

CHAPTER V

SPRING ACTIVITIES, INCLUDING TRACK AND FIELD

After the winter season, which necessitates indoor activities, comes spring with all its invigorating splendor giving impetus to intramural work. The freshness of the outdoors is the greatest incentive that can be provided for an intramural program. The young man's fancy turns to baseball as well as love. The students have the desire to enter into activities which take them out-of-doors and we, as intramural workers, must see that a well-rounded program is provided for this group, in order that they may let off some of the stored-up energy that has accumulated during the winter season. The activities should be started as early as possible, and should be planned to be finished two weeks before the close of school to allow for any inclement weather.

The time to start spring activities will depend largely on the geographical location of the individual schools. For example, in Helena, Montana the school year is divided into three seasons: Fall, Winter, and Spring, the latter being from the Easter recess until the close of the school year. In the Middle West our outdoor work may be started sometime in March. The deciding factor is Mother Nature herself and we must arrange our out-of-door activities to comply with her demands.

Now let us consider some of the activities that go to make up a well balanced spring program.

BASEBALL

Although baseball is considered the outstanding American sport, it does not hold an important place among intramural activities. Baseball requires a large playground space, and, since in many schools this is not available, baseball is omitted.

In schools where facilities are no problem, baseball can be included in the program as it is a wholesome activity. Baseball can be adapted to any type of a point system and a round robin schedule is recommended.

BICYCLING

Bicycling is a sport that is rapidly gaining popularity in this country, not only for elementary and secondary grade children but also for college students and adults. The fact that the sport itself is so popular should influence physical education teachers to include it in the intramural program.

The objection will arise that all students do not possess bicycles and no school can provide them; however, many of the students will have bicycles and a program can be set up for them. Another objection is from the safety angle but this may be overcome by organized participation provided by the instructor. Bicycling should be conducted as a non-competitive group activity under the direct supervision of a member of the department who should lead groups on their trips, choosing byways into the country, rather than highways where automotive traffic is great.

This activity can be used as a part of the intramural program, points being awarded for entering and additional points given for each ride. The length of these rides will probably vary in each school, but a ten-mile round trip is recommended. These trips may be taken weekly or as often as the group desires.