

# How to lay out and equip indoor and outdoor fields for modern athletic contests

A practical manual to aid physical directors, coaches, and camp and playground directors in the problems of planning and providing facilities for all types of indoor and outdoor sports. The book gives plans and instructions for laying out and marking a wide variety of fields and courts, and includes complete instructions, specifications, list of materials, etc., by which many items of equipment may be economically constructed in school shops. Suggestions on care of equipment, efficient conduct of sports events, and other topics round out a handy manual.

## THE ATHLETIC PLANT

*Layout, Equipment and Care*

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WHITTLESEY HOUSE SPORT SERIES

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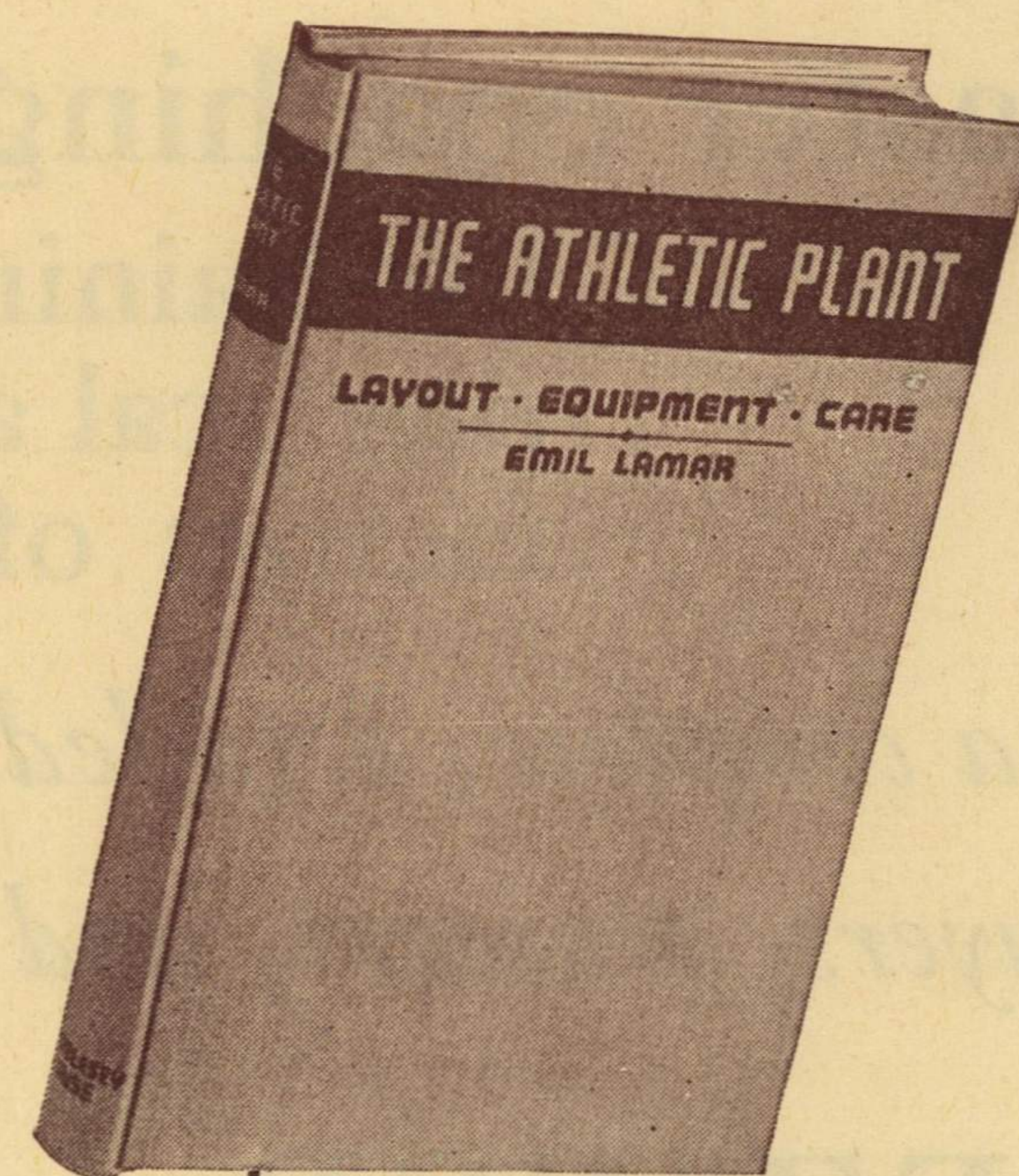
**T**HIS book explains how to lay out athletic fields and construct the necessary equipment used in conducting athletic contests. It also incorporates ideas for high schools and colleges for preparing indoor facilities for conducting physical education activities and indoor games. Completely dimensioned diagrams and views show fields and courts for practically every type of game followed in this country. How to mark and maintain surfaces is also covered. Many suggestions are given for taking care of playing equipment and implements. Practical suggestions are given for considering all the important factors in such larger projects as field house, swimming pool and bleacher construction. The author's combined experience in teaching shop work and physical education has been drawn on to make a manual of unusually wide scope and usefulness.

### Chapter Headings

1. Football Field and Equipment
2. Winter Sports and Paraphernalia
3. Spring Sports and Paraphernalia
4. A Model Athletic Field and Plant
5. Leisure Time Activities
6. Upkeep and Care of Athletic Equipment
7. Suggestions for Illumination of Athletic Fields for Night Play
8. Ideas and Suggestions for Bleacher Construction
9. Scoreboards and Field Markers
10. Sound Installations and Their Uses
11. Modern Efficiency in Handling Athletic Contests

### Practical shop instructions

An outstanding feature of the book is the material on constructing standards, scoreboards, playing implements, backstops, and other equipment, by methods readily applicable in the average school shop. A variety of detail drawings and assembly drawings are given, which together with lists of materials and textual instructions provide all the material necessary for taking up these projects. This feature alone is worth the price of the book, yet its pages contain considerably more of practical value. Throughout the author has kept in mind the controlling factor of purpose for which the athletic plant is used and in connection with this gives scores of helpful suggestions and pointers for the smooth and efficient conduct of athletic contests.



### Field and court layouts for

Football  
Basketball  
Soccer Football  
Girls' Soccer Football  
Girls' Hockey  
Ice-hockey  
Running Events  
Jumping Events  
Baseball  
Tennis  
Softball  
Handball  
Volleyball  
Horseshoe Pitching  
Badminton  
Hurdles

*and others*

### How to construct

Goal posts  
Tackling-dummy Machines  
Charging Machine  
Basketball Backstops  
Hockey Walls  
Hockey Goal Cage  
Broad Jump Take-off  
Field Equipment Box  
Batting Cage  
Baseball Backstop  
Players' Bench  
Swimming Springboard  
Bows, Arrows, and Targets  
Tennis Table  
Thetherball Unit  
Scoreboards and Markers  
Bleachers

*and others*

### Facts and suggestions on

Running Tracks  
Swimming Pools  
Field Houses  
Night Lighting  
Physical Education Games, etc.