

5. Primary Objectives. Since this is primarily a conditioning program, our aim should be to see that each student gets increased respiration, circulation, and general body building activity. Another point that should be borne in mind is that many boys will be quite soft, whereas others will be in good condition. Our activities should not be too rigorous at the start of the program since the first group will not be able to "take it" and the last group will not need the violent exercise. As the entire group gets in better condition, we can increase the work done.

Each period should contain something of the fun element. Our program is new and we need to sell it to the students. If the men have a good time at the same time they are getting in shape physically, everyone will be happy and our program will go over with a bang!

6. Maximum Participation. Try to keep everyone busy. Don't have two or three busy and the rest acting as spectators. One of the poorest types of instruction is to have two or three performing and the rest standing around.
7. Leaders Garb. We will soon have a standard uniform which you will be expected to buy. Keep your uniform neat and clean. Remember you are setting an example.
8. Leaders Class. We will meet once each week at a designated time and place to go over the work for the following week. Bring any problems you have to that class. Attendance is required.
9. Leaders Manual. We will use as a general guide the Basic Field Manual of the U. S. Army, FM 21-20. The physical education department will present you with additional material from time to time.
10. Leaders Dressing Room. We are arranging for the leaders to dress in the Faculty dressing room downstairs. You will be provided a key to the door but should also have a lock for your locker.

Remember, - your cooperation, enthusiasm and leadership will not only sell the program (if it needs selling), but you will also be doing the boys, the University, the nation and yourselves a real service.