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Volume XIII

Condensed First Aid Information for the Coach and Trainer

"In the present emergency no greater responsibility rests upon the institutions of higher learning than that of ensuring the physical fitness of their students. U. S. Commmissioner of Education

Obstacle Course Construction And

Operation

LIEUT. WILLIAM NEUFELD, USNR

(Head, Mass Exercise Division, U. S. Navy Pre-Flight School, DEL MONTE, CALIF.



In the spring of 1942, when interest and enthusiasm in obstacle courses were developing rapidly, the military track department of the U.S. Navy Pre-Flight School at Chapel Hill, N. C., was faced with the problem of building and operating an obstacle course.

In my department I was blessed with four very capable assistants. Two of the men were from Columbia University: Lieut. (j.g.) Frank Ryan, one of the best shot putters this country has ever seen, and Lieut. Bob Pitkin, one of the few men who can very ably demonstrate and coach the three most used forms of high jumping.

The third member was Lieut. John Morriss, one of the topnotch hurdlers this country has developed. The fourth member in my department was Lieut. Ivan Fuqua, one of the few men who has run under 47 seconds for the quarter, and a member of the 1932 Olympic Team.

After a great deal of discussion and sweating (most of the latter being done by Morriss, because he had charge of building the course), our obstacle course was completed. Next we were faced with the problem of running the entire regiment of cadets, 1,800 in number, one day a week. These cadets were ours for an hour and fifteen minutes, on Wednesday afternoons.

We felt it was desirable to time every cadet. This would give us a definite check on their improvement and conditioning and weed out the weak and lazy ones so additional work could be assigned them. It would also give us a week-by-week picture of the improvement by battalions.

After a good deal of experimentation, we found that it is possible to time 1,000 to 1,500 contestants an hour in obstacle running with the method outlined below.

Five officials are needed to control the running of the obstacle course. Three of the officials act as recorders - one as a starter and one official as the timer at the finish. A sixth official is helpful, in keeping the contestants in the proper order after crossing the finishing line.

Before running the course, each contestant should be assigned a number. (If possible, contestants should be allowed to keep this number for the entire competitive period in obstacle running.) Contestants need only keep their own number in mind, since any discrepancy is soon corrected, when the records are checked.

After numbers have been assigned, contestants are lined up, from 2 to 8 abreast, according to the number the course will allow to run at one time. On a special prepared blank, as given in the example below, one recorder copies the contestant's numbers, in units, before they report to the starter.

	Unit				MPLE	Date	Date			
No. of							4		Starting	
Unit	1	2	3	4	5	6	7	8	Time	
1.	A1	A3	A4	A5	A7	A9	A10	A11	:00	
2.	A12	A13	A15						:20	

Before starting the first unit, the officials determine the interval of time to be used between the starting of units. These intervals may be 10, 15, 20 or 30 seconds, depending upon the number of contestants in each unit. As each unit of contestants steps up to the starting line, the starter announces to them the time difference from zero starting time to THEIR starting time. The starting time of each unit is recorded in the right-hand column, as indicated in the blank form above.

When the first unit is ready to start, the official acting as starter signals to the timer at the finish line the start of the first unit with the swing of his arm, or a gun shot. The starter's and the timer's stop watches start together on this signal. As soon as one unit of contestants has left the starting line, the next unit steps up. About 2 seconds before their starting time, the starter gives the command "READY", followed by the command "GO".

Beyond the finish line an area is roped off, funnel-shaped and about 40 feet long. This is used to keep the contestants in the order of their finish, and at the same time give them a chance to slow down before reaching the final recorder's desk, which is placed at the end and at the side of the funnel. The position of the timer is right on the finish line, and opposite his recorder. As the contestants cross the finish line, the timer calls out their times in minutes and full seconds. These times are written down by the recorder on a blank, as indicated below. Times need to be announced and recorded only in seconds, except when a new minute starts.

Unit					Date							
1	Finish	7-2	Finish		Finish		Finish	No.	Time	No.	Time	The second second
No.	Time	No.	Time	No.	Time	No.	Time		Finish	No.	Time	
1	3:27	31	4.33	61	7:51	91	9:48	121		151		
2	31	32	34	62	54	92	50	122		152		

FYAMPIE

It helps to have an assistant at this point just beyond the finish line, to make sure that the contestants stay in the order of their finish.

As the contestants step up to the recorder's desk, at the end of the funnel, they give their numbers. This the recorder copies down on a blank form, as indicated below.

Sample of Recording Sheets

	Unit				Date							
No.	Order No.	Finish Time	Starting	Net Running Time	No.	Order No.	Finish Time	Starting	Net Time			
1	A4	3.27	0	3:27	31	A35	4:33	1:00	3:33			
2	A1	3:31	0	3:31	32	A42	4:34	1:00	3:34			
3	A9				33							
4	- A5				34							

By writing in the finished times, next to the order of the finish, and then filling in the contestants' starting time, the net running time can easily be computed.

(Continued on page 3, columns 7 and 8)

HAPPY NEW YEAR

-WITH RESERVATIONS

A new year rolls around, and with the change of calendarwe extend greetings. We extend our sincere wishes for good health and a continued capacity for a lot of hard work.

Another year we might include such things as happiness, peace on earth, good will toward men, etc.,-now we think of Churchill. He offered the English nothing but "blood and tears".

Starting the new year-you are right now offered the singular privilege of giving a fight talk. You are asked to think up all the adjectives and arguments in your vocabulary. Prepare this lecture in great detail-leaving nothing out that will help the war effort—then go off in the corner and give this talk to-YOURSELF!

To get the New Year started without misunderstandings—you are expected to furnish the hard labor, grime, grease and heart aches, and take your pay in a feeling of satisfaction—OF A JOB WELL DONE.

Do you understand your assignment? Of course you do-and let us be the first to congratulate you because you are equipped with the education to do the job.

You will not receive medals, ribbons, and citations for your work, but just the same a monument is being erected to your efforts. That monument is now fighting on the battle fronts of the world, and you are receiving the decorations by proxy.

Setting Up Exercises

Advisable In Basketball

Liquid Ball Cleaner Now Contains Mold-Resisting Ingredient

All leather goods—footballs, basketballs, shoes, shoulder pads, helmets—are hard to get, largely for the reason that the boys you trained stocks may have to last for the accurate shooting.

Mold saps the life of leather causes it to crack—reduces its life expectancy.

Before placing leather equipment, or equipment made partly of leather, in storage, give it a generous coating of Cramer's Liquid Ball Cleaner. It is easily applied with a soft cloth or brush.

Used footballs and basketballs should be cleaned and polished according to the directions on the

This is an additional Cramer Service-AT NO ADDITIONAL COST TO YOU.

____ F-A ____

For Your

Bulletin Board?

If you're really ambitious— Limit the calls on your girl to

6 nights a week.

2. When you get up to leave -turn on the light. If you don't you might fall over a chair.

3. Don't stand on the porch and catch cold. When you start home -

4. Dress like a scarecrow - it intrigues women. 5. Don't stand straight. Try to look

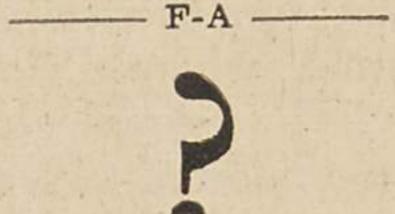
like a sack of turnips. 6. Be languid - don't show pep.

Be lackadaisical - or something. 7. Cultivate that blank look-it fools the teacher.

8. Learn to dance without mov-

9. Eat all you can—it helps hold up your pants.

10. Sit a lot—it broadens one's out-



What boy will stick his feet into a cold liquid foot-bath—this time of year if he can jump over it?

If he uses the liquid foot-bath, will he wipe the liquid off-with a clean towel-or the dirty one in his locker?

Is it possible that he may use this same towel on the rest of his body where he may have skin abrasions or galled skin?

. . . .

The "Cramer Powder Foot-Bath" is the clean, speedy, up-to-date ----

Even The Coach Has A Fault

CHUCK CRAMER

None of us like preaching. We don't like to be told continually that we can't do things correctly. We don't like naggers and folks that continually find fault. Nevertheless, here WE are again, doing it. We must be nuts-or maybe we are just a coach at heart-or maybe we are both—they often go, or come, together.

Now that we have started something—let's try and finish it— and maybe get eliminated. Anyway you figure it—we will be in trouble.

The trouble with the coach is (and we are short of paper) that he has spells. He has spells of amnesia. (His wife told me so.) He has spells of amentia. (The superintendent says). He has blind spots. Just before a game he draws a blank. He is vacant upstairsand quite often on the first floor, too. He wants to be alone, and with the team at the same time. His friends? He doesn't have any or want any-doesn't know them if they come around.

During the game he changes. Death takes a holiday (mental takes a deep breath of fresh, sweet death). His mouth opens, and someit.) It isn't important anyway—the a gentleman and a scholar. team runs itself nicely. Animation sets in—the opposite from rigor mortis. He stalks back and forth, eats hay, gulps water, cus-Boys who play basketball are al- ses the referee and quarterback. ways anxious to start shooting. He yells— "slug 'em"! He doesn't They see no necessity for using mean that. He means "murder de stretching and setting up exercises. bums".

A few of these exercises are ad- Between halves he makes a povisable for limbering up shoulders, litical speech. He doesn't know for the various services are being backs, hips, knees, and ankles. It what he has said, and the kids are supplied with them. Your present will insure better balance and more too tired to pay any attention—so all is well—no harm done.



There are signs of coming to. He doesn't stop to count the gate, but or Just Ordinary tie-without help from the water boy. Once in a while he thinks— Good Manners (nothing serious). He even remembers that he hasn't had lunch. He then drops back into oblivionor something Morpheus dreamed up, Have you some person or com-

The final whistle blows. game is over. He wakes up. He air. He smiles and thinks!

Listen coach, we didn't mean word of it. We envy you because sional courtesy - if there is a necwe like the games you coach. We essity for asking them. enjoy being the smallest cog (or nut) in your machine—just permit us that honor and we will be satis- common courtesy? What part do injury.

---- F-A Buy War Savings Stamps!

During the second half he often has lapsed into or toward sanity. Professional Courtesy-- crease your ability to has lapsed into or toward sanity.

and starts on another bale of hay. mittee delegated to meet the visiting coach and team when they ar-The rive to play at your school?

Where do we dress? Where are He the toilets? Where is the closest do! thing comes out.—(We can't repeat becomes rational and, all at once— restaurant? Where do we get drinking water? Will somebody keep the kids away so we can relax and rest? These questions - and many others indicate a lack of profes-

> they play in athletics - in life? What are schools for, anyway?

leged to accompany Coach D. X. feel that they cover subjects that Bible, of Texas, when he met a are related to, but not a part of visiting team at the station.

In brief, his greeting went something like this: "Welcome to Aus- The "First Aider" is prepared for tin. Your hotel rooms and meals the express purpose of aiding you in are arranged for before and after coping with your training problems. the game. You folks will have the We hope that you find it of manorth dressing room. There will terial help. be a bus at the hotel to take your squad to the stadium. The bus will be available for a sight seeing trip around the capitol and university. This young man (introducing him), is one of our assistant managers. He has made all necessary arrangements and will go with you to help your managers get oriented."

quet teams that are visiting them this of us. for the first time.

from the hundreds that occur each operation with your team or school year. We don't suggest that you physician. have to go this far to show "good manners", but the "Golden Rule" should be stressed as part of the player's education.

____ F-A ____

Coaching Etiket

Never, under any circumstances, speak to an official after a game. Wait until he leaves and take it diers. out on your wife.

. . . .

. . . .

Always congratulate the winning Please don't let down for a minute! coach—your competitor. Some day, he may do as much for you.

The Sportswriter deserves extra consideration. He may be carrying some secret sorrow in his breast. A kind word and a pat on the back-may help him carry on. should be combatted with every Don't be churlish with him!

____ F-A ____

. . . .

Firm Grip

tips. Contains adhesives of wax be compared with the solid foundaand rosin—is intended as an aid tion your school system affords. to basketball players.

A small amount of Firm-Grip helps prevent fumbling-permits better ball handling-Also some had a race of Americans who carvplayers report a feeling of security ed out the mid-west. They lived which helps them overcome the on sow-belly, cornbread and "tatnervousness at the start of a game.

Firm Grip is easy to apply and a small jar will last through many

Time Out

By Frank

Cramer

In the pages of "A Training Room Manual" appearing in this issue, we present some subjects that are absolutely foreign to athletic training—from a treatment angle. They are, however, kindred because they broaden your perspective and increase your ability to work with

In our travels over the country, we have observed a lack of cooperation with the team physician. This lack of cooperation may have been mutual. Let us hasten to say that, if it did occur, it was a mistake—and should not happen in

Everyone knows that you should not treat appendicitis. But you should be able to recognize the symptoms and know-what not to

Frankly speaking, we all have plenty to learn about the repair of injury to the human body. The sooner we recognize our lack of knowledge and try to correct our faults, the sooner we will send boys out of school—fit to fight, and not What is character building and with some permanent knee or back

study because we believe your per-A few years ago we were privi- spective should be broadened. We your work—but quite often they are your responsibility.

These subjects are presented for

Please, always keep in mind that our discussions are of a general nature. Complications and local conditions do not permit of definite

The University of Arizona is fa- Quite often we are asked to premous for its hospitality. Quite of- scribe some treatment for some disten they even go so far as to ban- ease or injury. Please do not ask

* * * *

The best results for all concerned Here are just two examples taken may only be obtained by full co-

. . . .

Last Spring, after the close of the basketball season, something occurred that should not be permitted to happen this year. There was a LET DOWN from March until the close of school. Many Never slug a member of the coaches quit their programs and school board-even if he deserves "rested" until school closed. This it. He may have a wife and 6 kids. "let down" was not general, just spotted, but it was nation wide.

> cur! There will be no relaxing of the war effort, and there should be none in training prospective sol-Your training program is very

important as a morale builder as

well as from a physical angle.

This "let down" should not oc-

. . . . It is estimated that 3,000,000 school age youngsters have quit school and gone into war plants or

other defense work. This situation is serious and means at your disposal. A large percentage of these youngsters will never again attend school, and will, at least in some cases, be a handi-

It should be pointed out that A paste to be applied to finger- temporary financial gain is not to

cap to future national progress.

One hundred odd years ago we

ers". Their dessert was sorghum and parched corn. These ancestors had no roads. They made trails through the wilderness. They

(Continued on page 4, col. 2)

Military Drill Should Not Take The Place Of Physical Education?

Federal Security Agency U. S. OFFICE OF EDUCATION Washington November 22, 1943

Mr. Frank Cramer The Cramer Chemical Company Gardner, Kansas

Dear Mr. Cramer:

Commissioner Studebaker has asked me to reply to your letter of November 18, requesting permission to print the letter of Henry L. Stimson, dated June 16, on the subject, "Mliitary Drill Should Not Take The Place of Physical Education." Inasmuch as Secretary Stimson has recently issued another letter, dated November 4, 1943, copy enclosed, in further clarification of his June 16 letter, may I suggest that you print both letters in your FIRST AIDER.

> Sincerely yours, RALL I. GRIGSBY, Special Assistant to the Commissioner

Enclosure

WAR DEPARTMENT

Washington

Dear Dr. Studebaker: June 16, 1943 I have your letter asking whether the War Department recommends that military drill take the place of physical education in the curriculum of schools and colleges. I assume your question to apply only to the period of the present war and not to periods of peace.

The amount of military drill which can be given in schools and colleges can also be given after induction into the Army, in a relatively short period of time, and under the most productive circumstances. A good physical condition, however, cannot be developed in so short a space of time, and the physical condition of a soldier is of prime importance to the War Department.

The War Department does not want to appear to advise upon the make-up of a curriculum, nor to go beyond outlining some of the elements which the Army believes would be advantageous in its recruits. Of these, a good physical condition is extremely important and a knowledge of basic military drill relatively unimportant.

The War Department therefore does not recommend that military drill take the place of physical education in the schools and colleges during this war period. The War Department has no objection to the publication of this statement,

> Sincecrely yours, Henry L. Stimson, Secretary of war

> > November 4, 1943

WAR DEPARTMENT Washington

Dear Dr. Studebaker:

provided it is quoted in its entirety.

This is to amplify my letter of June 16, 1943, on the War Department's recommendation on military drills' taking the place of physical education during the present

war. It was not the intention of the War Department to imply that Military drills were unimportant. Properly conducted military drills and parades do have their place. Wherever possible, both should be included in the curriculum: however, if this is not practicable and a choice must be made, physical education is considered the most important. As has been stated previously, the War Department does not want to appear to advise upon the makeup of a curriculum other than suggesting some training which is believed advantageous for inductees to have had prior to entering the service. The War Department has no objection to the publication of this statement

provided it is quoted in its entirety. Sincerely yours, Henry L. Stimson, Secretary of War.