

Care should be exercised in starting the training program so that the boy does not overdo. The training program should provide for gradual development until the maximum performance is attained. The Physical Training Manual, U. S. Naval Academy, published by the U. S. Naval Institute, Annapolis, Maryland, gives techniques for performing the various events.

Skating (Ice and Roller) Skiing, Snow Shoeing.

In communities where it is possible to participate in these activities they should be included in the program. In order to develop physical fitness these activities must be engaged in repeatedly and with maximum effort.

Rope Skipping. Rope skipping, in various forms, is used as a conditioner for many sports and games, especially boxing and wrestling. It may be done individually, in pairs, or by groups. It develops agility and coordination, and when practiced beyond the onset of fatigue it develops endurance.

Hiking. Hiking is brisk walking for long distances. Three to five miles are recommended for beginners. Rest periods should be few and brief.

Camping. Camping provides many valuable experiences. It teaches one to live successfully out of doors. It provides the opportunity to learn how to live off the land. It gives an opportunity for urban boys to do things which are not ordinarily possible in a city, such as hiking, fishing, boating, trailing and cooking. Camping in groups teaches boys to live successfully together. Camping must be properly supervised and sanitary provisions maintained.

Cycling. Cycling is valuable in a conditioning program when it is done rapidly over long distance. It develops endurance and is especially beneficial in strengthening the muscles of the legs.

Other individual sports such as rowing, and weight lifting, are very valuable in developing fitness.

Team Games

Some excellent team games which have definite recreational value and spectator interest have been omitted from this list because they do not contribute sufficiently to the major objectives set up for this program. If time permits, such activities may be included:

Basket Ball	Football	Six man football
Field Hockey	Touch Football	Soccer
Speed ball	Volley Ball	

- - - - o o o - - - -