car charge.

I said to Jack, "Why in the world didn't you tell Bruce so that he would know that this chief of police really said it?" He said, "Well, I didn't want to get in it, but I did hear the chief of police tell about it."

If you have any doubt of this you can easily confirm it by talking with Jack Copeland, sports editor of the Wichita Beacon.

Ray Evans also tells me that Gerald Tucker was picked up on the same charge when he was playing in a high school tournament in Topeka during his senior year. Evans and Tucker were both in the state tournament at Topeka, and Evans is authority for the statement.

So much has been said about this and there has been a definite denial by the boys that I am going to give you a statement by the chief of police. You stated that you went down to the station and there was no record of the booking of these boys. All I was able to do was take the word of the chief of police as authoritative, but since there is some doubt as to this I will present the written document from this ex-chief of police of Oklahoma City.

I regret that this had to come up, but your boys have consistently ridden our boys, especially at Norman. The most ferocious riding started with Paine and Roberts, and followed with Tucker. I remember when my son,

Bobby Allen, was playing on the team they gave him one of the worst buggy-rides and tongue-lashings and mean insinuations that I know of. I could do nothing about it because it would have been misunderstood if it were my own son that I was fighting for, but I made up my mind that this cheap talk would cease after Bob had finished. I personally told the boys not to use this on any of the Oklahoma boys until the riding by the Oklahomans became unbearable. Then, I said, "If they keep after you with their taunts and mean insinuations, give 'em the works."

Oklahoma is the only team in the conference that consistently does this to their visitors. That is, so far as Kansas is concerned.

When Thompson was a sophomore at Nebraska he and one or two of the boys did some of it, but we do not experience it any place else. And I, for one, am emphatically opposed to cheap talk and goat-getting that consistently goes on from the Oklahoma players. It was most pernicious when Herb Scheffler was there and it hasn't abated any in these years. Tucker was one of the most prolific offenders.

I am writing you very frankly because I do not believe it belongs in intercollegiate basketball. If one of my boys start that kind of stuff I yank him out of the line-up.

I am sorry for this altercation and we endeavored to take our full share of responsibility along with Oklahoma in this unfortunate incident at Lawrence.

With all good wishes, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

The City of Oklahoma City
Oklahoma City, Okla.
March 5, 1943.

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

Dear Phog:

This is to answer your letter concerning our conversation on the way back from Norman in the winter of 1940 with reference to Allie Paine and Ug Roberts. As I remember, the facts in connection with that incident are substantially as follows:

Some time during the early part of the year 1939 or latter part of 1938, while I was Police Chief here, I was riding one night on a tour inspection with one Capt. Wallace Carel, who was then in command of the scout car division of the Police Department. As we were cruising over the City a radio call came out reporting an attempted high jacking of a drug store delivery boy and giving the tag number of the car in which the assailants were riding.

Capt. Carel and I went to Police Headquarters and checked on t his tag number and found the address where it belonged. We went to this address, which as I recall was somewhere on West 2Nd or 3rd Street, and learned that the car had been taken by a boy who was either a member of the family or lived at the same place as the owner of the car, but that the car been taken without premission. At his address we found a boy who admitted being in the vicinity of the supposed attempted high jacking with three or four other boys, but he denied any attempted high jacking. He gave us the names of the other boys who had been with him and stated that he had just left them at their respective homes a short time before.

One of the names which he gave us was that of Allie Paine with an address as I recall somewhere in the 100 block on East 5th Street. I did not know the Paine boy personally, but because of his being an outstanding athlete I did know who he was. I do not recall the name of Ug Roberts being in that picture, but it is possible he may have been one of the other boys involved. However, I do not recall his name in connection with this incident.

Capt. Carel and I took this boy from the address on West 2nd Street and went to the address of the Paine boy and went in. We found the Paine boy and another boy in bed. As I recall these boys admitted riding around in the car, but denied any attempted high jacking.

We then took these boys to the address of another boy who was in the car and who lived in about the 600 block on North Robinson. We got all four of the boys together in the car and talked to them for quite a while and there was some question in our minds about the supposed high jacking. In as much as the car was not harmed and was returned to its owner and there was some close or family connection between the boy who took the car without permission and the owner of the same, we did not feel justified under the circumstances of arresting them for the theft of the car.

I remember that we then took the boys back to their respective homes and kept their names and addresses. Later follow up investigations were made by officers of the Detective Bureau and the result of these investigations no high jacking charges were filed.

It occurs to me that some where in the picture there was a suggestion that there was some altercation between the boys in the car and the drug store delivery boy, but there was no high jacking intended and it was the outgrowth of some past differences between the boys.

Inasmuch as no charges were filed and no arrests were made, there would be no record of this in the Police Department.

It is my opinion now and was then that the whole thing was merely a boyish prank and I believe that no useful purpose could be served by making this thing public.

Trusting that this information will be held confidential, I remain

Very truly yours,

Granville Scanland,
Ass't Municipal Counselor.

March 12, 1943.

Mr. Bruce Drake,
Basketball Coach,
University of Oklahoma,
Norman, Oklahoma.

Dear Bruce:

Thank you very much for your very good letter of March 10 with its enclosure on your broadcast to the American soldiers and sailors overseas over your station WHAD. This is very interesting and we appreciate your many fine compliments to our team.

I am sorry to hear about Ug Roberts leaving school. I am enclosing a copy of a letter from Granville Scanland, Assistant Municipal Counselor of the City of Oklahoma City, who was Chief of Police in 1940 when I rode back from Oklahoma City with him and with Jack Copeland. I remember distinctly that Chief Scanland mentioned the two boys' names and Jack Copeland said he remembered the discussion.

I certainly have no desire to carry this further and my only hope is that from now on we can definitely end any cheap talk that goes on between the players. Roberts got on Brill as soon as he came in the line-up, and when he continued it Bill Brill perhaps remembered what I had said to the boys. "If they keep after you with their taunts and mean insinuations, give them the works", meaning of course to call attention to some of the indiscriminations that they had practiced.

In checking with Ray Evans I find that the information regarding Tucker came from Sparky McSpadden who had a very close friend at Winfield, Kansas. It was while Gerald was a senior in Winfield that the difficulty arose. I understand that he was paroled either to the chief of police or to a physician. Certainly I do not want to mention this either, only when a fellow sticks his neck out he should be without blame. And without blame, I mean when a foul is called on one of our boys and your boys came up and ran their hands through our boys' hair and made remarks to them that we consider unsportsmanlike. I hope hereafter that we can be without those unpleasanties.

I assure you of my high respect for you as a gentleman and a coach and I know that if you definitely discourage this with your boys it will not happen. With all good wishes to you and yours, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH



THE UNIVERSITY OF OKLAHOMA

NORMAN · OKLAHOMA

March 19, 1943

Dr. Forrest C. Allen
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:-

I'm enclosing a copy that I thought you would be interested in. This will be broadcast by short wave to the armed forces abroad. I was permitted only $4\frac{1}{2}$ minutes for this, but think I got all that I could in it.

Congratulations on your fine ball club. Was sorry that you had to play the Creighton game with your club shot. Next year I guess we will be looking for a boy that will be available for a month or two to say nothing of a year. Don't you think we had better arrange a meeting at K. C. when the boys are playing the N. C. A. A. so that we might talk over a schedule under our breath?

Roberts check in his togs last week, and the squad in general are looking much better. He didn't say a word to me but took out for Shawnee where his wife and baby were.

Sincerely,

Bruce

BIG SIX BASKETBALL

This is Bruce Drake, speaking from station W. N. A. D. Norman, Oklahoma with the results and comments on the current Big Six basketball season.

Yes, it was Kansas University, coached by the one and only Forrest C. "Phog" Allen, that dominated basketball again in the Big Six this season. By sweeping all opponents without a set-back, Kansas became the third team in the history of the loop to make a clean sweep of all ten games. Oklahoma accomplished this feat in 1929, and Kansas again in 1936.

At the finish line, Kansas was well out in front of the rest of the field with ten wins and no losses.

Oklahoma was second 7 and 3.

Missouri and Nebraska tied for third with 5 and 5.

Iowa State finished fourth with two won and eight lost, while Kansas State, who lost their young coach Jack Gardner to the armed forces, finished last with a single win and nine losses.

Build around such veterans as Charlie Black, Ray Evans, and John Buescher, coach Allen added two sophomores, Ole Schnellbacker and Armand Dixon and built an "Iron Man" five that, not only swept all games in the Big Six, but also on their Eastern trip to Madison Square Garden as well. They bowed only twice this season to a college team, with Creighton University supplying the knock out punch after Kansas was staggered with the loss of four of their starting five to the armed forces. Creighton incidently were champions of the Missouri Valley and also finished their league undefeated.

At the very start of the league games, records started tumbling and continued to fall throughout the season. In the opening Big Six game, Kansas swamped Missouri 69 to 44 to boost by one point the high mark for one game. The previous record of 68 points was held by Oklahoma. In this gam same game, Charlie Black

February 11, 1943.

Capt. E. B. DeGroot,
Director of Physical Training,
Headquarters Fourth Air Force,
180 New Montgomery Street,
San Francisco, California.

Dear Burt:

Thank you, Burt, for your very good letter of the first instant. We have had our ups and downs. At the present time we have Charlie Black in the hospital with virus pneumonia and I will not be able to play him for quite some time - perhaps by February 26, but the Air Corps Reserve has already sent out notices that the boys will be called between February 20 and 28, and I imagine he will get well just about in time to get into the service.

We play Oklahoma here February 26, but we are leaving Friday night to play at Lincoln on the 13th and in Ames on the 15th, then the Oklahoma Aggies at Stillwater on the 17th. So you see our playing without Black will be a calamity. We might lose both games up there and still we might get away by winning one. We have not lost a game, but with Black out we are very impotent on rebounds, and after all, that is your basketball game.

I appreciate all the nice things that you have to say and I am glad to know that Sonny keeps you up on the dope. We stand a chance to lose eight out of our thirteen top men, and all eight of them are the big fellows. The other five are the peewees, so to speak.

I am glad to know that you and Ruth and Mary and Pete have an opportunity to get together. I would enjoy a bullfest with that outfit, you know. That game of Stanford against California must have been a hair-raiser!

I am happy to know that you feel pleased over the accomplishments of your physical training in the Fourth Air Force. I know that with your hard work and sincerity you are bound to make a dent if they give you enough time and enough personnel. The war looks rather encouraging but still people cannot realize it is going to be as long a drag as it perhaps will be before the squareheads, the slit-eyes and the spaghetti-benders are licked. But you are doing your part, and if all of us do ours we should be able to realize that result in time.

Thanks for the Physical Achievement test and bulletin on swimming. I want to turn this over to our staff, but I also want to refer it to the Kansan to see that you come in for your share of publicity on this fine brochure. I remember well how diligently you worked on these tests before

they came out in official form.

I quite agree with you that the reason the majority of people believe these standards are too high is because the American people have slipped so far in their physical conditioning that they believe some of the goals are unobtainable, but it is because we have slipped back and have not kept up physically that we look at the goal as unobtainable. The thing that you said about the physical development requirement including all school levels should be stressed at every opportunity.

I wanted to tell you about Jim Hitt. Dean George Baxter Smith, who is a captain in the Army here, went over to Leavenworth at the Staff and Command School and he told me just before leaving that he is going to be a roommate of Jim Hitt, so apparently Jim should be in Leavenworth now. I will find out and let you know, or perhaps Ruth will find out before I will.

Burt, I was happy to hear from you and I want you to remember me to Ruth and your young aspiring hopeful that you have in your household. I know he must be a dandy by now and I realize what a center of attraction a youngster like that can be in a family. Give Mary, Pete and the rest of the Hamilton household my love, and keep a goodly part for Ruth and yourself.

With all good wishes, I am

Sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

HEADQUARTERS FOURTH AIR FORCE
A-3 Section
Office of Director of Physical Training
180 New Montgomery Street
San Francisco, California

February 1, 1943

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

Dear Doc:

This is just a note to congratulate you on the wonderful success you are having with your basketball team! I have followed every game very carefully and have visualized every victory with pleasure. The actual accounts of your games, except for the scores, do not get into our papers very often. However, another very ardent fan of yours, young Sonny Hamilton, keeps me pretty well posted on details.

His latest report that you are losing several of your stars to the Army was rather disappointing and I hope it won't happen before your season is over.

Ruth and I see a great deal of Mary and Pete and their very fine family. We ~~got~~^{went} to several football games together, and last week enjoyed a real story-book thriller when Stanford beat California by two points in the last minute! It reminded me very much of that all-time classic when you beat U.S.C. in the last couple of seconds in Kansas City several years ago.

Needless to say, I enjoyed very much your recent blast at the NC2A and its new Pot of Gold venture, scheduled for Madison Square Garden. That story got full coverage out here on the Coast and I hope it did some good.

The physical training in the Fourth Air Force is finally accomplishing real results and I feel that we are making a definite contribution to combat effectiveness. The program is still not what I would like it to be, nor is it what it should be. The only encouraging thing is that we are making more rapid progress all the time. Under separate cover, I am sending you a copy of the Fourth Air Force Physical Achievement Test and a Bulletin on Swimming, both of which may be of interest to your physical education staff there at K.U. As you know, I worked on this test for about a year before it came out in this official form. The results we are getting are very interesting, as well as revealing. The standards established (which appear on the last page and on the back of the Record Form card) are sometimes considered to be too high, but it is our firm belief that anyone who cannot meet at least the

Dr. F. C. Allen

- 2 -

February 1, 1943.

average standards is not physically fit for combat duty.

The reason that some people (sometimes I think it is even the majority of people) believe that these standards are too high is that the American people have been almost completely sedentary during the last ~~few~~^{twenty} years. Most people have done so very little physically, either in school or in adult life, that such a comparatively simple thing as chinning themselves 8 or 9 times, or doing 25 push-ups, or maintaining any kind of abdominal strength, has become an unattainable goal. It should prove for all time that ~~the~~ developmental physical education should be ~~a part of~~^{included in} all school levels. The lack of physical strength, endurance and agility of civilians coming into the Army continues to amaze me.

I imagine that at K.U., like Stanford, and most of the other college campi, there are a great many changes as a result of the War. Ruth hears occasionally from some of that young faculty group which we had in Volleyball; and, as you probably know, Jim Hitt is a Captain in Texas, Lee Gimmell is a Lieutenant in Florida, and many of the others I have heard about are in the service but I don't recall right now where they are.

Best of luck in the rest of the season, Doc, and please give my best regards to Mrs. Allen.

Yours sincerely,

Burt De Groot

BURT DeGROOT,
Captain, Air Corps,
Director of Physical Training,
A-3 Section.

HEADQUARTERS FOURTH AIR FORCE
Office of the Director of Physical Training
San Francisco, California

(X:hc)

353.8 (Phys. Trng.)

December 9, 1942.

FOURTH AIR FORCE PHYSICAL ACHIEVEMENT TEST

Manual for Administration

1. GENERAL:

The Fourth Air Force Physical Achievement Test will be used in all units of the Fourth Air Force. This is in compliance with A.A.F. Regulation No. 50-14 and Headquarters Fourth Air Force Memorandum No. 50-13.

2. PURPOSES AND USES OF THIS TEST:

a. To determine the physical condition of personnel at the time this test is first administered.

b. To measure progress or retrogression in the physical condition of individuals, and entire units, by repeating the tests at specified intervals.

c. To determine the type and amount of exercise to be prescribed for those individuals and units falling below the established standards.

d. To provide information to Commanding Officers, Flight Surgeons and Physical Training Officers that will be of value in planning an appropriate physical training program for officers and men.

e. To stimulate and maintain a keener interest on the part of both officers and enlisted men in their own physical condition and in the physical training program.

3. AUTHORIZATION:

The test will be conducted under the supervision of the Base or Group Physical Training Officer. It will be administered every 60 days to all flying officers below the rank of colonel and to all flying enlisted personnel of tactical groups and separate tactical squadrons. All other enlisted personnel will be given the test every 90 days. It is recommended that this test be administered to all other officers where practicable, as determined by Commanding Officers. Results of this test will be recorded as part of the permanent record of all personnel tested.

Doc Allen

4. THE TEST:

The following items, administered in the following order, comprise the test. The purpose and value of the test is indicated opposite each event.

- (1) Pull-up Strength of shoulder girdle and back.
- (2) Standing broad jump... Power of leg muscles.
- (3) Burpee - 20 seconds... Agility.
- (4) Push-up..... Strength of shoulder girdle and back.
- (5) Sit-up..... Abdominal strength.
- (6) 300-Yard Dash..... General endurance; status of circulatory, respiratory and nervous system; strength of leg muscles.

5. TEST EQUIPMENT REQUIRED:

- (1) Two or more horizontal bars.
- (2) Two stop watches.
- (3) One dozen indelible or colored pencils.
- (4) Two broad jump take-off boards, 12" wide, covered with rubber matting; or, two gymnasium mats, painted and marked with lines, 3" apart.
- (5) Two whistles.
- (6) Forms for recording results. (See attached sample forms.)
- (7) A starting flag.

6. INSTRUCTIONS FOR ADMINISTERING THE TEST:

a. The test will be administered in the following order and in strict accordance with the directions given for its administration.

b. Instruction and practice will be given in all events during at least three physical training periods preceding the administration of the test.

(I) PULL-UPS

Equipment needed: Two horizontal bars, diameter $1\frac{1}{2}$ inches, placed at the standard height for horizontal bars of 9 feet.

Description: With elbows straight, hang suspended from the horizontal bar. Use the ordinary grasp, i.e., knuckles toward the body. Pull up until the chin is above the level of the bar, then return to a straight arm hang. Repeat the movement as many times as possible.

Rules:

- (a) When the body is lowered, it should come all the way down to a position where the arms are completely suspended, elbows straight.
- (b) The knees may be bent slightly, although the legs should be straight to achieve the best form.
- (c) There is no penalty for excessive swinging of the body; however, the checker should help to prevent it.

- (d) No rest is permitted between pull-ups.
- (e) Kicking, jerking or "kipping" is not allowed.
- (f) Movement may be slow or fast.
- (g) No partial pull-up may be recorded, e.g., 1/4, 1/2, etc.
- (h) If a rule is violated, the pull-up will not be counted but the participant may continue with the event.

Scoring: Record the number of times the participant is able to pull up, using the proper form.

(2) STANDING BROAD JUMP

Equipment needed: Outdoors: A take-off, 12" wide flush with the ground. The board should be covered with a piece of corrugated rubber matting or other non-skid material. Provide either a pit filled with sand or a landing area with the ground spaded and raked. Indoors: Two gymnasium mats, painted and marked with lines 3 inches apart.

Description: Place toes even with or behind the front edge of the take-off board, feet several inches apart. Take off with both feet, swing arms forcibly forward and jump as far as possible, landing on both feet.

Rules:

- (a) The feet must not be lifted until the jump is actually made. No crow-hop is permitted. Falling, or stepping backwards, upon landing also constitutes a foul. An additional jump should be allowed.
- (b) Touching the ground in front of the take-off board or line constitutes a foul.
- (c) Two good jumps are permitted.

Scoring: Record the better of the two jumps in feet and inches to the nearest inch. The measurement of the jump is made from the nearest imprint made on the ground by any part of the body to the front edge of the take-off board.

(3) BURPEE - 20 Seconds

Equipment needed: At least one stop watch or watch with second hand. A smooth surface.

Description: Start from the position of attention. The test comprises four distinct movements. They are as follows:

- (1) On the signal, "Go," squat and place the hands on the ground within 12 inches of the feet.
- (2) Extend the legs backward until the body is straight.
- (3) Return to squat position.
- (4) Assume standing position of attention, chest extended, shoulders and head erect.

Repeat the entire movement as often as possible for 20 seconds.

Rules: Following are violations; 1/4 point deducted for each infraction.

- (a) Falling forward on the hands and not assuming the squatting position.

(b) Failure to extend the legs to the rear and keep the legs and body straight.

(c) Failure to return to an erect position of attention.

Scoring: The complete movement (squatting, backward extension of legs, return to squatting position, and the standing position of attention) counts one. The total score is the number of complete movements made in 20 seconds. If the individual is in any one of the following positions when time is called, the score is as follows:

Squat from attention - 1/4 point.

Legs extended - 1/2 point.

Squat from legs extended - 3/4 point.

(4) PUSH-UP

Equipment needed: A smooth surface.

Description: Assume the position of front leaning rest. Keep the body straight and rigid. Place arms at shoulder distance apart. Lower the body and touch the chest on the ground or floor. Recover by pushing the body up to the front leaning rest position. Repeat the movement for as many times as possible.

Rules:

(a) Do not touch the ground with any other part of the body but the chest during the dip.

(b) Do not bend at the waist or knees. Keep the body in a straight line from head to toes.

(c) No rest is permitted between push-ups.

(d) Do not allow the stomach, thigh or legs to touch the floor.

(e) Straighten the arms in the upward movement.

Scoring: One push-up is scored each time the chest is lowered to the floor and the body is pushed up to the starting position.

(5) SIT-UP

Equipment needed: A smooth surface.

Description: Lie on the ground with hands clasped under the head. The feet are held securely by an assisting partner. Keep the knees straight, when lying on the back. Sit up, trunk in an erect position. Touch the left knee with the right elbow. Return to the original starting position. On the next sit-up, touch the right knee with the left elbow. Repeat this exercise as many times as possible.

Rules:

(a) No rest is permitted between each sit-up.

(b) It is not permissible to roll over on the side or assist the movement with the arm or elbow.

(c) One sit-up is deducted if a full second of rest is taken while lying on the back. More than one

rest disqualifies the participant.

(d) The sit-up is not counted if there is a violation of rules.

Scoring: One point is scored for each properly completed sit-up.

(6) 300-YARD DASH

Equipment needed: A smooth track, a starting flag, and at least one stop watch.

Description: At least four participants run at one time. The flag is used as a start. A whistle is blown to warn the timers of the start of the race.

Rules:

- (a) A warm-up period should be held before the start of the run.
- (b) Have men line up in rows of four to be ready to take their turn at the start.
- (c) The timers start their watches when the flag is waved at the start.
- (d) As the men cross the finish line, the timers shout to the recorder the time for each man.
- (e) Runners will start from a standing position without the aid of starting blocks or holes.

Scoring: Record the time to the nearest tenth of a second. Use trained judges for scoring. Each runner should be scored by a judge. The timer counts out the time loudly as each man crosses the finish line.

7. INFORMATION CONCERNING THE ADMINISTRATION OF THE TEST:

a. Careful preparation, planning, and organization is essential to assure the smooth administration of this test and to secure accurate results.

b. All participants will be given at least three periods of practice in each event during the physical training time before they are given the test for official record.

c. Small or large groups of men may be tested at a time, depending upon the personnel available to conduct the test and the time available. Participants may be tested at the rate of 100 men per 50 minutes, with a staff of fifteen men. The total time for each participant should not exceed 25 minutes.

(1) A staff of officers and enlisted personnel in each squadron will be trained to administer the test. Each squadron commander will test his personnel at such time and in such numbers as desired.

d. This test will be conducted during periods regularly set aside for physical training activities.

e. Each participant will move through the test without any appreciable loss of time. (Not more than five minutes or less than two minutes should elapse between the time a participant finishes one test and begins the next test.)

f. The test will not be administered sooner than one hour after meals nor end later than fifteen minutes before eating.

g. Fatigue clothes (or regulation uniform) and field shoes must be worn by all enlisted personnel. Street shoes or tennis shoes and a gym outfit may be worn by officers.

h. Staff members necessary to conduct the test, where large groups are concerned, are as follows: One checker for each horizontal bar; two checkers for each standing broad jump pit; two checkers for the sit-up; two checkers for the push-up; one starter, one timer and at least four judges for the 300-yard dash. Before acting as checkers, these staff members will be carefully instructed in the proper procedure of checking the performances of participants. They will be trained to do their job carefully and accurately.

i. Each checker should be equipped with an indelible pencil, a clipboard and a set of rules for the event he is checking. It is recommended that a blackboard be set up at the start of the test course, and the various standards of performance and the record for each test item be placed on this board as a motivating influence.

j. Time will be provided for practice and warm-up before the tests begin.

k. Information about the participant, his name, age, height, etc., should be completed on the Record Form at least a day before the test is given.

l. Permanent records of all official tests will be maintained on the "Fourth Air Force Physical Achievement Test, Record Form," enclosure number 1.

8. STANDARDS OF PERFORMANCE:

a. All Fourth Air Force Personnel below the age of 40 should maintain a condition of strength and endurance sufficient to achieve the average standards listed below.

b. All Fourth Air Force personnel above the age of 40 should maintain physical condition adequate to achieve the minimum standards for personnel over 40 years of age, listed below.

T E S T	S T A N D A R D S (with G.I. shoes) ABOVE			MINIMUM (over 40 Yrs.)
	AVERAGE	AVERAGE	SUPERIOR	
Pull-up	9	13	18	6
Standing Broad Jump	7-2	7-8	8-4	6-6
Burpee - 20 seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	47	44	41	52
	(with tennis shoes or street shoes)			
Pull-up	9	13	18	6
Standing Broad Jump	7-8	8-2	8-10	6-6
Burpee - 20 seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	45	42	39	51

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FOURTH AIR FORCE PHYSICAL ACHIEVEMENT TEST

Standards of Performance

Test	S T A N D A R D S (with G. I. Shoes)			
	Average	Above Average	Superior	Minimum (men over 40)
Pull-up	9	13	18	6
Standing Broad Jump	7-2	7 - 8	8 - 4	6 - 6
Burpee - 20 seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	47	44	41	52
S T A N D A R D S (with Tennis Shoes or Street Shoes)				
Pull-up	9	13	18	6
Standing Broad Jump	7 - 8	8 - 2	8 - 10	6 - 6
Burpee - 20 Seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	45	42	39	51

FOURTH AIR FORCE PHYSICAL ACHIEVEMENT TEST
Record Form

1. _____ 2. _____ 3. _____
 Name (Last name first, print) Group Squadron Company

4. _____ yrs. 5. _____ Ft. _____ Inches. 6. _____
 Age Height Weight

TEST*	First Test		Second Test		Third Test		Fourth Test		Fifth Test	
	Date	Record Score	Date	Record Score	Date	Record Score	Date	Record Score	Date	Record Score
1 Pull-ups										
2 Standing Broad Jp.										
3 Burpee - 20 seconds										
4 Push-ups										
5 Sit-ups										
6 300-Yard Dash										
100-Yard Swim										

REMARKS

Enclosure No. 2

HEADQUARTERS FOURTH AIR FORCE
Office of the Special Service Officer
San Francisco, California

(X:wkm)

August 25, 1942

PHYSICAL TRAINING)
BULLETIN)
NUMBER 6)

SWIMMING IN THE OPEN SEA

1. Hundreds of casualties have already been suffered by Air Force personnel in this war through lack of swimming ability and through lack of knowledge concerning safety methods under adverse swimming conditions.

2. All personnel of all units, particularly those about to go overseas and those combat units now operating over water, should be instructed in the material contained in this Bulletin.

3. Where swimming facilities exist on or near the base, unit commanders should insure that all non-swimmers be given elementary swimming instruction. All personnel should have actual practice and instruction, or least verbal instruction, in open sea swimming methods and precautions.

4. The following material was extracted from a Memorandum issued by the United States Naval Training Station, Great Lake, Illinois, and was written by Roger C. Larson, Sp 1/c, after a comprehensive study of the subject:

"THE DANGEROUS SEA ANIMALS

In tropical waters there are sharks, barracuda and physalia ('Portugese Man-of-War') that are a danger to a man forced to take to the open sea to save his life.

Of the many types of sharks only one is recognized as voracious (a man-eater). That is the tiger or leopard shark. His method of attack depends upon his degree of hunger and the amount of visible blood, if any.

If a ship is torpedoed, the commotion of the explosion will attract shark in the vicinity and thus increase the danger.

A man's first aim upon being forced to abandon ship or being thrown into the water should be to get at least 50 yards away from the ship to make certain he will not be drawn down by suction as the ship makes its final plunge. After this he must determine: (1) how long he is going to have to remain afloat; (2) what sea animals are around; (3) how close his shipmates are; and (4) what is floating nearby that can be used to hang on to.

"SHARKS

Because the action of the shark and barracuda are alike, this menace can be taken up first. Swim quietly and slowly to avoid being spotted by these

(Physical Training Bulletin No. 6, 8-25-42 Cont'd.)

animals. Do not splash or speed swim, but swim for endurance, keeping low in the water and keeping kick and arm stroke below the water surface. For this a side stroke or breast stroke is the best method of swimming because the swimmer can relax and conserve strength.

Upon being spotted by a shark or barracuda, a swimmer's chances of warding off attack depend upon his ability to make a lot of splash and commotion. For this reason swimmers should stay together in a body. Sharks and barracuda snip at arms and legs, so a wild thrashing motion can best elude their attack. In this respect, there is strength in numbers.

The idea of attacking the sea animal with a knife is not advisable because lack of experience and swimming skill can bring certain death to such a fool-hardy person.

"PORTUGESE MAN-OF-WAR"

The Physalia, commonly known to sailors as the "Portugese Man-of-War" is a third sea animal with which a sailor may have to deal. This animal floats on top of the water and has tentacles reaching out about eight feet and filled with formic acid. When these tentacles come in contact with a swimmer the acid is injected into the system and in a short time it affects the lymph glands and causes rheumatic pains. This sensation causes a man to lose his head and become panic stricken, - inevitably fatal. It is not the acid itself that brings about death, rather, the pains and uncontrollable panic.

Upon being struck by the Physalia, a swimmer must remain calm and swim as slowly as possible until the effect of the formic acid wears off or first aid can be given. First aid consists of a bath in spirits of ammonia slightly diluted.

"OIL AND FIRE"

Swimming in combustible matter requires certain strokes and precautions that can be understood better if the chemical aspects of the problem are considered. Swimming in oil or crude oil is a different matter from the other problem of swimming in a highly combustible matter like benzene, gasoline, and other light liquids which vaporize readily, are easily ignited and on which flames spread rapidly.

Fuel oil will, of course, burn if heated sufficiently to give off combustible gases, however, Navy Bunker "C", which requires heating to a fairly high degree before it may be ignited, is less likely to fire than Navy Bunker "A", which is fluid without heating.

There is truth in the story that the oil breaks out into patches. When a ship is attacked, it is usually under way. The oil is likely to stream out in the wake of the ship, and break up into patches and then ignite. Therefore, in an oil fire you may find clear water patches.

Oil set afloat will normally float on the side of the ship which has been damaged, spreading side and aft. Therefore, the oil may stay on one side of the ship.

(Physical Training Bulletin No. 6, 8-25-42 Cont'd.)

When a light combustible liquid is thrown out on the surface of the water, it spreads out to a thickness of one molecular layer. The rate at which this takes place depends upon the manner or force with which the liquid is discharged, the viscosity, the speed of the wind, and the peculiar properties of the matter itself, as well as the course and speed of the ship.

Benzene is used in stunt dives at water carnivals. In a minute, a pail of it floats out over a radius of thirty feet, and it will burn brightly for four to seven minutes. The distance the fire spreads will depend upon the wind, to a great extent. The wind will, of course, cause the liquid to spread out thin and burn fast, and the more it thins out the less time it will take to burn up in one spot and the less heat it will throw.

"STAY ABOARD OUT OF FIRE"

The best method of escape from this danger is clear, but it takes courage which our men have proved they possess. The longer a person can remain aboard ship, the less time he will have to remain in the water and in the fire.

"KEEP CLOTHES ON"

It is most important to remain completely clothed when it is necessary to go into fire-covered water. All clothes are needed except, of course, heavy coats, shoes or sweaters and heavy trousers. But light shirts, duck trousers, hats and socks and light-weight shoes should be kept on. The duck trousers and shirt have a certain amount of buoyancy as they collect and hold air next to the body and the hat and socks will furnish protection against burns.

"MAKE WATER WINGS"

Making water wings is very important. Duck trousers and shirts can be used to float on. This is done in the following manner: remove the trousers and tie up the legs near the cuffs and button all buttons; in a circular motion, swing the trousers through the air away from the body and hold the top of the trousers open. They will then fill up with air and can be used as water wings, if twisted into a "V" to draw the top together. When the air escapes, they can be re-filled. In this way a person can keep afloat for hours with little effort.

When thrown into the water a man has little choice as to the method of entry, but when there is a choice possible on where to leave the vessel, he should dive from the windward side (into the wind) and swim under water against the wind as far as possible. Upon coming up to the surface he must throw his arms high in a whirling motion to push away the fire above and get air to duck again and go on under water out of the danger spot.

Upon getting out of the middle of flaming area he can go on with a short breast stroke and swimming slowly, first bringing up fresh water in front to push the flame ahead and away with a forward and upward motion, and then advancing through the water on a short draw back and kick. This modified breast stroke enables a man to push flames away from his face and the fumes away from his nose and mouth. Demonstrations of this are given by aquatic fire-eaters and fire divers in college and professional shows.

Here, too, there is strength in numbers. A group of swimmers following one another in single file are less apt to be burned and it is much better for two men to swim in front side by side, in order to beat back the flames. Also, in any case, it is easier for rescue boats to spot six or eight swimmers in the water than one alone.

Swimming in oil that is not afire is comparatively simple. Oil, like its refined products (gasoline, kerosene, etc.) spreads out to a thin layer of only one molecule thickness. Because oil has a specific gravity of less than one, it floats on the surface. Consequently, the story of a victim being weighed down and drowned by oil is false. The spread of the oil is slow in the case of thick crude oil, and faster for the thinner oil products. The difficulty a swimmer encounters in oil is choking. Often the oil can get into the mouth and nose and constrict the bronchials. And, too, oil is tiring to swim in because of its lack of weight and resistance. Water (which is fairly heavy) resists enough to allow propulsion through it by strokes used in swimming, but oil tends to merely slide and leave the swimmer in the same spot. Since the wind spreads out the oil rapidly it is most important to swim into the wind - against it. Here again, group action will help prevent panic, make sure that those who need help get it, and keep up courage. And again, the breast stroke is the best because the swimmer can keep his head, mouth, nose and eyes up out of the oil and keep track of his shipmates, and is in a position to save himself.

Oil that has been set afire brings a more difficult problem because of the fact that swimming in it and splashing and pushing the fire away, while not impossible, is much harder than in the case of the light, vaporous liquids, but the stroke to be used is the same. This problem of burning oil does not occur often, but is possible when a ship is shelled with incendiary shells, or when the oil is set afire by high temperatures. However, it does not ignite as rapidly as the refined products.

In conclusion, the most important instructions bearing repeating for swimming in water covered with burning oil, gasoline, benzene, or other liquid are:

1. Keep on all light clothes.
2. Dive into the water from the windward side of the ship.
3. Use breast stroke with short arm pull.
4. Swim as far under water as possible before coming to the surface.
5. Before coming to the surface, start thrashing arms in a circular motion, to break the surface and clear space for fresh air free of vapor.
6. After gaining breath, start a second lap under water or start swimming with head up, using breast stroke, on the surface.
7. Look around for shipmates to stay with and find wreckage to use as a support or float; any piece of lumber or crating will buoy a person and conserve strength that may mean the difference between being saved and lost.
8. Keep cool and stick together.
9. Swim easily with the idea in mind to swim six or eight hours without tiring."

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