

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 segregated) 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.