SUMMER SESSION
IN CAMP AT
Elkhart Lake, Wisconsin
July 3 to August 5, 1922

Normal College of the
AMERICAN GYMNASTIC UNION
INDIANAPOLIS, INDIANA
General Information

THE experiment of conducting our Summer Session in camp at Elkhart Lake, Wisconsin, and adding to the regular course of instruction the pleasures of camp life, has been crowned with success. Only expressions of satisfaction and complimentary remarks were heard from those who attended; consequently we are looking for large attendance this year. There is probably no better method of increasing one's health and vigor, usually much reduced as the result of a hard year's work, than the life in the open. When this may be enjoyed in the company of colleagues and with a suitable amount of study, it well nigh reaches an ideal condition for a teacher of Physical Education.

The program for the Summer Session is arranged to meet the needs of two classes of students, viz.: (1) graduates of the Normal College who wish to earn credits toward their degree of Bachelor of Science in Gymnastics, or wish merely to review subjects previously completed, and (2) non-graduates who are planning ultimately to enter the Physical Education profession, or those already teaching Physical Education wishing to become more efficient.

Based upon this division, the academic work will be conducted in two courses. The practical work, however, will be divided into three parallel courses in order to enable students of various grades of proficiency to enter a class suitable to their ability.

It was not possible to realize the plan previously announced of placing emphasis upon courses in coaching this year. The construction and equipment of fields large enough for athletics and games could not be completed in time for the opening of this year's Summer Session. The work this year will, therefore, embrace such Physical Educational activities as tactics; graded games, and games of low and medium organization; free exercises without and with hand apparatus; graded and advanced apparatus work, and gymnastic and other forms of dancing.

Instead of giving an exhibition of Physical Education activities at the conclusion of the Summer Session, as was done last year, we will this year present a pageant. The work will again be placed in the hands of the students under the guidance of Mr. Karl Heckrich. We hope by these
means to give the students a practical opportunity in the preparation and directing of festivals of this kind.

Mr. Richard R. Sigler, a new member of the Summer Session faculty, is instructor in physiology in the medical school of the Louisville University. He was graduated from the Indiana State Normal School in 1916 and received his Master’s degree from the Indiana University in 1917. From 1917 to 1920 he was Associate Professor of Biology in the State Normal School of Pittsburgh, Kans., and during this time spent eight months at Yale University in bacteriological work. He comes well prepared for the course in Teaching of Physiology and Hygiene which is so important to teachers of physical education in grade as well as high schools today.

Graduates of the Normal College working for their Bachelor degree will be glad to know that the above course as well as Mr. Stecher’s course in Philosophy of Physical Education will be credited in the second department.

The Camp is situated on Elkhart Lake, one of the most beautiful lakes of the northern states. It is located conveniently on the Chicago, Milwaukee and St. Paul Railway, sixty miles north of Milwaukee. The spot selected for the Camp is on the far side of the lake and can be reached from the Elkhart Lake station in ten minutes either by automobile or by motor boat. The lake is of just the right size, with water as clear as crystal and of a refreshing temperature. It has sandy bottom and is ideal for swimming, bathing, boating, canoeing and other water sports. The lake is surrounded by wooded hills. Many paths wind through these woods, ideal for walks of which one never tires. There are to be found here all kinds of flowers, shrubs and trees so interesting to lovers of nature. The surrounding country offers splendid opportunities for hikes. The climate of this part of Wisconsin is charmingly pleasant and will be appreciated when the practical work is in full swing. There are many points of interest easily reached from Elkhart Lake by electric line.

The Camp is erected on high ground at the western end of the lake. On different sections of the camp, play spaces, an outdoor playground, two large covered halls for exercising and a large dining hall accommodating 100 persons have been constructed. Nourishing food will be served. The house tents, 12x16 feet large, are erected on raised wooden floors and are lighted by electric lights. A rest room and writing room for women has been added. The sanitation of the Camp has been considerably improved by the installation of septic tanks and toilets.

Dr. Henry Hartung of Chicago will be camp physician, while Mrs. Ida Boos, matron of the Normal College dormitory for women at Indianapolis, will act as matron of the Camp. We are pleased to announce that Miss Anna Pfaff, a professional nurse, has been engaged as camp nurse. We feel that this addition to our personnel will be greatly appreciated by the women students of the Camp.

**Registration**

It is important that all who wish to register for the summer session fill out the attached registration blank and return it to Normal College, 415 East Michigan street, Indianapolis, Ind., not later than June 17. Early registration will be advantageous, as space in the tents will be assigned in the order of receipt of reservations. A deposit of $5.00 must accompany the reservation, which will be refunded if the reservation be cancelled before June 24.

**Camp Expense, Board, and Equipment**

The charges for living in the Camp will be $13.50 per week, payable in advance for the five weeks. A moderate fee will be charged to defray expense of medical materials used in prescribing and handling cases requiring the doctor’s attention. In accordance with the policy of the Normal College, the Summer Session is not conducted to make profit, but solely in the interest of Physical Education, and the above charges are intended only to cover expenses. Cots and mattresses will be furnished. Students are required to bring their own sheets, pillow cases and pillows, blankets and towels. It is advisable also to bring tennis shoes, one pair of heavy shoes, blue or khaki middy waists (women), a bath robe or raincoat, and a flashlight in addition to the usual necessities.
Faculty

EMIL RATH, B. S. G. Dean of the Department of Theory and Practice of Physical Education of the Normal College. Director of Summer Session; Instructor in Educational Gymnastics and Dancing; Lecturer on Methods and System of Physical Education.

WILLIAM A. STECHE, B. S. G. Director of Physical Education, Public Schools, Philadelphia, Pa.; Editor of "Mind and Body." Lecturer on Philosophy of Physical Education and Construction and Equipment.

KARL H. HECKRICH, G. G. Director, Athletic Club, Minneapolis, Minn. Instructor in Educational Gymnastics and Dancing.

MILDRED J. McCARTNEY, G. G. Assistant Director of Physical Education, Public Schools, Cincinnati, Ohio. Instructor in Educational Gymnastics and Dancing.


RICHARD R. SIGLER, M. A. Instructor in Physiology, University of Louisville Medical School. Lecturer on Teaching of Physiology and Hygiene, and School Hygiene.

Subjects Offered

1. Educational Gymnastics. One and one-half hours daily. Practical work in tactics and games; free exercises without and with hand apparatus such as wand, clubs and dumb-bells, and exercises on apparatus, such as horizontal bar, rings, circle-swing and poles. Every alternate apparatus period will be devoted to advanced work; for this purpose the students will be graded according to their ability. The work of the first year will include that of public school grades I to VI, that of the second year will comprise the work for grades VII to IX (Junior High School), while that of the third year will consist of the work for the last three grades of High School and advanced work.

MR. RATH, MR. HECKRICH, MRS. McCARTNEY and Assistants

2. Dancing. Forty-five minutes daily. This includes gymnastic dancing steps for both sexes and classic and aesthetic dancing consisting for the first year class of a series of newly arranged simple aesthetic movements and dancing steps whose progression and possibilities for combinations will be methodically taught; also a series of new dances for various grades and a number of Chalif and Vestoff compositions and technique exercises. Classic and aesthetic dancing for the second year class will consist of a series of advanced aesthetic movements and classic dancing steps; their progression and combination; their adaptation to various tempi; a number of dances of increased difficulty; also a number of Chalif and Vestoff compositions and their technique, as well as that of Mascagni. The third-year course will consist of advanced aesthetic movements and Chalif technique and a number of Chalif and other compositions will be taught.

MR. HECKRICH, MR. RATH, MRS. McCARTNEY.

3. Folk and School Dances. One-half hour daily for fifteen days. A series of folk and national dances of various nations and various
grades of difficulty will be taught; also a number of school dances of varying degrees of difficulty.

**MR. HECKRICH, MR. RATH.**

4. **Ballroom Dancing.** One-half hour daily for fifteen days. The most popular dances as well as the methods of teaching the standard dances will be taught.

**MR. HECKRICH.**

5. **System and Methods.** Lectures and practice, one hour and twenty minutes daily for twenty days. Auxiliary means of instruction, as the commands, demonstrations, alignments, etc. A study of the various classes of exercises, apparatus. Classification, nomenclature and technique of the exercises.

**MR. HECKRICH.**

6. **Construction and Equipment of Gymnasium, Playground, Track and Field.** Lectures, one hour and twenty minutes daily for ten days. The location, size, construction and equipment of the places for physical exercise. The gymnasium and accessory rooms, such as bathrooms, locker rooms, etc. Playgrounds and their equipment. Laying out and equipping track and field for field days and gymnastic festivals.

**MR. RATH.**

7. **Philosophy of Physical Education.** Lectures, one hour daily. The biological and educational aspects of physical education with special reference to the uses of this training for educational ends.

**MR. STECHER.**


**MR. SIGLER.**

9. **The Teaching of Physiology and Hygiene.** Lectures, one hour and twenty minutes daily. (a) A general survey of Physiology and Hygiene is made with the view of selecting material for the basis of teaching these subjects. Presentation of some of the basic facts of the two subjects on which the teacher can build. The aim and results to be obtained from the teaching of the different phases of the subjects are considered. (b) Adaptation of the subject matter to the various grades beginning in the fourth school year with simple but definite lessons. The ground to be covered each year and the immediate results to be obtained; methods of presenting the subject, and its application in daily life. Consideration of textbooks. (c) Practice Teaching. Lesson plans submitted and criticized. Practice lessons conducted by members of the class.

**MR. SIGLER.**

10. **Swimming.** Swimming instruction is not a part of the regular course. It is intended for beginners who wish to learn the various strokes, floating and diving.

11. **Pageantry.** The preparation of festivals and pageants has become a part of the Physical Director’s duties. This course is planned to be of practical value and will include the organization and management, music, cost and costuming final presentations. It will be concluded with a pageant presented by the entire student body.

**MR. HECKRICH.**

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**Tuition Fees**

The tuition fee for the entire course is $50.00. Students may, however, enter for part of the course, subject to a minimum charge of $30.00. In such cases the following rates will prevail:

<table>
<thead>
<tr>
<th>Subject</th>
<th>Credit</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Educational Gymnastics (Tactics and Games, Free Exercises, Apparatus Work)</td>
<td>21 semester hours</td>
<td>$10.00</td>
</tr>
<tr>
<td>Dancing</td>
<td>11 semester hours</td>
<td>10.00</td>
</tr>
<tr>
<td>Folk Dancing</td>
<td>5 semester hours</td>
<td>6.50</td>
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<tr>
<td>Ballroom Dancing</td>
<td>2 semester hours</td>
<td>11.00</td>
</tr>
<tr>
<td>Methods and System</td>
<td>2 semester hours</td>
<td>11.00</td>
</tr>
<tr>
<td>Construction and Equipment</td>
<td>1 semester hour</td>
<td>6.50</td>
</tr>
<tr>
<td>Philosophy of Physical Education</td>
<td>2 semester hours</td>
<td>11.00</td>
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<tr>
<td>School Hygiene</td>
<td>2 semester hours</td>
<td>11.00</td>
</tr>
<tr>
<td>Teaching of Physiology and Hygiene</td>
<td>3 semester hours</td>
<td>16.00</td>
</tr>
<tr>
<td>Extra: Swimming for Beginners</td>
<td></td>
<td>5.00</td>
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Tuition fees are payable in advance at the time of registration, July 3.

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**A Summer Hotel**

In connection with the Camp the American Gymnastic Union will conduct a summer hotel for its members, to which friends of the Gymnastic Union and the Normal College are also most cordially invited. The camp will be open only for Summer Session students; their friends or relatives may find rooms in the hotel at reasonable rates. The Normal College shall gladly furnish further information upon request.

**Train Schedule**

A through train of the Chicago, Milwaukee and St. Paul Railway leaves Chicago at 3 p.m., arriving at Elkhart Lake at 7:54 p.m. A morning train leaves Milwaukee at 7:10 a.m. The railroad will probably run extra trains during the season as has been customary heretofore. There is also good connection between Milwaukee and Sheboygan, and Sheboygan and Elkhart Lake by electric line.

**Reduced Fares**

Summer tourist fares apply from all points to Elkhart Lake. Tourist tickets will be on sale beginning May 15th and will be good for the return trip until October 31st.
**Daily Program**

<table>
<thead>
<tr>
<th>Time</th>
<th>I</th>
<th>II</th>
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</thead>
<tbody>
<tr>
<td>8:00-9:00</td>
<td>School Hygiene</td>
<td>Philosophy of Physical Education</td>
</tr>
<tr>
<td></td>
<td>Mr. Sigler.</td>
<td>Mr. Stecher.</td>
</tr>
<tr>
<td>9:10-10:30</td>
<td>July 3-25: Methods and System.</td>
<td>The Teaching of Physiology and Hygiene.</td>
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<tr>
<td></td>
<td>Mr. Rath.</td>
<td>Mr. Sigler.</td>
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<td></td>
<td>July 26-Aug. 5: Construction and Equip-</td>
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<td>ment.</td>
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<td></td>
<td>Mr. Stecher.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>I</th>
<th>II</th>
<th>III</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:40-11:25</td>
<td>Dancing.</td>
<td>Dancing Classes I and III will alternate with Class II.</td>
<td>Dancing.</td>
</tr>
<tr>
<td>11:30-12:15</td>
<td>Dancing Class I will alternate with Class II.</td>
<td>Dancing.</td>
<td>Dancing Class III will alternate with Class II.</td>
</tr>
<tr>
<td>11:30-12:15</td>
<td>Free Play Period: Swimming, Boating, etc., Dancing Classes I and III and Dancing Class II alternating.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:20-2:50</td>
<td>Tactics and Games</td>
<td>Free Exercises</td>
<td>Free Exercises</td>
</tr>
<tr>
<td>2:50-3:20</td>
<td>Free Exercises</td>
<td>Tactics and Games</td>
<td>Tactics and Games</td>
</tr>
<tr>
<td>3:20-3:50</td>
<td>Apparatus Work</td>
<td>Apparatus Work</td>
<td>Apparatus Work</td>
</tr>
<tr>
<td>4:20-5:00</td>
<td>Swimming Instruction and Free Play Period.</td>
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**NORMAL COLLEGE OF THE AMERICAN GYMNASTIC UNION**

**SUMMER SESSION REGISTRATION BLANK**

In order to enable us to make proper arrangements for the accommodation of students at the Summer Camp of the Normal College it is necessary to register not later than June 17. A deposit of $5.00 must be made at time of registration which will be refunded if reservations are cancelled before June 24. Reservation of tent space will be made in the order of receipt of reservations. Mail to Normal College, 415 East Michigan Street, Indianapolis, Indiana.

I shall attend the Summer Session of the Normal College and enclose $5.00 for reservation of tent space; I shall enroll for the following subjects:

- ...
- ...
- ...

Name __________________________
Address _________________________ City _______________________
Position ________________________