

Conditioning Program

1st week

1st Session

1. Call roll by name
2. Explain the new program + reasons for it (with out)
3. Explain the swimming program
4. List equipment needed - (allow 1 wk. ^{to get} for clothes.)

a. lock	c. shirt	e. socks
b. shirt	d. shoes	f. supporter

 - with hand
5. ~~Procedure~~ Locker room procedure - Mr. McShiney.

(Instruction sheets in baskets)

 - a. Checking baskets in + out
 - b. Towels
 - c. Placing street clothes in lockers, etc.

(Information for kids)

6. Divide the class into two even groups if the class is large. Instruct Group A to report for swimming test the 2nd period + Group B report prepared to take a cross country hike.
7. Give as many swimming examinations as time permits.

2nd session

- Group A. - 1. Take swimming test
2. after test turn in deposit card for basket in the check room.

Group B. - 1. Take 40 min. cross country hike

3rd session

Reverse procedure for Group A + B.