

K
April 16, 1942.

Mr. Henry Shenk,
Department of Physical Education.

Dear Henry:

Thank you very much for your interesting letter of April 15th concerning the physical education equipment at the Pittsburg Kansas State Teachers College, and at the Wyandotte and Topeka high schools.

It is a regrettable fact that our budget is so limited that we are unable to even compare with the high schools from which our students come. Our limited facilities makes it difficult for us to properly train teachers to go out to these high schools.

I appreciate your writing me, and our hope is that some time in the future this department will be as thoroughly equipped as any school in the state.

Sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

FCA:AH

cc-Chancellor Malott
Dean Smith

UNIVERSITY OF KANSAS
LAWRENCE

DEPARTMENT OF PHYSICAL EDUCATION

April 15, 1942.

Dr. Forrest C. Allen,
Department of Physical Education,
University of Kansas.

Dear Dr. Allen:

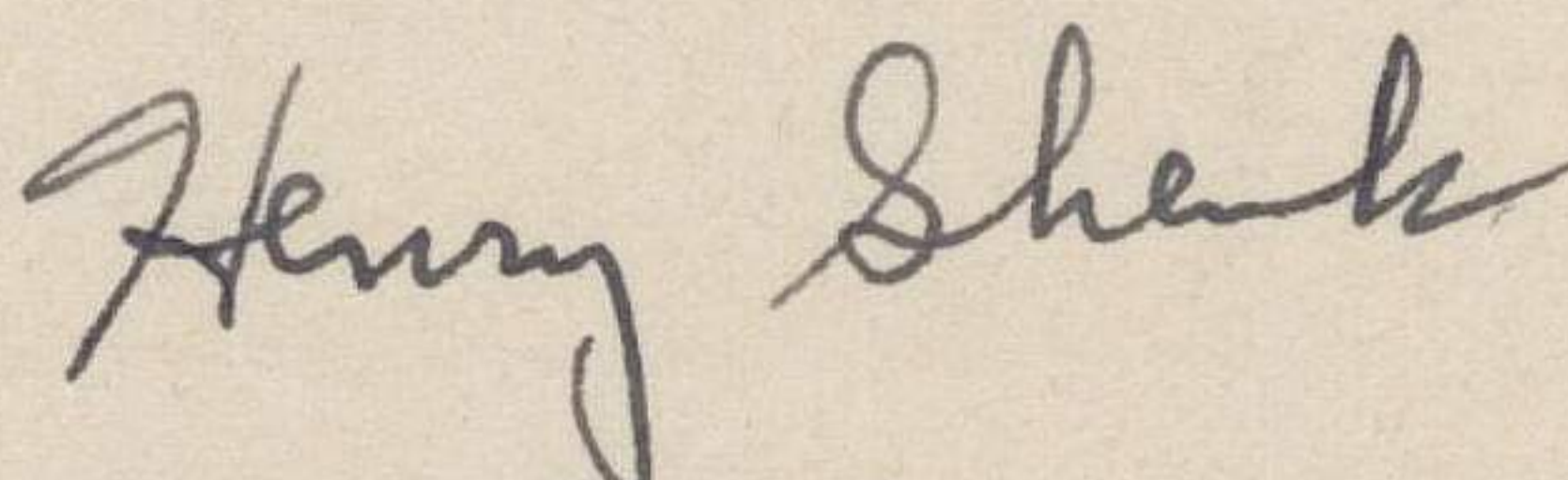
It has just occurred to me that you might be interested to know that I looked over the physical education and athletic plants at the Kansas State Teachers College at Pittsburg during my week's stay there in February.

You may be surprised to know that at this college, with less than one-third of our enrollment, they have six or eight concrete all-weather tennis courts. They also have a much better indoor swimming pool than ours and their other facilities, with the possible exception of their stadium, seem to equal or surpass ours in almost all respects.

In recent visits with practice teachers to Wyandotte and Topeka high schools, we have been impressed with the fact that these high schools have much more modern equipment, and gymnasiums, than does the University. Wyandotte has a very modern swimming pool, in addition to three gymnasiums, fine dressing rooms, showers, locker rooms, etc. Topeka, while not having a swimming pool, also has three gymnasiums and equally fine equipment and facilities.

I just thought you might be interested in learning these things.

Sincerely yours,



Henry Shenk.

September 2, 1943.

Miss Ruth Hoover,
Department of Physical Education.

Dear Miss Hoover:

Mrs. Hulteen spoke to me about our taking the clock that was in the women's gym and moving it upstairs. We would not have done this had it not been impossible to purchase a clock elsewhere. It is utterly impossible to do so; therefore, it was necessary to take the clock for the duration.

The Army and Navy coordinators have impressed upon us the absolute necessity of getting those boys in and out on time. We start on the minute and quit on the minute. Therefore, it was necessary to take from the women's department for the duration this clock. If it is at all possible we will get a clock, but I do not know from what source.

Since the war is on we will have to take from some departments the things more imperatively needed by other groups.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

WHY THEY ARE "PICKED MEN."

Some of Physical Feats to Be Performed in Commando "Battle Culture."

"Battle culture," which to nonmilitary highbrows may seem like a contradiction in terms, is the name applied to the new training program which is making every British soldier a commando. The program teaches the co-ordinated use of head, hands and feet.

The scheme will be tried on all British troops, and when a soldier has "graduated" he will be able to run cross-country for two miles in full battle kit in sixteen minutes, sprint 200 yards and then score three out of five hits in seventy-five seconds in a firing test. This exercise will be followed by a 10-mile "forced hike," to be completed within two hours.

Here are some other feats which must be accomplished during the new training course:

A soldier is expected to carry a man of his own weight 200 yards in two minutes—both wearing full battle kit.

Starting in physical training kit—shirt and shorts—the soldier will have to complete a 100-yard "alarm" race by running twenty yards, stopping to don full battle dress, then sprinting the remaining eighty yards to a finish; all within 330 seconds of starting.

Soldiers are expected to be thoroughly trained for "unarmed combat," which includes the full knowledge of how best to use fists, knees, thumbs, etc., in personal hand-to-hand fighting. Included in this training is a thorough grounding in judo.

One of the primary feats which must be mastered is diving into a swimming pool in full battle order from a height of twenty feet. Soldiers must keep their rifles up during the swim that follows.

July 27, 1943.

Ensign H. L. Ware,
V-12 Office,
University of Kansas.

Dear Ensign Ware:

After speaking to you yesterday regarding the conference that you had with Mr. Kanehl, Mr. Kanehl tells me that you will not be ready to start your intramural program for quite some time.

We are ready to go forward with the intramural program at any time you see fit. You and I agreed that we would determine the competition, taking the eight houses as units and compete in an eight-team league. I would like to know ten days or two weeks ahead of the desired time of starting your program so that we can get everything in readiness, such as training officials and providing the proper schedules.

Do you not think it would be well to start training a set of officials now? This applies to the sports in season, such as softball, speedball, soccer and basketball. If you will have a meeting with the house managers and have them recommend, or at least ask for volunteer officials, I will be very glad to begin the training of these men at this time.

Very cordially yours,

FCA:AH

Director of Physical Education,
Varsity Basketball Coach.

July 27, 1943.

Mr. Raymond Nichols,
Chancellor's Office.

Dear Ray:

I am sending you a copy of the plan of organization of intramural athletics which we submitted to Ensign Ware of the V-12 student Navy program. You will see that we plan to provide the schedules, the equipment and the play spaces.

We will provide the equipment managers because they will be responsible for taking the equipment to and from the field. I will also train the officials in the different sports so there will be competent officiating.

The division of responsibility regarding the type of competition and program of activity and all other items that come under Ensign Ware's authority are of necessity determined by the Navy. That is why we made the allocations as we have.

This set-up in activity has been submitted to Ensign Ware but he states that they will not be ready to start the intramural program as yet. I am sending you a carbon copy of the letter that we have written Ensign Ware as of this date.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FGA:AH

July 28, 1943.

Miss Ruth Hoover,
Dept. of Physical Education,
University of Illinois,
Urbana, Illinois.

Dear Miss Hoover:

I do not see any possibility whatever of scheduling swimming for the women at the hours you mention - 10:30 or 3:30. In fact, the 11:30 hour is the only hour available, and it may be that this will have to be used for the Army students.

At the present time the Naval Cadets, the Machinists' Mates, and the V-12 students are using the pool, and the only time civilian students may go in is Saturday and Sunday afternoon.

We'll be happy to see you when you return in August, and we can explain our schedule more fully at that time.

Very cordially yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

UNIVERSITY OF ILLINOIS
DEPARTMENT OF PHYSICAL EDUCATION FOR WOMEN
URBANA, ILLINOIS

July 23, 1943

Dear Dr. Allen,

If there is any hour when the pool could be used for the women other than 11:30 - I think an elementary swimming class should be scheduled instead of one of the activities that is. That is elementary swimming could be given at 3:30 instead of hockey; or at 10:30. when badminton was taken out. If there is no open period, then I believe the schedule

will work as you returned it to me. With
all three teachers starting in September.

Congratulations on the 33! That's wonderful!
83 is the best I've been able to do since the 80,
wish you could play on these wonderfully big
fine greens.

I'll be back around the tenth of August
probably.

Very sincerely
Ruth J Hoover

July 19, 1943.

Mr. Dean Nesmith,
Department of Physical Education.

Dear Dean:

We would like you to replenish all the first aid kits in the department daily, and work out some scheme whereby we could have just enough tape, and so forth, in each kit for the day.

Also, we will have to conduct intramurals for the V-12 boys and the University will have to furnish the equipment for the games. I would appreciate it if you will ascertain from each instructor what will be necessary from week to week, and have this equipment available. Have the balls inflated and ready to use. When softball equipment is needed find out how many bats and balls will be required, and so forth.

I believe with the cooperation of all of us we can work out a scheme whereby we will have no difficulty in having enough equipment available.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

PHYSICAL CONDITIONING

Men

All men enrolled at the University, other than those excused from the requirement by the Physical Conditioning Administrative Committee of the Senate, will be required to enroll in 3 hours of physical conditioning each semester.

Men at this institution who are in any armed service program, either on active or inactive duty, will follow the regulations concerning physical conditioning set forth by their particular program.

University credit for physical education will be given only for the regular sixteen weeks Summer Semester, and in accordance with the ruling of the various schools of the University.

All men will enroll in one of the sections of the conditioning course. During the first week of the Summer Session tests will be given to those men who have not passed their swimming test, and those who cannot pass the test will be placed in a beginning swimming class.

Women

Women students enrolling for the first time at the University of Kansas will be required to enroll in two semesters of physical conditioning. The program is optional for all other University women.

Any woman student who has advanced standing credit from another accredited institution for two semesters of physical education shall be excused from taking the required two semesters of physical conditioning at this institution.

SUGGESTED PROGRAM
of
REQUIRED PHYSICAL EDUCATION FOR WOMEN

Requirement - 1 year

Credit - 1 hour credit per semester.
3 hours per week.

Class Schedule - M. W. F. - T. T. F.

- a. On M. W. or T. T. she meet for an activity she has elected.
- b. On Friday - all students would meet for one hour.

Content of Class Work -

- A. On the M. W. or T. T. periods each student would be engaged in one of the following activities which she has elected.

Activities - Fall term

1. Swimming
2. Hockey
3. Tennis
4. Badminton
5. Archery
6. Golf
7. Fencing
8. Recreative Sports
9. Square Dance
10. Tap Dance
11. Modern Dance
12. Social Dance

- B. On the Friday period students will be engaged in -

1. Corrective exercises for
 - a. Conditioning - (Reducing - Gaining)
 - b. Posture
 - c. Feet
2. War Safety Measures

- C. All class work will be preceded by a 5 - 10 minute period of calisthenics.

A four year requirement would be the ideal arrangement for developing physical fitness but the facilities are inadequate for handling such a large group.

Women are being organized into the army corps and need to be physically fit as well as the men.

Mothers of tomorrow must be physically fit, or what type of population are we to have. The physically fit man is becoming more aware of the weaknesses of the physical unfit woman. He is being trained in athletic activities for use in his recreation. To keep abreast of him and to hold his interest the woman must do the same.

There are only three of the larger universities in the United States which do not require Physical Education for women. Why is Kansas not willing to comply with the desires of the government in attempting to make women more physically fit?

Are we still to be ashamed of facing other institutions who are complying with the governments wishes. The medical school was late in changing its curriculum to meet the speeded up process of other schools. They did make the change for they didn't wish to have a black mark against them. Why shouldn't Physical Education do the same?

With required Physical Education the major department would have an increased enrollment.

INSTRUCTORS FOR SATURDAY CLASSES

7:00 NAVY SECTION ATWELL

8:30 KISSEL

9:30 TURNER

10:30 HARRISON

11:30 ATWELL

April 26, 1943.

Mr. Paul Turner,
1420 Ohio St.,
Lawrence, Kansas.

Dear Paul:

I was sorry to learn that you had taken the responsibility of telling your Saturday morning class that it would not meet last Saturday. This was a mistake, and if you felt you could not meet it you should have made arrangements with Mr. Strait or me to have a substitute.

It is the responsibility of the department to conduct these classes regularly, and none of us has the right to dismiss a class simply because the instructor desires to do something else.

As we have previously announced, if an instructor fails to show up for class he will be penalized 50¢ an hour for each hour he misses.

Paul, I wish that you had talked to me before you made this announcement to your class.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

March 17, 1943.

Mr. Kenneth Adams,
1439 Tennessee St.,
Lawrence, Kansas.

Dear Kenneth:

You have had excessive absences from track.
Since you were substituting track for your physical
conditioning, this privilege has been revoked and
you must report back to conditioning class immediately.

Very sincerely,

Henry S henk,
Asst. Professor, Physical Education.

March 17, 1943.

Mr. George Rhoades,
1408 Tennessee St.,
Lawrence, Kansas.

Dear George:

You have had excessive absences from track.
Since you were substituting track for your physical
conditioning, this privilege has been revoked and
you must report back to conditioning class immediately.

Very sincerely,

Henry Shenk,
Asst. Professor, Physical Education.

March 26, 1943.

Mr. Ralph E. Schaake,
Department of Physical Education.

Dear Ralph:

I read every one of your communications very carefully. I think you should feel complimented at the attitude expressed by the members of your class. However, I would like to discuss with you the matter of taking the roll. It seems as if there is not uniform dissatisfaction, but quite a bit of it. I also noticed it is the opinion of some that many cut the class after the roll is called.

Then the next most impressionistic thing I got is that your substitutes are not able to handle your classes nearly as efficiently as you have been doing it.

One other suggestion - I believe I would get just a little tougher in your formal work. What I mean is for you to command more of a military bearing when you are doing the formal marching work and when they are falling in for roll call. Then the more informal demeanor can be taken on while you are conducting your athletic games. Fellows like this rough, tough discipline when you are simulating the soldier part of the drill.

I was heartened by the expression of so many that they are in much better physical condition and that they are really appreciating the work they are getting five times a week. I think that you can bear down on them a little harder and start your classes a little more promptly. By this I mean earlier than you have been, and keep them on the go right up to the last. They are asking for it and I would not disappoint them. In fact, they are getting in much better shape and they want to try their endurance.

I think a lecture to them would be helpful - maybe three or four minutes, not over that, each meeting period. Something like this:

"Remember, you breathe with your legs. The fundamental muscles of the body are those that are employed in running, jumping, leaping, vaulting and climbing. By and large you will get more exercise of the leg, thigh and back muscles than of the arms and shoulders. The ability to lunge at an opponent and to evade an opponent is the ability of the individual to be agile. Therefore, we will develop this group of muscles naturally more than we will develop the arms and shoulders, although it is necessary to develop these.

"I would suggest that you do 12 to 20 push-ups every morning, and when you get out of bed I would do 10 to 20 full squats on both legs, and

5 to 10 alternately on the right and left legs, keeping your balance as you go down.

"Remember, this conditioning program that we are giving you here is only a starter. In the vital 20 seconds that men come in mortal combat with each other every muscle of the body must respond favorably, or else you are the dead one."

Now, that is a sample for one talk. Here's another one:

"Lord Balfour, of England, said "Every man should be a laughing tiger". That means that you have a cunning smile but at the same time back of that smile there is a terrific wallop in either fist or in rough and tumble in either foot or leg. These fighting tactics you will learn when you get in the Army or Navy. What we are trying to teach you now are reactions to the simpler mechanics, and as you develop in your training you will add a number of these movements to your repertoire.

"Boxing is one of the best developers of the entire body that I know of. Therefore, you fellows at any time can square off, when you are equally matched, and slap each other's jaws bare-handed, and don't stand around waiting for class to start. But as soon as you get into the gymnasium challenge one of your opponents to a good jaw slapping contest, using the open palm.

"Remember, you have got to be rough, tough, rugged, vigorous and vicious at times, so we are just trying to help you. When you get into a tough clutch some of you fellows by not having the physical stamina, strength, and a killer's heart, are apt to get knocked off. We want everyone of you to come back and our assignment is to do the best job possible. We want to see you back on Mt. Oread after this fuss is over. So let's get rough and tough."

Now, Ralph, I believe you can build a lot of morale by such a short, peppy talk as this. Challenge them at all times. Make the going a little tougher each time, and with that wry smile and "Come on, there, you", they will do the job for you. Your men like you and will work for you.

There is just one more thing. Assume a military bearing and a pretty rigid attitude when you tell them to fall in. Now there is a line of demarkation, Ralph. I am not talking about that rough, tough, inhuman guy, but there is a sort of twinkle in the eye when you give these commands, and yet it is in no way a soft attitude. But you are in one world when you are commanding and giving tactical drill. After that is over go into the other realm of the athletic coach and jolly them along, but at the same time, as I told you about Lord Balfour, be that "laughing tiger". Then after the class is over be very solicitous and fine, complimenting them or criticizing in a nice way, telling them they loafed on you, or didn't give - give - give.

Then I would get my gang to singing when they break up, if I were you. You will perhaps remember that at the beginning of the conditioning in the fall I was offering a prize of \$5 for the best outfit that could sing, but I didn't get to put that over because we had a little difficulty in inaugurating our program.

When Dean Stouffer was with me yesterday morning I went downstairs with him and the 11:30 class which was dismissed at 12:10 was singing. I thought it was the most wholesome thing that I have heard in a long time. Dean Stouffer was impressed with it very much. They were singing while they were undressing, getting ready for showers, but they were all in that big room and they were carrying the tune splendidly.

With the Navy doing their job every day in their marching songs, I believe we can develop a lot of morale among our men by using this procedure.

I trust that I have covered the ground that you desire. I certainly was interested in reading these very engaging letters.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

UNIVERSITY OF KANSAS
LAWRENCE

DEPARTMENT OF
INTERCOLLEGIATE ATHLETICS

Dear Sirs:

I would like to have you give me an honest criticism of one of my classes as best as you can, by reading these papers I asked the members of the 4:30 Navy section to write.

I have a pretty fair estimate of what can be improved but I thought that it would be a good thing if someone not directly connected with the class would criticize the set up of my class.

I would appreciate your consideration in this matter because that perhaps you could analyze these excerpts much more fairly than I.

Thank You.

Sincerely,

Ralph E. Schaake

Ralph E. Schaake

In Attendance

Paul Turner (lute)
Bill Atwell
Grant Hunter
Hub Ulrich
Reg Stout
H. Shook

Replogle — Norfolk, Va.

Theory of military — to weed out the weakling & keep the strong. Try to drive out the unfit before they go into service.

One of the group inducted lost his mind under the grueling criticism & exertion. No limit to what the instructors do to weed out the weakling and undisciplined person so that the final product will be first class fighting man.

Do not respect injury or sickness — weed out the unfit.

Get up 4:15 A.M. at 5:00 A.M. march to large athletic field. Run around at double time in the dark. Do this for 12th week before breakfast. After breakfast go to classes. Teach a lot on welfare, recreation, P.E.

About 1 out of 10 are sent out to set up a program. Others may stay or go into other work. Replogle was put in Destroyer escort but still continues work with Phys. dev. Gives exercises without arms, with arms, morning exercises. Give a number of count i.e. 16 and stop. Do a number of exercises a few times rather than a few many times. all exercises are numbered.

Men count in unison aloud. Try to avoid self-consciousness

In swimming man who can't swim goes in the same as others. Have lost so many men by drowning, that a full swimming program is carried out. Have 4 pools. 50-100 men at each pool.

Classification

- A - must do tests of B + swim $\frac{1}{2}$ mile in 20 min.
- (B) - must know all strokes, get in small space + swim with 50 men.
- C - must swim 200 ft. using 4 different strokes (El. breast, back, side, crawl) (Each 50 ft.)
- D - can swim 100 ft. or more
- E. - stays afloat water 5 mi.
- F. - men who can't swim (none at end of training)
- will probably survive.

Teach men how to undress (wear low shoes) kick off shoes
Take off pants, tie legs, fill legs with air + make a float of water wings. Mattress covers will support sit men when wet. Float on backs because water explains cause guts to be blown out. Many men were picked up in early battles with guts blown out.

(Bentimed)

Swim 42 ft. under water with push off. (about all average men can do.)

Swim 100 ft. with 8 lb. gas pipe held out of water with one hand.

make all the approaches + breaks.

Swim 100 ft. + do tired swim back.

Take 200 yd. speed swim with 4 strokes back, side, breast crawl.

Swim 440 yd. in 10 min with any strokes

Get a lot of abandon ship

must know how to get off ship. Ropes + cargo nets hang down sides of ship.

Teach you how to go down ropes with hands + feet
Learn to jump off platform, with + without clothes + with life jacket on.

Had many broken necks with men who jumped with helmets
or so loosen ^{neck} straps, men going to sea get a lot of
abandon ship, use competition + relays whenever they can,
men get little pleasure - are catching hell most
of the time.

"I never studied so hard as I did the 1st six weeks."
Now take all Phys. In. in as apprentice seamen.

Every nite for 5 weeks from 7:00 to 8:30 spent in gym.

1. El. Boxing
2. " Wrestling
3. Tumbling
4. Rope climbing
5. Judo
6. Games - relays

3 deep
Towel mat

7. Use body building exercises + proved in the
boots camps by tests that men with poor +
broken bodies can be built up.

8. Fire pistols, 20 m.m. and 3 in guns.

Young kids bounce back fast. "a young boy in my
platoon cried a lot." Had a problem getting him
adjusted

Proper food, exercise + plenty of sleep
(at least 8 hours) is regimen of navy.

Food is good + feed you entirely too much.
white bread, plenty of butter + marmalade, good coffee to
officers, to buy a hybrid coffee. Cereals, oatmeal,
cracked rice, mush, chicken and a week, steaks
beets, beans, desserts, ice cream or cake.

man going to sick bay is always permitted to go

else officers might be liable for court martial if something happened to man.

Play a lot of softball & we like it. Also have tumbling classes.

Tumbling very important for man in combat, i.e. falling down, rolling, diving etc. Feel that tumbling is much more important than Judo.

Showed 15 exercises used in the Navy.

Pay particular attention to statures —

Kyphosis

Lordosis

Scoliosis

Protuding abdomen.

are graded on posture.

March 16, 1943.

Dr. A. J. Mix, Chairman,
Senate Committee on Exemptions,
University of Kansas.

Dear Dr. Mix:

Thank you for your suggestions concerning the notice to be posted in the gym regarding absences in physical conditioning. I am enclosing a copy of the revised form which we propose to post.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

cc - Dean Reese
Dr. Nash

Unexcused absences in physical conditioning cannot be made up. Excessive unexcused absences will be referred to the Senate Committee on Exemptions.

All excused absences in physical conditioning, in excess of six must be made up or the student will be given an incomplete or failure (except in unusual cases of physical impairment).

Make-up classes will meet at 7:30 a.m. MWF and 2:30 p.m. Sat., in room 101 Robinson Gymnasium. Absences must be made up in the make-up classes and only one absence will be allowed to be made up each day.

MEMORANDUM from Dr. Canuteson on Fractures

Richard Hocker - fractured toe - in Soccer - Oct. 10
Hillis Kennard - broken metatarsal in left foot - Oct. 16
Richard Finney - left clavicle - in Basketball - Dec. 21
Clay Hedrick - broken fibula - intramural basketball - 11:45 p.m. Dec. 30
Vernon McKale - fractured bone in foot - Feb. 19
David Thompson - broken coracoid - diving off springboard in gym late
one evening after basketball game - Jan. 28
Jud. Townley - fractured both bones in left arm - diving off shoulders
of another fellow in P.C. class - Feb. 4
Chas. Bliss - broken lower third of left radius - in basketball - Jan. 6
Lynn Perry - fractured nose - in boxing - evening, Nov. 4
Wayne Tice - fractured rib - Judo - Nov. 9

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