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# SUMMER SE\$ION

*In Camp at*  
ELKHART LAKE, WISCONSIN  
*June 29 to August 1, 1925*



*Normal College of the*  
AMERICAN GYMNA\$TIC UNION  
INDIANAPOLIS, INDIANA

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## CAMP BROSIUS

TO TEACHERS a vacation should be a combination of recreation and learning. As a rule, this is not possible within the limits of a city. But it is possible at Camp Brosius, the summer home of the Normal College of the American Turnerbund.

On June first of every year, this normal school, as a whole, migrates from Indianapolis, Indiana, to Elkhart Lake, Wisconsin, its summer home. The regular students leave the camp at the end of June. During the next five weeks it is at the disposal of teachers who enter the summer session of the college.

The experiences of the last four summers have shown that it is possible to combine serious work with a worthwhile vacation. Yes, they have shown that it is possible to combine work and play at no greater cost than play alone usually demands at ordinary summer resorts. The reason for this is that students from practically all parts of the country have special rates to Elkhart Lake. Tuition fees and board also are very reasonable.

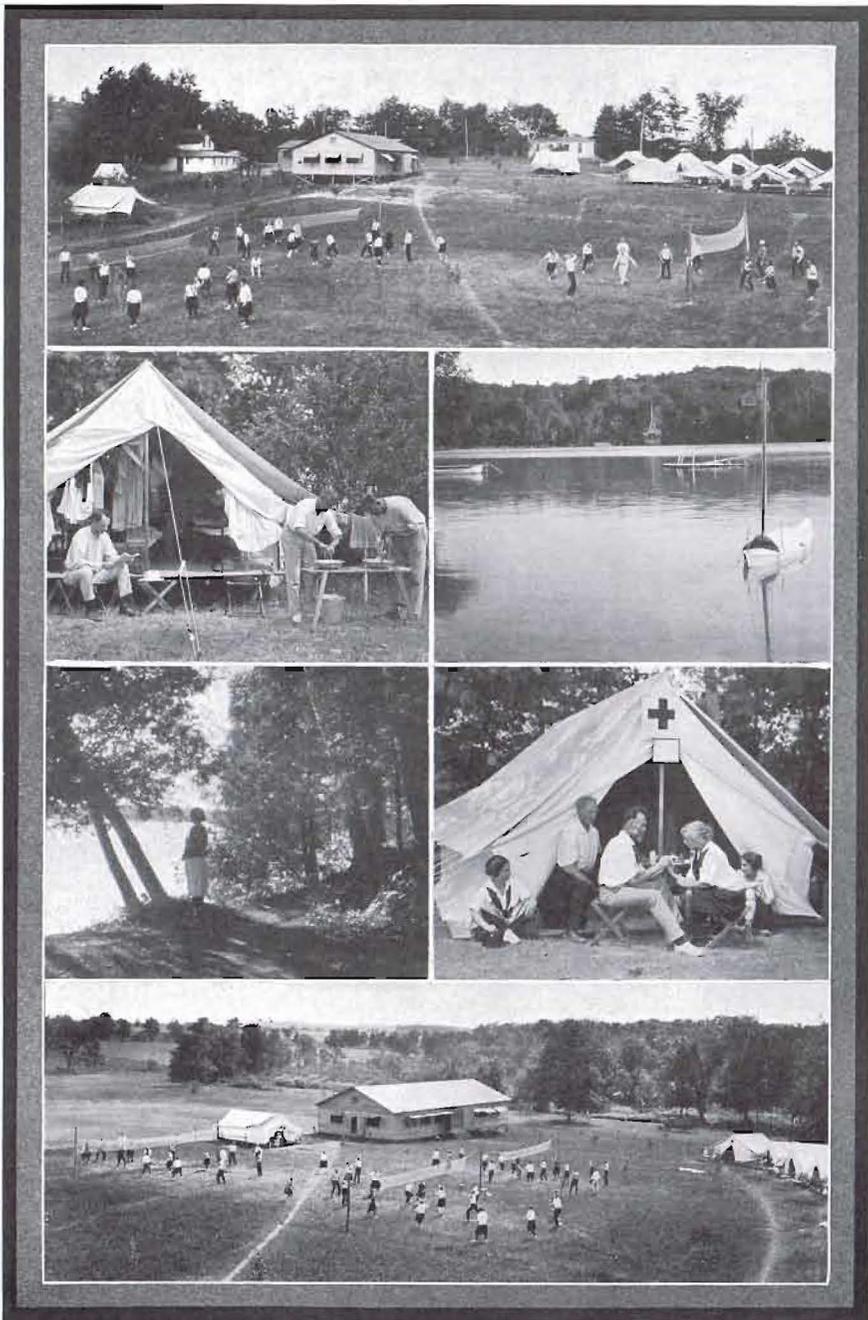
What makes the summer session at Camp Brosius so attractive and unique is the fact that when a student has a free period this may be spent in boating, fishing, swimming, tramping, etc. The change from student to camper is made in an instant. No long preparations or car rides are necessary. A few steps bring a student into solitude if this is wanted, either on land or on water.

The capacity of the camp is limited. It is the intention of the Board of Trustees not to increase the facilities so that the camp site may always be free from undesirables, or from many neighbors.

Camp Brosius, therefore, should appeal to all types of teachers interested in any phase of health education who are looking for a combination of study and recreation. The summer session with its plays, dances, games, and its academic work should be as attractive to the classroom teacher, to the social worker, to the leader of scout work, as to the specialist in physical education.

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 appre-



ciated 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. There are rest rooms and writing rooms for both men and women. The sanitation of the camp is taken care of by septic tanks and toilets.

## General Information

The program of the summer session is arranged to meet the needs of the following:

First, students or teachers, who are planning ultimately to enter the physical education profession or to teach it as departmental work in public schools. Second, departmental teachers in elementary schools in charge of physical education work; or high school teachers assisting in coaching and directing physical education activities in small cities; or association instructors. Third, graduates of normal schools of physical education, who wish to increase their knowledge of material, review important subject-matter, or earn additional credits.

For the first two classes, the Normal College announces a series of courses leading to a Summer Session Diploma. This special diploma will be awarded to all students successfully completing the required work of four consecutive summer sessions of five weeks each. It is the purpose of the Normal College to arrange these courses in such a manner as to offer during the four summers practical work and lectures most important for teachers who may be called upon to assist in physical education activities in elementary and high schools, as well as for association instructors, coaches, etc. These courses will be progressively arranged so that during the four summer sessions, a well-rounded out program will be completed, including the most important phases of Physical Education. A special announcement will be mailed upon request.

The academic work will be conducted in two parallel courses, one for the individuals in the first and second classes and the other for those in the third class. The practical work will be conducted in a similar manner, excepting activities in which it will be necessary to instruct the men and women separately.

There are three new instructors connected with the summer session this year. They are:

1. Miss Clara Ledig, assistant instructor of the Normal College. She has proven herself very efficient in various phases of physical education work. She will share the teaching of dancing with Mr. Otto Eckl, and will have charge of the "Primary and Graded Games." Her methods of teaching primary games, as well as the material, are particularly worth while.

2. Mr. Fred Foertsch, Director of the Department of Physical Education, Schenley High School, Pittsburgh, who will have charge of apparatus work, tumbling, swimming and football. Mr. Foertsch's personal skill in the above activities is well known. He attended courses given by Mr. Knute Rockne. The Schenley High School football team, which he coached last season, was undefeated, which speaks well for his knowledge of the game.

3. Dr. J. Wm. Hofmann, a member of the Normal College faculty, who will handle the course in Physical Examination and act as camp physician.

It may also be of interest to know that Dean Rath will give a course in Fundamental (Free) Exercises, which are based on the work of Niels Bukh of Denmark, with whom Dean Rath spent some time during his visit to Europe.

Because of the large demand for physical education teachers for Junior High Schools, caused by the introduction of Grades VII-IX as a separate department into the school systems of many cities, we are offering a special course for the preparation of teachers of physical education for Junior High Schools this summer. Students satisfactorily completing this work will experience no difficulty in passing examinations for such positions.

## Camp Expense, Board and Equipment

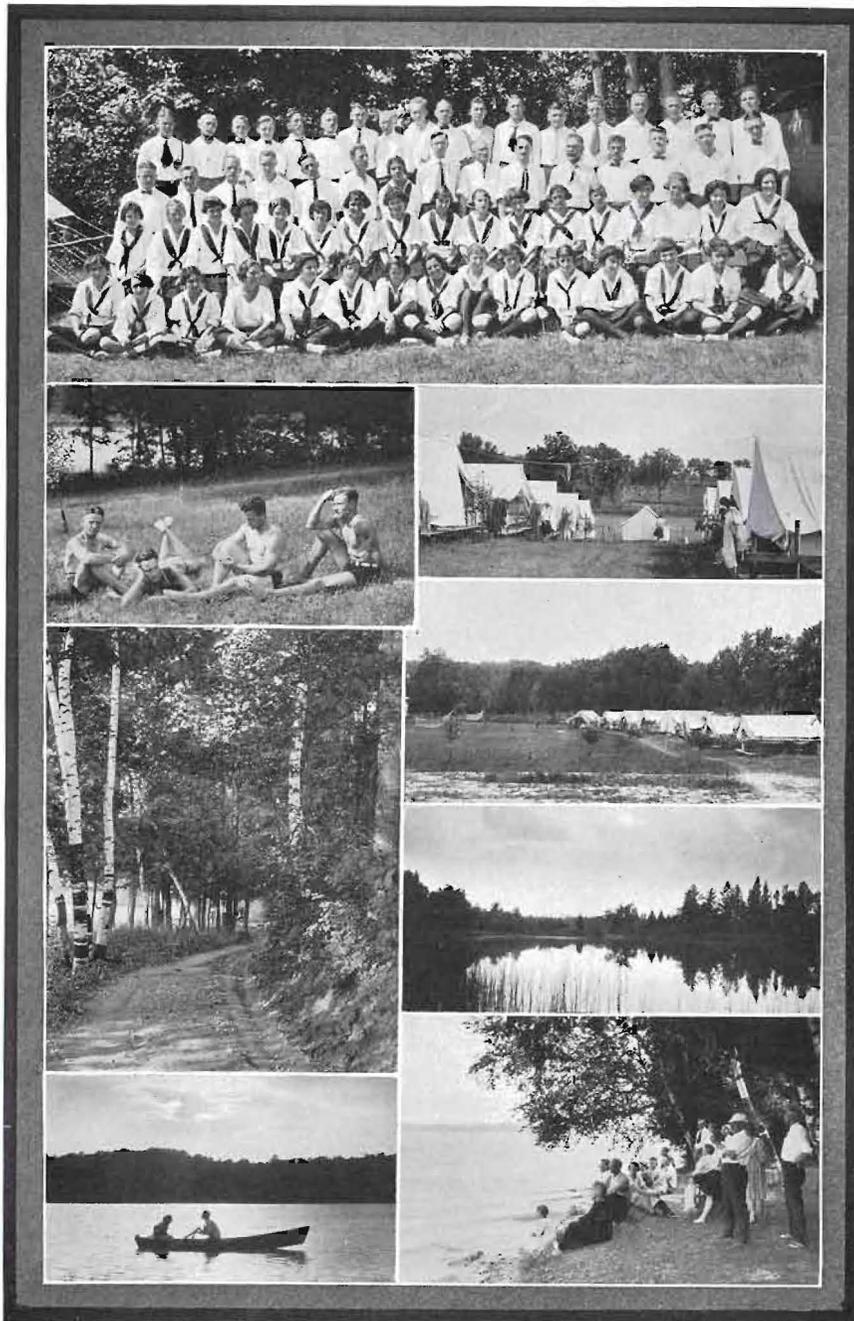
The charges for living in the camp will be \$13.50 per week, payable in advance for the five weeks. In accordance with the policy of the Normal College, the Summer Session is not conducted to make profit, but solely in the interest of Physical Education, and the charges are intended only to cover expenses.

Cots and mattresses will be furnished. Students are required to bring their own sheets, pillow cases and pillows, blankets and towels. It is advisable to bring tennis shoes, one pair of heavy shoes, blue or khaki middy waists (women), a bath robe or rain coat, and a flashlight, in addition to the usual necessities.

A few family tents will be available for students who wish to bring their families to camp.

## Reduced Fares

Summer tourist fares apply from all points of the Central Passenger Association territory to Elkhart Lake. This territory includes Buffalo and Pittsburgh in the East, and Chicago and St. Louis in the West, with the Ohio River forming the southern boundary. These round-trip fares are equal to one and one-half of the one-way fare. The Western Passenger Association which governs the territory west from St. Louis and Chicago as far as Salt Lake City, also offers a summer tourist rate amounting to a reduction of twenty per cent from the usual round-trip fare. The Eastern Passenger Associations have no special rates to the summer resorts in Wisconsin; students from the East may, however, secure such rates from either Buffalo or Pittsburgh by going to these cities and purchasing their round-trip tickets there.



## Faculty

The following constitute the faculty of the summer session of the Normal College. They are not all actively engaged each year. Those marked "S. S. 1925" will be active this summer.

EMIL RATH, B. P. E., President Normal College, Dean of the Department of Theory and Practice of Physical Education. *Director of the Summer Session. Instructor in Physical Education Activities, Lecturer on Methods of Physical Education.* S. S. 1925.

WILLIAM A. STECHER, M. P. E., Director of Physical Education, Public Schools, Philadelphia, Pa.; Editor of "Mind and Body." *Director. Lecturer on Philosophy of Physical Education.*

W. L. RICHARDSON, Ph.D., Professor of Education, Butler College; Dean of the Department of Letters and General Science, Normal College; Professor of Education and Psychology, Normal College. *Lecturer on Psychology and Junior High School Education.* S. S. 1925.

OTTO ECKL, G. G., Director of Concordia Gymnastic Society, St. Louis, Mo. *Instructor in Physical Education Activities.* S. S. 1925.

FRED FOERTSCH, B. S., B. P. E., Director of Physical Education, Schenley High School, Pittsburgh, Pa. *Instructor in Physical Education Activities.* S. S. 1925.

KARL H. HECKRICH, G. G., Director Athletic Club, Minneapolis, Minn. *Instructor in Physical Education Activities.*

PAUL KRIMMEL, G. G., Director of Physical Education, Public Schools, Syracuse, N. Y. *Instructor in Physical Education Activities.*

CLARA LEDIG, G. G., Assistant Instructor of the Normal College. *Instructor in Physical Education Activities.* S. S. 1925.

J. WILLIAM HOFMANN, M. D., Indiana University School of Medicine and Normal College. *Lecturer on Physical Examination and Camp Physician.* S. S. 1925.

EDWIN N. KIME, M. D., Indiana University School of Medicine, and Professor of Anatomy and Physiology, Normal College. *Lecturer on Anatomy and Physiology.*

CARL B. SPUTH, M. D., Indiana University School of Medicine, and Associate Professor of Physiology, Normal College. *Lecturer on First Aid, and Camp Physician.* S. S. 1925.

## Cost of Attendance

The expense of attending the Normal College Summer Session is relatively low. For one living in St. Louis the cost will be about as follows:

Railroad fare (summer tourist rate).....	\$ 23.82
Tent and board for five weeks.....	67.50
Tuition (full course).....	50.00
Total .....	\$141.32

There will be some additional expenses, as for laundry, etc., but these can not be estimated on an average.

## Subjects Offered

### 1. Physical Education Activities.

- (a) *Tactics.* Tactics of the individual, of the rank, of the body of ranks, and of more complex tactic bodies. The material is classified according to age groups.
- (b) *Fundamental (Free) Exercises.* Exercises for specific purposes, such as suppling exercises; movements to stretch various muscle groups; exercises to strengthen different muscle groups. These exercises form the basis for all vigorous types of bodily activities.  
MR. RATH.
- (c) *Folk, Clog and Gymnastic Dancing.* Various rhythmic steps adapted to the different age-groups and culminating in the learning of a number of school dances, character and folk dances of different nationalities. Fundamental work in clogging, particularly practice in 3's, 5's and 7's, and some clog dances. During the second year this work is continued, adding new and more advanced folk and character dances.  
MISS LEDIG and MR. ECKL.
- (d) *Æsthetic and Interpretive Dancing.* This course begins with a study of the simplest steps and proceeds to an analysis of the more difficult ones which are developed by preparatory work. Bodily movements indicating interpretation of some thought, are given with the intention of making the body a pliable instrument of expression. The teaching of fundamental technique exercises. These preliminary studies are guided by the difficulties contained in a number of carefully graded dances adapted to various age-groups. The course is intended to emphasize the æsthetic and artistic tendencies of the pupil. The work is continued during the second (and third) year. New and more difficult dances are taken up and the advanced technique of the modern dancing masters is taught.  
MISS LEDIG and MR. ECKL.
- (e) *Primary and Graded Games.* Simple song and rhythmic games for the primary grades. Active games arranged according to age and school grade. This work is progressively continued in the second year and antagonistic, combative and competitive games are added, as captainball, volleyball, etc.  
MISS LEDIG and MR. ECKL.
- (f) *Apparatus Work.* Graded work. A careful selection of material based on such factors as sex, age and physical development. Varied methods of presentation, as class work and various kinds of squad work. The material covers free exercises on the various apparatus and simple fundamental apparatus stunts given as aims. Acquiring proficiency is essential for the performance of the more difficult fundamental apparatus exercises. Regulated squad work predominates. The material consists of combinations on the various apparatus. Men and

women work in separate classes excepting during graded work which changes each year. MR. ECKL and MR. FOERTSCH.

- (g) *Stunts, Tumbling, and Pyramids.* Stunts for boys. Mat activities for individual and team work in the fundamental tumbling exercises progressively arranged for boys and men. Stunts and easy tumbling exercises for girls and women. Groupings and formations of a number of individuals into pyramids, beginning with 2's and 3's and progressing to larger numbers.  
MR. FOERTSCH and MR. ECKL.
- (h) *Football.* (Men.) Lectures, discussions and practice. Fundamentals. Includes the rudiments, such as tackling in the line and in the open, blocking, picking up and falling on the ball, carrying the ball in the open and through the line and the several forms of passing and receiving the ball.—Line Work. Several styles of offensive and defensive tactics for each position. Methods of meeting peculiar types of players. How to meet the regular and the unusual formations often employed to confuse the opponent.—Backfield Work. On the offense, running the interference, several styles of blocking, deceptive movements in line thrusts, wide runs and forward passes. The side and cross steps, the pivot and the change of pace designed to elude the tackler.—On the defense, meeting the unusual formations. An adaptation of the zone and the man-for-man forward pass defense designed to meet practically all emergencies.—Shifts. Line and backfield shifts separately and in combination. Their advantages and disadvantages and how to meet them defensively.—Signals. Several signal systems for plays. Signals employed in the line on offense and defense and in the secondary defense.—Daily Team Practice. Substituting in the place of the customary grueling scrimmage, group work, line dummy play, backfield dummy play, and directing dummy games, aiming at perfection of execution and making the practice more interesting and instilling confidence into the players.—Field Strategy. Common sense tactics on the offense and defense. The use of the forward pass as a regular play.—Scouting. A complete outline and a code of symbols with which to record every important event of a game.—Necessary Equipment. As a measure of safety against bruises in the development of tackling, blocking and the various forms of group work it is best to be provided with some form of football uniform, including shoulder pads and if possible, shoes.—The Course. The course will be given in a well organized outline form. It will cover all the materials and technique offered in any of the Summer Coaching Schools. It is a collection of the materials gathered at the coaching schools of the University of Pittsburgh and the University of Notre Dame, to which has been added the experience in coaching the Schenley High School team, which has been among the leaders for six years and undisputed Pittsburgh city champion the past season.  
MR. FOERTSCH.

(h) *Hockey.* (Women.) Theoretical and practical consideration of the various elements, formations for attack and defense. After the preparatory work, a series of games is played between the teams organized within the school. Lectures and practice.

MISS LEDIG.

(i) *Swimming and Diving.* Theory and Practice. The technique of the dog paddle, breast, side, back, trudgeon, and crawl strokes. Land exercises. Diving, floating, water stunts and supplementary water exercises. Swimming rules and regulations; swimming meets and programs. Red Cross life saving methods, regulations and tests. Water games, stunts and advanced diving. Methods of teaching.

MR. FOERTSCH.

2. *First Aid.* The different forms of injuries and their temporary protection, including dressing, bandaging, transportation of the injured, etc. Aid in cases of fainting, suffocating, drowning, etc. The preparation of solutions, bandages, splints, etc. Lectures, demonstrations, and practical work.

DR. SPUTH.

3. *Physical Examination.* Measuring and testing the body. Methods of taking the strength and vitality tests. A study of normal growth and development; indications of impending deformities or diseases; methods of examining eyes, ears, nose, throat and teeth; demonstration of heart and lung sound; examination by inspection, palpitation, percussion and auscultation. Inspection for malnutrition, focal and other infections, impaired elimination, effects of insufficient rest and sleep, and nervous instability, with a view of advising pupils in health matters and physical education activities.

DR. HOFMANN.

4. *Methods and Management.* Auxiliary means of instruction, as the command; demonstrations; alignments; rhythm; presentation; correction and criticisms; training pupils as leaders; judging physical education activities, etc., etc. Management of gymnasium, pool and playground. Management of classes in teaching the various activities as games, apparatus work, track and field work, dancing, etc. Lectures, recitations, practical work.

MR. RATH.

5. *Psychology of Adolescence.* This course treats of the accepted facts and principles of psychology that have direct bearing upon the problems involved in the education of the adolescent youth. Educational problems that require statistical organization will be studied. The physical educator's point of view will be stressed. Lectures, readings, reports and discussions. Texts: Tracy, Psychology of Adolescence; Pechstein, Psychology of Junior High School Child.

DR. RICHARDSON.

6. *The Junior High School.* The object of this course is the adequate preparation of physical education instructors to take their place along with the teachers of other subjects in the latest addition to the scheme of American education. To do this, instructors of physical education seeking appointments in Junior High Schools must have an intimate acquaintance with such topics as Recent

Social, Industrial and Commercial Changes in American Life. The Necessity of Reorganizing Education in the light of these Changes, Functions, Organization, Programs, and Methods Employed in Junior High Schools, Grounds and Equipment, etc. These topics will be presented by means of lectures, discussions, readings and the consideration of selected problems. Texts: Davis, Junior High School Education; Briggs, Junior High School.

DR. RICHARDSON.

## Tuition Fees

The tuition 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:

Subject	Credit in Semester Hours	Cost
Physical Education Activities:		
(b) Fundamental (Free) Exercises.....	1	\$ 5.00
(c) Folk, Clog and Gymnastic Dancing.....	1	5.00
(d) Æsthetic and Interpretive Dancing.....	1	5.00
(e) Primary and Graded Games.....	1	5.00
(f) Apparatus Work.....	1	5.00
(g) Stunts, Tumbling and Pyramids.....	1	5.00
(h) Football (Men); Hockey (Women).....	2	10.00
(i) Swimming and Diving.....	2	10.00
First Aid.....	1	6.00
Physical Examination.....	1	6.00
Methods and Management.....	3	16.00
Psychology of Adolescence.....	2	11.00
The Junior High School.....	3	16.00

Tuition fees are payable in advance at the time of final registration.

## Registration

It is important that all who wish to register for the summer session fill out the accompanying registration blank and return it to Normal College, 415 East Michigan st., Indianapolis, Ind., not later than June 16. Early registration will be advantageous, as space in the tents will be assigned in the order of receipt of reservations.

Students can not register for more than five semester hours of academic work and five semester hours of practical work except by special permission obtained from the Director.

## Train Schedule

A through train of the Chicago, Milwaukee and St. Paul Railway leaves Chicago at 3:00 p. m., arriving at Elkhart Lake at 7:54 p. m. A morning train leaves Milwaukee at 7:10 a. m., arriving at Elkhart Lake at 9:58 a. m. There is also good connection by electric railway from Milwaukee to Sheboygan and Sheboygan to Elkhart Lake.

## Daily Program

8:00-9:00	First 2½ weeks: First Aid. Dr. Sputh Second 2½ weeks: Physical Examination. Dr. Hofmann. Jahn Hall	The Psychology of Adolescence. Dr. Richardson.  Ling Hall
9:05-10:20	Methods and Management. Mr. Rath. Jahn Hall	The Junior High School. Dr. Richardson. Ling Hall
10:25-11:30	Tactics and Primary and Graded Games; Folk, Clog and Gymnastic Dancing. Miss Ledig, Mr. Eckl. Jahn Hall and Ling Hall.	
11:35-12:15	Fundamental (Free) Exercises. Jahn Hall.	Mr. Rath.
1:30-2:30	Stunts, Tumbling and Pyramids; Apparatus Work. Mr. Foertsch, Mr. Eckl. Jahn Hall and Ling Hall.	
2:35-3:05	Aesthetic and Interpretive Dancing. Mr. Eckl, Miss Ledig. Jahn Hall and Ling Hall.	
3:10-4:10	Football (Men). Hockey (Women).	Mr. Foertsch. Miss Ledig.
4:15-5:15	Swimming.	Mr. Foertsch.

Classes in Tactics, Games and all forms of Dancing will be organized as first, second, (and third, if necessary) year's work.

In Apparatus Work and Tumbling, the sexes will be separated.

A class in Advanced Aesthetic and Interpretive Dancing, under Mr. Eckl, may be organized if a sufficiently large number of students register for it.

Tactics and Games, and Dancing will be given on alternate days. The same applies to Stunts, Tumbling and Pyramids, and Apparatus Work.

## A Summer Hotel

In connection with the camp, the Normal College will conduct a summer hotel for members and friends of the American Gymnastic Union and the College. Room and board will be furnished at reasonable rates. The camp may be occupied only by summer students. Further information about the hotel will be furnished by the Normal College upon request.

Hotel guests may register for any course they may wish to take but are subject to the rules and regulations of the Summer Session.