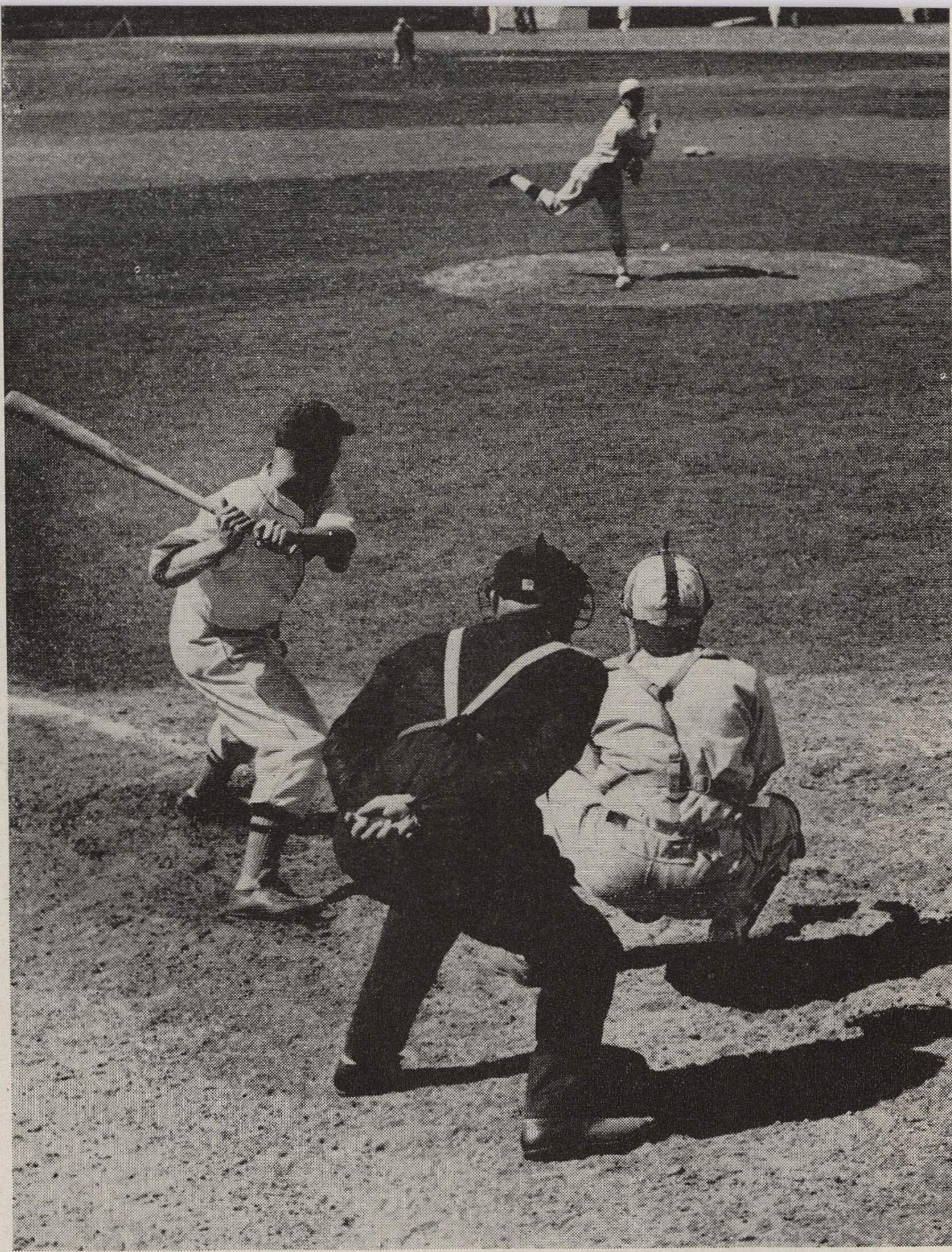




Basketball is played 10 games at a time. This photograph is indoors, but Navy has built many outdoor courts over U. S.



Baseball is great for speed, quick action, agility. Also popular is softball, which takes less space, equipment and skill.

FOOTBALL, BASKETBALL, BASEBALL TEACH TEAMWORK TO NAVY MEN

"Keep 'em playing—to get 'em tough—to help 'em win." This is the basis for vigorous competitive athletic sports used in the Navy physical fitness program. There is emphasis on

Football is outstanding body-contact game of Navy program.



those sports and games which lend themselves to mass participation and they are given a most prominent place in the program. It is obvious, however, that some excellent competitive sports cannot be used extensively because of limitations in space, time, and equipment. In planning the program, one of the first considerations is that of keeping everybody busy. A game in which one or two dozen men are taking part is of value to them, but if the rest of the members of the platoon or company are sitting on the sidelines, the greatest value to the greatest number is not realized.

Teamwork is a valuable outcome of participation in competitive athletic sports. Men learn what it means for each to do his part. Where the games are vigorous and of the body-contact type there is a decided physical conditioning value which makes the use of competitive sports essential.

Athletics are an American tradition and heritage. They are body-building; they provide for group action and unity; and they give the chance for spirited competition with the daring, resourcefulness, and courage that are needed to win. That's why competitive sports which are vigorous and of the body-contact type are given so much prominence in naval training. Experience has shown that there is a definite carryover from participation in athletic sports to necessary naval teamwork. Men learn how to work together and, if necessary, to subjugate themselves for the good of the group. That's the way wars are won.