

There should be no conflict between varsity athletics and intramural athletics. The broad intramural program serves as a base for the intercollegiate apex of these activities which will find the most skillful and most gifted competing on varsity teams. Strong programs in both fields should go hand in hand, not conflict with each other. The most interested fans are those who know something about the sport being watched. The most enthusiastic rooters at sports contests are likely to be small boys who know something, on their own level, of competition in the same sport. Intramural competition is designed primarily for the non-varsity player. The varsity squad is closed to the majority of boys in a big school. The intramural program takes care of these boys by providing a broad base of competition adjusted to proper levels for each individual.

The time allotted in most required programs is so short that they must be used primarily for teaching programs. The opportunity to practice these teachings must come after class hours. Intramural programs and required work complement each other nicely in this respect. It is thus possible to get in the several hours practice daily of physical activities which are recommended at school age by Hetherington* and other authorities.

SPECIFIC OBJECTIVES

The general administrative aim for intramurals should be a broad service program which many students will engage in and enjoy. It is well to recognize that not all students able to participate will be interested. Some people seem constitutionally opposed to exercise. Any program whose participation depends upon interest alone will find many that cannot be reached. A well-rounded program should, however, reach the majority.

Administrative objectives can be listed as follows:

1. To interest as many participants as possible. Every effort should be made to advertise the program and to get a large number of students to take part in it so that they may determine, at first hand, whether or not they like it. The well managed program should be well liked generally.

2. To manage in a way beneficial to students, socially and physically, and in a way that will make the participants boosters for the program. This objective involves a proper working of most of the other points listed and is a practical measure of the success of the work.

3. To insure proper sanitary conditions. Facilities should be present for bathing after contests. Provision should be made for sanitary control of laundry, exchange of playing clothing and equipment, cleaning of floors and similar matters, proper control of which go to make up a healthful playing environment.

4. To promote physical and mental health, through exercise. Intramurals are an important part of the activity program, perhaps the most important part. Required class time is too limited to do much except teach activities. The benefits to be derived through exercise should be reflected in intramurals. Paramount among these values is that of relaxation and recreation after the confining academic tone of the rest of the school day. Here is the chance to relieve tension, to improve circulation, to clear the mind and prepare for a better adaptation to academic environment.

* Hetherington, C. W. School Program in Physical Education