

Physical Fitness Means Sound Mind, Strong Body

(Editor's Note: This is the second in a series of articles to be published in The Eccentric on physical fitness. Today's article deals with the Birmingham schools fitness program.)

FRANK WHITNEY
Athletic Director,
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Socrates gave the world a definition some 2000 years ago of an educated man which is as acceptable as any we may have today. His conception for our department of physical education is that the really educated person is a human being who is in "balance."

That though, which has never been contradicted successfully, was one of the great ideals of a great Greek civilization. It can be stated very simply as a **SOUND MIND IN A STRONG BODY.**

PHYSICAL EDUCATORS operate with several basic principles in mind. The first is to convey the fact, which research can not disprove, that the mind or intellect can function better in a healthy, vigorous and strong body.

Second, that accomplishment involves some frustration, sweat, effort and attaining a goal. Third, that in the end, an improvement of physical well-being is a life-time objective well worth the price to any one.

The purpose of physical education is to provide for the total development of the individual. It is taught in the gymnasiums, the swimming pools and the activity fields. Its manifestation is found also in art, music, science, speech, industrial art and in fact, everything the individual does which involves brain and body.

PHYSICAL FITNESS is one of the important goals of the modern education curriculum. Our students

vary as greatly in fitness as they do in intelligence.

Usually three general levels of fitness can be identified in most student groups. At the talent level, 10 to 20 percent, we have the varsity athletes who are already physically fit in the accepted conception of fitness.

Cross Country boys run five miles, swimmers swim two miles and more, footballers participate

tioned in the world. As this "miracle" has occurred with very little effort on his part, he will tend to follow in life the path which he knows best—the path of least resistance.

THE BIRMINGHAM PROGRAM consists of organized activity centered upon the physical aspects of the fitness objective. First, an effort is being made to develop criteria for good achievement that will stimulate all students to attain desired development in strength, endurance, agility, power and speed.

To accomplish this end, standards are being derived from a formula based upon the Youth Physical Fitness Program set up by the President's Council on Youth Fitness and an analysis and evaluation of individual testing results of Birmingham children, ages 18 to 18.

This will allow each student as well as his parents to measure achievement and diagnose any area of weakness.

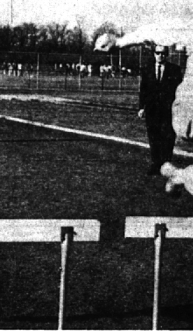
Second, programming is structured to motivate and condition individuals to reach successful levels of fitness. Those with difficulties will be provided with additional opportunity for obtaining a sensible balance in relationship to age, physical maturity and capability.

Third, the curriculum is adjustable enough to provide for the necessary vigorous physical demands that must be met to remain in the good fitness range.

BRIEFLY, this is saying that fitness program consists of testing for individual evaluation, providing activity which will produce effective fitness, and maintaining the fitness level for those participating in physical education.

The fact should be noted that the fitness aspect of the program does not attempt to attain maximum fitness for students. However, if this is their desire, it can be arranged through after school and home work projects.

In conclusion, we state that it is a vital part of a quality school system to have all students develop an adequate physical base for an intellectual life.



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Two hours daily in rugged activities which includes some contact, etc. At the opposite end of the scale we find people, 3 to 5 percent, who are in need of remedial and/or specialized programming if there is to be physical betterment. (Motivation for the handicapped boys and girls centers upon self-improvement rather than comparisons with normal attainments.)

This leaves the large majority which is much in need of functional fitness. This is also the group from whom the best results can be obtained.

The problem faced is that the typical American child is the best fed, the best housed, the best medicated, the best clothed, the best transported, the best entertained and the best push-buttoned condi-

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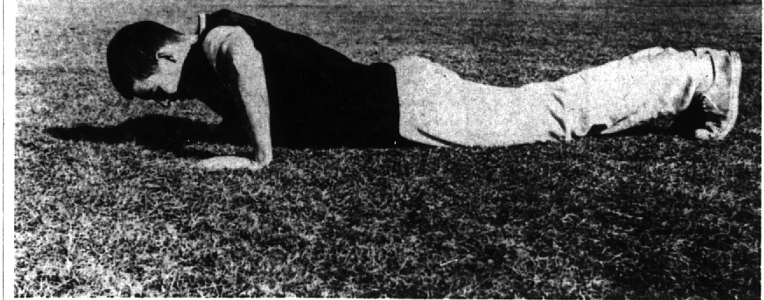
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Ah... Sweet Spring
Enjoying that "swinging" spring feeling', prospective Grosves High School shortstop Rocky Driver took a breather this week during one of the team's sessions. Eccentric Staff Photographer Al Mitchell caught the unsuspecting Driver with his long range lens.

Future Bright For Falcon Diamond Nine

Coach Ed Mirer and his diamond crew are putting a little extra effort into this year's pre-season practice.

The Falcons are striving hard to improve over the dismal showing of 1961.

The Falcons lost all 13 of their contests last year and were little better the year before when they posted a won 1 lost 5 ledger.

"WE DEFINITELY look better this year," said Mirer as he watched his young charges chase lazy fly balls.

"I've got ten lettermen back and we've got good all around balance," commented the ex-Red Sox farmhand.

The horseshoe sport seems to be becoming more and more popular at Grosves.

In 1960 only 35 turned out for the squad. Last year the number increased to the middle 40's.

This spring, however, a wallowing 60 answered Mirer's call to arms.

THE FALCONS are loaded with pitching talent. Bob Reberger, Marvin Carlson and Doug Norland head the mound staff.

Catching is another bright spot in the Grosves future. Veteran Felix Mock and all-around handyman Tim Mitchell are back again to handle the backstop chores.

In the outfield Dennis Clark and Morman Gofrank are back from 1961. The other slot is up for grabs.

Two red-hot 10th graders are in line for the first sack job and the shortstop slot.

Bob Wright at first and Rocky Driver at short seem firmly entrenched in those spots although neither played baseball last season.

The 1962 season will open at Southgate, April 30. The home opener is carded with Cherry Hill, May 2.

1962 SCHEDULE
Apr. 30—at Southgate
May 2—Cherry Hill
May 7—at Haston
May 9—Farmington
May 14—Riverside
May 16—Southgate
May 21—at Cherry Hill
May 25—Haston
June 4—at Farmington
June 6—at Riverside

Fore Sub...
Neil Hull, of Birmingham, is currently touring the southern states with the varsity golf team of the Massachusetts Institute of Technology. Hull is the son of Mr. and Mrs. Wilbur Hull, 1067 Wakefield.

Baseball has been played at Tiger Stadium since 1920 a year before the American League was born with the Bengals as charter members.

The Birmingham Eccentric SPORTS

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Season Draws Near At Waterford Track

Sports car racing fans will have full season of events to watch according to the Oakland County Sportsmen's Road Racing Club.

Five major weekends of racing have been scheduled by the OCSRRC for the season which will open at the Waterford track May 26-27 with a program titled "Spring Sprints."

MID-SUMMER races will be held June 23-24 and on July 28-29 the Essex County Sports Car Club will participate in a "Canadian International."

OCSRRC officials have pointed out that Canadian meet will be a "first" in sports car racing history.

The Detroit region of the Sports Car Club of America will hold a meet Aug. 25-26.

The annual "Fall Classic" is slated for Sept. 28-30.

Now in its fourth year the OCSRRC, has made the track just off U.S. 10, six miles north of Pontiac, into the center of sports car racing in the state.

The 24 foot wide asphalt track is being resurfaced in places where the freezing and thawing of winter made the work necessary.

Award ribbons will be furnished by the Optimist Club for the highest flying, most beautiful and most unusual kites. First, second and third places will be awarded in each age division. Only home-made kites may be entered in the "most beautiful" and "most unusual" categories.

Age divisions and time schedules are as follows:
Boys & Girls, 5 & 6 yrs., 1:30 p.m.
Boys & Girls, 7 & 8 yrs., 2:00 p.m.
Boys & Girls, 9-12 yrs., 2:30 p.m.

In case of rain the contest will be postponed one week until Saturday, April 7 at 1 p.m.

FAMILY SWIMMING
The family swimming sessions and ladies swim class at Seaholm pool will not be held April 2 through April 23 due to school swimming activities and Easter vacation. The sessions will resume on April 24 and will be held each Monday evening from 7:30 to 10 p.m. through the month of May.

The family swimming activity at Derby pool will continue on Thursdays from 7:15 to 9:30 p.m. with the exception of April 26 and May 10.

SENIOR MEN'S CLUB
Last Friday Elmer R. Mesker's name was added to the Club Membership Roster. A card was received from Donald McGuire, who mailed in Saginaw, Mich.

The Club was honored to have Thomas Thomsen as their guest. Mr. Thomsen is a member of the "Heart of the Hills Senior Citizens Club," of Rochester, Mich.

The Club program which is scheduled for next Friday, March 30 will include a talk by one of the Detroit Lions' football players, this will be followed by the movie "High Lights of '61."

Topic for the Club's Discussion Group will be "After High School, What?" with M. D. Laine acting as moderator.

To Assist Kite Flyers
The Civil Air Patrol will make available a plane to assist the Parks and Recreation Department in holding the annual kite flying contest Saturday. Recreation officials say the craft will hover over the field and help indicate the heights reached by the kites.

Wins School Honor
Bill Martin, son of Mr. and Mrs. William L. Martin, 11 472 Bradford, Bloomfield Hills, was awarded a varsity swimming letter by Shattuck School, Fairbault, Minn.

The Tigers will be 34 full-time scouts and 90 others classified as scout scouts searching the country for future Bengals.

Groves High Enters New Swim League

After being a "free lance" squad for three years the Groves swim team has joined the newly formed North Suburban Swimming League.

The Falcons along with Southfield, Pontiac Northern, Fitzgerald, Utica, Thurston and Madison Heights make up the new conference.

COACH JIM GILSTER termed the move to join the league "good." "This year will be a real fine conference," he said, "Thurston and Fitzgerald along with us should make it a real interesting battle."

The Falcons and Thurston are old rivals. Thurston again next year will be paced by All-American Ken Wiebeck, while the powerful Falcons will have probably the best balanced attack in the school's history.

Under the league rules the schools will play a round robin dual meet schedule and then all clash in a league meet March 1-2 at Southfield.

New Lake Formed At Recreation Site

Kenneth L. Hallenbeck, director of the Huron-Clinton Metropolitan Authority, has announced that the southeastern Michigan now has a new lake at the upper portion of Stony Creek Metropolitan Park, a new recreational site covering over 3,000 acres under development astride the Macomb-Oakland County line.

Heavy rains and melting snow have supplied sufficient water to fill-in the upper lake area at the new park site. The lake stretches north of the new dam for one mile and is located on both sides of 28 Mile Road, west of Mound Road, in Macomb County.

Hallenbeck pointed out that the Authority is pleased that the lake has been formed and visitors can view this new lake from 28 Mile Road. However, he warns visitors and area residents to stay out of the presently undeveloped park grounds since the shorelines are dangerous and there are deep pools in the lake. This lake will be lowered by midsummer to permit continued work on the lake bottom even though most of the trees and brush have already been cleared.

Former B'ham Ace On Ivy Tank Squad
Rick Williams of Birmingham will be the anchor man on the Princeton University medley relay teams as the Tigers complete this weekend in the National Collegiate swimming championships.

The crack Princeton relay squad is fresh from its record setting win at the Eastern Seaboard championships.

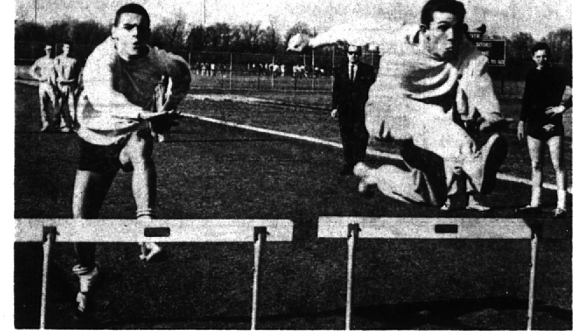
A record \$238,500 in hunting and fishing license money was used to pay fox, coyote and bobcat bounties in Michigan last year, the Conservation Department reports.

The largest crowd to watch a Tiger game was on July 20, 1947 for a doubleheader with the Yankees, as 58,369 jammed into the ballpark.

Getting ready to sell your car? Advertise it in the Classified Ads.

JUST A VIEW of the lake shows the tremendous potential of this newest Authority recreational site," said Hallenbeck. "It will provide recreation in an area dominated by rolling, hilly countryside and enhanced by the lake surface for boating, fishing, swimming and winter sports. Facilities, when completed, will include a wildlife sanctuary, nature trails, Nature Center, picnic tables, restrooms and roads for scenic drives," he added.

Stony Creek Metropolitan Park is not expected to be open until sometime in 1964 and then only for limited public use since facilities will be gradually developed as funds become available and construction work is completed.



With grim looks of determination on their faces Alan Wright, (left) and Rick Morrow ready themselves for this weekend's Huron Relays at Eastern Michigan University.

Veteran Thinclad Squad Begins Class A Competition

The Groves cinder squad has moved into Class A competition this group of it.

Ray Vavruska, Falcon thinclad mentor, is surrounded with veteran lettermen and flashy sophomores.

The Falcons will be especially strong in the field events and the relay races.

ELEVEN returning lettermen will form the heart of the barrier squad.

In competition last year the Falcons finished in a first place tie in the Tri-River League with Riverview. In a dual meet against the donor school, Groves was an easy winner, 74-56.

The Falcons also fared well in the Marzysville and Huron Relays. At Marzysville they captured a third spot in a field of 27 schools. The Huron affair saw Groves finish in the 9th slot.

Although the squad has been able to work outside for only several days many of the boys have performed at near mid-season form.

Neil Granader, a 10th-grader, has already thrown the shot over 45 feet in his first year of varsity play.

SPEEDY ART SCHUELER has been clocked at 10.3 in the 100 yd. dash and has broad jumped over 21 feet.

Bill Stephenson, a sophomore from the basketball squad, has showed great promise in early workouts. He has cleared the high jump at 5 feet 8 inches.

Dennis McAllister, another sophomore, is showing fine form in the pole vault. McAllister, who took the junior high championship in 1961, is a cousin of Seaholm's All State jumper, Roger Mason.

Pete Manza and Bill Quick will give the Falcons power in the grueling 440.

two Groves hurdlers will be competing against barriers from all over Michigan, Ohio and other mid-western states.

VAVRUSKA is also building for the future. The slim coach prodigy boasts, "within two years we'll be able to run with anybody in the state."

Veteran track buffs visualize a day when Groves and Seaholm will

the flashy Bob Vibbert. Vibbert runs both the highs and lows.

The number 1 teams in the state. The 1962 schedule will open for the Falcons at the Huron Relays tomorrow and Saturday.

The dual meet calendar is slated to open April 16 at Cranbrook, with league competition getting under way April 19 against Riverside and Farmington.



Art Schueler kicks up the sand as he displays the form that ranks the Groves track star as one of the finest all around competitors in Birmingham. The Falcon ace has

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