

2. Schedules have been arranged so that a school plays another school more than one time in the same season.
3. Schedules have been arranged so that all schools played are conveniently located on a railroad line and the distance traveled is short.
4. Leagues have been formed of schools in the same geographical area and all games are played within the league.

It is believed the important criticisms of interscholastic athletics may be met by expanding the program rather than curtailing it; by giving more opportunity to participate in rugged activity rather than less.

#### Aquatics

Our armed forces are operating under conditions that demand an ability on the part of the individual to handle himself successfully in the water while fully clothed. The success of the program depends upon the maximum use of all available school and community facilities.

#### Objectives

1. To stay afloat for a long period of time.
2. To swim under water.
3. To swim long distances without exhaustion.
4. To enter the water without submerging.
5. To be at home in the water fully clothed.
6. To render assistance to another person in water.

#### Organization

1. Classes should not exceed fifty boys.
2. Classes should be subdivided into small units.
3. Wherever possible the "Buddy" system should be used which provides for boys to be paired and required to stay near each other in the water.
4. Adequate check-in and check-out of swimmers is essential for safety.

#### Activities

##### STAYING AFLOAT

All boys should be taught to stay afloat by:

Floating. See American Red Cross Swimming and Diving Manual, p.59.

Breathing and Breath Holding. pp. 19-20; p. 54.

Sculling. Ibid. p. 69.

Treading Water. Ibid. p. 149.

#### Fundamental Strokes

Side Stroke; Breast Stroke; Back Stroke; Crawl Stroke; Endurance Swimming; Swimming under water; and Swimming fully clothed.