

October 22, 1942.

Memorandum to Miss Hoover:

This is just to remind you that the Badminton class at 10:30 TTS will have to meet on the first floor of the gymnasium in order that the conditioning class may use the second floor at this hour. It is impossible for us to use Hoch Auditorium on TTS at 10:30.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

PCAH

September 30, 1942.

Mr. Dell Davidson,
Stadium.

Dear Mr. Davidson:

There are some repairs which I would like to have you fix at your early convenience.

There are still some loose boards in the handball courts. These may cause a sprain or injury if not fixed very soon.

The courts in front of the tennis practice walls are overgrown with grass and should be put in shape as soon as possible.

The goals for touch football should be set up and the intramural fields marked so that both the conditioning and intramural groups can use them.

The north obstacle course should be completed.

Numbers should be painted on the auditorium and gym floors as soon as possible, and I suggest that you see Henry Shenk to get his plan for these numbers.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

September 1, 1942.

Dr. L. E. Morehouse,
Department of Physical Education.

Dear Larry:

Henry Shenk will doubtless explain our swimming pool set-up to you, but I will be glad to talk with you on anything that needs further clarification.

Mr. Lewis Young, acting director of the Water and Sewage Laboratory, will take two samples of the water in the pool each week and make the bacteriological analyses in their laboratory.

Sincerely yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

CLASS OF SERVICE

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

WESTERN UNION

1201

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SYMBOLS

- DL = Day Letter
- NT = Overnight Telegram
- LC = Deferred Cable
- NLT = Cable Night Letter
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FORREST C ALLEN, DIRECTOR PHYSICAL EDUCATION=

UNIVERSITY OF KANSAS KR=

RETURNING TO LAWRENCE THURSDAY. WILL CALL YOU UPON ARRIVAL=

HENRY SHENK.

UNIVERSITY OF KANSAS
LAWRENCE

DEPARTMENT OF PHYSICAL EDUCATION

827½ Ninth St.,
Boulder Colorado.
August 7, 1942

Dr. Forrest C. Allen,
Director of Physical Education,
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:

You will note my address above if you should want to get in touch with me for any reason. I have been wondering how your conference with Dean Smith and the Chavellor turned out with regard to the budget and hiring the additional men.

We have been having a fine time and thoroughly enjoying our vacation. If we could put the boys through the course that I was over yesterday, while fishing up near Estes Park, we wouldn't have need for the "toughener". I fished from eight in the morning until five at night without stopping. We caught some trout, too! But if we hadn't caught a fish, the scenery and the experience would have been well worth while.

We are planning to get back to Lawrence the last week in August.

Sincerely yours,

Henry

SALIENT POINTS IN THE PROPOSED COURSE IN
REQUIRED PHYSICAL EDUCATION FOR
KANSAS MEN.

1. Requirements: Each male student in the University of Kansas must, before enrollment, have (1) a health examination by the University of Kansas hospital, (2) a physical performance test given by the Physical Education Department, and (3) a swimming test also given by the Physical Education Department.

The health examination should screen out any persons physically unable to take vigorous physical exercise. All male students physically able to do so as certified by the health department must take three hours of physical education weekly. The men will be divided into three groups based upon the results of the swimming examination and the physical performance tests. These groups shall consist of Groups A, B, and C.

Swimming Program

Group A will be composed of all those men who cannot pass the swimming test. These men will be required to take elementary swimming in the fall. The swimming test will consist of the ability to swim two lengths of the pool and to remain afloat 3 minutes in deep water. Upon completion of the elementary swimming course, students will be allowed to enroll in either Group B or Group C, depending upon their scores on the achievement test.

Required Toughening Program

Group B will be composed of men who must take the General Physical Fitness course. This course will be primarily designed as a developmental conditioning and toughening course. This group will include men who have passed the swimming test satisfactorily, but have not achieved satisfactory standards upon the physical performance tests. Satisfactory in this case shall be taken to mean the score of 50 on the average on the test. The test used will be the Air Force Technical Training Command's physical performance test (see copy attached), plus such other tests as the Physical Education Department may devise. In other words, a student must have a physical proficiency equal to the average man in the Army Air Force and must have passed his swimming requirement before he can participate in the optional program for Group C.

Students out for varsity sports will be considered as being in the toughening program until the end of that varsity sport, at which time they will go into either Group A, B, or C, depending upon their scores in the various tests.

Optional Required Program

Students will comprise Group C who have passed satisfactorily both the swimming test and the required physical performance standards. Anyone in this group may elect any of the regular offerings of the Physical Education Department but will be required to participate in three hours of physical education each week. This program is aimed at maintaining the degree of physical

fitness already achieved and adding to it. In addition, it is designed to teach skills, knowledges and techniques in the sports and activities in which the student is interested so that those activities may be pursued after the student is no longer in the University.

Intramurals

All men will be urged, in addition to the three hours of physical education in the required program, to participate in at least two hours per week of intramural athletics.

2. General Aim: to develop and maintain in a high state of physical efficiency the men of the University, and at the same time to provide the opportunity for the development of a physically, mentally and socially integrated individual through vigorous physical activities.

Specific objectives.

1. To teach men to swim acceptably well.
2. To toughen and harden men physically so that they will be able to make a greater contribution to the war effort.
3. To develop recreational skills and knowledges which will have a "carry over" value after college and also in time of peace.
4. Through the concomitant learnings attendant upon the physical education experiences to develop the individual's character and personality traits.
5. Development of safety knowledges and techniques on land and water.

Since this is a time of emergency and many, if not all of the young men of the University will be serving in some branch of the armed forces of the United States government, it is essential that these young men be in as good physical condition as possible when they enter the service. That the Army considers physical fitness very important is shown by the following quotation taken from the U. S. Army's Basic Field Manual FM 21-20, page one:

"To perform his duties satisfactorily, the soldier must possess great organic vigor, muscular and nervous strength, endurance and agility. The average recruit does not possess the degree of physical fitness required of a trained soldier. The required degree of physical fitness can be acquired only through physical training. The performance of purely military exercises, that is, drill, marching, etc., is not alone sufficient to correct the deficiencies and incorrect postures too often acquired before becoming a soldier. Further, the complexities of modern warfare require so much technical training for the soldier that all too frequently no time is allotted for physical training; yet the soldier who possesses great technical skill but is unable to withstand the rigorous life demanded is of questionable value."

3. The Program:

A. Swimming. The customary course used to teach beginning swimming will be used. Emphasis will be upon the following points:

1. Overcoming fear of the water
2. Prone glides
3. Rhythmic breathing
4. Development of elementary crawl, side and back strokes
5. Floating
6. Pivoting and sculling
7. Feet foremost and head foremost dives
8. Elementary turns.

The student must continue taking the course until the end of the first nine weeks. If he is not sufficiently advanced at that time to pass the swimmer's test he must enroll in swimming until he is able to pass the swimming requirement.

B. The Toughener Course (Required). The following activities will be used in these classes to toughen and condition the men:

1. Body conditioning exercises
2. Running
3. Hiking
4. Obstacle course
5. Relays
6. Combatives
7. Team contests
8. Tumbling and apparatus
9. Stunts and self-testing activities
10. Mass games and contests (vigorous)
11. Judo (Hiu-Jitsu)
12. Miscellaneous games and stunts)

C. The Optional Required Program (Recreational).

The same activities as have been offered the last several years by the University will be offered in this program with more sections and more activities.

4. **Numbers in Class:** Classes will be closed when filled to the maximum. In no case will a class be held with fewer than 10 students enrolled.

5. **Class Procedure:**

*Roll will be checked by recording uncovered numbers on the gym floor. If the class meets outside roll will be checked by the number calling technique.

Typical class period (Physical Conditioning Course)

9:30-9:38 Checking out baskets, dressing, etc.

*9:38-9:40 Roll call

9:40-9:45 (Marching, pacing and running) Warming up period

9:45-9:55 Conditioning exercises

9:55-10:05 Relay races - combats - stunts - low org. games, etc.

10:05-10:10 Obstacle course

10:10-10:20 Showers, dressing, etc.

6. **Number in the Program:** This proposed program should provide for approximately 1600 men. However, it is flexible enough that by some shifting in classes a larger or smaller group may be handled. While it is impossible to do much more than guess, a rough guess would place about --

100 excused due to physical or health defects
300 in elementary swimming
150 in varsity athletics
50 in professional Physical Education school
500 in General Physical Conditioning course
500 in optional required gym courses.

7. Personnel:

Most of the teaching will have to be handled by Junior and Senior majors in the Department of Physical Education. These men should be closely supervised and directed by someone in the Department of Physical Education. These men should be paid for their services, but the experience gained should be very beneficial to them. Varsity coaches might be called on to take over some of the administrative and teaching duties in this plan.

July 27, 1942.

Mr. Hallie Harris,
Department of Buildings and Grounds,
University of Kansas.

Dear Hallie:

I want you to know that we appreciate your fine cooperative spirit during our eight weeks of summer playground, which is just past. You were very prompt in meeting all the situations that made our work pleasant, and I want you to know that we appreciate it.

Thanking you for these past favors, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

Dear Da Allen - Recent studies at U. of Ill. and
U. of Iowa reveal 26% + 25%
of the Fr. & Soph. men cannot swim.

Missouri State Council of Defense
Physical Fitness and Recreation Program

H/M

LEARN-TO-SWIM PROGRAM

The Missouri Committee on Physical Fitness and Recreation is suggesting a "Learn to Swim" program to be sponsored by the local committees on Physical Fitness and Recreation.

In any type of swimming program there may be several possible outcomes or values which result from the activity. One outcome may be improved recreational or leisure-time habits, another value may be an improvement of physical fitness, while still a third value may be an increase in one's personal safety ability.

A local or county Defense Council in conjunction with a local unit of the American Red Cross could sponsor a swimming program for adults as well as for children.

For one group of individuals of our communities swimming instruction appears to be urgently needed. There are many young men of draft and predraft age who are unable to swim and who may in a short time find themselves in situations where ability to swim even a short distance may mean, for them, the difference between life and death. It is becoming more and more important in modern warfare to be able to swim. There seems to be no question but what much of the present war will involve an increasing amount of travel and of fighting, on, in, and above water. Increased numbers of our young men will, after proper training be sent to foreign battle fronts across wide oceans, which are not at present controlled by our navy. Our navy is to be larger than

the combined navies of all other nations. We are to have thousands of planes flown by our aviators over the seven seas. Many more airplane carriers are being built and will be built. Each of the above enumerated trends indicates the increasing importance that ability to swim may play in the lives of our young men who are and who will be in the service.

We have been impressed, in reading daily news reports describing the action in the battles of the Coral Sea and Midway, by the number of our young men, sailors, and aviators, who had to swim varying distances in order to save their lives. In such situations as leaving a sinking ship or getting into a rubber boat from a fallen plane, ability to swim may determine whether or not the sailor or aviator will survive to fight another battle.

If youngsters can be taught to swim in civilian life more time can be devoted to other areas of their training when they are inducted into service. Many Missouri communities have excellent pools where our young men might be taught to swim. Special classes could be organized and taught by volunteer personnel without charge. Directors and managers of pools might organize swimming classes in which instruction and admission to the pool would be free to those individuals who expect to be inducted into the service within a year.

Many school, colleges, and universities which are operating during the summer months could establish classes for beginners and novices in swimming, in order that they meet certain minimum standards in swimming. There are more than a hundred school, municipal, and private pools in Missouri all of which could be

used for free swimming programs.

As civilians we can start making our contributions now in this particular area by providing facilities, equipment, and personnel, without charge, in order that our young men who are entering the service, be not only good fighters but also good swimmers.

Jack Matthews
Co-Director Physical Fitness
and Recreation Program
State of Missouri

COPY

HARVARD ATHLETIC ASSOCIATION
Cambridge, Massachusetts

William J. Bingham
Director of Athletics

July 6, 1942.

Mr. Forrest C. Allen,
University of Kansas,
Lawrence, Kansas.

Dear Phog:

In reply to your letter of July 1, we use the R.O.T.C. Cadets during the first fifteen minutes of our physical training program. About half of this time is used for marching, and the other half for conducting some of the exercises from the Field Manual (FM 21).

The Cadets are not compensated for this work. As a matter of fact the Military Department is delighted to assign them to us, because it gives a boy practice in giving commands, and also in leading calisthenics.

After the Cadets have finished with the class one of our staff takes over with heavy calisthenics, and the last part of the period is devoted either to boxing, wrestling, or work on the obstacle course.

It is compulsory now for all undergraduates to exercise four periods per week, and the Dean's Office has cooperated by placing boys on probation who cut more than six times.

If a boy is retained on an intercollegiate squad this of course satisfies the exercise requirement.

We will also give a boy not more than two credits a week for tennis, squash racquets, golf, or single scull rowing.

With our swimming classes one-half of the period is devoted to heavy calisthenics, and the other half to swimming.

With best wishes, I am

Sincerely yours,

(Signed) WILLIAM J. BINGHAM

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UNIVERSITY OF KANSAS

WARTIME PHYSICAL CONDITIONING PROGRAM

The entire physical education program will be geared to war tempo. Under the Direction of Dr. Forrest C. Allen, head of the Department of Physical Education, the conditioning and toughening course will be in operation this fall. All men students at the University of Kansas who are subject to service in any of the branches of the armed forces will be required to take three hours of physical conditioning work each week. Assisting Dr. Allen will be Mr. Henry Shenk, who is also in charge of intramurals and practice teaching in the Department of Physical Education; Dr. Laurence Morehouse, who will be in charge of the swimming program and the graduate work for Physical Education majors; Mr. Wayne Replogle, freshman football coach; and a number of physical education majors who will form a "leaders corps" to be trained by the regular instructional staff so that they may work under the supervision of the above named men.

Last year the department served approximately 400 men students on an optional basis; this year approximately 1600 men will be actively engaged in the required conditioning course.

All men must take a swimming test. If they fail in this test they are enrolled in the swimming course under Dr. Morehouse's supervision. The swimming test consists of the following skills: Jump into deep water, level off and swim fifteen yards. Without stopping or touching the sides of the pool, turn about and swim back to the starting point. *Insert*

Men who have passed this test will go into the conditioning courses. These will be broken up into sections of 40 students each. The election of an activity is out, for lack of available instructors. As a war-time

Insert - page 1.

Military authorities have noted the importance of swimming as a military accomplishment by observing the loss of many thousands of soldiers through their inability to swim. Lack of experience and confidence in water has seriously handicapped, or caused the failure of attempted manoeuvres. ~~The K.U. wartime conditioning program will consist of~~ The swimming course offered in the K.U. wartime conditioning program will consist of physical and mental adjustments to water, buoyance, body position, balance and relaxation, propulsive movement and changing position, coordinated stroking, methods of entering the water and safety skills including swimming suggestions for men on duty in water infested with dangerous sea animals, or covered with oil or burning matter.

move we have for the present dropped the optional activity courses and substituted the conditioning and toughening course. Roll will be called quickly by checking the absent members, and then the group will have 10 or 15 minutes of rigorous setting-up exercises. The conditioning will be the same as is done for football or basketball. Running, jumping, leaping, vaulting and climbing are the fundamental activities of man. These basic fundamental activities will be used in getting the men into condition.

Two obstacle courses have been built - one south of the gymnasium, and the other west of the stadium. Classes will be held out of doors whenever possible, and indoors only in inclement weather. Robinson gymnasium, Hoch auditorium and all the athletic playfields will be extremely busy during the morning and afternoon hours. Games that are in season will be used - touch football, basketball, boxing, wrestling, and all contact games. Every man will be in action - there will be no one standing around. (Crow and Crane - Dodge ball - games of low organization)

Physical examinations will be given at the University hospital under the direction of Dr. R. I. Canuteson. The men examined will be placed in three classifications -- Class A-men who are fit for anything; Class B-men who have slight limitations, but are still eligible for the toughener course; Class C-men who will not be allowed strenuous activity. Only the freshmen will be examined by the hospital, but Dr. Canuteson will go over the entire list of sophomores, juniors and seniors and check everyone to see if these men have had any accidents or illnesses which would bar them from taking the conditioning program.

Henry Shenk will conduct a course in track and field at the stadium on Monday, Wednesday and Friday at 4:30. A large group of men can be handled in this body-building activity. Of course they will be subjected to the

toughening course along with their track and field activities. It will not be possible for any man to choose a particular activity or sport unless the department can organize a class with a minimum membership of 40. The department will endeavor to follow these activity desires of the individual students if a minimum of 40 can be enrolled in a class. This applies to boxing, wrestling, touch football, basketball, track and field, and so forth. But each group will undergo rigorous training in addition to their chosen sport.

These large squads will be ~~mix~~ handled in the same fashion as varsity squads are handled. Conditioning, morale and intense enjoyment will be the aim. Singing on the march will be a part of the program. Dr. Allen has offered a \$5.00 prize to the outfit selected for the best song and music. The competition will be judged by a committee composed of Dean D. M. Swarthout, chairman, Professor Allen Crafton, and Professor Otto Miessner.

The basket system will be used for checking equipment and towels. Each student will pay a towel and locker fee of 75¢ per meeting hour (this will amount to \$2.25 since the classes meet 3 times a week), plus the usual deposit of \$1.00. This fee must be paid by every student when he enrolls because each one must take the swimming test and he will need towels. Mr. J. G. McElhinny has been appointed full-time supervisor of lockers and equipment.

The Department of Physical Education is ~~greatly disappointed~~ ~~frustrated~~ attempting a herculean task in conditioning 1600 men. Some of the top physical education majors and graduate students who might have assisted in the program have gone. Murray Brown, who was to have

taken graduate work in the department and coached freshman basketball, has gone to Topeka High School at a salary of \$2000. Marvin Vandaveer, a senior physical education major, is to be head coach at Haskell while finishing his work at the University.

Physical education will be required of each woman student entering the University for the first year. A program of activities has been set up so that the women will have a choice of activities. On two days each week the women students will attend their activity classes, and on Friday they will meet for a conditioning and corrective period. The women's program is under the direction of Miss Ruth Hoover.

July 18, 1942.

Dean George B. Smith,
School of Education.

Dear Dean Smith:

Doubtless Miss Hoover has written you as she did me that Miss Roche endeavored to be released from De-Paw but the president being reluctant to release her offered an increase in salary, which she accepted.

Miss Hoover is wiring Dr. Moulton of Oberlin and other heads for recommendations in regard to the dance major departments. This late date makes it of course rather difficult. Miss Hoover states that she will be in Lawrence some time around the 20th of July, which will be next Monday, so doubtless you will have an opportunity to see her then.

Very cordially yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

July 16, 1942

Dr. J. C. Allen,
University of Kansas,
Lawrence, Kansas.

Dear Dr. Allen,

Miss Roche just sent me a letter from DeLaw, where she had gone to see about being released from her contract.

The President was very reluctant to have her leave and offered her an increase in salary if she would stay there. She decided to stay. I am sorry for I think she would have been fine in our situation.

I will investigate further the credentials which you sent me, altho, according to the papers her present salary is \$600. I have used Dr. Moulton of Oberlin for recommendations and will do the same to other dance major departments. This late date makes things rather difficult.

Melba Schilling's address is 307 S. Center St. Dayton Ohio. She is connected with the

aviation department in some way.

The hot weather is just starting, in today.
We have been fortunate, altho there has been
too much rain.

I'll be back in Lawrence sometime
around the 20th of July.

Thank you for your reply concern-
ing Miss Roche

Sincerely
Rich Hoover