SWIMMING

1st period - Test all new cadets in the "B" testing program which is: 200 yard swim using the back stroke, breast stroke, side and crawl stroke each for 50 yards. Swim 20 ft under water from a surface dive. Carry a subject 60 ft using the tired swimmer's carry.

2nd period - Use 20 to 30 minutes working on the leg action for each stroke. This can be done by having cadets grasp the handrail of the pool and support themselves either on the stomach, or back, in the water.

Have cadets surface dive 5 times going the length of the pool(segregate the poorer swimmers)

Swim in groups of 18,(poorer swimmers sgregated) for 8 minutes, using two minutes to each stroke.

Squadron competition in water polo.

3rd period - Pair cadets off in two's, using the tired swimmer's carry to take each other length of pool and back.

Demonstration of each stroke, with proper timing of leg action and breathing.

Swim 8 minutes in groups of 18.

Squadron Competition in water polo.

4th period - Demonstration of method of inflating the shirt and trousers.

Swim in groups for 10 minutes, using the 4 strokes.

Squadron competition in water polo.

5th period- Swim for 12 minutes in equal groups, using the 4 strokes.

Squadron competition in water polo.

6th period- Swim for 16 minutes in equal groups, using all 4 strokes.

Squadron competition in water polo.

**** Note: The University pool is very small and of necessity some of the frills must be foregone in order that each man get sufficient time in the water.

TOUCH FOOTBALL

1ST Period - 1-Explanation of techniques of holding, catching, passing, and kicking the ball
2-Division of groups for passing and receiving.
3-Explanation of the rules of touch football.
4-Squadron competition.

2nd period - 1-Divide class into squadron groups
a-Review passing and receiving.
b-Kicking practice, men going down to tag receiver.
2-Squadron competition.

3rd period - 1-Divide class on squadron basis.
a-Each group divided into two lines, single file, facing each othere. Hand ball to man in other file, both lines at full speed.
b-Review passing and kicking.
2-Squadron competition.

4th period - 1-Divide class on squadron basis
a-Review passing skills
b-Demonstration of stance, for backs, linemen, and center.
c-Drill on charging.
2-Squadron competition

5th period - 1-Divide class into 4 equal groups.
a-Work on pulling out and turning downfield.
1-Use single lines, and have the odd numbers or even numbers alternate pulling and turn downfield, at the 1st, 2nd, or 3rd opening.
b-Demonstrate techniques of tackling and blocking.
c-Review passing
2-Squadron competition

6th period - 1-Divide class into 4 equal groups.
a-Review passing
b-Dummy blocking(one on one) using shoulder block.
c-Dummy tackling(one on one) using head on tackle.
2-Squadron competition
7th period - 1-Divide class on squadron basis.
a-Review passing
b-Set up sample single wing offensive formation.
c-Take an end run from this formation.
2-Squadron competition.

8th period - 1-Review passing and kicking skills.
2-Divide into squadron groups
a-Review end run from offensive formation
b-Set up line plunge from offensive formation
3-Squadron competition

TOUCH FOOTBALL(continued)

9th period - 1-Review passing and kicking skills
2-Divide on squadron basis
a-Set up a pass play from offensive formation
b-Review end run and line plunge.
c-Open field running between lines, using stiff arm.
3-Squadron competition

10th period- 1-Review all skills that have come slowly.
2-Wind up squadron competition.

SOCCER

1st period - 1-Divide into squadrons, each one having two lines facing one another.
a-All cadets go through the procedures on the command of instructor, without a ball.
1-Inside kick, outside kick, instep kick.
2-Pair off in four's or five's and take a ball around a designated area, passing it from one to the other.
2-Squadron competition.

2nd period - 1-Divide by squadrons-explain rules of soccer
a-Trapping
1-Trap with sole of foot
2-Trap with side of foot and lower leg
3-Stomach trap
b-Split into small groups for game of "take away" within a designated small area.
2-Squadron competition.

3rd period - 1-Divide by squadron and review:
a-Trapping
b-Kicking
2-Take up dribbling
a-Use drill taking ball to certain spot and back
3-Squadron competition

4th period - 1-Divide squadrons
a-Review trapping and kicking without ball
b-Take up heading the ball
1-Straight forehead
2-Side of head
3-Heading under ball.
2-Squadron competition.

5th period - 1-Divide squad evenly into 4 or more groups.
a-Review kicking, and trapping.
b-Take up shooting for goals
1-Execute with goalie on guard.
2-Squadron competition.

6th period - 1-Divide squad into two equal groups
a-Take up charging(removing him from ball)
b-Review heading, and dribbling
2-Squadron competition

7th period - 1-Explain and demonstrate the following
a-Throw in from side line
b-Team offensive and defensive positions
c-The offside rule
d-Free kick
2-Squadron competition.

SOCCER(continued)

8th period - 1-Review kicking and trapping
2-Demonstrate and explain
a-Corner kick
b-Goal kick
c-Use of hands
d-Penalty kick
e-Kick off
f-Bounce ball
3-Squadron competition

9th period - 1-Review fundamentals
2-Explain and demonstrate
a-Volley kick
b-Half volley kick
3-Squadron competition

10th period- 1-Review fundamentals
2-Squadron competition.

WRESTLING

1st period - 1-Explanation and demonstration of the three positions
a-Standing position
b-Top position on the mat
c-Defensive position on the mat
2-Leg tackle, pick up and slam
3-Head lock, hip lock and slam
4-Pair off with equal size partners and wrestle.

2nd period - 1-Cadets pair off and review the holds.
2-Each man assume the three positions in turn, and manouver for holds
3-Take arm drag to go behind.
4-Pair off and wrestke

3rd period - 1-Demonstration of "no-fall" wrestling.
2-Elimination tournament within each squadron to determine winners in four(4)weight divisions who will compete against each other in a squadron tournament.

4th period - 1-Wrestling tournament.
a-Winners of the elimination will compete in their weight.
b-Second place men in the elimination will compete against each othere.
c-All other losers in the elimination will compete in a free-for-all tournament, in which two men are started wrestling. Whoever has the advantage at the end of a minute will be the winner. Another man comes for him on the whistle. Any man who can win three in a row will earn a certain number of points for his squadron, which will count in the final tabulation of a champion squadron.

MILITARY TRACK

The military track program will be absorbed in the basic elementary, and the intermediate, programs. Time will be taken each week from the other scheduled activities for the running of the obstacle course, and the speed agility course.

Records will be kept of the times made when these course are run and they will be posted for all cadets to see. Record performances will be established in both courses, and proper recognition given for those holding, or breaking, such records.

BASKETBALL

1st period - 1-Form two lines at each basket, one fourth of the class in each line.
a-Two handed push pass
b-Two handed bounce pass
c-Two handed push shot.
2-Squadron competition

2nd period - 1-Same division of class as above
a-Dribble in and lay up shot. Alternate using the right and the left hand.
b-Two hand bounce pass
2-Squadron competition

3rd period - 1-Same division of class as above
a-Dribble to free throw line, pivot without breaking dribble, and on in for lay up shot.
b-One hand wrist and arm pass. Alternate left and right hand.
c-"Bull in the pen" passing exercise.
2-Squadron competition.

4th period - 1-Same division of class as above
a-Dribble toward end line, 8 to 10 feet out from basket and take a one hand push shot.
b-One hand hook pass
c-Game of 21 using two hand push shot.
2-Squadron competition.

5th period - 1-Same division of class as above
a-Review passing exercises
b-Four corner dribbling exercise, using pivot
c-Relays - dribble length of floor and back
- dribble length of floor, using left hand only.
2-Squadron competition

6th period - 1-Same division of class as before
a-Review passing and shooting skills
b-Work on fast break manouver, going down floor three abreast
c-Relays -dribble length of floor backwards
-dribble length, do three push ups, then back again
2-Squadron competition.

7th period - 1-Divide class for fast break manouver, three abreast.
a-Use fast break, and shoot
b-Use fast break, against two defensive men.
c-Relays -dribble length of floor, using three pivots down, and three coming back.
2-Squadron competition.

8th period - 1-Demonstration to group of fundamentals of man for man defense. Space group and move them as a group, on command, "left" "right" "front" and "back". This movent should be a sliding one, with the hands well up to worry offensive player. Caution against crossing the feet, and declaring too soon.
2-Divide class into 4 groups as before.
a-Offensive man with the ball, fake and dribble around defensive man.
3-Squadron competition.

9th period - 1-Review defensive drill above.
2-Review passing and shooting drills.
3-Three on two passing drill
4-Squadron competition

10th period- 1-Repeat lesson 9
2-Squadron competition.

INTERMEDIATE PHYSICAL FITNESS PROGRAM

Upon entering the intermediate stage of training the cadets will be called upon for an addtional hour of physical fitness. This training will continue for the period of four weeks, and then the next intermediate class will take over. The schedule is set up on a weekly basis, and this schedule will be repeated each week of the intermediate stage. It is hoped, and experience bears out the hope, that competition against time, and the records set by other cadets, will add the necessary incentive to the program. The weekly program is as follows:

Monday: 50 yard breast stroke for time
50 yard side stroke for time

Tuesday: 50 yard crawl stroke for time
50 yard back stroke for time
Underwater swim for distance.

Wednesday: 200 yard overall swim for time, using each of the 4 strokes for 50 yards.

Thursday: Maximum number of (1) pushups (2) chins, and best heighth in the jump and reach.

Friday: Maximum speed on the speed agility course.

Saturday: Maximum speed on the obstacle course.

All records will be recorded on the enclosed record sheet, championship performances will be published, and improvements in the performance of each cadet will be noted.

		50 yd Breast	50 yd Side	50 yd Crawl	50 yd Back	200 yd swim	Underwater swim	Push ups	Chins	Jump & reach	Speed agility	Obst
1-												
2-												
3-												
4-												
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39-												
40-												

Military Drill Program
CAA-WTS School - Lawrence, Kansas.

Military review procedure

1- The personnel, now consisting of approximately 120 cadets, will be divided into 3 companies of approximately 40 each, corresponding to the 3 barracks in which they are quartered.

2- Cadet staff officers will be:

Battalion staff

a-Battalion Commander
b-Battalion Sub Commander
c-Adjutant

Company Staffs

a-3 Company Commanders
b-3 Company Guides

3- Review

Cadets will fall in on the designated parade ground, by companies, in order of seniority. They will march in review past the reviewing officer, and will proceed around the circular drive, and back again to carry out inspection procedure.

When passing in review, battalion and company commanders will salute, and company commanders will give the command "eyes right" when his company is six paces from the reviewing officer. The inboard file will keep the head and eyes straight ahead, the others will hold the position until given "ready front" by the Company commandr when the last man in the Company is past the reviewing stand.

4-Inspection

Battalion Commander will halt the battalion in front of the reviewing officer, and face them. He will then give the command "prepare for inspection". Company commanders will, in succession give the command "open ranks, march", do a left face in marching and will dress each squad of the company. At the 4th rank they will do an about face, come one pace in front of the platoon, do a left face in marching, stop in front of the first file, give the command "ready front". They will then do a left face and give the command "parade rest". He will then execute an about face and come to parade rest.

As the inspecting officer approaches the Company Commander will come to attention, will bring his company to attention. He will salute the inspecting officer and sound off "1st Company, Sir". He will fall in behind the inspecting officer. He will salute him on leaving, will go to the front of his company, give command "close ranks march" and parade rest. Battalion Commander will call battalion to attention and march them off.

Naval Aviation
cadets

Lt. Douglas

-Summer Physical Ed. Program-
CAA - WTS School--Lawrence, Kansas----

1943

Schedule Outline

Week of:		
	June 14th---Speedball	July 24th---Speedball
	June 21st---Gym and Tumbling	July 31th---Gym and Tumbling
	June 28th---)Swimming	August8th---)Swimming
	July 3rd---)	August15th--)
	July 10th---Wrestling	August22nd--Wrestling
	July 17th---Basketball	August29th--Basketball

A.-Class meets 0700 to 0830 for cadets who have ground school in the morning. 1700 to 1930 for those who have ground school in the afternoon. 60 cadets in each class--

B.-Classes meet daily except Saturday, when the above periods will be used for military drill.

C.-Cadets may have 15 minutes at the start and 10 minutes at the end of each period for dressing and showers--

D.-The 1st 15 minutes of the class period will be used for calisthenics or mass exercise.
The next 20 minutes will be used for instruction in fundamental skills of each sport.
The remainder of the period will be used for competition.

E.-There will be progression from the elementary to the more advanced skills in the sport during the second week of such sport.

F.-When the weather causes a program change from outdoor to indoor activity time will be spent on upper arm development.
Rope climbing--setups--push ups--ladder-chinning--

G.-Sub swimming classes will meet daily and these men will remain in this sport until they can approach the "B" testing level.

Speedball------Week of June 14th

Monday--I--Kicking

Inside kick--outside kick--instep kick

2--Trapping-

Foot trap--stomach trap

3--Suggested procedures

A.--Entire group go through each motion on command of the demonstration by instructor.

B.--Kick and trap by pairs or using a circle if there are not enough available balls--

C.--Pair off in 4's-5's or 6's and take one ball around a designated area of considerable length, passing it from one to the other, can serve as a warm up later on-----

Tuesday-I--Review kicking and trapping

2--Take passing--use both left and right hands

WednesdayI-Review above

2-Take up the dribble

Thursday-I-Review above

2-Take heading the ball-

3-Take charging

Friday---Review skill

Gym and Tumbling--Week of June 21st.

Monday---Individual activities, as set up on following sheet
1st 35 minutes

Relays---15 minutes

Suggestion: Elephant walk--Backward running---
Walking race--Heel and hand, sitting
position---

Two more relays---Fireman's carry---
wheel barrow, etc.

Tuesday--Individual activities

Relays

Wednesday-Individual activities

Free-time--pyramid building, etc.

Thursday-Individual activities

Friday---Individual activities

Note: At present 40 individual activities are listed,
including the vaults, tumbling, high bar, parralel bar,
rope and ladder---Feel free to add to this list, and
include the rings, if available--

I would suggest each cadet be given a number, and that
as he passes the stunt he report it to the cadet keeping
the record. This would leave instructor free for dem-
onstration.

CADET NUMBER
extension pres
heel bal. clas
hands 3 times
10 dips
12 swinging dips
Grasshopper wa
length-5 dips
forward cut-of
either hand
shoulder balance
length of hars
legs ½ lever
climb rope in 10 sec.
hand hop lengt
of latter & ba
75 squat jumps
inverted hand pull up 3 time

CADET

CADET NUMBER

straddlevault

Front vault

Flank vault

Knee dismount vault

Wolf vault

Squat vault

Thief vault

High front vault

High front with ½ turn

Neck spring

5 chins

3 skin the cats

3 monkey hangs

5 belly grinds

single knee mount

SINGLE knee circle

kip

head balance 10 sec.

hand balance

snap up

½ lever V position 10 sec.

jump forward an back over foot

jump over stick 15 times

25 sit ups
25 push ups

Backward roll to head balance

hand spring

C.A.A. - W.T.S.

COST OF ATHLETIC PROGRAM

for

July, August, September
1943

Instructor (18 hours per week)	$799.98
Equipment: Basketballs, soccer balls, volley balls, volley ball nets, footballs, cage balls, water polo ball	260.00
Gym Mats	63.00
Stop watches, whistles, horns	25.00
Step-test equipment (labor and materials)	10.00
Speed agility course (labor and materials	35.00
Obstacle course (1/4 of cost)	245.00
Towel Room attendant	108.00
Antiseptic foot powder	12.00
Liquid soap	18.00
Total for 3 months	$1575.98

Towel fee - $2.25 per man

Floor space used -	Class (gym) room	90' x 50'
	Dressing room	20' x 40'

C.A.A. - W.T.S.

Cost of Athletic Program - One Month Average

Instruction (R. R. Strait - 18 hrs. per mo.) (18/23)	mo. 266.66
Equipment: Basketballs ½ doz. 87.00 ½ doz Softballs water Soccer balls ½ doz. 28.20 2 Cage balls polo Volley balls ½ doz. 30.00 145.20	145.00
Step bench - 10.00 whistles & stop watches " " nets 2 bench - 10.00 horn 25. Gym mats - depreciation (cost of 2)	63.00
Obstacle course (1/4 of cost)	245.
Speed agility course (labor + materials) 25.00	16.72
Towel Room: Labor	mo. 36.00
Foot Powder (@ 16.00 cwt)	mo. 4.00
Towel Fee: $2.25 per towel ticket per mon	
Soap - 20 gals. mo. @ 30¢ gal	mo. 6.00
Floor Space:	
Pool / Classroom 90 X 50	
Dressing room 20 X 40	
* Water, heat, electricity, depree. & bldg.	

July, Aug., Sept. total

799.98

S. Watches, Rooms, Wknths	25.00
Mats	63.00
(Balls)	260.00
	348.00
Step-test equipt	10.00
	245.00
	35.00
	108.
	12.
	18.
	1575.98

CPT STUDENTS

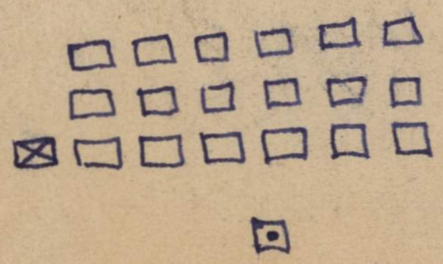
ELEMENT ARY

1. Bower, Richard Gordon
2. Combs, George Weidele
3. Dickey, William Boyts
4. Evans, Fred Clark
5. Foree, Eugene Charles
6. Gant, Waller Grimes
7. G roh, George William
8. Hagan, Harold Frederick
9. Hall, Stephen Mills
10. Harness, Robert Fenton
11. Hillson, Herbert Joseph
12. Holloway, Robert Daniel
13. Howard, Glenn W.
14. Jones, Malcom Marion
15. Kuhn, William Paul
16. Loehr, Charles Junior
17. Long, Roy Archie
18. McRay, Harold Gordon
19. Miller, Edgar Thomas
20. Miller, William Benjamin
21. Peterson, Gordon Berkley
22. Prins, Frank Leon, Jr.
23. Schneider, Leonard (none)
24. Spalsbury, Clark Stanley
25. Taneyhill, Paul A. Jr.
26. Underwood, Allyn
27. Urban, Firmin Joseph
28. Winegar, Carrol Dean
29. Paxton, Dale Thomas

SECONDARY

1. Barkmann, Herman George
2. Blackburn, Thomas Patrick
3. Cochran, Leland Wilbur
4. Conus, George
5. Costello, Laurde George
6. Fredrickson, Arthur A llen
7. Ghrist, Fred Arthur P.C.
8. Gillen, Forrest Waldo G
9. Hall, Vance Leo
10. Hey, William Jr.
11. Irmen, William John
12. James, Marvin Harold
13. Moberly, Robert R.
14. Mummert, Calvin Waldo
15. Rigdon, James Milton
16. Roark, Robert Lee
17. Roberts, Thomas Lester
18. Tague, Floyde Pennington
19. Westhoff, Clyde Boone
20. Wigg, Philip Raymond

3 squads
6 men/squad
1 guide
1 P.C.



Officer Arrives To Train Cadets

Lieut. (j.g.) Ben Douglas has arrived in Lawrence to assume the duties of athletic officer at the war training service school for naval aviation cadets at the University.

For the last three months Lieutenant Douglas, formerly head coach at Grinnell College, Grinnell, Iowa, has been on duty at the Navy Pre-Flight school at Iowa City, Iowa. His duties have been in the basketball and military departments.

Lieutenant Douglas was graduated in 1931 from Grinnell where he participated in football, basketball, and track. He began coaching at the Greenfield, Iowa, high school, then moved on to Cornell College at Mount Vernon, Iowa. He went from there to the Maplewood, Mo., high school where his pupils included Paul Christman and the Orf twins, all of whom later won fame on the Missouri football team. For the last three years, Lieutenant Douglas has been head coach at Grinnell.

Lieutenant Douglas is married and has one son. His family will join him here if he can find suitable housing accommodations.

With the arrival of Lieutenant Douglas there will be a stepping up of the athletic training given to the naval aviation cadets stationed at Kansas. Approximately one and one-half hours daily will be devoted to physical conditioning. The greatest emphasis will be placed upon swimming but there will also be instruction and competition in basketball, soccer, military track, gymnastics and tumbling, wrestling and touch football.

April 20, 1944.

Lieut. Randolph S. Neil,
U. S. Navy CAA-WTS School,
1116 Indiana Street,
Lawrence, Kansas.

Dear Randy:

Thanks very much for your communication of March 27 directed to Chancellor Deane W. Malott. We appreciate your letter very much.

Please be assured that if at any time there is something we can do to help your outfit in their war effort it will indeed be a pleasure. Feel free to call upon us at any time.

Very cordially yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

UNITED STATES NAVY CAA-WTS SCHOOL
UNIVERSITY OF KANSAS
1116 INDIANA
LAWRENCE, KANSAS

27 March 1944

Chancellor Deane W. Malott,
University of Kansas,
Lawrence, Kansas.

Dear Chancellor Malott:

April 16, 1944 will mark the end of the first year for the Navy CAA War Training School at the University of Kansas. During that time, 319 Aviation Cadets have been trained at this Activity and have been sent on to various Pre-Flight Schools for further aviation training. I want to take this opportunity to express my opinion of the operation as a whole based on my observations during the past year.

The entire ground school section of the training program has been excellent. The Aeronautical Engineering Department, the Coordinator, and the individual instructors are all very capable men and have done a very conscientious sincere job of instructing our cadets. Teaching facilities and equipment of various kinds have been made available in an all out effort to create a superior ground school section. Cooperation has at all times been very good.

The Physical Education Department, in the face of heavily taxed facilities due to other military units, has at all times made available to us the necessary facilities and space to carry on our important physical education program. The man assigned from the University Staff to handle our cadets is very capable and has done a very good job.

Housing and messing, particularily since we have occupied our present barracks, has been very adequate. The houses have been well maintained and kept comfortable at all times. Mrs. Ramage who has handled the food problem and acted as House Mother practically all the time since this program started has done an outstanding job. Her efforts have gone a long way toward keeping the moral of our trainees at a high level.

As you know, difficulties and problems have arisen from time to time in the past year at the flight operation. For the past few months, we have had a Flight Officer at the Airport and since the first of the year I can say that the entire flight operation has run more smoothly and more efficiently than at any time in the past. The flight operator has made every effort to cooperate with us in maintaining a Navy Military Flight Operation.

In writing this letter, I do so in the light that these are my own observations and not official navy statements.

Very truly yours,

Randolph S. Neil

Lieutenant RANDOLPH S. NEIL

cc: Dr. F. C. Allen
Director of Physical Education.
H. S. Stillwell,
Aeronautical Engineering Department.