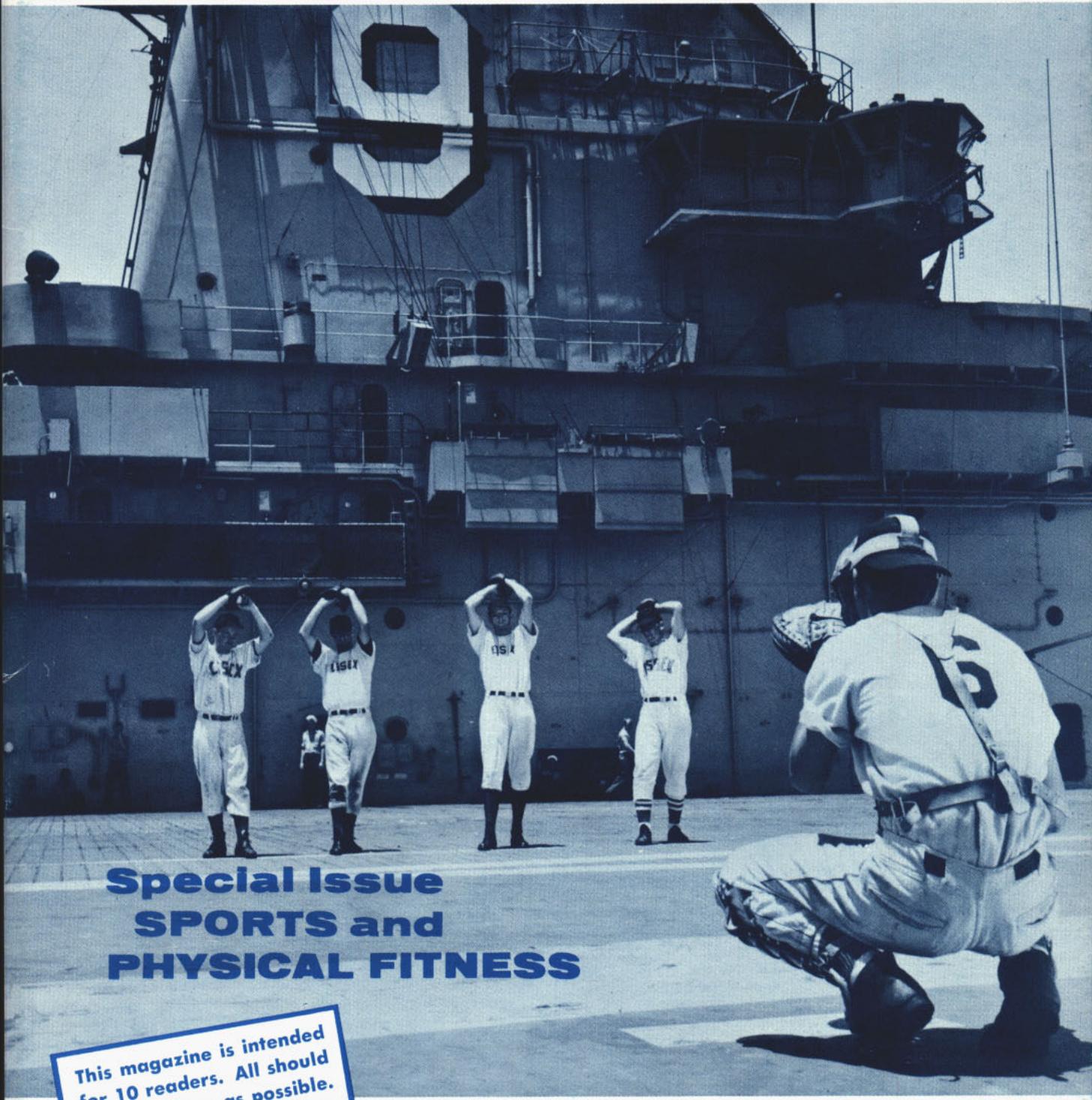


ALL HANDS

THE BUREAU OF NAVAL PERSONNEL CAREER PUBLICATION



Special Issue
SPORTS and
PHYSICAL FITNESS

This magazine is intended
for 10 readers. All should
see it as soon as possible.
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JUNE 1963



ALL HANDS

THE BUREAU OF NAVAL PERSONNEL CAREER PUBLICATION

JUNE 1963

Nav-Pers-O

NUMBER 557

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TABLE OF CONTENTS

	Page
<i>Special Issue: Sports and Physical Fitness</i>	
Sports in the Navy: 1775 to 1963	2
Here Come the Champs— <i>All-Navy Basketball, Boxing, Volleyball</i>	8
Navy Sports Opportunities: <i>Intramural and International</i>	12
Current U. S. Standings in Olympic Sports	14
Why Only Seven All-Navy Sports?	15
CISM: The Military Olympics	16
Inter-Service Sports Council	17
Navy men Return with Pan-American Medals	19
Pistol and Rifle Men on Target	20
A Whale of a Boat Race	22
Sportsmen on Seven Continents	24
Five-Foot-Ten Tournaments	25
Men of the Fleet Go Hiking, Ashore and Afloat	26
At Home and Abroad Navy Juniors Join the Team	28
Here's a Choice Athletic Program	30
A Sampling of Shipboard Sports	31
Centerspread U. S. Navy Sport Trophies	32
Keeping Physically Fit in the Navy	34
Physical Fitness for Women	38
Do-It-Yourself Conditioning	40
Weight Standard Tables	42
Isometrics: Sit-Down Sport	43
How to Keep Trim Via Your Diet	44
Today's World of Navy Sports	46
Bulletin Board	58
Directives in Brief	59
Ship Reunions	60
Taffrail Talk	64

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● FRONT COVER: WHAT'S THE PITCH — Baseball and softball have been popular in the Navy for many years. Performance of Navy teams in faraway ports helped to spread American sports from basketball to volleyball throughout the world. Here, pitchers warm up on USS Essex (CVS 9).

● AT LEFT: LIKE A DUCK — Swimming in competition or just for fun as shown here is a natural for Navy men. Not only is it a good physical conditioner, but when working at sea a sailor's ability in the water could save a life.

● CREDIT: All photographs published in ALL HANDS are official Department of Defense photos unless otherwise designated.



Sports in the Navy: 1775

SINCE THOSE LONG-AGO DAYS when a Navy ship organized the first spontaneous "smoker," replete with boxing matches, or ran climb-the-rigging races over the bounding main, sports and athletics have been a highly important part of the Navy scene.

In a short time in the life of the youthful U. S. Fleet, it became apparent that, with a minimum of athletic and recreational gear, a lot could be accomplished in promoting a good time, good morale and esprit de corps.

It was far from an organized effort in the beginning—more of a "Hey, you guys on the *uss Neversail*, our whaleboat crew can beat yours across the bay any old time" type of thing. Or, the "Our old man can lick your old man" bit—which meant, in Navy lingo, something like, "We've got a fireman in our black gang who can whip the bell-bottoms off anybody you've got aboard."

But it was a beginning, and from it has evolved the Navywide undertaking we know today as the Navy Sports Program.

Some of the early sports activities came more under the heading of shipboard drills than actual sporting events. For instance, on a lazy day aboard a Navy frigate in the Caribbean in the early 1800s came the boatswain's call—"All hands reef top-sails!" Sailors swarmed on deck. A reefing match was in the making.

"Man the top-gallant clew-lines and jib down-haul," shouted the first

lieutenant through his speaking trumpet. "Stand by to furl top-gallant sails. Keep down, keep down there forwards! Not a man of you lay aloft till I give the order."

After a succession of rapid commands, the match was over and the winners announced.

IF SUCH AN ACTIVITY could not be called a "sport," it was certainly exercise—a physical conditioner that served also as a drill in seamanship flavored with the salt of competition.

At that time, boxing or just plain "slugging" bouts were clandestine affairs staged contrary to shipboard regulations and sometimes used as a means of settling personal grievances.

Boat races were held both for money and ship prestige. Challenges were rarely left unanswered. Typical was one issued by the U. S. store-ship *Relief*, at Callao, Peru, in June 1841: "We the crew of the United States Ship *Relief's* first cutter, challenge the United States Frigate *Constitution's* lifeboat to run tomorrow at 4 p. m. for the amount of 11 dollars. Our commander has granted us his permission. Marshall Garth, Coxswain."

The ship's companies backed their teams to the hilt. Sometimes the ships themselves raced each other—a real feat of seamanship.

EARLY NAVY SPORTS records are quite vague, but we do know that at the beginning of the 1800s, "rig-

ging races" were held. These races required contestants to scramble on a predetermined course through the mast and sail equipment.

But officers began to be concerned over the lack of athletics in the Fleet with the advent of steam and the end of the vigorous sailing ship days toward the end of the 19th century. Sailing ship sailors had to be as agile as stuntmen as part of their duty, while the steamship sailor was much more of a technician and less active physically. Sports-minded flag officers began to set up in their squadrons a series of sports and recreational pastimes with proper committees, rules and prizes.

In one squadron, around the turn of the century, a baseball league was formed between battleships. Out of it came an exciting and rugged schedule, with a series of 21 games played in a little over a month's time.

Competitive sports like these, Navy commanders felt, made physical conditioning more pleasant than compulsory drills which were usually engaged in half-heartedly and considered by the men to be more work than play.

To further these early beginnings of organized sports, a special appropriation of \$5000 for "athletic exercises and sports," was included by Congress in the Navy funds for the fiscal year 1904. With the appropriation, the groundwork had been laid for a full-fledged Navy sports program.

At the same time, the Navy started

to establish permanent athletic facilities ashore. The first athletic field now known to be completed was at the Norfolk Navy yard. It was part of a Bureau of Navigation (now BuPers) plan started in 1903. Norfolk's athletic plant consisted of a football field, baseball diamond, grandstand, cinder track, swimming pool and recreational hall.

MANY TROPHIES, symbols of supremacy with oar or sail, have come and gone. A few of the better-remembered old awards are the *Neese Trophy*, a challenge cup for Atlantic Fleet whaleboats under sail; the *Barnett Cup*, donated by Major General Barnett, one time Comman-

to 1963

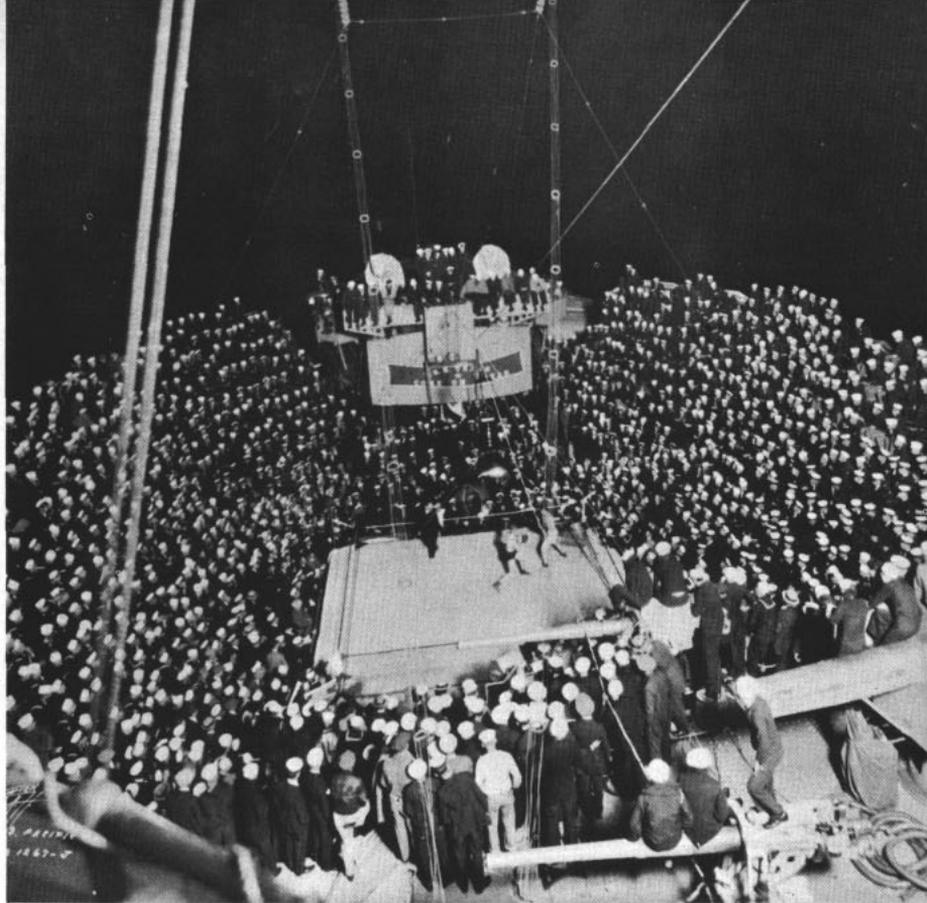
dant of the Marine Corps, for winning cutter crews; the *Thanksgiving Challenge Cup*, for whaleboat sailing among Asiatic Squadron crews; and the *President's Trophy*, at one time presented annually by direction of the President to the winner of the Winter Pulling Regatta of the Atlantic Fleet.

There was also the *Chapin Racing Cup*, given in memory of CAPT F. L. Chapin, USN, and the *Coffin Cup*, donated by Daniel M. Coffin for prize racing cutters. Still another was the *San Pedro Cup*, donated by the citizens of San Pedro, Calif., when the U. S. Fleet, in its voyage around the world stopped in San Pedro harbor in April 1908.

A cup which made its debut in 1906 and became the oldest trophy in continuous competition in American naval sports history was the *Battenburg Cup*. In May 1906, Rear Admiral Prince Louis Battenburg, R.N, commander of England's second Cruiser Division, donated the massive trophy to the U. S. Navy. Although the name appears nowhere on the trophy, it almost immediately became known as the *Battenburg Cup*.

Sometimes also referred to as the "*British Challenge Cup*," this trophy posed a perpetual challenge for racing cutters of the Atlantic Fleet. Under the agreement, whenever a ship holding the cup would fall in with a British man-o'-war, she had to give the Englishman a chance to compete for the prize.

JUNE 1963



A RINGER — Navymen slug it out on board USS California back in 1923.

If the British ship won, her name would be engraved on the cup—but the cup was to leave the U. S. Fleet only once. As it turned out, only two British ships ever challenged a U. S. Navy ship to a Battenburg race and only one won. She was HMS *Argyll*.

THE FIRST U. S. ship to win the cup was *Illinois* (BB 7), in September 1906. She held it until May 1907 when *Argyll* won her victory. *Louisiana* (BB 19) took over in September of that year and the cup was thereafter held by U. S. Navy ships.

NAVYMEN test their fitness in manner reminiscent of sailing days.





ON DECK — Baseball team, USS *New Hampshire*, for 1918 poses for photo.

Finally, after *West Virginia* (BB 48) won the trophy in August 1940, the *Battenburg Cup* was taken out of competition. When that ship was placed out of commission in January 1947, the cup was taken into custody by the Special Services Division of BuPers.

While the *Battenburg Cup* was strictly a one-sport award, two equally famous but younger trophies are the Navy Department's pair of *Iron Man Trophies* awarded for general excellence in athletic competition.

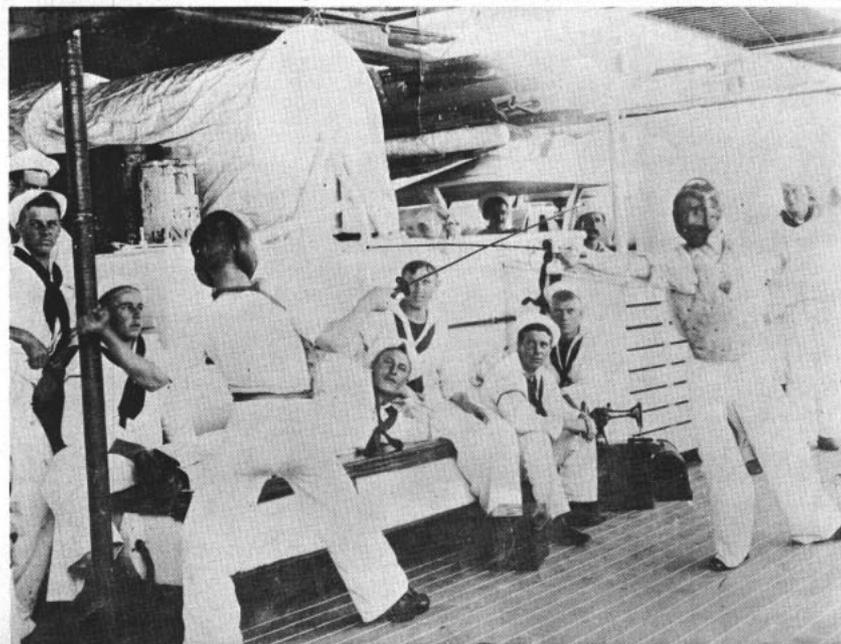
The first Iron Man originated in 1919. It was originally known and inscribed as the "Navy Department General Excellency Trophy for Capital Ships of the Pacific Fleet." Be-

cause of the trophy's design, it was soon nicknamed the "Iron Man Trophy." When the second trophy came along nine years later, the well-known nickname was included in its inscription. Oddly enough, no comparable Iron Man has ever been inaugurated for ships of the Atlantic Fleet.

The three-foot Iron Man is a bronze athlete standing on the World and holding aloft a laurel crown, the ancient symbol of athletic victory.

THE FIRST Iron Man was awarded by COMSERVPAC on a system of points figured on the basis of participation and standings of athletic teams of ships of the Fleet.

POINTED ISSUE — Fencing in the Navy is a sport that dates way back.



The first to win it was *uss Mississippi* (BB 41) in 1919. She held the trophy until 1924 when *California* (BB 44) took it over for three years. Succeeding ships to win the trophy were (in this order): *Tennessee* (BB 43), *Mississippi*, *West Virginia*, *Maryland* (BB 46), *Tennessee*, *West Virginia*, *Tennessee*, *Nevada* (BB 36) and *Tennessee*.

The Iron Man was withdrawn from competition during World War II. After the war, competition-minded Pacific Fleet sailors began to ask what had happened to the Iron Man. It was a tough question to answer.

Meanwhile, a government storehouse near the Nation's Capital had become the resting place for a sundry cargo of "homeless" pre-Pearl Harbor cups, plaques and other athletic awards. In early 1948, the thought occurred to someone that possibly the missing Iron Man might be among this collection. After a long and somewhat dusty search, not only this Iron Man was discovered, but the second one also.

Iron Man trophy Number One was dusted and polished and restored to Pacific Fleet competition. This time, though, the regulations governing competition for it were modified to include not only battleships, but any vessel of the Pacific Fleet.

As if in answer to the 21-year "capital ship" monopoly of the Iron Man, the trophy was won the first year of the new competition not by a "big ship," but by the destroyer tender *uss Dixie* (AD 14).

This was in 1949. In 1950, the first submarine ever to win it took possession when *uss Sea Fox* (SS 402) came through on top. On the books, *Sea Fox* remains defending champion, for the trophy was again withdrawn from competition when the Korean conflict broke out. For the time being, the Number One Iron Man is at COMSERVPAC headquarters at Pearl.

The Number Two Iron Man had been placed in competition in 1928 among cruisers, destroyers and aircraft squadrons of the Pacific Fleet. This trophy is now in the possession of the BuPers Special Services Division.

THEN THERE WAS the *Dryden Trophy* for shooting. It was presented about 1903 by U. S. Senator John F.

Dryden of New Jersey for annual competition under the auspices of the New Jersey Rifle Association and was open to teams from the Army, Navy, Marine Corps and National Guard units of the states, territories and District of Columbia.

The most elaborate of all Navy trophies, old or new, is probably the *Amoy Cup*. Made of solid gold, it is valued at more than \$5000. This vase-type cup of Chinese workmanship was presented by the Imperial Chinese Government at Amoy, China, on 3 Nov 1908 in commemoration of the visit of the U. S. Second Squadron of battleships during the cruise around the world.

It became a football trophy (and at times a baseball award) hotly contested for by Navy teams. Today, it is among trophies encased at the Naval Academy.

The *President's Cup*, donated in October 1924 by President Calvin Coolidge, was awarded annually to the winner of a football game in Washington's Griffith Stadium between teams representing the Army and Navy. This was distinct from the yearly West Point-Annapolis gridiron series.

Football stars from various naval and military establishments were selected to form the two service teams. Army won the cup the first year of competition with a 12-6 victory. The Marine Corps was permitted to enter competition after this, and for the next three years the Leathernecks from Quantico won the trophy—20-0 in 1925, 26-7 in 1926, and 14-0 in 1927. Records of further *President's Cup* football games are out of circulation and the final disposition of the trophy is also unknown.

ANOTHER TROPHY that deserves mention is the *Leech Cup*, presented by A. Y. Leech, Jr., through the U. S. Lawn Tennis Association for annual competition between teams composed of officers and men of the Army and Navy. In 1948, the *Leech Cup* gained a third competitor—the Air Force.

Leech Cup statistics show a total of 10 victories for Navy, four for the Army, and one for the Air Force. The *Leech Cup* competition was suspended in 1950.

Many of these Navy trophies met a patriotic fate early in World War II when they went into melting pots throughout the country. For more on trophies, see pages 32-3.

JUNE 1963



JUMPING JACK — Navymen of olden times hold track event at Great Lakes.

COMPETITION FOR all these trophies was spirited. The honor a ship gained when it won a baseball, football or rowing championship was second only to the prestige that came if it won top honors in target practice and engineering competition.

In 1900, *Navy Regulations* made the following mention of athletics. In the section dealing with duties of commanding officers is the statement that COs "shall encourage the men to engage in athletics, fencing, boxing, boating, and other similar sports and exercises. Gymnastic outfits will be furnished by the Department to vessels requesting them."

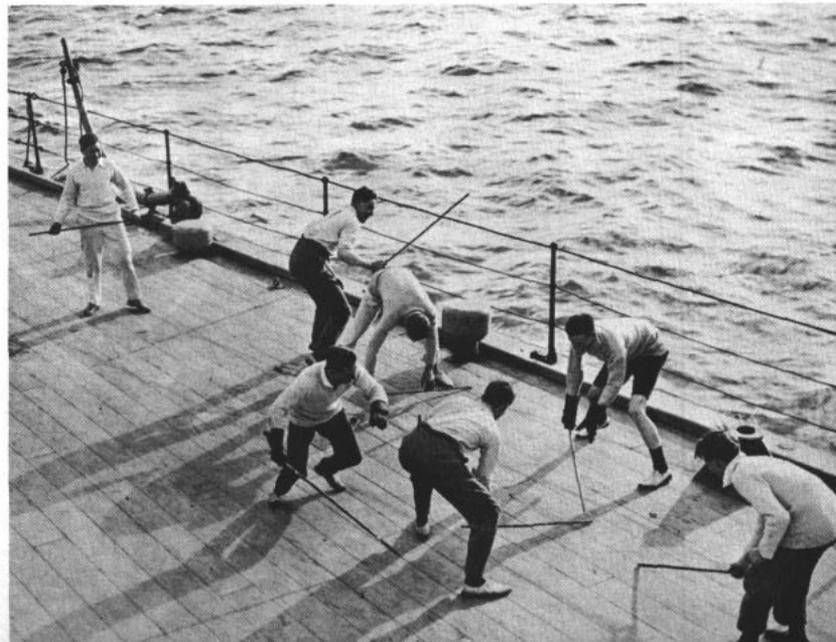
Later, quarterly allowances were authorized for ships to use in purchasing athletic gear. In the 1920s, as sports and sports trophies came into their own in increasing num-

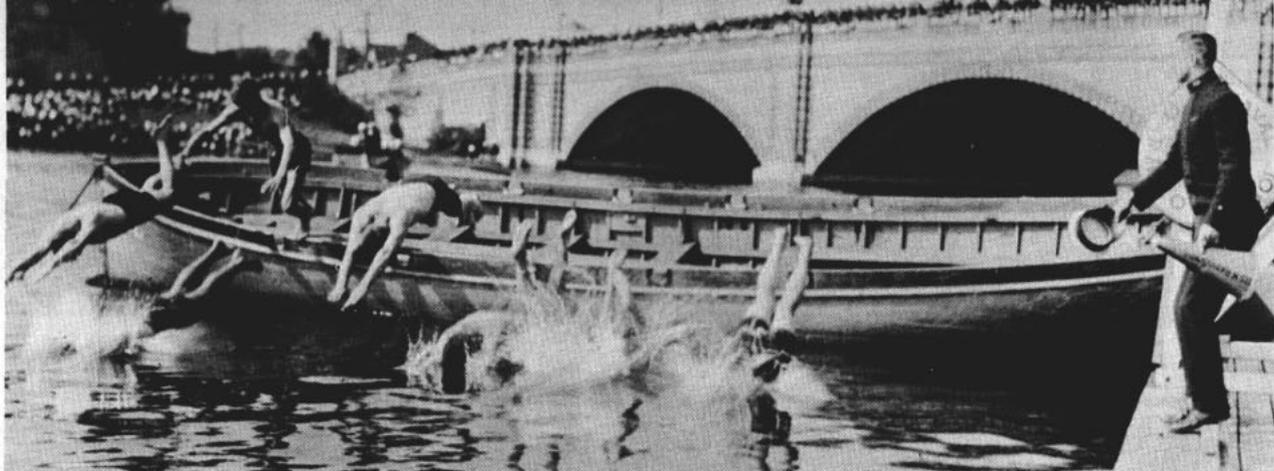
bers, the Navy Department announced that profits from the canteens (ships' stores) could be spent for the amusement, comfort and contentment of the "enlisted forces" and for the purchase of athletic equipment.

As for shipboard organization of sports, each captain was directed to appoint an athletic officer to be in general charge of all ship athletics. The captain also could appoint an officer-in-charge of each of the following sports: boat racing, football, baseball, track, swimming, basketball, boxing, fencing and gymnastics. Such officers would be assistants to the athletic officer and act as coaches for their respective teams.

IN THE EARLY DAYS, back in the 1800s and early 1900s, championships, especially in boxing, changed

IMPROMPTU HOCKEY games helped to keep these officers physically fit.





SPLASH — Sailors of the past hit the water in swimming meet held at USN Radio School, Cambridge, Mass.

hands at the drop of an anchor. "Champeens" sprang up overnight. They became champs by virtue of having bested all comers in their own squadron, division or ship.

Ships' boxers gave exhibitions ashore whenever possible. It was considered (as today) that such bouts did much to publicize the Navy among young men. Shore activities also conducted boxing championships.

The Atlantic and Pacific Fleets enthusiastically conducted competitions, but All-Navy tournaments as we know them today were unheard of. Air transportation, of course, was still a thing of the future and our two fleets were separated not only by the North American continent but by some 14,000 miles of ocean via Cape Horn (the Panama Canal was not put into regular operation until 1914).

In 1908, during the cruise of the Great White Fleet, one of the largest athletic events in Navy history was staged at Los Angeles. It was a field day which included almost every sport popular at the time.

The nearest thing to our present All-Navy championship in any of the early Navy sports events occurred during fleet concentrations. When the ships got together for maneuvers, the athletes got together to prove their mettle.

In 1916, football championships of Atlantic naval activities (both ship and shore) were beginning to be held. Although varsity sports were the big thing, there was also competition for novices. This was the beginning of today's intramural sports program.

Also in 1916, a spirited Far Eastern baseball championship was conducted among Pacific Fleet units. The Torpedo Flotilla team from Manila traveled to Shanghai where

they battled the team from the cruiser *Brooklyn* (AC 3). More than 30,000 fans watched the games, which saw the *Brooklyn* nine emerge the champions in the best-of-five series.

ALTHOUGH THE U. S. was not to become actively involved in World War I until April 1917, ships and personnel had begun much earlier to concentrate on military preparedness. Emphasis on competitive athletics lessened proportionately. However, the entry of the U. S. into that conflict saw the influx of collegiate athletic talent into the Navy along with the active affiliation of many great names in the sporting world.

Despite the pressing attention to World War I matters, some of Uncle Sam's ships found time to engage in sports in foreign ports, much to the enjoyment (and often the amazement) of our allies.

The Navy is credited, for example, with showing the Egyptians their first football game. When the cruiser *Des Moines* (C 15) put into Alex-

andria, two elevens from that ship went ashore to put on an intra-ship contest. But *Des Moines* sailors didn't restrict themselves to one sport. Some months later, the ship's athletes startled Egyptian sportsmen by winning that country's field hockey championship.

Navy teams were also instrumental in introducing and popularizing baseball in China, Japan, Hawaii and the Philippine Islands.

AFTER THE ARMISTICE in 1918, the Navy took a deep breath and settled down to take stock. The pre-war physical conditioning had paid off in many ways.

It took a couple of years to get the ball rolling again, but 1920 came up a sparkler in Navy sports. It was an Olympic Games year. Many Navy eyes were turned toward the highly competitive berths on the U. S. squad.

The greatest Navy sports news of the year spread around the world under headlines announcing that for the first time in Olympic history an American crew had captured the eight-oared shell rowing event of the Olympiad. The winning crew was that of the Naval Academy—and it was the first time a Navy crew had been entered in the competition.

Not only did the Academy oarsmen sweep to their win by a good quarter-length, but they covered the course in a new Olympic record time of six minutes, two and three-fifths seconds. Another winning Navy crew was to show this prowess 32 years later as it won the rowing championship in the 1952 Olympics.

BY 1921, the Navy Department had come to realize more and more that livewire athletic ships not only stood high in morale and ship spirit, but the same ships that habitually

OLD TIMERS box on USS *Minneapolis*.



won top sports honors usually carried off the prizes in gunnery, engineering and navigation, too.

For example, in 1919, when *Mississippi* was in her heyday as a battleship, she became the first vessel to win the *Iron Man Trophy*. *Mississippi* defended the trophy successfully through 1923 and again held it during the 1929-1930 season. During all these years, *Mississippi* also won the fleet target and battle practice awards.

Probably the most significant sports event of 1921, as far as the Navy is concerned, was one which is now generally accepted as the most direct ancestor of All-Navy competition as it is known today.

It was this year that the top leather pushers of the Atlantic and Pacific fleets squared off in Balboa Stadium in the Panama Canal Zone to determine that year's "All-Navy" boxing champions. Although this event was unofficial as far as the Navy Department was concerned, it marked the beginning of an annual ring show that was staged every year (except for 1922 and 1928) until 1941. After the lapse during World War II, the staging of the annual fistic show was begun again in 1946.

From 1924 to 1941, Navy sports continued much along the same lines. Unofficial "All-Navy" contests became more numerous and Fleet units continued to acclaim their respective Navy-wide champs.

Not only was there an increasing emphasis on the encouragement of sports within the naval establishment, but more concern was being paid to the standards of performance.

DURING WORLD WAR II, the progress of Navy sports from a competitive viewpoint was halted. The stress at training stations and in ships at sea, whenever practicable, shifted to physical conditioning. Athletic contests, because of their physical training and morale factors, were continued in so far as possible.

As in the first World War, there arose an urgent need for athletic specialists to carry out the Navy's physical training and welfare and recreation program. In April 1941, the Navy Department announced the appointment of CDR James J. Tunney, USNR, as Director of the Navy Physical Fitness Program. CDR Tunney is best known as "Gene" Tunney, the gentleman who won the world's heavyweight title from Jack



MAKING SPORTS HISTORY — LTJG Bob Beck wins medal in '60 Olympics and (below) softball pitcher Joe Lynch made All-Navy in past two years.

Dempsey in 1926. Following Tunney, incidentally, as world champ was another ex-sailor, Jack Sharkey.

Tunney started his fighting career in the service as a Marine back in 1917. He was the unofficial light-heavyweight champion of the Navy before entering professional ranks.

Sharkey won the world's heavyweight title from Max Schmeling in 1932. Jack Sharkey also began his fistic career in the Navy, fighting for the battleship *North Dakota* (BB 29) and cruiser *Denver* (C 14) in fleet boxing championships.

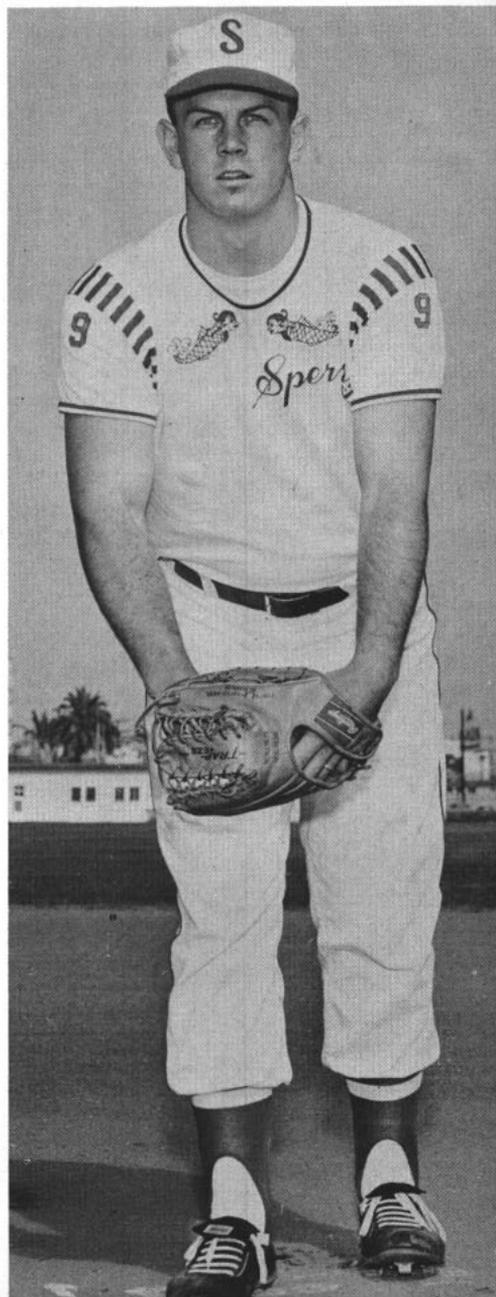
Tunney and Sharkey were world champs, and down through the years, both before and since, the Navy has had its quota of top athletes. Lesser known perhaps, they have still demonstrated their prowess and sportsmanship at home and abroad.

A new crop is coming up in the widening field of Navy sports, and there are more opportunities for potential champions at various levels of competition.

At the present time seven sports—basketball, volleyball, boxing, bowling, tennis, golf and softball—are included in All-Navy competition. Each is played according to recognized amateur rules. In addition to these, opportunities are present in numerous other programs.

Navy sports have come a long way from the days when sailors received their sports competition by clambering up and down the rigging of a ship. To get a picture of the world of Navy sports and physical fitness today, turn to the following pages:

—Jim Lewis, JO2, USN





Here Come the Champs

THE REST OF the Navy may some day blast the All-Navy Basketball Championship trophy loose from Hawaii—but the suspicion grows that they may have to use dynamite to do it.

ServPac's iron grip (1960, '61, '62) on the symbol of Navywide cage supremacy was finally loosened this time around, but it remains safely ensconced in the 50th state for a fourth consecutive year. Close neighbor and long-time bitter rival Submarine Force Pacific (SubPac), which supplanted ServPac as Western Pacific Region champ this season, made sure of that by breezing unbeaten and unbothered through the 1963 play-offs at NAS Moffett Field, Calif.

Head Coach Kiyoshi Matsuo's talent-laden Raiders, who earlier had spread-eagled the tough Hawaii Invitational League with a sparkling 28-2 record and swept to impressive District and Regional title wins, barely worked up a sweat in their three All-Navy outings.

The five teams which battled through rough district and regional opposition to reach the All-Navy plateau were: SubPac (Western Pacific Region); Amphibious Force

Pacific Fleet (Pacific Coast Region); Potomac River Naval Command (North Atlantic Region); Submarine Force Atlantic (Atlantic Fleet Region), and NAS Pensacola, Fla. (South Atlantic Region).

Complete tourney results:

First day:

SubPac—79; SubLant—69

PhibPac—88; PRNC—51

Second day:

SubLant—91; PRNC—44

PhibPac—85; Pensacola—84

Third day:

SubPac—98; PhibPac—75

SubLant—80; Pensacola—75

Fourth day:

SubLant—77; PhibPac—67

Fifth day:

SubPac—83; SubLant—54

A trio of court-wise ex-West Coast college standouts—former UCLA Bruins Brian Kniff and Pete Blackman and ex-U of San Francisco's Bob Gaillard—spearheaded the Pacific Submariner's all-winning sweep.

IT GOT UNDERWAY in the tourney's opening game, as the slick, 6'-2" Gaillard, SubPac's scoring leader all season long, pumped in 31 counters, while team captain Kniff, a 6'-4" rebounding workhorse, and the 6'-5" Blackman (augmented from Serv-

Pac after the WesPac Region tournament) took control of the boards and contributed 12 and 18 points, respectively, to the Raider total. Young Larry Moore, a bulky 6'-4" augmentee from PhibLant and the transport uss *Liddle* (APD 60), paced SubLant's losing effort with 21 tallies.

PhibPac's tall Invaders, All-Navy runners-up the past two campaigns, got their big push for 1963 top billing underway with a bang in the nightcap by bombing out-manned PRNC behind a balanced attack which saw speedy backliner Jim McKnight's 14 points pace five starters in double figures. Gary Hattabaugh and Pete Sweet managed 10 markers apiece for the North-Lanters.

Second night action produced the tournament's closest and most exciting set-to, as PhibPac, down by three points with about a minute remaining, took advantage of a couple of glaring Pensacola miscues to pull out a hair-raising 85-84 triumph.

Big Virgil Smith, a 6'-7" addition to the PhibPac roster from NTC San Diego, jammed in a short jump shot with seven seconds left to win it. Six-five Fred Mims and 6'-2" guard

Gerry Feld netted 26 counters each for the PacCoast champs, while 6'-4" Bob Kessler's 24-point output was tops for the Goshawks.

Moore's 29-point spree paced SubLant's second game runaway over PRNC, as the NorthLant reps became the first team eliminated from further play.

SubLant continued its long climb back through the loser's bracket in third night play, edging Pensacola in a real squeaker. The Sea Raiders nursed a shaky one-point margin through most of the second half, then used two quick buckets in the final 20 seconds to ice it. Hot-handed Moore and 6'-5" Al Clark, a fine rebounder for SubLant all through the tournament, contributed 18 and 16-point totals for the winners, while Bill Kazee's 20 was best for Pensacola.

SUBPAC's smoothly meshed attack produced an unlooked-for romp in the nightcap, bringing PhibPac's dreams of glory to a screeching halt. Blackman's torrid 35-point performance (a tourney high) topped the Far Pacific champs' scoring parade, while Kniff and Gaillard added 15 and 14, respectively. Six-six Bob Toson's 31-point bombardment constituted pretty much of a one-man effort for the Invaders.

With injured scoring star Bruce Hewitt seeing his first tournament action, SubLant copped the fourth night struggle for survival, pulling away from a 40-38 half-time deficit to eliminate PhibPac and set themselves up for a return crack at SubPac.

Hewitt, a 6'-2" former small college All-American pick from Morris Harvey (West Virginia) College, had severely damaged a foot in a pre-tournament workout. He entered the fray in the second half and tossed in 13 vital tallies as the Sea Raiders broke open a ding-dong battle in the final minutes.

Moore and former Princeton ace Don Swan supplemented Hewitt's heroics with 14 counters each, while Mims bucketed 17 for the losers.

It was strictly no contest in the championship clash, as the rested, robust SubPackers almost blew tired SubLant clear out of the gym with a flashing fast-break attack.

SubPac's terrific triumvirate showed the way once again, as Gaillard tallied 24, and Blackman and Kniff



ALL-NAVY STYLE — SubPac's Brian Kniff makes a layup as the Raiders move to defeat the SubLant five and win All-Navy honors for '63.

netted 16 apiece. Hewitt's 19 was best for SubLant.

Gaillard and Blackman tied with 69 points each in three games to emerge as co-holders of the meet's best per-game scoring average. SubLant's Moore, with 82, racked up the top total point mark.

NEXT ON THE agenda for the new All-Navy champs were the Armed Forces Pan-American Games Trials play-offs at Denver, Colorado's Lowry Air Force Base. Kniff,

ON THE WAY — SubPac showed its winning ways by defeating rival ServPac for Hawaiian area title.



Gaillard, Blackman and SubPac teammates Gene Lake, Jim Weidekehr, Tom Matan, Billy Meadows and Chuck Johnson were bolstered by PhibPac's Feld and Toson, SubLant's fine guard Tom McClosky, and Pensacola's 6'-5" jumping-jack, J. A. Martin, for their jousts against the All-Army, All-Marine Corps and All-Air Force clubs. And while the Army's big, All-American-studded team dominated the meet, the Navy crew played excellent basketball in downing the Air Force and Marine Corps to finish second.

After getting bombed the first night, 88-68, by Army, while the Marines were edging Air Force, the Submariners bounced back to overwhelm the Marines, 90-77, while Army shot down Air Force in second-round play, and to flog Air Force, 81-68, on the final night, after Army buried Marine Corps. Kniff, Gaillard and Blackman were tapped by the selection committee to augment the Army club for the National Pan-Am Trials at Kansas City, Mo., but none of the three could make the trip.

All-Navy Boxing

WITH SEVEN of last year's 10 All Navy champs back for another go-round, and every one of the tournament's 37 entrants thirsting for a crack at subsequent Inter-



NAVY BOXERS on ship and station swung out in hopes of a berth in the All-Navy matches. Here, Sixth Naval District sluggers go at it.

service and Pan-American Games Trials competition, the 1963 Navy-wide clout carnival at NavSta Newport, R. I., held out the promise of some all-out ring warfare—and it didn't disappoint.

Near-capacity crowds at the three-night clambake staged at the Naval Station's Gym 302 saw the veteran North Atlantic and Pacific Coast Region squads almost completely dominate the proceedings.

NorthLant, with six defending champions included in its talented cast, copped five individual titles, while PacCoast, sparked by perennial standout Jim Rossette, finished right behind with four.

Western Pacific Region put six of its battlers into the finals, but saw only one of them pick up all the marbles, and the South Atlantic Region crew drew a blank.

The Atlantic Fleet Region did not enter a team in this year's festivities.

Here are the tournament results:

112-pound class

Telford Toffelmire, ADAN, NAAS Ream Field, Calif. (PacCoast), decisioned Steve Rhodes, SA, NAS Oceana, Va. (SouthLant). Bill Burr, SA, NavComSta Pearl Harbor (WesPac), drew bye. Burr decisioned Toffelmire.

119-pound class

Louis Ramirez, FN, *uss Prairie* (AD 15), (WesPac), by default over Clay Vaughan; AN, NAS Cecil Field, Fla. (SouthLant). Vaughan failed to make weight. Roy DeFillippis, AA, NAS Moffett Field Calif.

(PacCoast) drew bye. DeFillippis TKO (1) over Ramirez.

125-pound class

Bill O'Bannon, SN, NNMC Bethesda, Md. (NorthLant), TKO (3) over Dan Clark, ATAN, NAS Corpus Christi, Tex. (SouthLant). Dick Williams, AN, *uss Bon Homme Richard* (CVA 31), (WesPac), decisioned Lester Kosechata, AO2, NAS Moffett Field, Calif. (PacCoast). O'Bannon KO (2) over Williams.

132-pound class

Robert Valdez, SA, *uss Prairie* (AD 15) (WesPac), decisioned Art Brown, RM2, NAS Oceana (SouthLant). Fernando Trujillo, DA, MCRD San Diego, Calif. (PacCoast), by default over John Dixon, CS3, NAS Patuxent River, Md. (NorthLant). Dixon failed to make weight. Trujillo decisioned Valdez.

139-pound class

Alvin Bradley, SA, NavComSta Pearl Harbor (WesPac), KO (2) over Micky Jones, HN, NNMC Bethesda (NorthLant). Cecil Billie, AN, NAAS Ream Field (PacCoast), decisioned Jim Johnson, AMSAN, VF-31, NAS Cecil Field (SouthLant). Billie decisioned Bradley.

147-pound class

Ralph Pelliccia, HN, NNMC Bethesda (NorthLant), decisioned Jim McClain, AN, VAP-62, NAS Jacksonville, Pa. (SouthLant). Chappy Funnyee, BT3, *uss Kitty Hawk* (CVA 63) (WesPac), drew bye. Pelliccia decisioned Funnyee.

156-pound class

Lee Bond, DN, NNMC Bethesda (NorthLant), decisioned David Martin, FN, *uss Moore* (DE 240) (PacCoast). Doug Amicone, AN, VF-102, NAS Oceana (SouthLant), TKO (2) over Ken Willard, SWF2, Pearl Harbor (WesPac). Bond decisioned Amicone.

165-pound class

Jim Rossette, SN, *uss Constellation* (CVA 64) (PacCoast), decisioned James Ferguson, AO3, *Kitty Hawk* (WesPac). John Douthitt, SN, NAS Lakehurst, N. J. (NorthLant), KO (1) over Jim Miller, AN, NATTU NAS Jacksonville (SouthLant). Rossette KO (1) over Douthitt.

178-pound class

Richard Nelson, RM3, *uss Lake Champlain* (CVS 39) (NorthLant), TKO (1) over Dick Bonner, SA, *uss Amphion* (AR 13), (SouthLant).

Terry Eidson, AA, NAF Monterey, Calif. (PacCoast), drew bye. Nelson decisioned Eidson.

Heavyweight class

Richard Pettigrew, YN3, NNMC Bethesda (NorthLant), TKO (1) over Ron Eldridge, SN, NAS Alameda, Calif. (PacCoast).

THREE NORTHLANT boxers—featherweight O'Bannon, welterweight Pelliccia and heavyweight Pettigrew—retained the championships they won a year ago at Norfolk, Va. They were joined in the throne room by light-middleweight Bond, a vastly improved gamester who lost out in a quarter-finals hassle in the 1962 meet, and light-heavyweight Nelson, the cool carrierman who captured 165-pound laurels last year, but moved up a weight class this time.

Two other title-defending NorthLanters—lightweight Dixon and light-welterweight Jones—failed in their bids to repeat. Dixon, the stocky pride of Pax River, lost his bout to the scales when he came up a couple of pounds heavy at the official weigh-in. Jones, meanwhile, was gliding along comfortably ahead on points when he ran into a right-hand bomb thrown by Pearl Harbor's Bradley late in round two and heard the birdie's sweet, sad song.

The veteran Rossette, a long-time East Coast favorite who had won four consecutive crowns at three different weights (he captured 156-pound honors a year ago as a Lant-Flt representative) moved back up to the 165-pound class this year to spearhead the PacCoast assault.

After pounding out a clear-cut unanimous decision in his first outing, the sweet-swinging southpaw disposed of Douthitt with just one shot—a thunderous left which drove the hapless NorthLanter clear across the ring and into oblivion at 38 seconds of the first round.

CLOSEST TUSSLE of the total 21 bouts presented during the tourney came in the 132-pound championship clash, wherein PacCoast's Trujillo squeezed out a split decision over WesPac's Valdez.

Trujillo lost the first round on all three cards, 20 to 19; won the second, 20-19 on two of the cards, and lost it 19-20 on the other one, and won round three, 20-19 on all three cards. Thus he edged Valdez by just one point—176 to 175—in a corking

scrap that was as close as it sounds.

With Trujillo and Bradley unable to continue on to further competition, NorthLant's Dixon replaced Trujillo in the lightweight slot, while SouthLant's McClain, 1961 All Navy welterweight champ who has dropped close verdicts to Pelliccia the past two years, took off some poundage and assumed Bradley's light-welterweight position. They were joined by the eight other champions for the World-wide Inter-service bouts at Fort Meyer, Va.

At Fort Meyer, Burr, DeFillippis, O'Bannon, Dixon, McClain and Bond dropped close decisions to first-round foes (Dixon and McClain to the eventual champions of their classes), while Pelliccia and Pettigrew ground out decisions over their opponents, and were joined in the finals by Rossette, who drew a bye. Nelson was barred from competing because of a pre-fight training injury.

In the finals, Pelliccia, far behind on points after the first two rounds, rallied strongly and copped round three by a wide margin from the Marine Corp's Maurice Frilot, but his game comeback couldn't quite close the gap against the classy Leatherneck. Meanwhile Pettigrew, far off form, couldn't seem to get untracked, and lost a close one to the Army's tall Lee Carr.

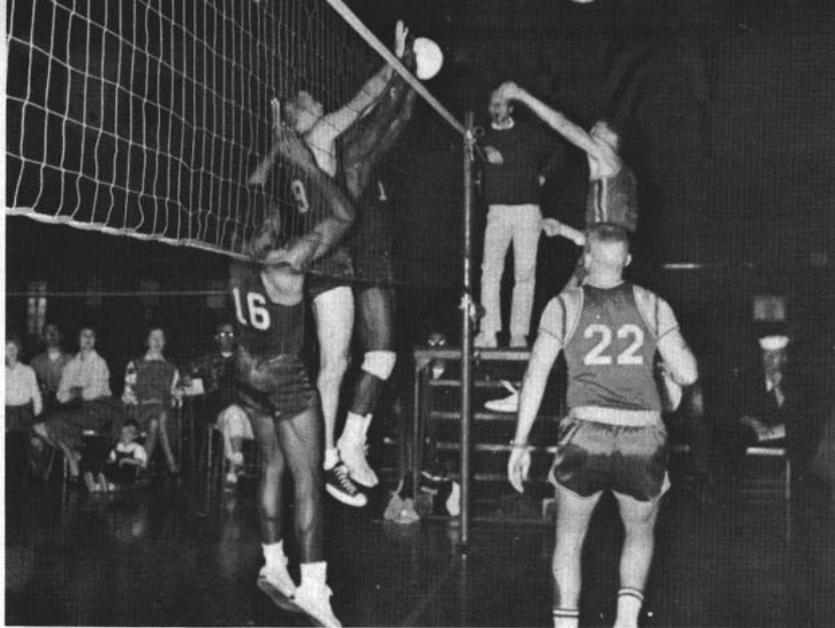
Rossette became the Navy's only Interservice titlist by banging out a from-here-to-breakfast decision over All-Air Force champ Ralph McCoy.

All-Navy Volleyball

NARTU ALAMEDA, which has dominated the Navy volleyball scene since the sport was added to the All-Navy calendar three years ago, finally met its match this time around.

NAS Pensacola, representing the South Atlantic Region, and sparked by the brilliant all-around performance of Marine 2NDLT Bob Wiseman, downed the host Golden Gaters four times out of four in head-to-head battling, and dropped only one game out of 16 in the three-day double round-robin tourney to put an abrupt end to the Alamedans' two-year reign.

It was sweet revenge for the Goshawks, who battled the slick Pac-Coast region champs right down to the wire in a rousing finale a year ago. With both clubs composed almost solidly of the same players who locked horns in last year's meet, it



NET — All-Navy V-ball (above and below) saw area champs vie for crown.

was generally acknowledged that burly Leatherneck Wiseman's heroics tipped the scales in the South-Lanter's favor.

Contesting for All-Navy V-ball honors, in addition to NARTU and the Goshawks, were underwater Demolition Team 21, Little Creek, Va. (Atlantic Fleet Region); NAS Quonset Point, R. I. (North Atlantic Region), and Destroyer Squadron 25, Pearl Harbor (Western Pacific Region).

Tournament Results

First Day		
South Atlantic	defeated	North Atlantic
15-7 & 15-5		
Pacific Coast	defeated	Western Pacific
15-5 & 15-5		
South Atlantic	defeated	Pacific Coast
15-12 & 15-11		
North Atlantic	defeated	Mid-Atlantic
15-2 & 15-1		
Pacific Coast	defeated	Mid-Atlantic
15-1 & 15-1		
South Atlantic	defeated	Western Pacific
15-11 & 15-8		
Second Day		
Western Pacific	defeated	Mid-Atlantic
15-10 & 16-14		
Pacific Coast	defeated	North Atlantic
15-6 & 15-4		
North Atlantic	Split with	Western Pacific
15-5 & 15-10		
South Atlantic	defeated	Mid-Atlantic
15-4 & 15-6		
South Atlantic	defeated	North Atlantic
15-12 & 15-11		
Pacific Coast	defeated	Western Pacific
15-4 & 15-6		
South Atlantic	defeated	Pacific Coast
15-12 & 15-10		
North Atlantic	defeated	Mid-Atlantic
15-9 & 15-7		
Third Day		
Pacific Coast	defeated	Mid-Atlantic
15-5 & 15-4		

South Atlantic	Split with	Western Pacific
15-5 & 15-6		
Western Pacific	defeated	Mid-Atlantic
15-5 & 15-13		
Pacific Coast	Split with	North Atlantic
15-5 & 15-6		
Western Pacific	defeated	North Atlantic
15-10 & 15-11		
South Atlantic	defeated	Mid-Atlantic
15-5 & 15-4		

Named to the All-Navy Squad for subsequent inter-service tournament play (also staged at NAS Alameda) were SouthLant's Wiseman, J. E. Stallings, R. Sobol, I. W. Loper, and J. L. Beynon; PacCoast's R. C. Arndt, J. J. Hawk, M. Magi, W. R. Mason and P. J. McGrane; NorthLant's W. O. Butner and R. J. Cooper; W. H. Fleak from WestPac, and LantFlt's R. K. Smith.

Inter-service volleyball enthusiasts saw some great battles as a small, but inspired, defending inter-service champion, Air Force contingent—down and almost out—battled back through the losers' bracket to edge Navy in the finals.

First Day		
Navy	defeated	Marine Corps
15-7, 15-12, 15-10		
Air Force	defeated	Army
15-2, 15-10, 15-9		
Army	defeated	Marine Corps
8-15, 15-9, 15-10, 15-0		
Navy	defeated	Air Force
14-16, 15-7, 11-8, 3-15, 12-10		
Second Day		
Air Force	defeated	Army
15-8, 15-12, 15-10		
Air Force	defeated	Navy
15-11, 16-18, 10-15, 15-7, 15-12		
Air Force	defeated	Navy
15-8, 15-6, 14-16, 2-15, 15-10		

—Jerry McConnell, JOC, USN.



NAVY SPORTS OPPORTUNITIES —

Intramural & International

THE NAVY SPORTS program is geared to provide competition on a number of different levels.

Through intramural sports programs offered at base and ship level throughout the Navy, any Navyman who wishes to compete has the opportunity to do so. Most intramural programs culminate in the award of a Captain's or Commandant's Cup to the activity amassing the most points during the calendar or fiscal year.

At many activities, where no "varsity-type" teams are sponsored, intramural All-Star clubs are chosen to represent the base or command in district tournaments, which can lead to subsequent regional and All-Navy play. In the dozens of sports which are not included on the All-Navy sports calendar, most naval districts conduct district championship meets, for which intramural teams and individual competitors are eligible.

The All-Navy sports calendar currently embraces seven sports: boxing, volleyball, basketball, bowling, tennis, softball and golf. In five of these (bowling and softball are excluded) subsequent interservice

sports competition is also staged.

There is also international competition, that is, the Pan-American and Olympic Games, and CISM (the military Olympics). Your route to these is in the hands of the Inter-service Sports Council (see page 17).

Be you bicycle rider or discus thrower, seaman or officer, you don't wind up representing Uncle Sam in international competition until you've earned a place on the squad. You do this by previous national and interservice competition against all others

who are eligible to compete against you. All this intra-country jockeying for places on the U. S. Team is conducted under the auspices of national governing bodies which administer the various sports.

THERE ARE DIFFERENT methods by which you, a Navyman, can wind up as a member of the U. S. contingent in international competition. Take, for example, this year's Pan-American games in Sao Paulo, Brazil, which were scheduled to be conducted from 24 April through 8 May, inclusive (see page 19).

If you were a member of a boxing, volleyball or basketball squad this past winter, you had the opportunity to compete in district, regional and All-Navy tournaments. Assuming you survived these, you progressed to inter-service play, from whence a service All-Star team emerged. Next come elimination battles against NCAA and National AAU outfits, which finally produced the boxing, volleyball and basketball teams the U. S. sent to Brazil.

Suppose, however, that you're an ENS Charley Bittick or a LTJG Al



Morales. If you're ENS Bittick, you're a three-time NCAA swimming champ. And, if you're Al Morales, you're one of the world's best fencers (National Saber Champion while at the Naval Academy, and a quarter-finalist at the 1960 Olympics). Since there are no All-Navy or inter-service meets for you to enter, you must take a different tack.

PUBLIC LAW 11, enacted by the 84th Congress, authorized the Secretary of each service to provide an opportunity for armed forces personnel, to train for competition in authorized international sports events.

This means that, as a Navyman, if you can prove through citation of past performance that you're an athlete of international caliber, you can apply to the Navy for the special training and coaching you need if you are to have a chance to make the U. S. squad.

Your application should be made in accordance with BuPers Inst. 1710.2A and should be addressed to the Chief of Naval Personnel (Pers G11), Department of the Navy, Washington 25, D. C.

The IX Olympic winter games at Innsbruck, Austria (29 Jan to 9 Feb 1964) are still nearly eight months away. And the XVIII Olympiad (10-25 Oct 1964) at Tokyo, Japan, is some 15 months distant. CISM is an annual competition of some 14 or 15 sports, as established by the CISM General Assembly.

If you are already an athlete of Olympic caliber, you've had some experience in training requirements and application procedures. If you are already a potential champ or just a hopeful enthusiast, take a look at the Olympic games schedule accompanying this article. The schedule will reveal that there are some priceless opportunities going begging each four years.

If you feel that you are of international caliber, keep your eyes and ears open for an opportunity to earn a place on one of the teams or squads representing the U. S. If you need specialized training, follow the procedure outlined in BuPers Inst. 1710.2A.

Some sports, in the past, have received little or no U. S. representation because they haven't been well-known or popular in this country. That doesn't have to stop you.



NAVY CONTENDERS — Top flight Navy rowing team, that won a berth to represent the United States in the 1960 Olympics, poses for team photo.

Maybe at your base there's a handful of men with the interest, potential ability or experience and enthusiasm to give one of these lesser known sports a try. Talk to your Special Services officer and see if it's possible to organize a team or a league. Obviously it takes time and training in any sport to make champions. An-

other essential ingredient is enthusiasm, and remember, every program has to have a beginning.

Who knows, you may be sparking an effort that will catch on and expand. It may be too much to expect to get to Tokyo in 1964—but there are always the 1967 Pan Am games, and the 1968 Olympics.

Olympic Contributions

In many countries, participation in the Olympic Games is so highly regarded that the expense is borne by the Government. In the United States, the U. S. Olympic Committee has always financed the teams' participation by popular subscription.

Virtually all the work for the U. S. Olympic Committee is done on a volunteer basis and practically all the officers and executives serve without compensation. The heads of all committees, coaches, officials, participants, team managers, trainers, and all personnel having anything to do with the Games likewise serve without pay. The extent of the participation of the United States in the coming Games depends entirely upon the success of the U. S. Olympic Committee in raising the funds necessary to finance a complete team.

The appeal for Olympic funds is a cause which the U. S. Navyman

can espouse with genuine enthusiasm—because not only are all of the athletes doing their utmost to win for the United States, but a number will be fellow servicemen.

There are dozens of ways your base can raise money to support the U. S. Olympic games effort for 1964. A small admission charge to sporting events; properly marked and prominently displayed containers at base movies, commissaries, exchanges and the like are only a few examples.

The Navy is wholeheartedly behind any legitimate ideas you, your enlisted recreation committee or your Special Services officer can dream up in the coming months to help in this undertaking. All funds collected should be identified as to origin, and addressed to The Chief of Naval Personnel (Attn: Pers G13), marked for the "Olympic Fund." BuPers Inst. 1710.6 contains all pertinent regulations.

Check This List of Current U. S. Standings in Olympic Sports

Here are past rankings and present potential of U.S. sports in the Olympics, as determined by use of the unofficial scoring system generally used by press services. (Ten points are awarded for a first place won by an individual or team entry; five for second place; four for third place; three for fourth place; two for fifth place; and one for sixth place.)

LEGEND: A—Very Good; B—Good; C—Fair; D—Poor; NH—Not Held; X—Did not compete; DNP—Did not place; E—Eliminated in Pre-Games Tournament to screen field to 16 Teams; O—Eliminated by International Federation Committee Screening. * Denotes tie for position.

1964	Sport Classification	1948	1952	1956	1960	Comments
A	Athletics—Men (Track & Field)	1	1	1	1	U.S. competitive edge can be maintained through more international competition, particularly in distance runs, weights, jumps.
C	Athletics—Women	5	7*	3	3	U.S. now lacks broad base of participants. Need expert coaching, more competitive meets.
A	Basketball	1	1	1	1	Have never lost a game.
B	Boxing	7	1	3	2	Service personnel may be nucleus of 1964 team.
D	Canoeing—Men	3	7	DNP	DNP	Few participants, no competitive base of men.
D	Canoeing—Women	X	X	X	DNP	Only isolated areas of competition; few entries.
D	Cycling	DNP	DNP	DNP	DNP	Badly need facilities.
B	Equestrian (M-W)	2*	6	10*	7	Experienced squad on hand.
C	Fencing—Men	4*	8	6*	6	Development is slow but not discouraging; need more international competition, more intensive conditioning and training.
C	Fencing—Women	4	3*	4	DNP	Need more participants.
D	Field Hockey—Men	DNP	X	11*	0	Competitive base is very small; however, Air Force Academy has taken up the sport; more participation may help chances.
B	Gymnastics—Men	7	8	6	5	Veteran squad training; however, need more emphasis on this sport in grade and high schools.
B	Gymnastics—Women	3	15	9	9	Veteran squad training.
C	Judo (On program 1st time)	Prospective personnel have little international experience.
B	Modern Pentathlon	2	4	2	3	Always a contender. U. S. program is soundly run.
C	Rowing	3*	1*	1	3	Planning needs revised thinking; national teams may be answer rather than college or club units.
B	Shooting (Rifle, Pistol, Skeet, and Clay Pigeon)	1*	8	9*	2	Program sound in rifle and pistol; skeet and clay pigeon prospects must train in international techniques which differ from U. S. methods.
D	Soccer—Football	DNP	DNP	DNP	E	Need more skilled players, better coaching, also international testing.
A	Swimming—Diving—Men	1	1	2	1	Excellent development program in effect at all levels.
A	Swimming—Diving—Women	1	2	1	1	Excellent program at all levels; but diving needs more attention.
B	Volleyball—Men	—	—	—	—	Encouraging development of talent on Coast. On program first time.
C	Volleyball—Women	—	—	—	—	Field is limited; not high level competition. On program first time.
B	Water Polo	DNP	4	5	7	Encouraging development on West Coast; need more international testing on annual basis; also need wider base of competition.
B	Weightlifting	1	1	1	2	Need replacement for long term veterans.
B	Wrestling—Free Style	4	4	5*	2	Progress is good, but slow.
D	Wrestling—Greco Roman	X	X	12	DNP	This style little used in national program; must start in high schools, and expert coaches needed.
B	Yachting	1	1	2	3	Program is sound; will always have medal contenders.
WINTER GAMES						
C	Bobsledding	1	3	3	NH	Need advanced equipment, few participants, some veterans remain.
C	Biathlon (Skiing, shooting)	NH	NH	NH	6	Shooting skill more important than skiing. U. S. Army is developing team.
B	Figure Skating (M-W)	1	1	1	1	Will be contender despite loss of personnel to pros and through airliner tragedy; program is sound but time is needed.
B	Ice Hockey	X	2	2	1	Despite high ranking, need stronger national team annually, plus more international testing. Program is picking up.
B	Skiing (Alpine—Men)	DNP	7	6	5*	Ski program is starting to show results.
B	Skiing (Alpine—Women)	3	1	7	1	Ditto.
C	Skiing (Nordic—Men)	5	DNP	DNP	DNP	Need development of cross country skills and stamina.
D	Skiing (Nordic—Women)	X	X	X	X	Very little interest in this country to date.
C	Speed Skating (Men)	4	3	6	4*	Need more training in international techniques; more world tests.
C	Speed Skating (Women)	NH	NH	NH	6	Ditto.

RECAPITULATION:

Very Good (Could Repeat as No. 1): Athletics—Men (Track and Field); Basketball; Swimming and Diving—Men and Women.
Good (Can be contender): Boxing; Gymnastics—Men; Gymnastics—Women; Modern Pentathlon; Shooting; Volleyball—Men; Water Polo; Weightlifting; Wrestling (free style); Yachting.

Fair (Can score but not contend): Athletics—Women (Track and Field); Fencing—Men; Fencing—Women; Judo; Rowing; Volleyball—Women.

Poor (Not up to Olympic Caliber): Canoeing—Men and Women; Cycling; Field Hockey; Soccer Football; Wrestling (Greco-Roman).

Winter Games

Very Good: None at present. **Good:** Figure skating—Men and Women; Ice Hockey, Alpine Skiing—Men and Women.

Fair: Bobsledding; Biathlon (Ski and Shoot); Skiing, Nordic—Men; Speed Skating—Men; Speed Skating—Women.

Poor: Skiing, Nordic—Women.

Why Only Seven All-Navy Sports?

THE ALL-NAVY Sports Program doesn't refer to all the sports played in the Navy. It's something entirely different.

First of all, only seven sports today reach the All-Navy level. In alphabetical (not seasonal) order, they are: basketball, bowling, boxing, golf, softball, tennis and volleyball. And of these only five (bowling and softball are excluded) progress further to Inter-service competition.

What makes a sport an All-Navy sport? A combination of two factors. Navymen themselves must have expressed a strong preference in its favor and, in some cases, it is also one which can ultimately supply the United States with top-flight representatives in international competition.

Why only seven sports? Why aren't legitimate, and popular, sports such as wrestling, swimming, judo, weightlifting and track and field, to mention just a few, included in the program?

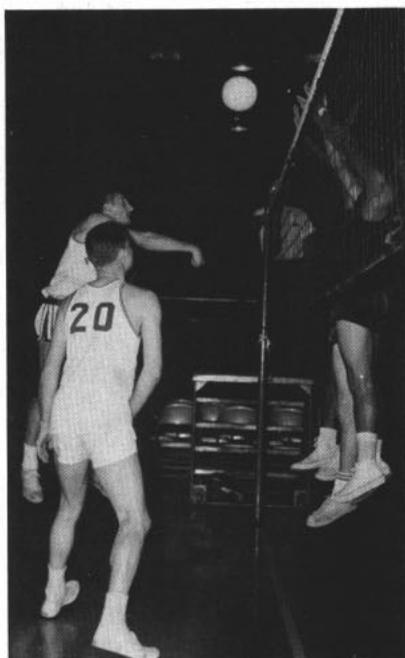
The answer is based primarily on economics.

The All-Navy Sports Program is administered by the Special Services Division of the Bureau of Naval Personnel. Experts provide guidance from this central location—but they don't arbitrarily decide what the program will encompass. They are, after all, working for you and you are the ones who indicate, by your interest or disinterest, what kind of a program it will be.

Each year, usually in late fall or early winter, BuPers publishes a notice to all Fleet, force and type commanders and shore-based commands, inviting suggestions and recommendations for the All-Navy Sports Program for the forthcoming calendar year.

THE ONLY ACTUAL consideration which *must* be taken into account at this time is budgetary restriction. If it had the money to do so, Special Services would be more than happy to stage All-Navy play-offs in every sport each year. It cannot do so. It is allotted a flat sum each year to accomplish its mission, and no more.

Transportation costs for team members traveling to district and regional meets are borne by the commands they represent. At the All-



UP ALL —Hustling All-Navy volleyball players leap high into the air in attempt to return ball to their opponents in All-Navy competition.

Navy level, however, all transportation costs to and from the site of the meet are paid by the Bureau of Naval Personnel.

A large portion of every All-Navy dollar BuPers spends goes to defray travel costs. With only a limited amount of dollars at its disposal, it follows that BuPers is forced to limit its All-Navy calendar to the more-

or-less representative leading sports.

Which six, seven or eight (or whatever the current BuPers Special Services budget traffic will bear) sports are scheduled for play at the All-Navy level is ultimately determined by you.

If you think the sports selected are not truly representative, you have at your disposal a simple method for making your voice heard.

Every ship and station in the Navy has some form of enlisted recreation committee, composed of a representative from each division within the command. Its function is to pass on to the Special Services officer suggestions and recommendations on all matters of welfare and recreation brought to its attention by fellow crew members.

Your Special Services officer is there to serve you and your shipmates. It is assumed that his recommendations to the Bureau concerning the All-Navy Sports Program will pretty accurately reflect the tenor of thinking of his crew.

If you feel strongly that a certain sport should be added to the All-Navy Program, or replace one already in it, don't just sit around mumbering into your beard. Tell your ERC representative about it, and encourage like-minded shipmates to do the same.

If enough of your fellow Navymen feel the same way you do, and if they speak up about it, BuPers will know how you feel.

All-Navy Sports Calendar

Sport	Rules	Type of Tournament	Squad Size*	Date	Location
Boxing	AAU plus Headgear	Single Elimination	One each weight, OinC and Coach	23-25 Jan	Newport, R. I.
Volleyball	USVBA	Double Round Robin	12	18-22 Feb	NAS Alameda
Basketball	NCAA	Double Elimination	12	4-8 Mar	San Francisco
Bowling	ABC	Team Round Robin and Individual	5	15-17 May	AmphibBase Little Creek, Va.
Tennis	USLTA	Single Elimination	4 Open 2 Senior	5-9 Aug	Norfolk
Softball	ASA	Double Elimination	16	11-14 Sep	Charleston
Golf	USGA	72-Hole Medal	4 Open 2 Senior	17-20 Sep	Pensacola

* Squad size includes Officer-in-Charge, coach, manager, etc., except as specified in boxing.



CISM SPORT — Swimming is one of the many sports in CISM competition. CISM insignia is shown at upper left.

The Military Olympics

THE OLYMPIC GAMES, steeped in history and rich in prestige, are certainly the number one goal of any amateur athlete worth his salt. Still and all, they're staged only every fourth year, which can be a long time between competitions for anyone. Fortunately for the military man there is something to bridge the gap. This is the series of yearly events, in effect a sort of military olympics, conducted under the auspices of CISM.

The Conseil International du Sport Militaire (CISM) translates into English as the International Military Sports Council. It is dedicated to the promotion of worldwide good will through military sports competition.

The roots of CISM stem from the Allied Forces Sports Council, formed in Europe at the end of World War II. The AFSC was designed to promote athletic competition among the personnel of the Allied occupation armies.

The AFSC started in February 1946 and sponsored a number of military sports "championships." But collapse threatened in late 1947 when a number of nations reduced the size of their occupation forces and withdrew from competition.

The remaining few members of the Council were determined that the idea of an international military athletic organization should not die. Military representatives of six nations met in Nice, France, in February 1948, to transform the weakened AFSC into what is now CISM.

THE ORIGINAL MEMBERS OF CISM were France, Belgium, Denmark, The Netherlands, Luxembourg and Norway. Today the members include, besides the founding nations, Argentina, Austria, Brazil, Korea, Ecuador, West Germany, Spain, the United States, Greece, Iraq, Iran, Italy, Lebanon, Mexico, Pakistan, Peru, Portugal, the United Arab Republic, Sweden, Turkey, Morocco, Sudan, Syria and Tunisia.

As the organization has grown, its scope of activities has increased. In addition to sponsoring sports championships, the Council, through the CISM Academy, formed in 1961, has been active in world research in physical fitness and athletic training. Areas of CISM Academy research include diet, medical control of athletes, physiology, philosophy, coaching, training and conditioning.

ON DECK—CISM Volleyball matches will be held in the U. S. in July.



As an example of CISM research activity, it has been instrumental in gaining worldwide recognition of head protectors for boxers.

In its brief span of years, CISM has sponsored more than 100 international championships, ranging from fencing to marathons, for more than 22,000 military athletes.

Seventeen different sports championships are sponsored by CISM. For U. S. military personnel these have been recognized by the U. S. Department of Defense as on a par with the Olympics and Pan-American Games.

MILITARY SPORTS include the Military Pentathlon, Naval Pentathlon, Aeronautical Pentathlon, combat swimming and military skiing.

Team sports cover basketball, soccer, water polo, volleyball, and cross-country running, while individual competition is sponsored for fencing, swimming and diving, shooting, track and field, wrestling, boxing and horseback riding.

The pentathlons, because of variety and grueling requirements, are among the major CISM events. These competitions are designed specifically for the military athlete.

- *The Military Pentathlon*, primarily for ground troops, consists of shooting, an obstacle race, grenade throwing, swimming and an eight-kilometer cross-country race.

- *The Naval Pentathlon* consists of an obstacle race, life-saving swimming race, utility swimming race, rowing and an amphibious combat

race over a 2000-meter course with water hazards, shooting and grenade throwing included.

• *The Aeronautical Pentathlon* begins with a qualifying aerial contest in precision flying. This test has its own classification and cup. Pilots must then compete in fencing, basketball, pistol speed-shooting, swimming and an escape course test.

The U. S. has been a member of CISM since 1951, but it has only recently developed increased participation. Through the first 11 years, for example, approximately 975 U. S. military athletes competed in CISM events—an average of less than 90 per year. It is only since 1956 that any U. S. contestants were entered from CONUS—before that time, all U. S. competitors were con-



CISM is dedicated to the promotion of worldwide good will through the medium of military sports events.

finied to USAEUR and USAFE personnel. The Army has thus far contributed the overwhelming majority of U. S. representation—a whopping 74 per cent. Through 1961, the Navy had contributed only about three per cent—the figure is expected to rise.

MORE AND MORE NAVYMEN are becoming aware of CISM, and of their opportunity to apply for a chance to make the U. S. squad. This is particularly true since the circulation of BuPers Inst. 1710.2A, which encouraged Navy athletes who felt they were of international caliber to forward their applications and substantiating background information to the Bureau of Naval Personnel, and emphasized that this applied for CISM as well as the Pan-Am and Olympic Games.

Navy participation in CISM in the past has been pretty much confined to boxing, wrestling, swimming and skeet shooting. We've produced some champions (boxers Jim Rosette and Dick Pettigrew, wrestler Hallow Wilson and skeet shooters Ken Sed-

The Inter-Service Sports Council

There are 2,670,000 men and women in the Army, Navy, Air Force and Marine Corps of the United States and they are stationed in all parts of the world. Wherever they are, from Texas to Tokyo, or from Naples to Guam, they have access to a sports program, and the fact that they have passed a strict physical examination before entering one of the services means that here is a source of sportsmen and potential champions

of real significance to the nation and the world.

The Inter-service Sports Council coordinates all inter-service sports programs on the departmental level, including CISM competition (see preceding page) and other international competitive efforts.

Chairmanship of the Inter-service Sports Council rotates among the services, and during the two calendar years 1963-64, the U. S. Navy holds the chairmanship. A

picture of the council members, including its working committee, appears below.

CAPT J. L. Counihan, USN, is the current chairman of the Inter-service Sports Council. Inquiries regarding any phase of the United States program may be addressed as follows: Chairman, Inter-service Sports Council, Department of the Navy, Washington 25, D. C., U. S. A. Correspondence is referred to appropriate desks for action.

INTER-SERVICE SPORTS COUNCIL members for 1963 pose for their picture. Front row, left to right: COL W. B. Carneal, Jr., USMC; COL Guy N. Blair, USAF; CAPT J. L. Counihan, USN, Chairman; LCOL Robert D. Montondo, USA. Back row, left to right, Alternates and working committee members: LCDR W. C. Earl, USN; Mr. Ben G. Lewis, Navy; LCOL Joe Stribling, USMC; MAJ Shelton Kem, USAF; LCOL Mark Mooty, USAF; Mr. E. M. Waller, Executive Secretary, Navy; CDR C. E. Johnson, USN; Mr. George Wilson, Army; and LCOL Gene Myers, USA. Chairmanship of the sports council rotates among the services.





THIS TOO — Boxing and track and field are sports events that are included in CISM calendar for 1963.

lecky and Ken Pendergras are some recent examples).

Last year, however, the Navy and the U. S. entered a team in the Naval Pentathlon (popularly known as Sea Week) for the first time, at Athens, Greece. We entered on extremely short notice, and didn't fare too well, but this year the Navy has had more time to prepare for the 1963 Sea Week at Stockholm, however, and hopes to do much better.

SEA WEEK competition is divided into three separate events: Rowing, sailing and naval pentathlon. The U. S. Naval Academy has been given the responsibility of selecting the rowing and sailing participants, and for coordinating their training.

BuPers Notice 1710 was circulated early this year inviting all interested and qualified Navy and Marine Corps personnel to apply for the naval pentathlon team. The naval pentathlon is a major test of conditioning, coordination and manual dexterity, consisting of an obstacle course race; a lifesaving contest; seamanship; a utility swim; and a 2500-meter amphibious cross-country race.

Navy and Marine Corps personnel who applied for the naval pentathlon team were told to include in their applications the authenticated results of their best efforts in the following events:

- *Event 1* — 2500-meter cross-country run carrying an M1 rifle.

Strap may be used and a brief description of the course included.

- *Event 2*—Add the times of the following for one composite time.

- 200-meter swim with fins.
- 100-meter swim with shirt and pants.
- 50-meter swim with M1 rifle held above the water. The three must

be performed within a one-hour period.

- *Event 3*—50-meter swim with three-pound weight.

- *Event 4*—Best effort in the following:

- Push ups
- Pull ups
- Sit ups
- Standing Broad Jump
- 300-yard shuttle run
- Jump reach

These events are described in BuPers Inst. 6100.2A, and must be completed within a one-hour period.

All four of the above events must be completed in a 48-hour period.

Selected personnel are being given special training for the naval pentathlon at Naval Amphibious Base, Little Creek, Va., or the Naval Amphibious Base, Coronado, Calif. Special training periods for the 1963 competition began this month.

The final event on the CISM calendar each year is the meeting of the governing body of the organization, the General Assembly. U. S. delegates to this assembly are members of the Interservice Sports Council, which now holds its own planning meeting for the coming year after its delegates return from the CISM assembly. Increasingly in the future every effort will be made to more closely coordinate All Navy and Interservice meets with the CISM tournament in the corresponding sport.

— Jerry McConnell, JOC, USN

Calendar of CISM Events

U. S. military athletes are competing in all 14 of the athletic competitions being sponsored in 1963 by the International Military Sports Council (CISM).

EVENT	HOST	DATES
Skiing	France	17-24 February
Cross-Country	Tunisia	17 February
Wrestling	United Arab Republic	May
Fencing	Austria	13-20 May
Basketball	Greece	20-30 May
Volleyball	United States	21-29 July
Boxing	United States	21-29 July
Military Pentathlon	Italy	15 July
Shooting	Finland	11-14 August
Track & Field	Belgium	23-25 August
Sea Week	Sweden	25 August to 1 September
Modern Pentathlon	Italy	10-18 September
Swimming	Spain	September
Soccer	Collective	Continuing

Navymen Return with Pan-American Medals

SIX NAVYMEN were included in the 372 cream-of-the-crop amateur athletes on the victorious United States team which harvested 203 medals in this year's Pan-American Games in Sao Paulo, Brazil. Members of the delegation won their berths in pre-games tryouts, which attracted top amateur athletes.

In the final medal count after 16 days of competition, the United States with 109 gold, 55 silver and 39 bronze medals was far in front of second place Brazil and third place Canada, which had 13-19-17 and 10-28-27 records respectively.

Five of the six Navymen, individually and as team members, accounted for four gold and three silver medals. The sixth man barely missed contributing another by being edged into a fourth place finish in the 4000-meter pursuit cycling event.

Here are thumbnail sketches of Navy's contestants in the Pan-American Games.

- Seaman Kenneth Sedlecky, 22, has distinguished himself in so many shooting competitions that it is hard to compile a comprehensive list of his achievements. A native of Baldwin, Mich., Sedlecky was selected as a member of the four-man U. S. skeet team after placing third in the tryouts while competing against the top contenders who had been invited to participate. Sedlecky is presently co-captain of the All-American skeet team which represents the top 10 skeet shooters in the U. S. He has earned a remarkable 99.2 per cent record.

In the Pan-American Games Sedlecky scored a perfect 150 out of 150 birds in the individual skeet shooting for a gold medal. He won another gold medal as a member of the first-place U. S. skeet team.

- LTJG Alfonso Morales, 24, is a member of the U. S. modern pentathlon team and the U. S. saber team. The modern pentathlon team competes against teams of other countries for five consecutive days in various events, including horse-back riding (jumping), shooting, epee fencing, swimming and cross-country running. Morales placed eighth in over-all standings in the Eighth International Goodwill Meet (Modern Pentathlon), and was 1959 NCAA saber champion at USNA.

Morales helped the U. S. saber team win first place in this year's Pan-American Games, and won a gold medal for his effort.

- Seaman Apprentice Constantine



N. Kirby, 18, established several age group, interscholastic, junior national, junior olympic and U. S. swimming records since his high school days in Rosemead, Calif. Kirby was also picked as high school All-American in 1960. He was selected for the U. S. Pan-American swimming team after earning third place in the 500-yard freestyle event in the national men's indoor AAU championships this year.

In the Pan-American games, Kirby won a gold medal as a member of the 400-meter medley relay team, which set a Pan-American record.

- ENS Charles G. Bittick, 23, a resident of Lakewood, Calif., and graduate of the University of Southern California, is a former National Champion and holder of United States and world records in backstroke swimming, and a 1960 mem-

ber of the Olympic water polo team.

Bittick represented the United States in the Pan-American games 100-meter backstroke event and as a member of the U. S. water polo team, and won a silver medal for each.

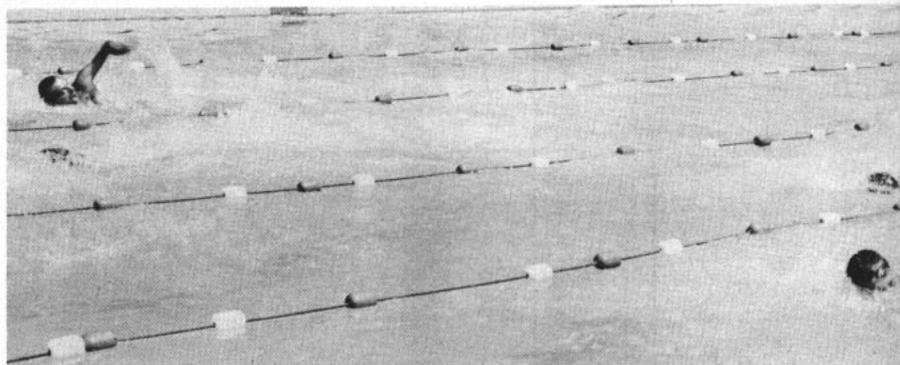
- LTJG Lafayette F. Norton, 24, was selected as third baseman on the U. S. baseball team by the Board of the American Association of College Coaches. Norton won wide recognition on the University of North Carolina's varsity baseball squad during the 1959, '60 and '61 seasons. He earned three letters, co-captained the squad in his senior year, played in the College World Series in 1960, led the Atlantic Coast Conference in triples in 1960 and 1961, was selected as first team All-Atlantic Coast Conference third baseman in 1960 and 1961, and was named Outstanding Infielder in his district by the AAU.

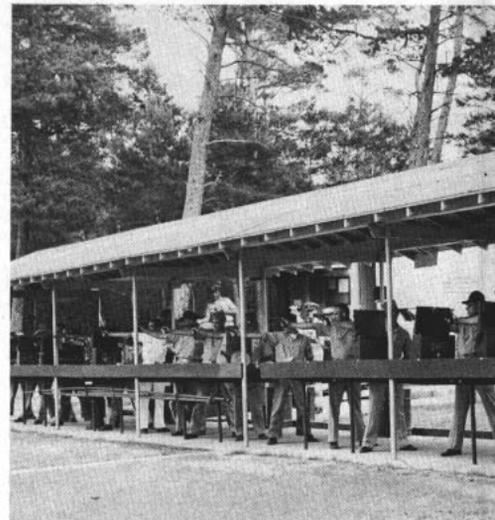
Norton won a silver medal when the U. S. baseball team finished in second place.

- ENS Nicholas R. VanMale, 24, from Berkeley, Calif., was a member of the U. S. bicycle racing team in this year's Pan-American games. VanMale has an illustrious record in past performances on U. S. teams, in addition to winning the state championship at age 19. He won a first and three second places in North American Championships.

VanMale made an impressive showing in the Pan-American Games, but just missed qualifying for a medal. For a Navy junior who also came through to win gold and silver medals in the Pan-American contest, see p. 28. — Bill Howard, JO1, USN

SWIMMING was one of the Pan Am events in which Navymen won medals.





THREE RIFLE SHOOTERS take positions on range at NAS Jacksonville. Rf: NAS Pensacola pistol range gets workout

Navy's Pistol and Rifle Men

SOMETIME BEFORE the 27th of May, marksmen of the regular Navy and the Naval Reserve got together at the invitation of district commandants and type commands of the Atlantic and Pacific Fleets to determine who was the best shooter of the type or district which held the contest.

Competitions were also open to the Coast Guard and to Marines who were unable because of duty commitments to participate in the Marine Corps matches.

Beginning 27 May and continuing through the seventh of June, the championships of the Atlantic and Pacific Fleets are determined at meets hosted by the Commanding

Officer of the Naval Air Station at Jacksonville, Fla., and the Commander of the Naval Training Center at San Diego, Calif.

The cream of the crop from each Fleet will then compete at the All-Navy Match being held from the 10th to the 21st of June at Jacksonville.

WHEN THE SMOKE clears from the firing ranges at Jacksonville, about 40 of the rifle and 25 of the pistol top scorers will pack their bags and shooting irons for the trip to Camp Perry, Ohio, where the National Matches will be held from 2 August to 1 September.

The Navy plans to enter both

Regular and Reserve teams at the National Matches. It is the job of the head of the Bureau of Personnel's Small Arms Competition Section to organize, train and enter the Navy's teams in the National Matches.

As part of its training for the national competition, the Navy Rifle Team will compete in the Inter-Service Rifle Matches at Quantico, Va.

Firing strength for Navy pistol teams is set by article 13-46 of the *Landing Party Manual* (the book which contains the rules for the matches) at four firing members, while rifle teams have six firing members for each weapon. The number of alternates for each weapon is set at two.

This year, BuPers Notice 3590 of 17 April revises the team requirements by specifying that each rifle team must have at least two "new shooters" who are firing members. Pistol teams must have one "new shooter" who is a firing member.

A new shooter is defined as a competitor who has never participated in competition with the weapon in question at the All-Navy Championships.

An NRA Master who was classified before 31 December 1962 cannot participate as a "new shooter."

WHEN THE PRIZES are given out, team members with the highest aggregate scores in the Fleet Rifle and Pistol Matches are awarded the highly coveted Fleet Trophies.

These Will Guide You To The Right Spot

Navymen interested in rifle and pistol competition will find pertinent information in the following:

(1) *The Landing Party Manual*, United States Navy, 1960 Revised, Chapter 13, Small Arms Marksmanship. This chapter outlines the basic information pertaining to small arms competition. An impending change to the *Landing Party Manual* revises the rules pertaining to the awarding of the Distinguished Marksman and Distinguished Pistol Shot badges. This change is to be promulgated in the near future.

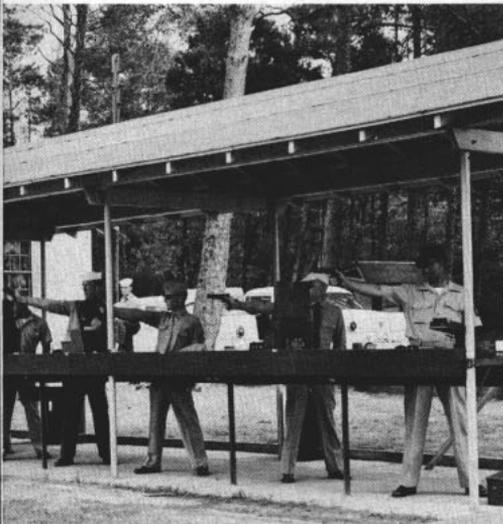
(2) BuWeps Inst. 8011.13 outlines the ammunition allowances for

annual small arms training and matches.

(3) OpNav Inst. 3591.1 promulgates policies designed to improve rifle and pistol marksmanship training.

(4) BuPers Notice 3590 of 17 Apr 1963 announces the schedule, and promulgates the rules and procedures for the 1963 Fleet and All-Navy championship rifle and pistol competitions, and provides for U. S. Navy and Naval Reserve participation in the 1963 National Matches, Camp Perry, Ohio.

(5) OpNav Inst. 3590.7A (NOTAL) gives the rules and regulations for national matches.



PISTOLMEN draw bead on targets.

on Target

The Commander-in-Chief of each Fleet makes the award and the winners' names are engraved on the trophy.

The Chief of Naval Personnel awards a trophy to each Navy team making the highest aggregate score in each U. S. Navy pistol and rifle match.

The Chief of Naval Operations Trophy known as "Burke's Bonnet" is awarded to the winning team in the Combat Rifle Team Match, in which one Atlantic Fleet and one Pacific Fleet team compete.

Service weapons which have been "match conditioned" by the Bureau of Naval Weapons are awarded as individual trophies in the name of the Secretary of the Navy to Fleet and All-Navy winners and runners up.

Excellence-in-Competition Badges are also awarded to the top 10 per cent of the competitors not already designated Distinguished.

Those who fall in the top 10 per cent are divided so that one-sixth receive gold badges. The next one-third receive silver badges and those remaining receive bronze badges.

ACCORDING TO new rules which became effective 1 January, a Gold Badge is now worth 10 points, a Silver Badge 8 points, a Bronze Badge 6 points. A total of 30 points are now required to receive the Distinguished Marksman or Pistol Shot Badge. Ten points are allowed for each badge earned before 1 Jan 1963

JUNE 1963



TARGET'S VIEW — G. Perry De Fino, TMC, USN, winner of more than 1000 shooting awards, instructs use of small arms at NAS Memphis.

regardless of type. In the future all Excellence-in-Competition Badges will be awarded for individual unassisted performances only and no more team badges will be awarded.

For those who are interested in comparing this year's results (when they are known) with those of last year, here are the team trophy winners for 1962:

TEAM TROPHY	1962 WINNER
All-Navy Rifle	COM ELEVEN
All-Navy Pistol	NAVAIRPAC
Combat Rifle Team	PACFLT

Fleet Rifle	1962 WINNER
Atlantic Pacific	PRNC
Fleet Pistol	SUBFLOT ONE
Atlantic Pacific	CNATECHTRA
Individual winners of the 1962 All-Navy Championships were:	COMNAVAIRPAC
EVENT	1962 WINNER
Service Rifle	D. F. Morine, EOC, NTC, San Diego
Service Pistol	L. W. Melching, ADRC, VR-7, NAS, Moffett Field
Service Rifle and Pistol	J. J. Galica, AMECA, NAS, Jacksonville

FOREIGN AID — Visiting Navyman from USS Coontz (DLG 9) receives pointers from his 'Aussie' host during a rifle match in Australia.





A Whale of

What's happened to the time-honored Navy whaleboat races?

Today, to the best of our knowledge, only the Recruit Training Command at the U. S. Naval Training Center, San Diego, still "presents oars" regularly. Almost any day a visitor can see the recruit teams in their boats, identified by different colored oars, sharpening themselves for the inter-company races.

Before World War II, whaleboat pulling contests were highlights of the year and one of the most popular sports in the Fleet. Each ship had a whaleboat racing team, and their performance contributed a good part to the ship's reputation. A ship's desirability depended largely on the competitive spirit of her boat crews.

Whaleboats of anchored warships raced each other before the evening meal. A ship would challenge by lowering her whaleboat and presenting oars, and was answered when another ship lowered her whaleboat and team.

This sport was so popular trophies were usually





a Boat Race

presented to the winning teams. Two trophies in particular, the Battenburg Cup and the *Seattle Times* Race Cup, were savagely fought for by Fleet whaleboat teams. The *Seattle Times* conducted an annual race on Lake Washington and invited All-Navy teams to compete.

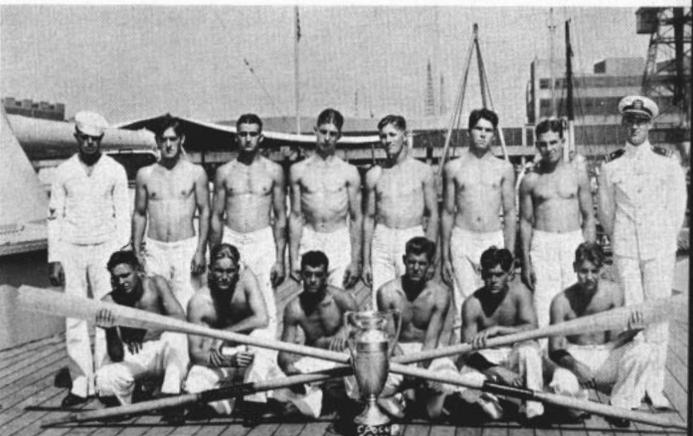
But that was a number of years ago. With the coming of World War II, almost all old-Navy customs and traditions changed to some extent and, in the process, whaleboat racing became a casualty. The sport, however, has not been lost entirely. United States colleges and universities come close to it with their shell races.

Recruit companies at San Diego's Naval Training Center race in competition against one another every week. They're probably the only Navymen in the Fleet still racing whaleboats.

More than 50,000 recruits a year are taught the basics of boat handling with USNTC's whaleboats. The Center has 12 whaleboats, kept in condition by a group of boatswain's mates. Companies of recruits compete against each other every week.

Clockwise from Upper Left: (1) Recruits' coxswain directs rowing crew. (2) Recruits at NTC, San Diego, hold pre-race warmup. (3) Oars are removed from rowlocks as recruits "ship oars" after a race. (4) R. P. Prickett, BTCS, gives instructions in whaleboat handling. (5) Whaleboat crew of USS *Arizona* (BB 39) pose with trophy back in 1931. (6) Navymen "pull" their whaleboats during 1939 competition for the Battenburg Cup held at Pearl Harbor. (7) San Diego recruits practice team coordination at the oars of their whaleboat as they keep alive an old Navy sport.

— Jeff Davis, JO3, USN.



Sportsmen on Seven Continents

NAVYMEN FROM THE GULF of Siam to Kodiak, Alaska, take part in sports—sports that help them become acquainted with people of other lands, and which help people of other lands become acquainted with them. In short, sports mean people-to-people, both for the Navyman abroad and the sportsmen he meets.

Ships of the Fleets and overseas stations with baseball, softball, basketball or volleyball teams find themselves busy at local meets. Other sports are played, too, but these are the favorites wherever the Navy may be in any part of the world. At the same time, many U. S. sailors are getting their first taste of such varied sports as soccer, rugby, jai alai, judo and karate.

In the Gulf of Siam, for example, the men of *uss Maury* (AGS 16), a hydrographic survey ship, often have opportunities for meeting Thai citizens. Not long ago, *Maury* received a challenge from the Ordnance Division of the Thai Army for a volleyball tournament. The challenge was accepted and the games played at Thai Army headquarters in Nakhon Si Thammarat. *Maury* won two of three games, while some 200 spectators cheered.

Typical of port calls by Seventh Fleet ships is the one made by *uss Charles Berry* (DE 1035) at Funakawa, Japan, this spring. Here is an excerpt from the news release sent from *Berry*.

"Funakawa, Japan, 18 April. Seventh Flt destroyer escort *Charles Berry* basketball team met two Funakawa teams this morning, playing a team of city office workers, and the Funakawa fishing vocational high school team. The games took place in a local elementary school. Among spectators were elementary and high school-age children, teachers, and local officials, all of whom displayed exceedingly good sportsmanship. After the game *Charles Berry* members were offered refreshments and presented with small, wood-carved Namahagi figures."

ABOUT THE SAME time that *Berry* was visiting Funakawa, *uss Coucal* (ASR 8), was visiting Nagoya, Japan. One of the highlights of the

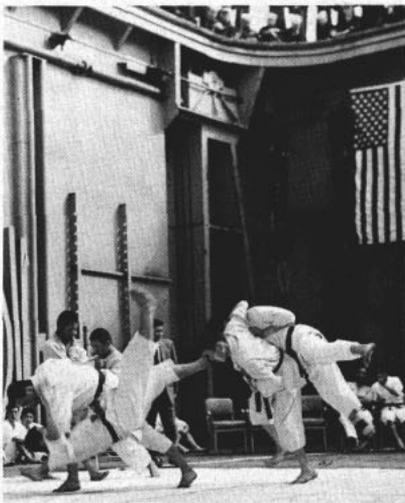


PEOPLE-TO-PEOPLE sports participated in by Navymen range from football and rugby to judo and karate.

three-day visit was a basketball game played between the *Coucal* team and the Toho senior high school. *Coucal* won 75-55.

As these ships were visiting Japanese cities and playing basketball, two other ships, *uss Widgeon* (MSC 208), and *Peacock* (MSC 198), were playing softball in the Japanese port towns of Tomono and Okayama. Three games were played with the local Japanese teams as the townspeople cheered on the sidelines.

Earlier this year, at Nelson, New Zealand, the tanker *uss Tombigbee* (AOG 11), played a softball game organized by the New Zealand Navy



League. Those who watched the game found the American custom of "chattering" or "talking it up" while in the field to be new and intriguing.

Moving to another corner of the world, we find the dock landing ship *uss Spiegel Grove* (LSD 32), and the escort ships *Van Voorhis* (DE 1028) and *Joseph K. Taussig* (DE 1030), in Lourenco Marques, Mozambique. Besides presenting encyclopedias and medical kits to the people of that city, the ships took part in a basketball tournament. The local champions retained the championship in games attended by about 3000 spectators a session.

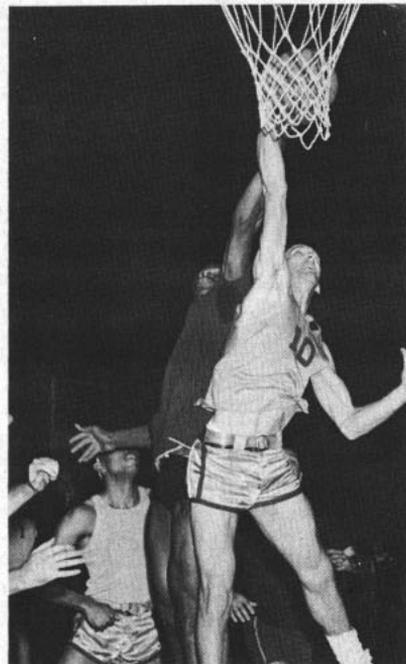
IN CAPETOWN, South Africa, the softball teams of these same ships won four games and tied one.

Going north to Palermo, Italy, crew members of *uss Franklin D. Roosevelt* (CVA 42), played soccer with some of the older boys of an orphanage early this spring. And in Cannes, France, *Roosevelt's* basketball team played a top French team twice—once on the Frenchmen's court and once aboard ship. The French team won the first game with a big assist from a seven-foot center. The *Roosevelt* team won the second game.

Roosevelt also visited Athens, Greece, and her glee club gave a moonlight concert at the ruins of the Acropolis. But people-to-people adventures switched from aesthetics to athletics before the ship left. *Roosevelt's* basketball team played four games against teams from Greek sports clubs, and although basketball lacks the national support that it receives in the U. S., the Greek teams were able to beat *Roosevelt* twice.

Throughout this *Roosevelt* cruise, her teams have played basketball with the nationals of every country visited. Her record at the time of this writing was 10 wins and nine losses.

These sports activities are only a sample of the athletic events regularly carried on by overseas ships and stations. Normally drawing large crowds, these events give foreign nationals the opportunity to take a look at one typical facet of American life, and vice versa.



NEW BASKETBALL program will give more Navymen a chance to participate.

Five-Foot-Ten Tournaments

EVER FEEL that your height has put you at a disadvantage in some sports? Have you found yourself being squeezed off your ship's team—more or less by inches?

It doesn't have to be the case.

In a sports program designed around the height of its participants, the command complex at NAS, Memphis, has just completed the finals of a tournament in their "Five-Foot-Ten" Intramural Basketball Program.

After a week of playoffs, the survivors met for the final clash, with the Jet Engine Mechanics School "Baby Birds" winning over the Avionics Fundamentals School by a score of 72-52. They will keep the title until next year's spring tournament.

The "Five-Foot-Ten" program was born in the combined imaginations of Rear Admiral Joseph C. Clifton, Chief of Naval Air Technical Training, and the Honorable Paul B. Fay, Jr., Under Secretary of the Navy, after an informal conference in December 1961. Mr. Fay, a basketball enthusiast and ardent supporter of the sport as a contributor to physical fitness, was concerned that many of the "smaller" men were eased out of Navy ship and station teams by their taller counterparts, almost regardless of their proficiency.

A pilot program was set up, utilizing seven volunteer teams from the several tenant commands at NAS Memphis—with the stipulation that all participants in the intramural program could be no taller than the five-foot ten-inch height which gives the program its name. The basketball

series has proven so successful that consideration is being given to expansion of the concept to include volleyball, touch football and other programs where height and weight will be qualifying factors for participation.

Popular response from sailors in the five-foot-ten and under category has resulted in an enthusiastic program—a tribute to Navy's goal of getting every man on the team.

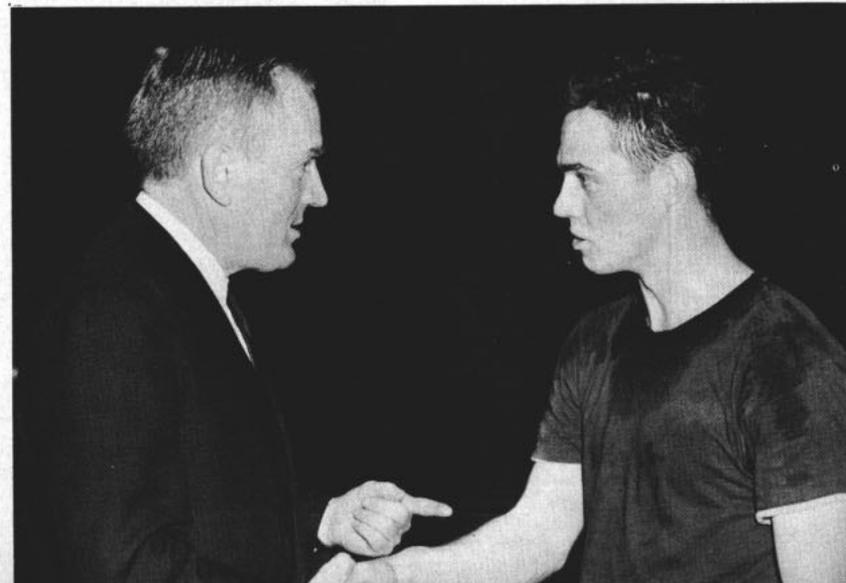
The success of this pilot series is expected to serve as an inspiration and guide to other Navy commands.

Now envisioned is a program that may spread throughout the Navy. The rules are simple. Follow the same regulations as you have in the past, but limit your league to men five-foot-ten and under.

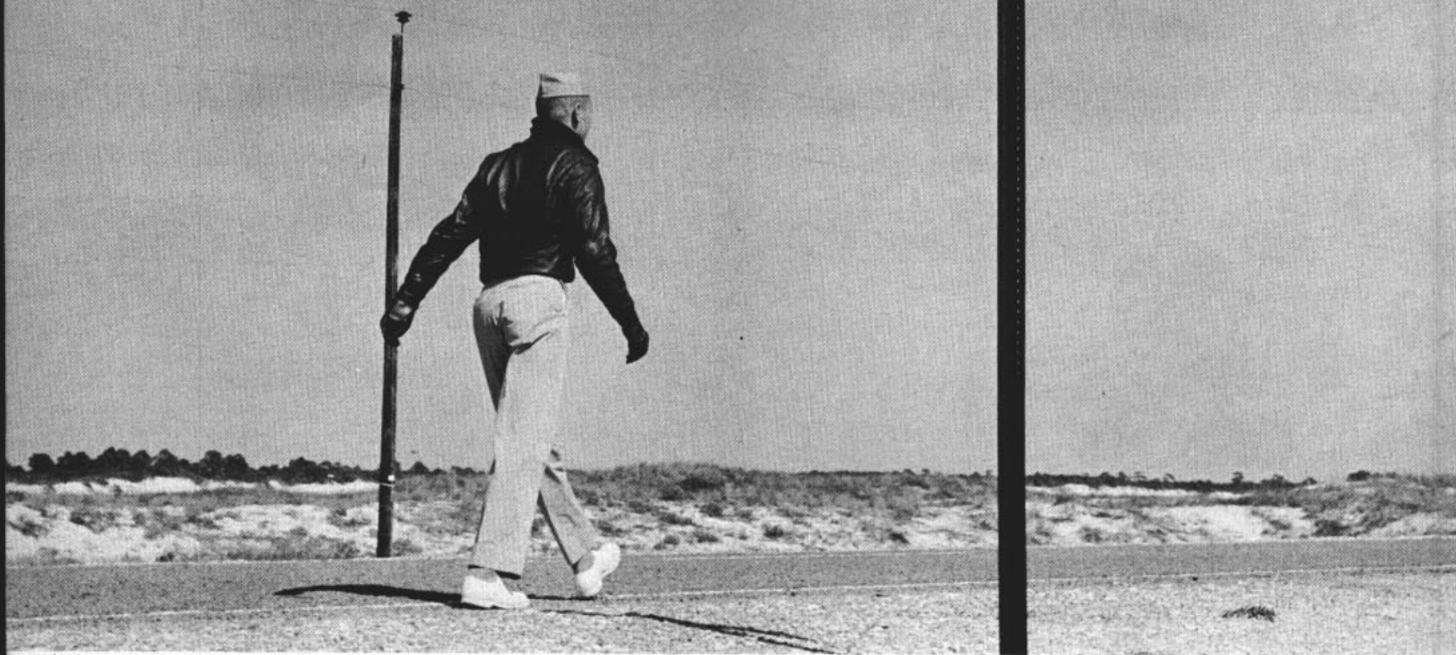
UP AND AT IT—Navy hoopsfers go after the ball during intramural basketball game at NAS, Memphis.



THE WINNER — Under Secretary of the Navy Paul B. Fay, Jr., and RADM J. C. Clifton (above) congratulate winning team captain in 5-10 tourney.



▲ Pensacola 22



LONG, LONG TRAIL — LT Ned Pederson of NAS Pensacola passes the halfway mark on his 50-mile hike.

Men of the Fleet Go Hiking-Ashore

REMEMBER THE HULA hoop? It enjoyed its brief moment of fame, then passed into oblivion as did goldfish-gulping and the Davy Crockett hat.

This has been the fate, more or less, of the 50-mile hike. There is, however, an important variation. It emphasized what Navymen have known for a long time—that walking is good exercise and feet are the only equipment needed.

When the 50-mile hike was in full swing, many a Navyman put on his walking shoes and hit the trail. They are still doing it.

There was, for instance, John N. Huff, a Navy airman from Sand Point Naval Air Station, Seattle, who walked 50 miles in 10 hours and two minutes with no rest stops.

Charles D. Rutledge, BU2, from Davisville, R. I., walked 50 miles in combat boots carrying a pack.

Pensacola produced an interstate hiker in the person of LT Ned Pederson who walked 25 miles from the Naval Air Station into Alabama on the west side of Perdido Bay and back again.

A couple of senior chiefs, G. T. Douglas, aged 45, and W. C.

Mathews, 39, both of Helicopter Training Squadron Eight, NAS Pensacola, usually drove to a favorite fishing hole a little more than 50 miles from home.

To get into the swing of things, they decided to walk it for a change and did.

SAILORS from the Fleet joined the 50-mile hikers. George Harris, MR3; Clyde Banks, SN; Robert Carter, RM3; Wade McClain, RMSN; John Travis, FA; and Donald Hoffner, EM1—all sailors from *uss Charles R. Ware* (DD 865) — hiked from Waltherboro, S. C., to Charleston, where *Ware* was in dry-dock at the time.

At Port Lyautey, ENS W. D. Poellnitz, III, and W. A. Toomey, ADRI, took the road to Morocco by making the round trip from the Naval Air Station to Rabat, Morocco's capital.

Four naval aviators, T. A. Clift, D. P. Gauthier, T. M. Donahue and H. E. Henning, all lieutenants, junior grade, spent a whole night and part of the next day finding out whether or not they were fit enough to walk 50 miles. They were.

Fifteen men from Patrol Squadron Eight, NAS Patuxent River, Md., hiked against high winds and intermittent sleet, rain and snow (as did many of the other hikers).

Those who reached the finish line at Clinton, Md., in less than 20 hours, were given the Amos Alonzo Stagg award.

David G. Williams, SH2, attached to the Naval Communications Station at Londonderry, Northern Ireland, liked the Londonderry air well enough to walk—not 50—but 80 miles to get there from Belfast.

PERHAPS ONE of the most pleasant 50-mile hikes was taken by Gregory Lafave, LI3; Doug Geary, JO3; Ray Bishop, QM1; and LTJG Stephen Ching, all staff members of COMSERVPAC.

Residents of Honolulu turned out to cheer the hikers along with verbal encouragement reinforced by coffee, donuts, water and foaming cans of the old frosty.

The walk ended at a restaurant in Panaluu where the hikers were treated to a beef dinner on the house.

Of course, not everyone has the



AIRMAN John N. Huff completes 50.

and Afloat

time nor the inclination to hike 50 miles, and the seagoing man doesn't have 50 miles available for hiking. Belay that last word. Ten Fleet Marines added a new twist to the 50-milers as they climaxed an ocean-going stroll by crossing the equator in the South China Sea, aboard *USS Providence* (CLG 6).

Making a circuitous tour of *Providence's* main deck, they completed the jaunt in 14 hours and 47 minutes, wearing 25-pound packs and carrying their weapons. It took a total of 289 trips around the 610-foot vessel to make up the route. It was probably



ON WATER — Marines on *USS Providence* (CLG 6) walk 50 miles on deck.

the "longest" 50-miler on record, since the men started the trek at four degrees north latitude and the ship traveled 262 nautical miles before they broke the tape at the equator.

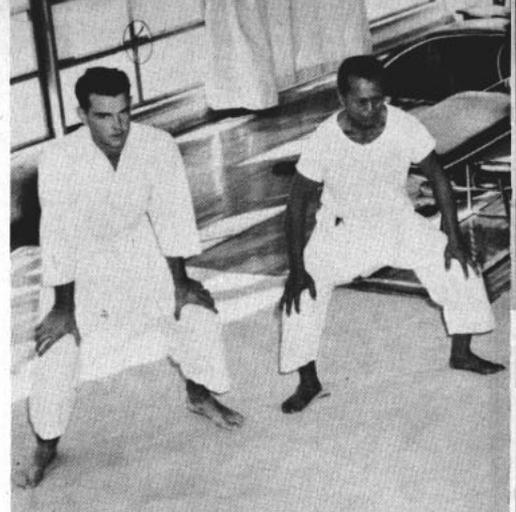
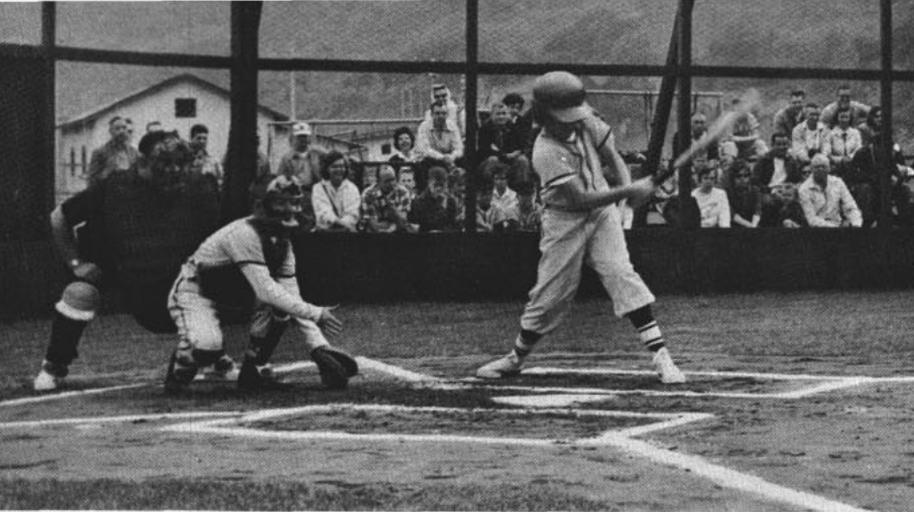
The popularity of the 50-mile hike serves as a reminder that, even on board ship, a Navyman can help keep

himself in shape by taking a few brisk turns daily around the deck of his ship.

Shore-based LST (large steel desk) skippers will find themselves feeling much more fit if they treat themselves to the pleasure of a walk each day. It needn't be a 50-mile hike—just one will do. —Bob Neil

CECIL FIELD officers wind up hike. Rt: Chiefs are congratulated after 50-mile walk to fishing hole.





NAVY CHILDREN compete in baseball game at Naples and join in judo class held at Subic Bay, P. I.

At Home & Abroad Navy Juniors Are

THE NAVY HAS SPORTS and recreation facilities for Navy juniors, too.

Examples of Navy interest in youth recreation can be found at almost any shore station, anywhere in the world. Commands with dependents on board have made it easy for the sons and daughters of Navymen to engage in their favorite recreational pastimes. A few examples:

- The U. S. Naval Base at Yokosuka, Japan, has organized youth team and league competition in many popular sports, and operates a swimming pool especially for children during summer months.

- NAS Patuxent River, Md., offers sports and recreational facilities for youngsters that include organized league bowling in the station's shiny new 14-lane bowling establishment—equipped with automatic pin-setters.

- In Hawaii, league basketball competition is keen among teen-agers whose dads are stationed at Barber's Point, Ford Island and Pearl Harbor. Hawaii's military junior football league comprised of eight teams draws considerable spectator interest.

These stations, and others, offer team and league competition in popular sporting events on a seasonal basis, giving most Navy juniors some-

thing to do the year around.

Support, supervision and encouragement of junior recreation is provided by such youth-minded groups as Special Services, Navy Wives, and Dad's Clubs.

JUNIOR ACTIVITIES are varied. They often include events peculiar to climate (surfboard riding in Hawaii), custom (soccer in Naples) and area (judo instruction in Japan).

Juniors participate in most of the sports events available to grown-ups, and some that aren't.

Soap Box Derby competition is keen in the 11 to 15 year-old set. (In Norfolk, Va., the Little Creek Amphibious Base will this year be the site of the city's sixth annual Soap Box Derby, sponsored jointly by the U. S. Naval Aviation Safety Center, the Tidewater Junior Chamber of Commerce and various civic and business organizations. Other Navy juniors throughout the U. S. will compete in soap box racing. Winners will compete for All-American Derby honors at Akron, Ohio, this August.

Baseball and swimming are popular sports with the younger set.

Special fields, scaled to the brand of baseball youngsters play, have been laid out at many stations. Com-

petition is spirited at Norfolk, Yokosuka, Patuxent River, and at virtually every station with a sufficient number of boys.

At Pearl Harbor, the Youth Baseball Program keeps boys 12 and a half to 14 and a half years old busy during summer months.

In Guam, Navy Junior and Junior Minor League baseball got underway last March as baseball fever spread across the Pacific.

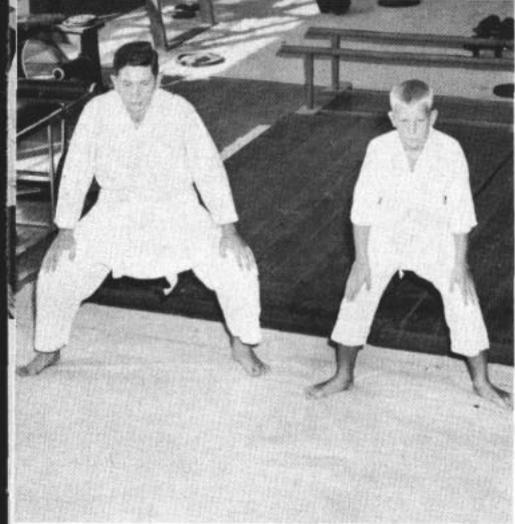
In the Philippines, Navy juniors play Pony League Baseball (ages 13-14), and Colt League (15-16).

MOST SHORE ACTIVITIES have swimming facilities for dependents. Youngsters who don't know how to swim but wish to learn can, at many stations, receive guidance from Special Services instructors. (At Great Lakes, Ill., for example, several dozen youngsters were enrolled in non-swimmer classes recently. Before the end of the summer, all expect to be splashing on their own.)

At NAS Seattle, Wash., interest in swimming as a sport—and as a good thing to know—is spreading in the young set. The Armed Forces Swim Club at Sand Point has adopted a constitution that “encourages dependents to learn to swim and dive,

NATIONAL NAMES — Navy juniors Christopher and Robyn Johnson have won national honors in swimming.





NAVY YOUNG'UNS enjoy sports.

on the Team

learn to swim better, learn lifesaving and water safety, and to train for competitive team swimming and diving."

Over the years, many Navy juniors have gained nationwide attention for their achievements in sports.

- Swimming enthusiasts are no doubt familiar with the feats of Robyn Johnson, the daughter of a Navy commander. Robyn, at age 16, became the National AAU Women's Indoor Swimming Champion in three events—100-, 250- and 500-yard free-style. After competing in the Women's AAU indoor competition in Cleveland, Ohio, last March, Robyn was named to represent the United States in 200- and 400-meter free-style events at this year's Pan-American Games. She took first prize in the 200, and was a close second in the 400.

- In recent years Robyn's brother, Christopher Johnson, won national recognition after finishing first in a number of events in 13 to 14 year-old competition. Christopher, now 15 and competing in local and regional events in the Washington area, is in line for All-America High School honors.

- Another Navy junior champion of recent years is Caren Martello,



LITTLE GLOVERS put on show on USS Lake Champlain (CVS 39) while in port.

daughter of a chief aviation structural mechanic. In 1960, when she was 16 years old, Caren was an accomplished diver, having won a number of local (in California; her dad was stationed at NAS Moffett Field) and regional diving meets. She has been high in national rankings.

THE LIST of outstanding sports performers who are young sons or daughters of Navymen goes on. Cases in point can be found at many stations. For example:

- At Pensacola, Fla., the Naval Air Basic Training Command is a co-sponsor of the Pensacola YMCA Aquatic Club—the leading swimming team in Pensacola for more than four years. Navy sponsorship of the club is a recent development, owing to the large number of Navy juniors that participate—and win—competitive events.

- At NAS Corpus Christi, Texas, two station dependents were presented awards for achievements in marksmanship as members of the station Peashooters Junior Rifle Club. Bonnie Boyd, 17, the daughter of a

chief, and David Powers, 15, son of a base chaplain, won medals designating them as experts at 50 feet with .22-caliber rifles. David and Bonnie had completed official National Rifle Association marksmanship qualifying courses.

- In Providence, R. I., the Newport Naval Station's Junior Swim Team won the boys' team title in this year's State AAU Junior Swimming Championships. The young Navy mermen took the meet despite the fact eight-year-old Paul Lazarus, who was favored to win at least one important event, was unable to compete. He had the measles.

Many Navy juniors, boys and girls, are potential champions in many sporting events.

Most, though, are average kids who participate in sports for reasons of health, recreation and competition. Or, as any youngster can tell you—after stealing second base "almost like Maury Wills does it," or making three baskets in a row from the free throw line—sports are fun.

— Dan Kasperick, JO1, USN

HEAVE HO — Youngsters at Sangley Pt. hold tug-of-war. Rt: Junior football has large following at Pearl Harbor.



Here's a Choice Athletic Program

The Atlantic Cruiser-Destroyer Force athletic program covers a lot of territory—in sports as well as in geography. For instance, intramural sports consist of contests between ships of the Force in the Newport, Norfolk, and Charleston-Mayport-Key West areas.

Play-offs between the three area winners determine the CRUDESANT representative in Atlantic Fleet competition except in basketball where CRUDESANT fields a varsity team—but more of varsity basketball later.

The athletic programs in all three areas are similar. The Newport program, for example, encourages destroyer participation by establishing a two-division SOPA sponsored league.

One division consists of tenders plus the CRUDESANT staff and is known as the Large Boy Division.

The other—Small Boy Division—includes all destroyers, tugs and SERVLANT oilers based at Newport.

Touch football league play begins in mid-September, with the last game coming about two months later. During the two-month season, at least 10 games must be played to qualify for the play-offs.

For the Large Boys, the representative for the play-offs is determined by the winning percentage. The two top teams play each other in a two out of three series.

The top team then meets the best three teams from the Small Boy Division in a double elimination meet.

There are about 20 teams entered in the touch football league.

League play in basketball begins on 1 November and ends the last week in April. At least 14 games must be played to qualify for the play-offs.

During the first week in December, a SOPA sponsored single-elimination Christmas basketball tournament is held. The first 32 teams to enter are eligible to compete.

Newport's SOPA sponsored softball league begins play in mid-May and continues through the first week in September. An average of about 30 teams usually participate. Fifteen games in league competition must be played before a team is eligible for the play-offs.

The sports cycle ends with volleyball which lasts from mid-January

until mid-March. The play-offs are determined as they are in the other sports.

Bowling is more or less a year-long sport with a summer vacation thrown in. The Newport intramural bowling league rolls 'em from the first



of October until mid-January. They take a brief intermission; then begin again the first week in February and end the second week in May.

Roll-offs are determined as in other sports and are held at the end of each half. Each team must roll at least 45 games to qualify for the roll-offs.

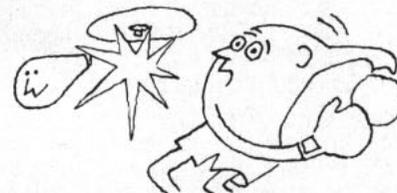
About 60 teams are entered in the league.

During fishing weather at Newport (mid-March through October) Special Services conducts a Salt Water Fishing Derby.

First and second place awards are given in five categories—bluefish, blackfish, striped bass, flounder and large gamefish (tuna, cod and swordfish).

In the Norfolk area the season and number of qualifying games in each sport varies little from the Newport program. Each destroyer division has a league.

At the conclusion of the touch football season, the destroyer division



winners and the two top cruiser winners participate in a double-elimination play-off.

In basketball, volleyball and softball, destroyer division winners and the top two cruisers/tenders participate in a double elimination play-off.

There is no post-season roll-off held in bowling. Team and individual awards are presented to the first and second place teams. Indi-

vidual roll-offs are held to determine the top seven Norfolk area bowlers for the force tournament.

A track and field meet is held annually at Norfolk in October, and boxing smokers are held between ships in the area whenever the spirit moves them.

At Charleston the softball league season is divided into halves. A double-elimination tournament between the top four teams is held at the end of each half.

The four top teams in basketball, volleyball and bowling compete in a double-elimination tournament.

A tennis tournament is held for Charleston area teams during the latter part of the summer.

At Mayport, the intramural softball league season is divided into two parts. A top four team play-off is held at the end of each half.

In volleyball and bowling, top four teams compete in a post-season play-off.

At Key West, the two top basketball, softball, volleyball and bowling teams compete in double-elimination play-offs in their particular sports.

When force tournament time rolls around, the contestants are drawn from the winners of the previously held area tournaments. The winners of the force tournament go on to represent the Cruiser-Destroyer Force in the Atlantic Fleet Tournaments.

At the force tournament, the Newport and Norfolk touch football champions meet in a best two out of three play-off. In softball and volleyball, all three CRUDESANT areas enter teams in a tournament.

In bowling, each area conducts a roll-off to select the top seven bowlers. The 21 chosen men roll in the force tournament. The top seven in this tournament compete in the Atlantic Fleet tournament.

One of the more outstanding products of the CRUDESANT athletic program is the Cruiser-Destroyer Force varsity basketball team which is selected from outstanding players from all three CRUDESANT areas.

The varsity has been at Newport for the past three seasons. The 20-25-game schedule includes 14 games in the New England Inter-service Conference, made up of major college junior varsity teams, junior college varsity and semi-pro teams.

A Sampling of Shipboard Sports

TO THE DEDICATED sports enthusiast, a tour of sea duty may appear to put a crimp in his plans. This need not be so.

Only the limitations of space and imagination need serve as obstacles to sports or exercise which may, at



one time or another, be enjoyed on board ship. If equipment or advice is required, Special Services will be glad to help.

We wouldn't, of course, presume to advise any Navyman what can, or cannot, be performed in the way of sports aboard a particular ship. Conditions vary too radically. However, there are a number of sports which many old salts will recognize as possibilities for their ships. Boxing rings can be set up on many ships, and the big carriers go in heavily for basketball. But what about the smaller ships?

Destroyermen for instance, are about as hard-put for space as any surface ship sailors, but even they need only a length of rope, an empty stretch of deck—and the result is a boxer's rope jumping session.

There are other muscle-flexing games which require even less space and fewer participants. Fencing, for instance, will enable you to work up



a fine sweat in pretty close quarters. Weight-lifting is excellent for developing muscles. Also, see the report on isometrics, on page 43.

When the weather gets rough, and off-duty sailors are sitting around with time on their hands, sooner or later someone usually suggests that time-honored time killer, Indian wrestling.

According to the experts, the only items of equipment needed, besides

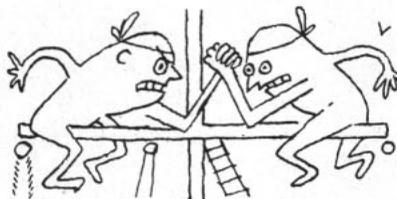
two strong arms, are a mess table and two cups of black coffee.

Navymen who serve in ships with shuffleboards painted somewhere on a comparatively unused portion of the deck can improve their muscle control by shuffling their markers onto the board.

FOR THE dyed-in-the-wool fisherman there is no greater thrill than bringing in a big one. On a Navy ship, when the fishing gear is checked out, there is an opportunity to do just that.

There was a time in the Navy when a fishing pole in the hands of a crew member was the ship's only source of fresh food on a long voyage.

Thanks to reefers, those days are long gone and fishing has passed into the realm of pure sport. However, Navy men who have sat down



to a supper of freshly caught fish won't knock it.

Whenever their ship is in balmy waters, and word is passed that the uniform on the starboard side is swimming trunks, and the cargo nets go over the side, Navy men can take advantage of their own salt-water pool to go in for a dip.

Then there is that favorite of British pubs—and wherever else good fellows get together—darts. Care must be exercised to get the dart in the board and not in some shipmate who isn't aware he's getting in on the game.

THERE IS very little that can't be done with a ball—bounce it, toss it in a basket, roll it, throw it against the bulkhead. You can get exercise and a certain amount of pleasure out of doing nothing more than this.

If you feel the need for something more sophisticated, however, one of these simple maneuvers can be evolved into almost any game played with a ball—volleyball for example.

Volleyball has probably become the most widespread shipboard game involving a ball. The fact that the ball can be kept captive by means of a cord probably accounts a great deal for its popularity. "Captive volleyball" has real possibilities



on certain ships. See ALL HANDS, May 1959, page 12.

Under certain conditions, modifications of ping pong, tennis, squash, handball and even basketball can be played.

Boxing and wrestling have always gone over big on board ship. Those who don't want to get into the ring in the main event or during the free-for-all don't need an audience, but a mat helps if they pursue these sports during off-duty hours.

Boxing brings to mind the pleasure that comes to many from working out with a punching bag.

Sailors who are in WestPac ships frequently have the opportunity to get instructions from local experts in the arts of judo and karate.

Whatever the preferences are on board any particular ship, if the equipment isn't available, it is the job of the enlisted recreation committee on board to get it, provided



sufficient interest is shown.

It is up to the sportsmen on board to show sufficient interest.

Elsewhere in this issue, there are reports on sports and physical conditioning that apply to shipboard duty. Ships with interesting, or unusual, or comprehensive sports programs are invited to send in a report on them. Perhaps your program may fill the bill exactly for another sports-minded crew.

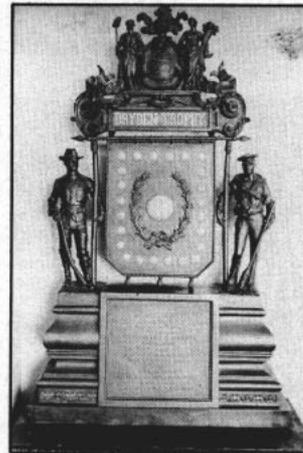
—Robert Neil

U.S. NAVY SPO

The trophies to be found on this centerspread are a representative sampling of the m are famed trophies that are no longer offered; others have been won (and lost) by n to be found on your own mantelpiece. For more on these trophies, see



FIRST Iron Man (left) went to capital PacFlt ships; Battenburg Cup to fastest Atlantic cutters.



DRYDEN trophy went to best shots in military forces around turn of century.



COURAGE, sportsmanship and boxing skill were the award of the CAPT JAC



LEECH CUP went to Navy 10 of 26 years of inter-service life.



BEST AIM—This trophy goes to the U. S. Navy Pistol Team Champs.



BASEBALL'S prize, John Moore's World Amateur trophy went to U. S. Navy SubPac in 1960.



INTER-SERVICE among golfers for ver cup first beg



PERFECT softball game or no-hit, no-run baseball game could add this trophy to your collection.



BOWLERS who can roll a 300 game or a 700 series are presented with this bowling trophy.



COMBAT Rifle T otherwise known Bonnet," is for te

SPORTS TROPHIES

Many awards which have played a major role in Navy sports for many years. Some many Navymen and teams; still others you will recognize as counterparts of those in this issue's historical account of Navy sports down through the years.



Tip, aggressiveness and the criteria for the Kennedy trophy.



SOLID GOLD Amoy Cup, presented by the Chinese in 1907, was prize trophy.



SECNAV trophy went to basketball winners; 2nd Iron Man to top Pacific ships and air units.



competition SecNav silencer in 1948.



TOP UNIT of most Fleet, area or district commands receives athletic award like this one.



TOP ALL-NAVY rifle team wins this trophy in annual competition.



CAPTAIN'S trophy is typical prize won for most intramural points.



team trophy, as "Burke's" marksmen.



GOLF Hole-in-One trophy is presented to Navy golfers who drop ball in cup in a single stroke.

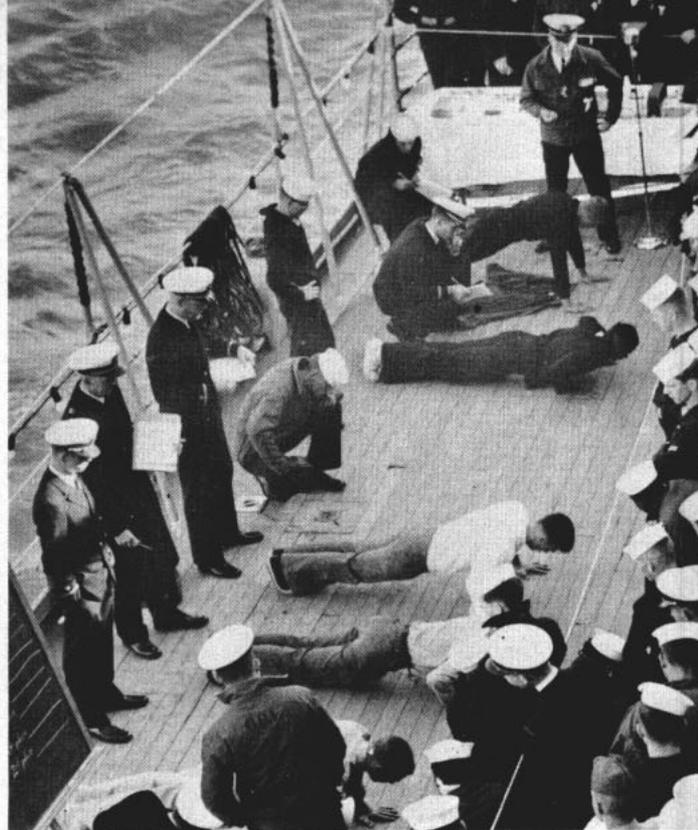


ALL-NAVY Championship trophies such as the one shown inspire topnotch competition.



June 1963

PATRICK



Keeping Physically Fit

TWO YEARS AGO an official request went out for a continuing check-up on the physical condition of the man in the Fleet. Was he fit enough to perform duties requiring long endurance under the most trying conditions? Did his personal appearance reflect credit to the Navy? Were Waves and Navy nurses maintaining a state of physical condition which furthered proper health, poise, and good personal appearance?

For the most part, yes. Most Navymen and women have demonstrated through the new Navy Physical Fitness Program, an offspring of the DOD fitness requirements, that the Fleet is fit. A relative few who could not meet the DOD standards have by now either whipped themselves into shape, or are not far from it.

The idea of having a fit Fleet is not a new one. Navy Regulations printed as far back as 1920 insisted that each commanding officer "endeavor to maintain a satisfactory state of health and physical fitness in the personnel under his command."

Over the years, the degree of fitness of the average Navyman was pretty well left up to him. Voluntary participation in athletic programs during off-duty hours, which the Navy has long believed is the best way to maintain a high level of fitness was, at most commands, the only source of organized physical activity.

But many voluntary sports programs were not practicable for many commands. The lack of space and facilities on board ship and at many stations often resulted in Navymen putting on extra pounds that were hard to carry.

DOD and SecNav (and the heads of the other military services) took a long, hard look at the fitness situ-

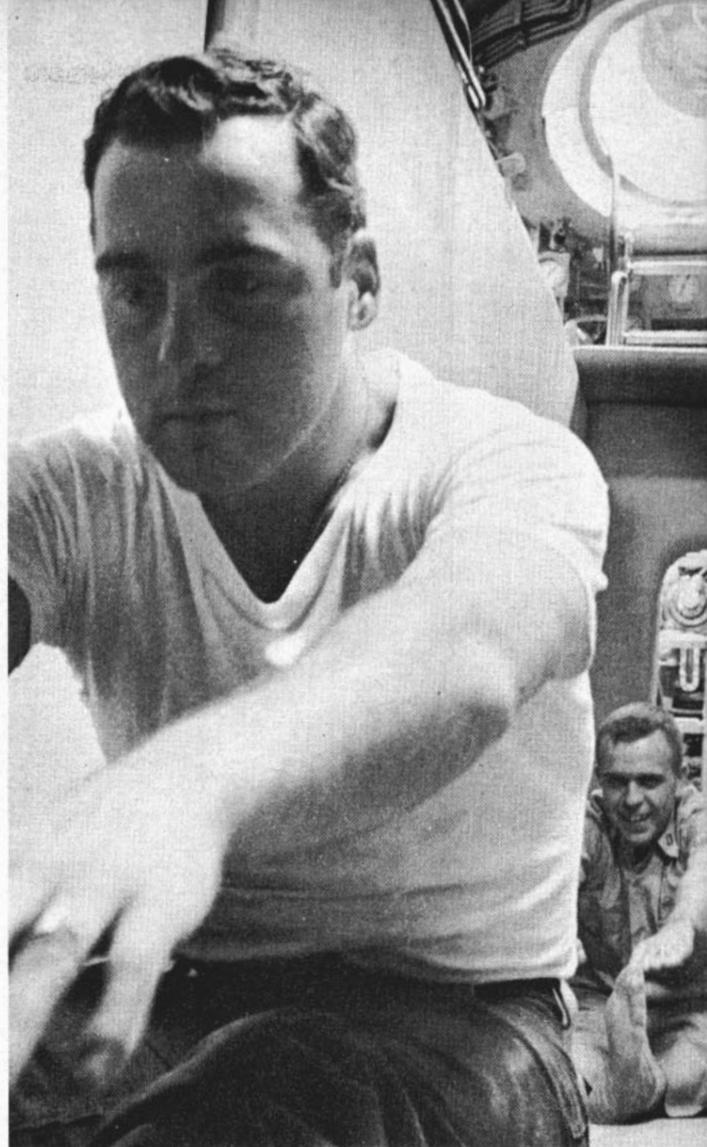
ation, then drew up the program which has been in operation for nearly two years. The idea is to bring all Navymen and women up to the desired level of physical fitness—and keep them there—as outlined by DOD requirements.

BACKING FOR THE fitness program goes as high as the commander-in-chief. Top level support by example has been an inspiration to many Navymen. President Kennedy, Secretary of Defense McNamara, Secretary of the Navy Korth and ADM George Anderson, USN, Chief of Naval Operations, are fitness enthusiasts who find daily workouts essential to health, and a major contribution to their ability to discharge heavy burdens of responsibility. Under Secretary of the Navy Paul Fay, Jr., another fitness advocate, puts it this way: "Alertness, a feeling of well-being, and vigor of body and mind, are among the rewards derived from frequent workouts. Individually, one may achieve a high degree of physical fitness through calisthenics."

Calisthenics is the key to the Navy Physical Fitness Testing Program. Wherever there is enough room for a man to stand, sit, or lie down, there is room for him to exercise.

Now, all Navy personnel, ashore and afloat, are expected to maintain a satisfactory state of physical fitness through exercise—and prove it.

PARTICIPATION in the fitness program is mandatory for all Navymen and women under age 40, with the exception of those excused for medical reasons. Those age 40 and over are encouraged to participate in the



in the Navy

program, but, even if they don't, they are expected to keep themselves fit enough to perform all assigned duties.

After the new program was announced, guidelines for Navy participation appeared throughout the Fleet in the form of BuPers Instructions 6100.2, 6100.3, and 6100.4. Last September, the various information and conditioning requirements, and the prescribed minimums to which the Navyman and woman must conform, were combined into one directive, BuPers Inst. 6100.2A.

PERIODIC TESTING, using the age group performance minimums and methods of execution described below, is scheduled to insure that minimums are constantly maintained. Tests are held at least once each quarter, but may be conducted at any time by inspection parties in cooperation with commanding officers.

Here are some points to keep in mind:

- Before beginning the test, warm up appropriately in order to avoid undue strain or injury. Men who are physically incapable of attempting performance should be referred to sick bay for examination.

- Perform as closely as possible to the prescribed manner.

- Failure to meet any one of the test requirements constitutes an unsatisfactory performance for the entire series.

- All four events should be given at one session. Appropriate periods of rest may be allowed between events, but each performer must complete the entire test within one hour. Performances not completed within the hour should be rescheduled for complete

retesting. Satisfactory performance from previous tests will not be considered.

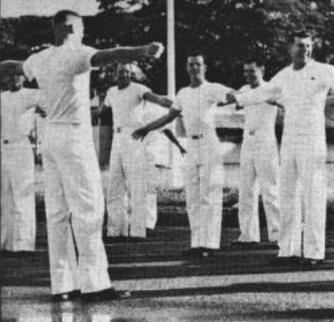
- If time permits, officers in charge of testing should give each testee the opportunity to select the best performance of three attempts.

- Performances in all events requiring a count (other than the stationary run) must be continuous with no resting between counts.

- Either of the requirements listed in categories I or III may be chosen, but two events in the same category may not be used in place of one in another category. In category IV, the 300-yard shuttle run is performed at shore stations, while the stationary run is intended for performance aboard ship. The stationary run may be used at shore stations only if adequate space is not available for conducting the shuttle run. Shipboard personnel should perform the shuttle run, rather than the stationary run, when testing is scheduled during in-port time, and shuttle run facilities are available.

- Navymen under age 40 may be called upon to perform the minimum requirements at any time. Only men who have medical reasons may be excused, and must go back on the regular testing schedule upon return to unrestricted duty.

- Obesity is not in itself considered an adequate medical excuse from testing. However, when conditions



resulting from obesity are such as to incur possible harm if performance is attempted, an excuse can be given (along with programed diet control).

• Failure to perform the required minimums satisfactorily means participation in physical conditioning programs. Commanding officers will include a statement to this effect in the fitness reports of officers. Petty officers above grade E-4 who fail the fitness test will have the failure noted in their performance evaluation reports. For the physically unfit below grade E-5, a notation is recorded on page 13 of the service record. (An enlisted man's persistent failure to perform the fitness requirements may be reflected in advancement considerations.)

Part I of the fitness directive is devoted to the physical achievements required of all Navymen under age 40. A separate enclosure describes the special program for Navy women.

For men, the tests are designed to demonstrate endurance, leg power, arm and shoulder strength, and abdominal and trunk strength. At present, the *minimum* requirements, based on the age of the participant, are:

Category	Minimum Performance		
	Ages 17-25	Ages 26-33	Ages 34-39
I Arm and shoulder strength			
push ups	20	18	15
or			
pull ups	4	4	3
II Abdominal and trunk strength			
sit ups	30	27	25
III Explosive leg power			
jump and reach	15"	14"	13"
or			
standing broad jump	6' 8"	6' 6"	6' 4"
IV Endurance			
300-yard shuttle	60 sec.	62 sec.	64 sec.
or			
stationary run	200 counts in 3 min. (All ages)		

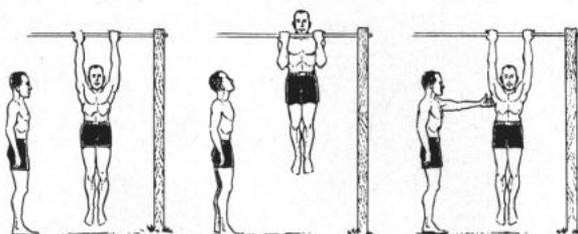
The prescribed manner of performing the various tests must be followed by all participants. Here's a step-by-step look at each:



Push ups—Lie on the deck face down; hands under shoulders; palms flat. Straighten arms to lift body; only toes and palms should touch the deck. Keep back and legs straight. Lower body until chest touches the deck (one full count).

If any push up attempt does not conform to the proper method of execution, the testing officer (counter) should not include it in the final count total.

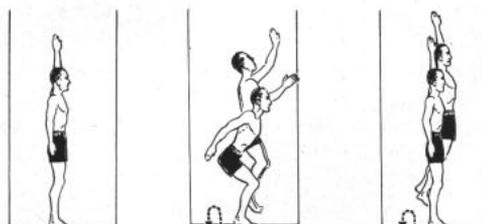
Pull ups—The bar used for pull ups should be high enough from the deck to allow hanging with arms fully extended and feet well clear of the deck. Hang at full



arm extension. Bar may be gripped palms inward or outward, but both palms must face the same direction. Lift body until chin touches bar. Lower body to full arm extension before starting another execution (one full count). Counters should prevent swinging by performer during execution. Any incomplete pull ups (failure to extend arms fully on way down) will not be counted.



Sit ups—Lie on back with hands clasped behind head. Sit up to vertical position or beyond, keeping legs straight and both feet on the deck. Feet may be held only if necessary to keep legs straight. Return to back lying position, touching both elbows to the deck (one count). Incomplete executions will not be counted.



Jump and reach—Stand with both heels on deck, facing 90 degrees away from bulkhead. Reach as high as possible; touch bulkhead; mark point. Without taking steps, jump and reach as high as possible, again touching bulkhead. For score, measure distance between marks. (A simple procedure is to cover the proposed marking area with clean paper; performers touch fingers to ink pad.)

Standing broad jump—Establish line from behind which performer jumps. Jump must be made off both feet; landing on both feet. For score, measure from jump line to closest point of touching on deck after jump. If



one foot lands ahead of the other, measurement is made to heel of foot nearest jump line. If performer falls back after jump, measurement should be made to point of touching closest to line. Attempts in violation of jump line will not be measured.



300-yard shuttle—Mark two lines 60 yards apart. Run distance between lines five times. Cross lines with both feet before turning to run back. As runner nears finish



line, timer should call aloud elapsed time in seconds. As runner crosses finish line, the time, to the last second called, is recorded as score. Clock runs continuously from start until finish; must not be stopped between legs of shuttle.

Stationary run—At signal from timer, begin to run in place, bringing knees up in front; feet should clear the deck by approximately four inches with each step. One



count is made each time right foot hits the deck. After 100 full counts, do 10 astride jumps, then resume stationary run. Ten astride jumps should be performed after each 100 counts.

To perform astride jumps, stand with feet together and arms at side. Jump to astride with feet apart, swinging arms to side over head. Return to starting position with jump.

The stationary run score is determined by the num-

Graduated Achievement Standards

Event	Satisfactory	Good	Excellent	Outstanding
Pull ups				
Ages 17-25	4-8	9-12	13-17	18 or above
Ages 26-33	4-6	7-9	10-13	14 or above
Ages 34-39	3-5	6-8	9-11	12 or above
Push ups				
Ages 17-25	20-25	26-31	32-39	40 or above
Ages 26-33	18-23	24-28	29-34	35 or above
Ages 34-39	15-18	19-26	27-31	32 or above
Sit-ups				
Ages 17-25	30-37	38-50	51-81	82 or above
Ages 26-33	27-33	34-45	46-69	70 or above
Ages 34-39	25-30	31-40	41-59	60 or above
Jump and reach				
Ages 17-25	15-17 inches	18-21 inches	22-26 inches	27 inches or above
Ages 26-33	14-16 inches	17-20 inches	21-24 inches	25 inches or above
Ages 34-39	13-15 inches	16-18 inches	19-22 inches	23 inches or above
Standing broad jump				
Ages 17-25	6 ft. 8 in.-6 ft. 11 in.	7 ft. 0 in.-7 ft. 8 in.	7 ft. 9 in.-8 ft. 5 in.	8 ft 6 in. or above
Ages 26-33	6 ft. 6 in.-6 ft. 8 in.	6 ft. 9 in.-7 ft. 4 in.	7 ft. 5 in.-8 ft. 0 in.	8 ft. 1 in. or above
Ages 34-39	6 ft. 4 in.-6 ft. 7 in.	6 ft. 8 in.-7 ft. 0 in.	7 ft. 1 in.-7 ft. 10 in.	7 ft. 11 in. or above
300-yard shuttle run				
Ages 17-25	60-56 seconds	55-53 seconds	52-47 seconds	46 seconds or under
Ages 26-33	62-58 seconds	57-55 seconds	54-51 seconds	50 seconds or under
Ages 34-39	64-60 seconds	59-56 seconds	55-52 seconds	51 seconds or under
Stationary run (Full counts in 3 minutes)				
Ages 17-39	200-260	261-295	296-360	361 or over

ber of full counts executed in three minutes. Astride jumps are not counted. The clock should not be stopped during astride jumps; it must run continuously for three minutes. Runners may stop running during the three minutes to rest; no penalty will be imposed; then start again; count is resumed where it left off. (But remember, the clock continues to run, and the precious few seconds of rest could mean the difference between the required number of run counts and failure to do them.)

TO MEASURE the over-all level of command physical fitness, commanding officers have been provided with guidance standards. As the level of fitness improves, the Navywide standards will probably be revised.

Physical Fitness for Women

THE WOMEN'S PROGRAM is designed for Waves and Navy nurses under age 40. Those 40 and older may participate in the program if they wish, but are encouraged to limit themselves to a suitable, regular calisthenics routine.

Those for whom the program is mandatory are expected to attain at least the fourth level (see chart below). Women are cautioned to start at a low level and gradually work up to the highest level they can perform. Those who start too high should drop to a lower level, and vice versa.

Level	Stretch Warm-up	EXERCISES FOR WOMEN							
		Number of Completions Per Exercise							
		Rest							
7 (top)		I	II	III	IV	V	VI	VII	VIII
6		24	20	20	16	20	20	20	5
5		20	20	20	12	18	18	18	4
4		18	18	18	10	16	16	16	4
Minimum		16	16	16	8	12	12	12	4
3		12	12	12	6	10	10	10	3
2		10	10	10	4	8	8	8	2
1		8	8	8	4	6	6	6	2
Minutes each	2	1	1	1	1	1	1	1	3

For testing, the entire series of exercises must be performed within 15 minutes. The first two minutes are devoted to a general warm-up. One minute of rest is permitted between the fourth and fifth exercises. A 15-second pause is permitted between warm-up and the first exercise, and to change position following each exercise.

Testing to determine compliance with the required minimum is conducted once each quarter.



No. I (Bend and bob)—Stand with feet apart, arms over head, hands together.

1. Bend forward. Touch floor between feet. Knees may be bent.
2. Bob. Touch left foot with both hands.
3. Bob. Touch right foot with both hands.
4. Return to starting position (one completion).

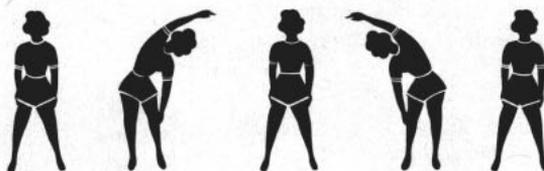
As a means of motivating improvements in general physical fitness, commanding officers are encouraged to sponsor competitions based on graduated standards. Recognition of men who receive high scores has been an incentive in many commands.

The graduated achievement standards are listed on page 37.

The physical fitness program for Navy women, also described in BuPers Inst. 6100.2A, is a simple, common-sense approach to conditioning. It helps tone and tighten muscles, but is not the panacea for personal appearance. (Calorie counting, in addition to regular exercise, should govern efforts to lose weight.) For more on diet and weight control, see pages 44 and 61.

No. II (Two-way stretch)—Stand erect with feet apart, arms at sides.

1. Bend from waist toward left, sliding left hand downward along leg, extending right arm over head, pressing right arm to left side.
2. Return to starting position.
3. Repeat step 1 in reverse (bend right).
4. Return to starting position (one completion).



No. III (The lifter)—Lie on back, arms at sides, legs extended.

1. Tuck legs, pulling feet toward body.
2. Push midsection upward, body weight resting on upper back, arms and feet.
3. Return to step 1 position.
4. Extend legs to starting position (one completion).



No. IV (The curl)—Lie on back, arms extended side-ward.

1. Draw or tuck knees close to chest. Keep toes pointed, hips on floor.
2. Rotate trunk to right, touching right knee to floor. Keep head, shoulders, and arms as stationary as possible.
3. Return to step 1 position.
4. Return to starting position (one completion). Repeat steps 1 and 2, rotating left, etc., then 3 and 4 (another completion).



Easy Does It

Don't hurt yourself through exercise. Extending yourself beyond the level your bodily functions are prepared to handle can produce injuries. All programs of exercise should be started with a lead-in period, gradually increasing the physical extension to prevent sudden overstrain.

On the subject of possible harm, the Chief of the Bureau of Medicine and Surgery has stated that squat type exercises may be harmful, particularly to the ligament structure of the knees. Squat exercises, such as squat jumps, squat thrusts and duck waddles, are therefore not included in the official Navy fitness and self-conditioning programs.

Don't over-extend yourself. Until you're in top shape, easy does it.

No. V (The swan)—Lie face downward with arms outstretched from sides.

1. Raise head, arms and legs. Arch back as much as possible. Keep legs and arms straight, toes pointed.
2. Return to starting position.
3. Repeat step 1.
4. Repeat step 2 (one completion).



No. VI (The circulator)—Assume hands and knees position, fingers pointing inward.

1. Lower head and trunk by bending elbows. Touch chin to left hand.
2. Return to starting position.
3. Repeat step 1, touching chin to right hand.
4. Return to starting position (one completion).



No. VII (The twister)—Lie on back with legs straight, feet together and arms extended to sides, palms down.

1. Raise left leg to 90 degrees.
2. Swing leg over body, try to touch right hand.
3. Return to step 1 position.
4. Return to starting position (one completion). Repeat, using right leg and left hand for another completion. Continue rotating between right and left throughout exercise.



No. VIII (Jog and jump)—Stand tall with head up, chest out, shoulders back.

1. Jog in place, starting with left foot. Each time left foot touches counts as one. Repeat for a total of 16.
2. Jump to side stride (spread eagle) position four times.
3. Repeat step 1.
4. Repeat step 2 (one completion).



In ALL HANDS magazine last March, it was pointed out that many provisions of the fitness directive were being wrongly interpreted by various commands. Here are a few fine-print points concerning the men's program:

- In categories I and II (push ups or pull ups and sit ups), performance must be continuous. Once testing is begun, resting between counts is not permitted.

- Reports from the field concerning category IV (300-yard shuttle run or stationary run) indicate that many commands have given the Navyman a choice between the two events. No such choice is authorized. When space for the 300-yard shuttle is available, it should be utilized.

- Commands at sea are not required to conduct fitness tests during periods in which adverse weather conditions prevail. (But this doesn't mean that men involved in operations at sea under adverse weather conditions are exempt from the minimum requirements. Sooner or later, the tests must be held.)

For both men and women, testing and conditioning does not have to be confined to non-working hours. The directives which established the programs authorized them to be carried out within existing work and training schedules.

— Dan Kasperick, JO1, USN

Naval Reservists Shape Up, Too

Drop in at just about any Naval Reserve Training Center and you're likely to find that physical fitness is not confined to the full-time Navyman.

The Navy's civilian-sailors are doing their share of exercises.

Members of Selected Reserve units are required to meet the same standards of physical fitness prescribed for Regular Navy personnel. No specific standards have been spelled out for members of the Specialist (non-pay) programs, but these Reservists, too, are keeping their muscles toned.

A number of Reserve units have launched physical fitness contests—complete with trophies—to stimulate interest and to reward achievement. The trophies we've heard about so far are awarded on a quarterly basis to the top performer in the fitness program. Mark T. Romph, SN, USNR, won the first Physical Fitness Trophy offered by his unit, Surface Division 4-91, Cleveland, Ohio. Charles J. Latino, EM2, USNR, Surface Division 8-93(M), Houston, Texas, is winner of a similar trophy.



Do-It-Yourself Conditioning

THE OFFICIAL NAVY physical fitness programs described on the preceding pages are designed, for the most part, to test and maintain the over-all fitness of Navy-men and women under age 40.

However, all Navy personnel are expected to be fit, and present a good personal appearance.

Fitness means more than the ability to perform strenuous physical tasks. It enables you to absorb stresses greater than those of normal daily activity. *Fitness reduces fatigue, especially fatigue resulting from mental labors.* It offers greater resistance to illness, and improved recuperative power. And fitness boosts on-the-job efficiency, and provides an all-around more enjoyable life.

A fit and well-proportioned body should be the goal of everyone who wears a Navy uniform. Two roads must be traveled simultaneously to reach this goal. To be fit, and not fat, requires regular exercise and a proper diet.

A good way to get exercise is in the course of your work or through recreation. These days, however, there aren't many jobs that require large quantities of muscle-flexing, and not all Navymen can indulge in sports programs. Daily activity—or inactivity—must be supplemented with some form of vigorous exercise.

A good way to start is by using your muscles in the course of normal daily activity. If possible, walk, don't ride. But walk at a brisk pace. From time to time, run, don't walk. Climb two steps at a time. On board ship, take a brisk turn on deck daily.

For concentrated, planned exercise, listed below are various programs designed to increase your endurance, strength, and over-all fitness. Most of the exercises can be performed anywhere, at home or on board ship. For many, all that's needed is your own weight and sufficient room to lie, stand, sit, and stretch your arms and legs.

It is recommended that you select the program, or suitable exercises from various programs, best suited for you, and follow through by flexing your muscles every day.

- **Recreation**—If you're a team of one, enjoy sports you can do alone. Running is one of the best. Start at a pace

above a jog, run until you're winded or tired, walk till not quite fully rested, then run again and continue the cycle. Gradually increase your running time and decrease the walking time.

Swimming is an excellent wind conditioner, and is particularly desirable for Navymen. Try to increase your swimming distance progressively.

Weightlifting is good for all-around fitness, especially when coupled with a good conditioner for wind, such as running or swimming. Weightlifting increases strength, flexibility, muscular endurance and coordination. (For more on weightlifting, see box, page 62.)

Self Conditioning

THE OFFICIAL Navy Self-Conditioning Program, as described in BuPers Inst. 6100.2A, is recommended for use on a command basis when conventional programs of sports and recreational exercise are not available. The exercises are designed to meet the minimum physical requirements of the official fitness program. But this doesn't mean you can't go it alone unofficially. If you do, keep the following in mind:

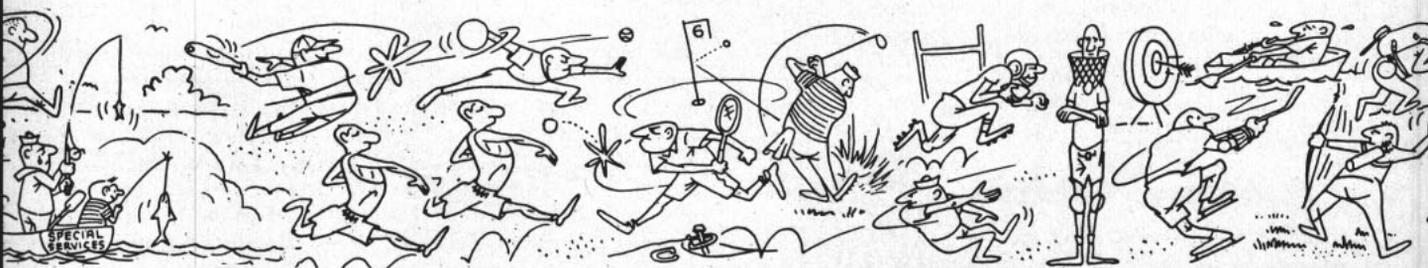
Warm-up should be taken before each exercise session. Then, do the exercises in the order listed.

Performance should be limited to prescribed periods. Improvement can be noticed by increasing the pace of each exercise within its prescribed period rather than increasing the length of the session.

Attempting to do more than you are physically capable of handling could result in injury. Begin at a level in line with your over-all condition. As performance becomes easier, the pace of each exercise can be increased—gradually.

At first, do the full set of exercises daily. After you reach your desired level of conditioning, three sessions a week should be adequate to maintain fitness.

Here are the five self-conditioning exercises, listed in the order they should be performed (note that some of them are the same as the exercises in the Navy's group program testing physical fitness):





The stretcher—With feet astride, touch outside the left foot, between the feet, and outside the right foot with both hands. Come to an upright position and circle-bend as far as possible for one count. Repeat as many times as possible in a two-minute period.

Sit ups—Do as many as possible for one minute. (For procedure, see fitness requirements.)

Push ups—Do as many as possible in a one-minute period. (For push-up procedure, see Navy physical fitness requirements, listed on page 36.)

Sustained jump—Determine the highest point you can jump and reach and mark it on the wall. See how many times you can come within one inch of that mark in 60 seconds.

Stationary run—Do stationary run for six minutes, following fitness requirements procedure. After each 100 counts, do 10 astride jumps.

The following standards may be used to evaluate your performance. Figures in parentheses are for men 40 and older. Check your standing from the form below.

Exercise	SELF-CONDITIONING EXERCISES				
	Unsat.	Sat.	Good	Excellent	Out-standing
Stretcher (2 min.)	0-22 (0-19)	23-24 (20-22)	25-26 (23-24)	27-29 (25-26)	30 & up (27 & up)
Sit Ups (1 min.)	0-19 (0-15)	20-24 (16-20)	25-29 (21-24)	30-35 (25-29)	36 & up (30 & up)
Push Ups (1 min.)	1-14 (1-12)	15-16 (13-14)	17-19 (15-17)	20-24 (18-20)	25 & up (21 & up)
Sustained Jumping (1 min.)	0-5 (0-4)	6-10 (5-8)	11-16 (9-14)	17-25 (15-20)	26 & up (21 & up)
Stationary Run (6 min.)	0-350 (0-300)	351-410 (301-375)	411-525 (376-450)	526-650 (451-550)	651 & up (551 & up)

Traditional Calisthenics

DAILY WORKOUTS with calisthenics will keep virtually every muscle in your body rippling with vitality. This program consists of two groups—Warm Up and Early Morning Calisthenics.

WARM UP—Three exercises. Should be performed before starting early morning exercises.

Jumping jack (20-40 counts)—Stand at attention. Raise arms sideward and upward, touching hands above head (arms straight) while jumping, feet apart, sideward. Spring back to original position (one count).

Windmill (20-40 times)—Stand with feet spread apart 24 inches, legs straight, arms parallel with deck. Keep legs and arms straight, twist trunk to the side, right hand touching toes of left foot. Twist trunk to the right, left hand touching right toe. Turn head to look up at hand of vertical arm.

The 440—Stand at attention. Begin marking time. After 20-40 steps, double the cadence, bringing knees up high. Bring arms up and across front of body with

vigorous action. Continue double time cadence for 50-100 steps, then return to marking time for another 20-40 steps.

EARLY MORNING—Five exercises. These are standard calisthenics for a short, intensive period of exercise. They should be performed in the order listed.

Twist and bend (8-30 times)—Stand in stride position, feet apart 24 inches, arms straight over head, thumbs interlocked. In a sweeping motion turn trunk and bend to the side. Lower hands, touching the deck outside right foot. Raise arms and trunk in wide, sweeping motion, passing through the vertical position, turning to left and touching hands to deck outside left foot. Keep legs straight throughout.

Back stretcher (10-20 times)—Stride stand, feet 10-12 inches apart, arms vertical over head, palms facing each other. Bend forward, knees slightly bent, swinging arms downward so that hands pass between legs and touch the deck behind feet. Return to stride stand. Repeat



Navy Weight Standards for Men (Officers and Enlisted)

The standard weight for the age group 26-30 is the ideal one to maintain on reaching that age and thereafter. For ages after this group, the minimal allowance will be the same as for age group 26-30. A candidate whose weight falls at the extremes of either the minimum or maximum range is acceptable only when he is obviously active, with firm muscles, and evidently vigorous and healthy.

Height (in.)	Weight according to age and height																						
	17-20			21-25			26-30			31-35			36-40			41-45			46-50			51-64	
	Mini-	Stand-	Maxi-	Mini-	Stand-	Maxi-	Mini-	Stand-	Maxi-														
	mum	ard	mum	mum	ard	mum	mum	ard	mum														
60	105	117	146	108	120	150	110	122	153	125	157	128	160	131	164	133	166	135	166	135	169	135	169
61	107	119	149	110	122	153	112	124	155	127	159	130	163	133	166	135	169	137	171	137	171	139	174
62	109	121	151	112	124	155	113	126	158	129	161	132	165	135	169	137	171	139	174	141	176	141	176
63	111	124	155	113	126	158	115	128	160	131	164	134	168	137	171	139	174	141	176	141	176	141	176
64	113	127	159	115	128	160	118	131	164	134	168	137	171	140	175	142	178	144	180	144	180	144	180
65	115	130	163	119	132	165	121	135	169	138	173	141	176	144	180	146	183	148	185	148	185	148	185
66	117	133	166	122	136	170	125	139	174	142	178	145	181	148	185	150	188	152	190	152	190	152	190
67	121	137	171	126	140	175	129	143	179	146	183	149	186	152	190	154	193	156	195	156	195	156	195
68	125	141	176	130	144	180	132	147	184	150	188	153	191	156	195	158	198	160	200	160	200	160	200
69	129	145	181	133	148	185	136	151	189	154	193	157	196	160	200	162	203	164	205	164	205	164	205
70	133	149	186	137	152	190	139	155	194	158	198	161	201	164	205	166	208	168	210	168	210	168	210
71	137	153	191	140	156	195	143	159	199	162	203	165	206	168	210	170	213	172	215	172	215	172	215
72	141	157	196	145	161	201	148	164	205	167	209	170	213	173	216	175	219	177	221	177	221	177	221
73	145	161	201	149	166	208	152	169	211	172	215	175	219	178	223	180	225	182	228	182	228	182	228
74	149	165	206	154	171	214	157	174	218	177	221	180	225	183	229	185	231	187	234	187	234	187	234
75	153	169	211	158	176	220	161	179	224	182	228	185	231	188	235	190	238	192	240	192	240	192	240
76	157	173	216	163	181	226	166	184	230	187	234	190	238	193	241	195	244	197	246	197	246	197	246
77	161	177	221	167	186	232	170	189	236	192	240	195	244	198	248	200	250	202	252	202	252	202	252
78	165	181	226	172	191	239	175	194	242	197	246	200	250	203	254	205	256	207	259	207	259	207	259

movements vigorously. This slims your waistline.

Body twister (20-40 times)—Stand, feet five inches apart, hands clasped behind head. Bend upper body from diaphragm to right. Body should move across in horizontal plane from right to left. Return upward to standing position. Bend at diaphragm, not hips, drawing in stomach. Shoulder muscles should be relaxed. Repeat exercise 20 times, rotating the upper body, then reverse the motion.

Back stroke (3-5 times)—Stand at attention. Keep arms as straight as possible, chest held high, lower abdomen

in. Circle arms inward across each other. Continue the arm movement upward and outward, then backward and downward. Complete rotary movement downward and return to starting position.

Stretch up (3-5 times)—Hold head erect, chest high, lower abdomen retracted, and hands on hips. Rise slowly on toes to greatest height possible, pressing backward and downward with arms and shoulders while inhaling deeply. Lower heels slowly, exhaling slowly, keeping chest high. Complete exhalation and return to standing position, feet flat on deck.

Weight Standards for Women in the Naval Service.

These standards are only a guide. A variation of 15 pounds (not to fall under a weight of 95 pounds) below the standard given in the table is admissible when the applicant is active and evidently vigorous and healthy and her weight is in proportion to general body build. The weight is taken with clothing but without shoes; the standards allow for an estimated weight of three pounds for clothing.

Height (in.)	Weight according to age and height																				
	18-19			20-25			26-30			31-35			36-40			41-45			46-49		
	Min.	Std.	Max.	Min.	Std.	Max.	Min.	Std.	Max.	Min.	Std.	Max.	Min.	Std.	Max.	Min.	Std.	Max.	Min.	Std.	Max.
58	97	105	124	100	108	127	100	111	131	100	114	134	103	117	138	105	120	141	107	122	143
59	100	108	127	103	111	130	103	114	134	103	117	137	105	120	141	108	123	144	110	125	146
60	102	111	130	105	114	133	105	117	137	105	120	140	108	123	144	111	126	147	113	128	149
61	102	114	134	105	117	137	105	120	140	108	123	144	111	126	147	114	129	151	116	131	153
62	102	117	137	105	120	140	108	123	144	111	126	147	114	129	151	117	132	154	119	134	156
63	105	120	140	108	123	144	111	126	147	114	129	151	117	132	154	120	135	158	122	137	160
64	109	124	144	112	127	147	115	130	152	118	133	155	121	136	159	124	139	162	126	141	165
65	113	128	150	116	131	153	119	134	156	122	137	160	125	140	163	128	143	167	130	145	169
66	117	132	155	120	135	158	123	138	161	126	141	165	129	144	168	132	147	172	134	149	174
67	121	136	159	124	139	162	127	142	166	130	145	169	133	148	173	136	151	176	138	153	179
68	125	140	164	128	143	167	131	146	170	134	149	174	137	152	177	140	155	181	142	157	183
69	129	144	169	132	147	172	135	150	175	138	153	179	141	156	182	144	159	186	146	161	188
70	132	148	173	136	151	176	139	154	180	142	157	183	145	160	187	148	163	190	150	165	193
71	137	152	178	140	155	181	143	158	184	146	161	188	149	164	191	152	167	195	154	169	197
72	141	156	183	144	159	186	147	162	189	150	165	193	153	168	196	156	171	200	158	173	202

ISOMETRICS: SIT-DOWN SPORT

THIS EXERCISE program—new to many—is ideal for Navymen whose duties or location restrict their ability to engage in athletics and other forms of regular fitness activity.

What is isometrics?

Briefly, isometrics is based on the principle of one set of muscles working against another. You may have been practicing it for years, by some other name, or, more likely, by none at all.

Here are nine isometric exercises designed specifically for office personnel and those in other sedentary occupa-

tions. All that's needed is a chair, a heavy desk or table, and one minute a day.

Six seconds for each set of nine muscles are required daily for maximum benefit. By rigidly adhering to the isometrics routine, some men have doubled their strength in 20 weeks. (The average increase in strength is between three and five per cent each week.) Try it—you'll be surprised at the result.

Hold your breath while you do each exercise. Be sure to exert full force for six seconds with each. Then relax for a few seconds before going on to the next exercise.



Remember, in this program you should follow a daily schedule. But you need not perform the exercises more than once daily. Muscles can grow in strength only at a certain rate. These exercises build significant muscular strength and tone.

(1) *Pull Up*—For arms and shoulders. Sit straight, grasp the sides of your chair tightly with both hands and pull up as hard as possible. Hold for six seconds.

(2) *Hand Press*—For arms, chest and shoulders. Sit straight, chest out, arms held across chest. Place one fist inside the other hand. Press together for six seconds using all the strength of your arms and shoulders.

(3) *Back Pull*—For the back. Keep back straight and lean forward until you can grasp your legs or braces of chair. Pull straight up for six seconds, using back muscles only.

(4) *Neck Presser*—For the neck. Sit straight with hands clasped behind your neck, elbows held forward. Pull forward with both hands, at the same time pressing head backwards. Hold for six seconds. You'll find that this also has a relaxing effect.

(5) *Stomach Tightener*—For waist and abdomen. Sit with legs held together, extended straight out. Bend forward and grasp legs just below the knees. Press down with hands, at the same time pressing up against the hands with both legs. Hold for six seconds.

(6) *Criss-Cross*—For chest and legs. Sit on deck with feet about four inches apart. Bend forward and place hands against inside of opposite knees. Attempt to press knees together while at the same time holding them apart with hands. Hold for six seconds.

(7) *Body Lift*—For shoulders, arms, abdomen. Sitting with back straight, lean forward and place your hands, palms down, against the sides of your chair. Hold legs straight out, attempting to raise body about one inch off the chair. Hold for six seconds.

(8) *Leg Squeezer*—For legs. Sit forward on edge of chair, lean back, hold legs straight out. Hook one foot over the other and hold tightly. Rest feet on floor, keep legs straight, and try to pull feet apart. Hold for six seconds.

(9) *Arm Curl*—For upper arms. Sit straight, grasp underside of heavy desk or table with palms up, forearms parallel to desk. Push up as hard as possible for six seconds. Repeat this whole series of exercises regularly as a muscle conditioner.



How to Keep Trim Via

AT THE SAME TIME SecNav issued instructions which established the new physical fitness programs, it was emphasized that weight control, like fitness, is a command responsibility, and that all Navymen and women are expected to meet the weight standards contained in the *Manual of the Medical Department* (see weight tables, p. 42).

Concern about the weight of Navy personnel is not entirely a matter of appearance, although there's little question that trim body lines enhance the looks of anyone in a Navy uniform.

Men and women who were, or still are, excessively fat despite the fitness programs, are warned that obesity, in addition to spoiling looks, is an abnormal state of health and is liable to increase susceptibility to heart and circulatory difficulties. In many overweight people, the heart works overtime fighting what could well be a losing battle with the bulge.

Statistics compiled by life insurance companies indicate that overweight indeed shortens life, as evidenced by the following:

Degree of Overweight	Effect on Death Rate
15-24 %	30% increase
25-34 %	45% increase
35% and more	60% increase

OF PARTICULAR INTEREST to the Navy is the type of obesity known as pot belly. When the abdominal measurement is two or more inches greater than that of the chest at full expansion, an extreme mortality of

about 50 per cent has been found—in addition to the mortality increase due to overweight.

The Navy is keenly aware of the problem. Commanding officers have been told what to do about men and women in their commands who are overweight. First, weight reduction is a medical problem. It should be handled with the help of a medical officer.

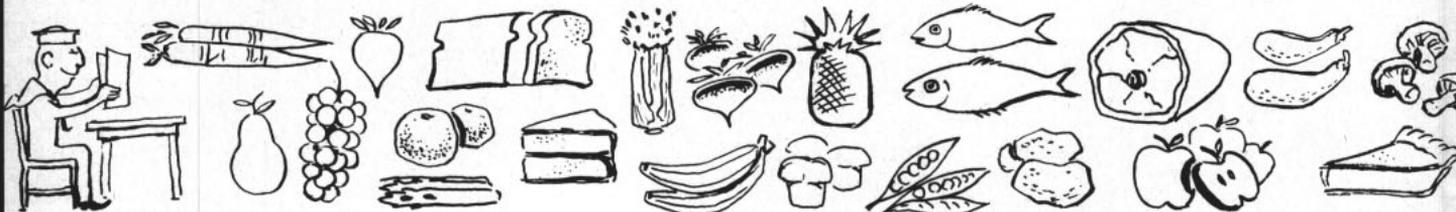
Those who can't meet BuMed weight standards are sent to the medical officer for physical examination. If therapeutic measures are in order, the doctor will tell the chubby Navyman or woman what has to be done in order to slim down to standards.

If continued lack of cooperation exists, and the excess poundage is enough to interfere with performance of duties and proper military appearance, appropriate comments are noted in fitness reports and performance evaluations.

EXERCISE ALONE is not the solution to a weight problem. Regular exercise serves to reinforce the awareness of individual fitness, but does not in itself effect much weight loss.

You may have heard of the football and tennis players who lose five pounds or more during a game. What is lost is not fat, but water—which isn't lost for long.

To lose one pound of body fat by exercise alone would require walking 66 and one-half miles at the rate of one mile each 17 and one-half minutes. Or, if you don't like to walk, you could stand for 160 hours and lose a pound, or shovel 114,739 pounds of sand, or run



• Meats (Per Serving)

- Bacon (3 strips)—150
- Beef—275
- Beef (creamed) on toast—450
- Beef Stew (with vegetables)—475
- Chicken—150
- Cold Cuts (4 slices)—250
- Fish—150
- Frankfurter—140
- Fried Oysters (6)—225
- Gravy—150
- Ham—325
- Hamburger—200
- Hash—200

- Lamb Chop—175
- Loin of Pork—150
- Pork Chop—275
- Roast Lamb—175
- Scallops (6)—200
- Turkey—200
- Veal Cutlet—125

• Vegetables

- Asparagus—25
- Beets—50
- Cabbage—25
- Carrots—50
- Cauliflower—20
- Corn—100
- Fresh Peas—150

- Lettuce—10
- Lima Beans—225
- Navy Beans—225
- Pickles (sweet mixed)—50
- Spinach—25
- String Beans—75
- Tomatoes—25

• Starch

- Biscuit—100
- Bread (2 slices)—125
- Buckwheat Cakes (3) w/ syrup & butter—450
- Cooked Cereals—100
- Corn Muffins—250
- Dry Prepared Cereal—100

- Macaroni Salad—200
- Oatmeal—125
- Potatoes—100
- Potato Salad—200
- Pretzel—70
- Rice—100
- Rice and Curry (w/ fixings)—650
- Spaghetti (w/ sauce & cheese)—600
- Sugar (1 tsp.)—25
- Syrup—150
- Dairy Products
- Butter (1 pat)—100
- Buttermilk—75



Your Diet



43.2 miles (at one mile each six minutes), or do 5714 push ups.

Although exercise is extremely beneficial, it does not serve to reduce your weight unless accompanied by an appropriate diet. Approximately 90 per cent of all weight reduction can be traced to dieting. Pushing yourself away from the table when you'd like to eat a little more is the only exercise which will reduce you permanently.

Strictly speaking, everyone is on a diet. Whatever you eat is your diet. In most cases, overweight conditions are the result of over consumption of calories in some form or other.

By tradition, Navy chow is designed to provide sufficient calories for hard-working men. Over the years, skilled Navy technicians have been using their heads more than their muscles, but have also developed eating habits of men who do strenuous physical labor.

TO MAINTAIN proper health—and weight—your diet should match your work. Hard physical labor obviously burns up more energy than chairborne duties. Most overweight people take in more food than their energy output calls for, depositing the difference as fat. If food intake equals energy output weight remains stable.

Excess pounds can be taken off only by making food intake less than energy output.

But you don't have to be a mealtime martyr. Dieting doesn't mean food frustration. You can eat anything you wish, provided your daily calorie intake, in well-bal-

anced meals, equals, or is less than, your daily energy output.

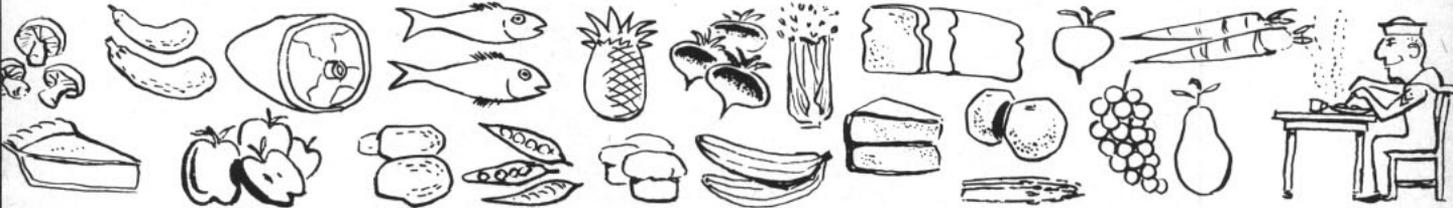
The calorie content of the food you eat should be your guide to any weight problem.

A cumulative caloric deficit or excess of 3500-4000 will cause a weight change of one pound. Thus, a deduction of 500 to 1000 calories from your daily energy requirements should result in a weight loss of from one to two pounds a week—a satisfactory rate of loss.

An 1800-calorie diet offers a practical approach for those who wish to lose small amounts over a long period. Normally, the satisfactory one or two pound a week loss may be encountered on an 1800 calorie diet.

Listed below are approximates of the calorie contents of various foods.

— Dan Kasperick, JO1, USN



- Cheese—125
- Cottage Cheese—30
- Cream (1 oz.)—60
- Eggs (2)—150
- Evaporated Milk (1 oz.)—50
- Malted Milkshake (thick)—600
- Mayonnaise—100
- Milk—125
- Oleomargarine—100
- Skimmed Milk—85
- Beverages
- Beer—100
- Black Coffee—0
- Coffee (cream & sugar)—95
- Daiquiri—150

- Highball (w/ sweet mix)—175
- Manhattan—115
- Martini—110
- Old Fashioned—150
- Rum and Cola—200
- Soft Drink—100
- Whiskey (1 oz.)—115
- Wine—165
- Desserts
- Cake—250
- Candy Bar—300
- Canned Peaches (2)—75
- Canned Pineapple (2 slices)—175
- Flavored Gelatine—75

- Fruit Salad—100
- Hors d'oeuvres—50
- Ice Cream—250
- Jam—50
- Pudding—300
- Pie—400
- Pie a la mode—650
- Whipped Cream—100
- Fresh Fruit
- Apple—90
- Avocado (1/2)—150
- Banana—150
- Bunch Grapes—70
- Cantaloupe (1/2)—40
- Fresh Berries—80

- Grapefruit (1/2)—40
- Orange—50
- Peach—50
- Pear—80
- Pineapple—75
- Sandwiches
- Ham—250
- Bacon, Lettuce & Tomato—350
- Cream Cheese & Jelly—375
- Fried Egg—350
- Hot Dog—350
- Soup
- Clear Broth—25
- Creamed—175
- Vegetable—100



Today's World of Navy

This is a sampling of Navy sports in various parts of the world. It is not, of course a complete report. ALL HANDS has neither the manpower, the space nor the facilities to provide full coverage.

Perhaps we haven't mentioned your unit or, perhaps in your opinion, haven't given it adequate treatment.

If so, please accept our apologies. If you have something different or unusual to contribute to our readers' fund of knowledge of the world of Navy sports, tell us about yourself. With photos.

Sports at NavAirLant

When NAVAIRLANT flexes its 120,000 biceps, it shows the strength of what may be the largest single command in the Atlantic. Over 60,000 officers and men work within the NAVAIRLANT military structure, and each is encouraged to take an active part in physical conditioning.

Naval Air Force, U. S. Atlantic Fleet, as a type command, does not directly support or supervise varsity sports. However, through NAVAIRLANT's operational components and subordinate Fleet Air Commanders, there is an active intramural sports program.

AIRLANT men, on duty in 16 ships and 200 subordinate commands stretching from the Mississippi to the Nile and from the North Pole to the Antarctic, take an active part in all sports from a round of golf to slip-

pping down a slalom course on skis.

Carrier men work hard and play hard. For example, men on board the antisubmarine aircraft carrier *uss Randolph* (CVS 15) participate in four intramural sports including basketball, football, softball and bowling. In addition, varsity and touch football teams enter Fleet events.

Randolph has an average of 16 teams participating in each of the four major sports, allowing for about 120 men to take part in each sport as part of a team.

Bowling is the largest single attraction for the *Randolph*, with nearly 200 men on the ship's 24 bowling teams. Smokers and wrestling matches are also held, and winners usually have the opportunity to enter district championship bouts. Soccer teams go ashore while in the Mediterranean and Canada to play local teams, and fishing and hunting equipment is available.

The attack carriers of NAVAIRLANT, such as *uss Independence* (CVA 62), have the following programs underway:

- **Basketball:** Varsity teams play in each liberty port during Mediterranean cruises and in the States, while another 100 men are members of intramural teams.

- **Bowling:** Intramural bowling leagues are usually composed of 40 teams, representing about 400 men.

- **Boxing:** Smokers are held at

scheduled times during deployments and winners have the opportunity to enter Fleet competitions.

- **Golf:** One of the most popular sports for men on liberty in the Med.

- **Softball:** All NAVAIRLANT attack carriers have intramural and varsity softball teams. The intramural teams compete for ship championships, and then a varsity team is formed on each ship for local and district competition.

Norfolk Calendar Full

Except for a few days during the latter part of the year, the sports calendar at the Naval Station, Norfolk, Va., is crowded with intramural activity.

NavSta Norfolk teams compete for the Command Trophy and the Award Plaque which are presented each year for athletic accomplishment.

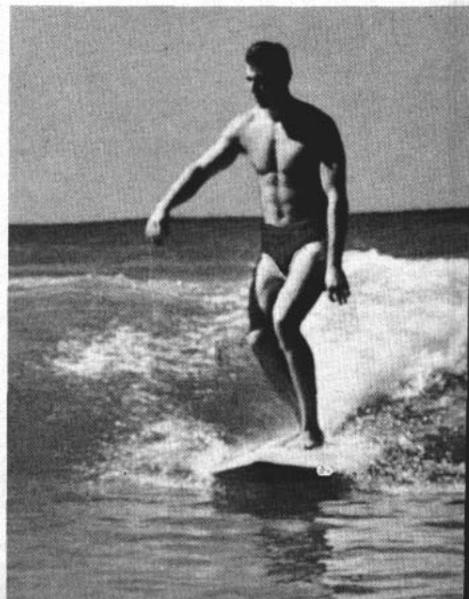
The Command Trophy remains on display in the lobby of the NavSta Gymnasium and has the name of each year's winner engraved upon it.

The Award Plaque, on the other hand, is presented annually to the activity which finishes the competition with the greatest number of points in athletics.

The intramural program is divided into major sports (those involving league play) and minor sports (those of a tournament nature).

NavSta Norfolk lists basketball, softball, touch football, golf and bowling among its major sports.

POLE TO PALMS — Men of MCB-8 play ball on Antarctic ice. Rt: Sailor rides the surf in sunny Hawaii.



Sports

Its minor sports include handball, billiards, volleyball, swimming, tennis, badminton, table tennis, archery, horseshoes and foul shooting.

Interest is the factor which determines whether or not a sport is included on the station's sports calendar. Whenever interest warrants, the Special Services Officer can include a suggested sport in the minor category for one year on a probationary basis.

If enough people take part in it and sufficient facilities are available, it is included in the sports calendar for the following year.

The Norfolk program is typical of others sponsored by the Fifth Naval District, which also sponsors inter-service leagues and tournaments leading to the All-Navy competitions.

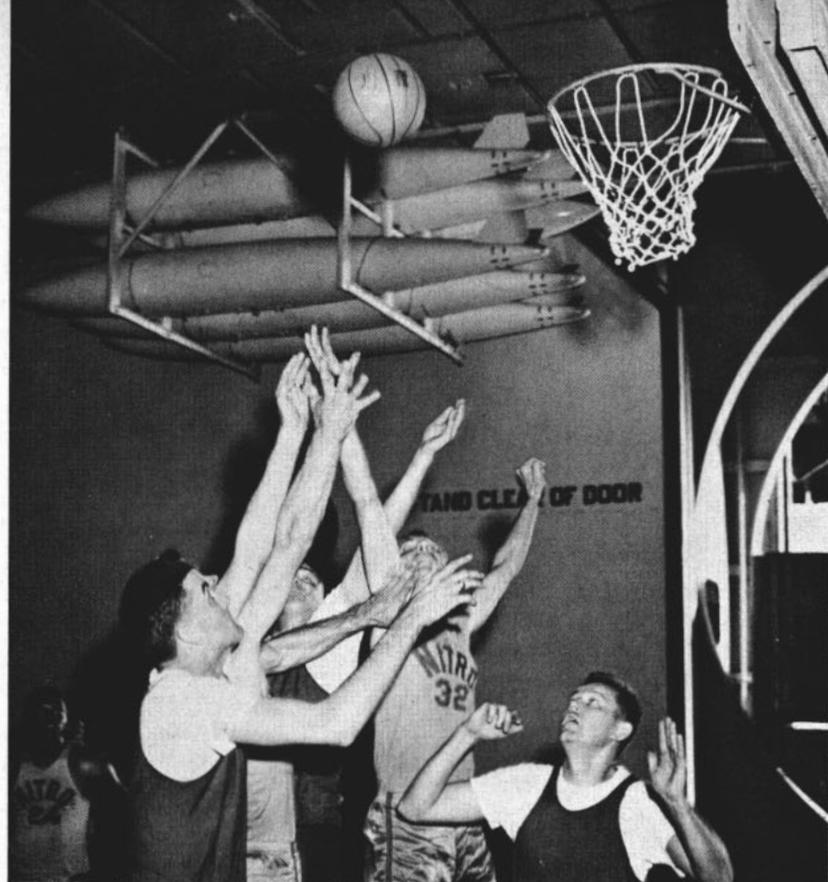
The inter-service leagues include activities of some 20 military installations and, in some cases, individual ships berthed in the tidewater area.

League play is held in basketball, bowling, tennis, golf and softball.

Always Something at Sangley

Almost everyone can take part in his favorite sport at Sangley Point Naval Station in the Philippines. An active intramural and physical fitness program is under way, along with varsity and dependents' athletics.

In intramural athletics, a Captain's Cup award system has been adopted to encourage all hands to take part. There is intramural competition in



SHIP TO SHIP — Basketball teams of USS Nitro (AE 23) and VA-72 tangle aboard USS Independence (CVA 62) while on duty with the Sixth Fleet.

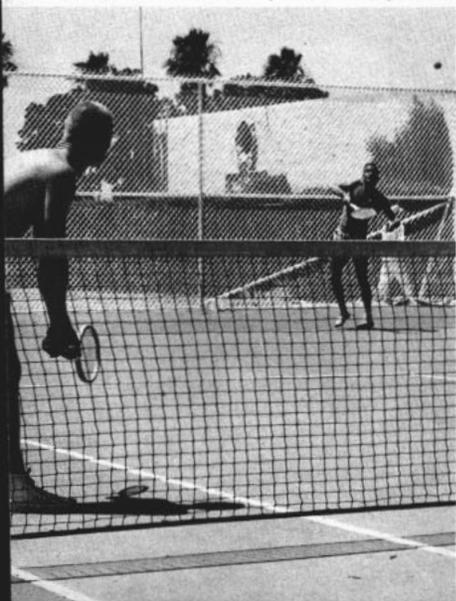
flag football, basketball, softball, bowling, golf, badminton, tennis, swimming, table tennis, volleyball, horseshoes and boxing.

Bowling currently draws the most team entries with 16, while other sports average 12 teams each. Banquets are held at the conclusion of each season or tournament, with the Commanding Officer presenting trophies to outstanding players. Men are given jacket emblems for taking part in sports, with separate bars in-

dicating the sport in which they participated. Station all-star teams are selected when each sports season is over.

At the end of each intramural season, station varsity teams are formed to represent Sangley Point Naval Station in Philippine inter-service competition. The varsity also plays Philippine college teams, plus amateur and industrial teams in the Manila area. Currently, the Philippine inter-service competition in-

SPORTING — Navymen take part in tennis at NAS, North Island, and in boxing on board USS Randolph (CVA 15).





NET GAIN — Pensacola netmen take Sixth ND Volleyball tourney for '63.

cludes entrants from six major American activities. Plans call for inclusion of Philippine Navy, Air Force, Army, and Constabulary teams in all future sports competition.

The station basketball team finished second in the inter-service league 1962-63 competition. COMNAVPHIL designated Sangley Point to represent the area in Western Pacific competition. The athletic schedule is arranged so that Sangley Point sailors may play intramural, varsity and then All-Navy sports without conflict.

The station baseball team plays in the Manila Bay Baseball League. Games are played in Rizal Memorial Baseball Stadium, which has a seating capacity (often filled) of 8000.

The station physical fitness program is organized so that Special Services personnel administer the test for each department and report results to department heads. The station is planning a physical fitness day each quarter in which the top two men from each department in each of the six tests will hold an open meet to decide the station champion. An honor roll board is being set up in the base gym, on which the names of top fitness performers will be inscribed.

Dependents of Sangley Point Navy men have access to most sports and recreational facilities, and, in addition, participate in team and league competitive events of their own. For wives, instruction and supervision are provided in tennis, softball, bowling, swimming, golf and calisthenics programs.

Base Special Services sponsors teen-age basketball and baseball teams that compete for local honors with area dependent schools and

Philippine youth teams. Teen-age girls have their own softball and basketball teams, and compete for cheerleading billets on various varsity teams.

Little League baseball is another Special Services-sponsored project. Sangley Little Leaguers—major and minor—compete with teams from the greater Manila area.

Special programs of sports and recreation are year 'round projects. Fil-American competition is stressed for promoting good will. Of high interest are boxing smokers with fighters from American and Philippine services mixing it up before an average of 700 persons per show.

The recently concluded Sangley Point Fil-American basketball tournament lasted five nights, and was viewed by 2500 spectators.

Softball games are scheduled with people-to-people in mind, many Filipinos having never seen their village teams compete with Americans.

Every day, the sports and recreational facilities at Sangley Point provide Navy men, Navy women, Navy dependents, and many Filipinos, with something to do, and plenty of action-packed entertainment.

Any Number Can Play at Jax

Almost everyone at NAS Jacksonville, Fla., it seems, is an athlete. The athletic-minded air station has an intramural sports program designed to make it easy for the average airman or seaman to compete in the sport of his choice.

Under the Special Services-administered Jacksonville Intramural Sports Program, Navy men and women representing various station units and divisions form teams and

leagues to compete for honors in bowling, basketball, softball, golf, swimming, touch football, volleyball, handball, tennis, ping pong, and track and field. For air-minded sportsmen, there are parachute jump and flying clubs.

Competition in these events is satisfying and rewarding. And the competition is keen. Twice each year the NAS awards its "Ironman" trophy to the JISP unit that amasses the greatest number of points during six months of competition in the various programs. Points are awarded to each league team on the basis of 1000 for first place, 750 for second, 500 for third, and so on.

Outstanding performers in intramural competition are often selected for the Jax varsity squads of bowlers, boxers, shooters (rifle, pistol, skeet), golfers, swimmers, and basketball, softball, tennis and volleyball players. (Each year a varsity schedule is drawn up at Jax with tough competition in mind. Former JISP players are often seen in Sixth Naval District, South Atlantic Regional, and All-Navy tournaments, and vying for local honors with college athletes.)

JISP is a year-round recreational activity. It is fully supported and administered by special services. Various events are scheduled for months when the interest in each is greatest. All sports contests follow standard rules. Best of all, any number can play.

Yokosuka Has Everything

It appears that Special Services at the U. S. Naval Base in Yokosuka, Japan, has hit the bull's-eye. For the past several years, Special Services has been trying to provide some activity in sports and recreation for all Yokosuka-based servicemen and dependents, and all WestPac Navy men and Marines who visit the base. It has succeeded.

As organizer, administrator, and provider of equipment, Yokosuka Special Services sponsors intramural, interservice, and military-civilian sports programs and recreational facilities that are claimed to be the best in the Pacific area. For example:

- Officers and enlisted men representing the staff of Commander Fleet Activities Yokosuka, eight component commands, and 29 tenant commands, compete in various scheduled league sports programs for base intramural honors. No matter how

good at any sport the Yokosuka Navyman may be, he can find a spot on a team that plays his favorite sport. Intramural competition is held in flag football, basketball, baseball, softball, volleyball, bowling, golf, tennis, swimming, pistol firing, badminton, sailing, handball, horse-shoes, table tennis, billiards, soccer, outdoor shuffleboard, archery and wrestling.

- Dependents and visiting West-Pac Navy men have access to most Yokosuka sports facilities and equipment, in addition to roller skating, ice skating, hunting, woodworking, hiking, skiing, cycling and photographic facilities.

- Attracting attention both on and off base are the Yokosuka varsity teams which compete for local honors in major sports with Army, Air Force, Japanese Self Defense Force, colleges and universities, and Japanese sport and athletic club teams. Seahawk basketball, softball, baseball and other sports squads, provide keen competition in Pacific Fleet and Navywide varsity arenas.

The thousands of Navy men and dependents who use and enjoy Yokosuka sports and recreational facilities each month are testimony that the base Special Services does, indeed, have something for everyone.

NTC Great Lakes Is Great

At Naval Training Center, Great Lakes, any salt-blooded Navyman who considers inland duty a drag will learn that a Seavey drydock in the interior can prove to be most enjoyable.

Work is work anywhere, so a fair gauge of how one duty station stacks up against another might be the extent of after-hours recreational facilities available. By this standard NTC, which can transform itself suddenly into "a lakeside holiday camp," must score highly.

Not every inland base can boast a shoreline on Lake Michigan, of course, but NTC has capitalized on this resource. There's plenty for all.

For instance, if an enthusiast oversleeps his weekend chance to skipper one of the 20 sailboats that are at his disposal, he might still find crew space on the 46-foot ketch belonging to Special Services.

Second choice might be a day at NTC's beach—special because it has a beach house with bandstand and dance floor and nearby charcoal pits.



AIRBORNE — Jumper sets his mark in track meet at NAS Quonset Point, R. I.

Or the preference might be for a refreshing dip in one of two outdoor or two indoor swimming pools.

For those whose main interests don't include the water, there are a 3364-yard golf course, a skeet-shooting range, intramural sports competitions, a little theater group and, in the winter, an outdoor ice skating rink as alternative activities.

Special Services will also equip the more adventurous for a camping trip by loaning the tent, sleeping bags and fishing gear. Other equipment available ranges from horse-shoes and tennis gear to toboggans.

NTC hobby shops provide materials and working space for wood-working, leathercraft, photography, machine shop, model-making and ceramics hobbyists.

There are five bowling centers on the base, an archery range, roller skating, weightlifting, basketball, badminton and handball facilities, an amateur radio club, six movie theaters, and library with over 30,000 volumes.

Green thumbs can enjoy the facilities of the horticultural hobby shop for cultivating flowers, and receive pointers from a qualified horticulturist. This facility annually produces 70,000 seedlings for an NTC grounds beautification program.

Recreation lounges on the base are complete with TV, study hall, music rooms, pool and ping pong, and other games and equipment.

Also, a community recreation center is available for parties, meetings and dinners.

With such a diversified recreational program—besides offering off-time activities—NTC aims to provide more incentive for fulfilling physical

fitness program requirements.

The spirit of competition is heightened by the quarterly presentation of a captain's cup for outstanding group competition in physical fitness tests on a point basis, and a trophy for outstanding individual achievement.

Points are gained at the rate of one point for every push up over the minimum; one point for every two inches over the jump and reach minimum; one point for every two inches over the standing broad jump minimum; and one point for every second under the minimum time for the 300-yard shuttle run.

Sounds easy.

'Don't Go to Pot' at Quonset

"Don't Go to Pot," cautions the inscription on the club membership card.

At NAS Quonset Point, R. I., 100 or so men who carry such cards are doing their best not to.

The Don't Go to Pot Club was formed at NAS Quonset last year as an offshoot of the stepped-up Navy physical fitness effort. Membership is open only to Navy men stationed at Quonset who agree to abide by club regulations—which insist on improved physical fitness through faithfully observed daily, club-prescribed exercise routines.

Under the by-laws, any member in good standing is entitled to "Good health, both physical and mental, through the process of shedding excess avoirdupois (mainly pot belly) in the exercise and steam rooms of the Quonset Swimming Pool Building."

At last report, card-carrying Don't Go to Potters were shaping up



GOOD START — Intramural football players clash at NTC, San Diego, Calif.

through exercise. So far most members have been loyal.

Club membership is only one way to keep in shape at Quonset. The air station also offers all the usual Navy sports, recreation and exercise facilities.

Last year, for example, 1815 Quonset Navymen competed in league intramural baseball, softball, volleyball, basketball, bowling, touch football, track, swimming and tennis. Additional intramural competition among Quonset-based Fleet Air and First Naval District Air Base Command personnel was staged in softball, basketball, volleyball and open boat sailing.

The varsity "Quonset Flyers" baseball, softball, volleyball, wrestling, tennis, boxing, and basketball teams offer further competition. The varsity squads compete with college, service and civilian teams in the New England and New York areas.

The most spectacular sport at Quonset since the station's commissioning (July 1941) has been football. In recent years, the brand of football played by Quonset gridders has reached top caliber. The varsity "Airbees" teams organized a few years back played successful seasons against a number of southern New England colleges and universities. Notable Navy opponents included teams from the Newport, R. I., Naval Base.

In addition to regulation softball, baseball and football fields, the base maintains tennis courts, two nine-

hole golf courses, three swimming pools, a gym, a bowling establishment (10 lanes), yacht club facilities, a hobby shop (arts, crafts, ceramics), a pistol range, a ham radio shop, the usual theater and library, and a fishing pond (which contains real fish).

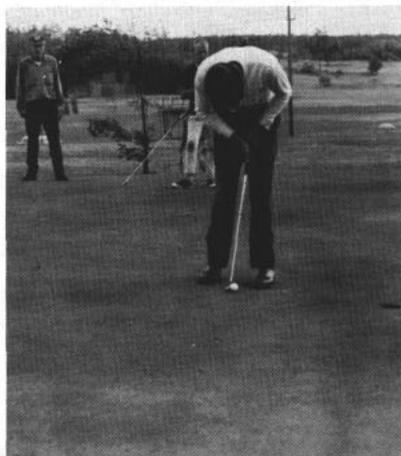
ComFairCarib Is Youthful

The Caribbean Fleet Air Command is comparatively new, but it has big plans and plenty of enthusiasm.

While the command as yet has not had much opportunity to get its feet wet in the Navy sports world, at least 35 per cent of all Navymen in COMFAIRCARIB commands take an active part in intramural sports at various stations within the Tenth Naval District.

Special credit belongs to UTRON

ON COURSE — Navymen on duty in NAS Whidbey Island area put station's golf course to good use.



Eight located at the U. S. Naval Station at Roosevelt Roads, Puerto Rico, which won the station volleyball championship for the 1962/63 season. More than 50 per cent of the squadron's personnel are taking an active part in the Roosevelt Roads intramural sports program.

Plenty to Do in Naples

For years, U. S. Navymen and women and dependents stationed in Italy—for the most part at various commands in the Naples area—have taken full advantage of the remarkable sports and recreational activities which are available.

In spite of the unusual facilities to be found in Italy, participation is brisk in the customary sports to be found at most stations.

During the basketball season, for example, 22 teams in three categories (inter-service, mixed, invitational) play 105 games. A like number of softball teams are active during the softball season—also programed on a three-league basis.

Interest of the younger set is centered in baseball. Babe Ruth (five teams), Little (six teams) and Cub leagues (six teams), are all comprised of Navy juniors.

Six teams of Naples-based volleyball players compete each year.

Horseshoes (singles and doubles) for both men and women is played on a competitive league basis.

An inter-service football league comprised of six teams of Naples-based players schedules 40 games each year.

Tennis leagues for both men and women provide 80 games of high spectator interest.

And, there are more than 100 bowling leagues in which 750 men and women mix up the pins for kegler honors, and a sub-aqua club, which at last report had 20 skin-diver members.

In addition to sporting events, on-base recreation is provided through hobby shops with space and equipment for Navymen to engage in woodworking, ceramics and other pastimes.

The Naval Support Activity maintains a recreation field in Naples' Bagnoli District, and beach facilities for Navymen and dependents at Miliscola Beach, about 15 minutes from downtown Naples.

Off-base, interests are varied.

Swimming facilities are available

at all the seashores and lake resorts, and Navymen have access to an olympic type swimming pool.

Mountain climbing is very popular, and Italy boasts some of the finest skiing grounds in Europe.

Bicycle racing draws considerable interest. The Grand Tour of Italy, which is held each June, is enthusiastically followed by virtually all Italians, and many U. S. Navymen.

For further excitement, there's auto racing—at such famous circuits as Monza—and other events including an annual auto race held in Naples on the roads of Posillipo.

Tennis enthusiasts become members of Neapolitan clubs which maintain courts.

Golf facilities are rather limited in Naples, although Navymen have access to a "pitch 'n putt" course and a driving range which the Support Activity maintains at its athletic field.

Sailing and yachting events off-base attract many Navy sportsmen, many of whom become members of various Naples yacht clubs.

Italy's most popular sport is soccer. Navymen not familiar with the game when they arrive in Naples soon become avid fans. (The Naples soccer team ranks with the best in Italy, and is a member of the National League.)

For those who like a change of pace, there's Rome to visit. The city of the Caesars and Popes, with its ancient Colosseum and magnificent St. Peter's, is a memorable week-end trip. Slightly further are Florence, Venice and Milan, each city an adventure for the Navyman-sightseer.

Those planning leave in Europe have a whole continent of ideas. Many travel to France and England, spending a week in both Paris and London. Others take inexpensive luxury type vacations at the Army Rest and Recreation centers of Garmisch and Berchtesgaden in Bavaria. Still others have the opportunity to take space-available cruises on MSTs ships, stopping at Athens and Istanbul.

Navymen and their families learn new things, see new places, meet new people and taste new foods.

Most, however, have to look no further than Naples for sights to see. It is rich with the traditions of conquering nations and peoples, from the early Grecian settlers through the Norman French and Spanish Bourbons.

Royal palaces, the old Angevin



HOME PORTING — Action occurs at home during Jacksonville tournament.

fortress, churches of St. Francis, St. Ferdinand and the Duomo, and the San Carlo Opera House, are "must" sightseeing attractions.

The ancient ruins of Herculaneum and Pompeii lie in the shadow of Vesuvius, only an hour away.

The legendary Isle of Capri is an hour and a half by boat. Sorrento is nearby, as is the magnificent Amalfi coast.

It's an easy afternoon outing to the Roman Spa of Baia, the Sybil's cave at Cuma and the Colosseum at Pozzuoli.

Many a Navyman's Sunday is spent journeying to the Grecian city of Paestum, the Bourbon Castle at Caserta, or the once battered (now rebuilt) monastery at Monte Casino.

These, and many more things to do and see, are within easy reach for Naples-based Navymen.

Sports Fly High at Pax

The sports program at the Naval Air Station, Patuxent River, Md., has been long rated high because of the station's isolation from metropolitan areas which might otherwise provide off-duty entertainment for Navymen stationed there.

Intramural teams representing Patuxent River groups won the Naval District championships during the past year in basketball, bowling, badminton, pistol and rifle target firing, softball, swimming and touch football competitions.

In fact, the only available intramural sports in which Pax River

As a Rule, He Wins

At 25, Airman Apprentice Marshall Rule, stationed at NAS New York, has already wheeled his way into the international spotlight as one of the top roller skating champions in the U. S. But Rule has his sights set on even higher achievements.

A roller skating enthusiast since youth, Rule began appearing in national amateur competitions in 1955, and was a finalist the same year. After a few lesser successes, in 1958 he became a U. S. champion in amateur junior competition, and the following year won top U. S. amateur senior honors.

Rule was then appointed as an official judge by the U. S. Amateur Roller Skating Association, which operates under the AAU and the

U. S. Olympic Committee, and subsequently officiated at eight national and 32 state championships. He was honored further with an appointment as an international amateur judge by the International Amateur Roller Skating Association, making him the youngest of three world judges in the U. S.

Rule and his skating partner fiancée spend their evenings practicing a special routine under the instruction of two professionals. In November they plan to enter the world roller skating championships in Barcelona, Spain.

For Rule, Barcelona will provide a double-barreled experience. Besides competing for a world crown, he has been invited to help judge other competitions.



FUN TO BOOT — Yokosuka-stationed sailors participate in soccer game.

didn't produce district champions were golf, boxing, tennis, table tennis and volleyball.

Varsity sports offered at Pax River are basketball, bowling, golf, rifle and pistol firing, softball, tennis and volleyball.

In the district varsity competition, Pax River produced champions in basketball and tennis.

Patuxent River has ample opportunity to produce sportsmen. Among the facilities, there are a dozen intramural softball fields, a picturesque golf course which winds through the trees along the Bay shore, indoor and outdoor swimming facilities, a 14-lane bowling alley with the latest equipment, five basketball courts, pistol and rifle range, tennis and volleyball courts.

The sports program at Pax River has three major aims: To provide top spectator entertainment for those who wish to attend; to maintain a complete intramural program for men and women not of varsity caliber and; to provide as many recreational facilities as possible for those who are interested neither in competing nor watching competitive games.

Memphis Is Muscle-Minded

At NAS Memphis some people fly planes and some people jump out of them as a pastime.

No one here, in fairness, can complain of a lack of something to do. Memphis claims that its athletic and recreational programs rank with the best in all services.

Some out-of-the-ordinary offerings available which support that claim are: a flying club which owns three planes; a sport parachuting club; riding stables with 39 horses, nine donkeys and two ponies; a ham radio

club (station W40DR); a sports car club; and hay rides.

On the athletics side, NAS Memphis supports varsity teams in eight sports, including football, basketball, volleyball, softball, swimming, bowling, tennis and golf (see also page 25).

Varsity squads maintain active schedules. In the past year NAS played nine other teams on the gridiron and a 26-game basketball schedule. Other teams participated in 46 softball games, 10 swimming meets, and district tournaments in these sports plus bowling, tennis, volleyball and golf meets.

The Navy Memphis athletic program has shown an increase in participation each year for the past three years. The program is on a volunteer basis, and conducted after working hours. During the past year over 4000 team members participated in intramural sports.

Intramural competition between the six commands attached to the base is conducted in most of the above sports, plus baseball, horse-shoes, boxing, ping pong, badminton, and basketball free throw.

At Memphis there is little need to operate playing fields and areas on a first come, first served basis. The base has 18 football and 14 softball fields; four volleyball and four badminton indoor courts; seven tennis and five basketball courts; one squash court; 34 pool and 28 ping pong tables; a gymnasium large enough to house a football field; an 18-hole golf course and a golf driving range; a 12-lane bowling alley; four swimming pools; and one portable boxing ring.

One other factor contributing to a smooth-running athletic program at

Memphis is the operation of an officials association, which furnishes well schooled referees and umpires for some sports.

The NAS flying club helps interested personnel to obtain their private pilots' licenses in as short a time as possible at a minimum cost. Dual instruction, cross-country flights and ground school are available to club members.

From flying real planes, organized activities branch out to two extremes—the Tailhooks model airplane club and the Skyhawks sport parachuting club. Of these, the parachuting club perhaps offers the greater excitement for physically fit servicemen.

14th ND Is Sports Paradise

The 14th Naval District, with its mild climate, is ideal for a wide range of athletic activities. Its sports program includes everything from badminton to judo and gives everyone an opportunity to play.

Intramural competition is sometimes the stepping stone to participation in station varsity athletics and All-Navy competition. For the competitive sportsman who is less than varsity caliber, 14ND has a well-rounded program.

A look at intramural sporting events in several Hawaiian commands reveals these sports: table tennis, volleyball, basketball, horse-shoes, tennis, softball, track, golf, archery, shuffleboard, swimming, touch football, skeet, bowling, badminton, handball, judo and pistol competition.

Most commands in the 14th Naval District have a Captain's cup award for the winners of intramural competition.

Competition between teams from different services in the Hawaiian area is governed by the Hawaiian Armed Services Athletics Council (HASAC). The Navy representative is the director of Special Services, 14th Naval District. HASAC sets forth the rules and regulations for 13 sports.

Hawaiian area tournaments, some of which decide who is to represent the 14th Naval District in All-Navy competition, are conducted in all varsity sports.

During the past few years, teams from the 14th Naval District have been successful in a number of All-Navy competitions. After SERVPAC won an unprecedented third straight

All-Navy basketball title in 1962, SUBPAC cagers won the 1963 All-Navy basketball tournament, and the title didn't leave the 14th ND.

In a Christmas basketball tournament held at Pearl Harbor's Bloch Arena last December, SERVPAC defeated Michigan State 95-88, and SUBPAC defeated Tennessee State 107-97.

Baseball, football and softball are some of the Navy's best spectator sports on the islands. Some of the larger fields are Ward Field, located near Bloch Arena, Pearl Harbor Naval Base, home of the Pearl Harbor Admirals; Millican Field, located at the Submarine Base, home of the Raiders; Gabrunas Field, also at the Submarine Base, just across from Millican Field; and Quick Field, located in the Pearl Harbor Marine barracks area. Eight smaller ball diamonds are located at Richardson Center, just off Kamehameha highway. Other fields are located at the various bases.

The Navy and Marine golf course is located on Moanalua Ridge on the mauka (mountain) side of Kamehameha highway. Membership is available to military personnel and their dependents.

The Bloch Arena gym provides courts for basketball, handball and volleyball, while 18 tennis courts, located at various commands, are conveniently situated for year-round play.

Each base has its own bowling facilities, but the alleys located at Bloch Arena are widely used.

For a change from the salt spray of the blue Pacific, and the sand of Hawaii's beaches, there are 11 swimming pools. Swimming lessons are offered from time to time.

These many facilities encourage everyone in the area to keep physically fit.

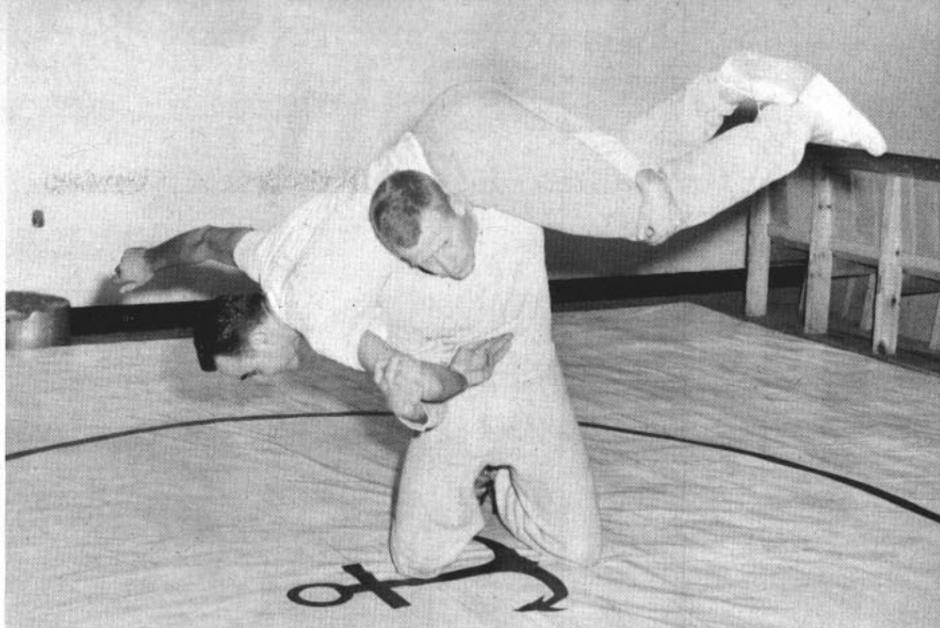
Winners Are at SubBase Pearl

Any submariner can tell you there's not much room in his ship for football, or basketball, or baseball, or most other popular recreational-sports activities. He can also tell you that it really doesn't matter, for two good reasons:

- Even if there were room, there wouldn't be time.

- Duty in a sub at sea offers a change of pace from the rigorous sports activities available to submariners when they're in port.

The second of these two points is



WINDING UP — Wrestling holds interest of these Great Lakes Navymen.

amply documented at the Submarine Base, Pearl Harbor, Hawaii.

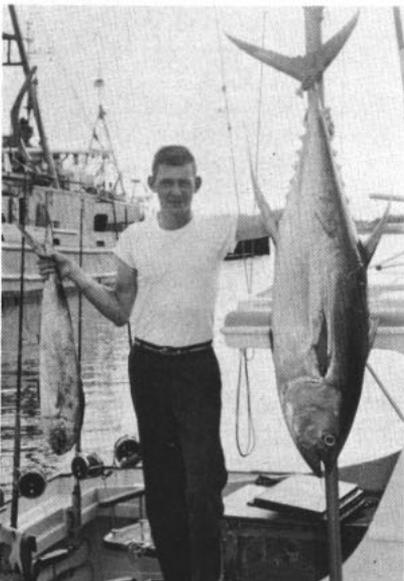
Last year, for example, 31,105 Pacific Fleet submariners and Navymen attached to the Pearl Harbor sub base participated in 22 different intramural sports events.

Of these athletes, 29,722 competed for team and league honors in intramural basketball, touch football, bowling, softball, volleyball, swimming, and track and field events. The remaining 1383 participated in individual sports, such as table tennis, pistol and skeet shooting, archery, shuffleboard, badminton, golf, handball, horseshoes and tennis.

In addition to the intramural events, many Pacific submariners play varsity ball on topnotch SubPac "Raider" teams.

Last year, SubPac's varsity softball squad won the Hawaiian area

GOOD CATCH — Pearl Harbor submariner holds up fish landed from deep sea recreation fishing boat.



and Western Regional tournaments, then moved on to All-Navy competition. The varsity baseball team also enjoyed a successful season, winning both Hawaiian Interservice League and Hawaii "world series" honors.

This year, SubPac's varsity basketball team won the Hawaiian Armed Forces Senior Invitational League after chalking up a record of 28 wins and two defeats, then went on to capture All-Navy honors and second place in the inter-service tournament (Army nosed out SubPac in the finals).

Barber's Point in the Swim

A report on sports and recreation at NAS Barber's Point, Hawaii, would be incomplete without mentioning its wonderful beach facilities. Hawaii is famous for its beaches and surfboard riding, and Barber's Point boasts the finest surfboarding in the world for beginners—all the year-round.

Besides this main attraction, 12 commands stationed on the base annually produce 70-odd teams for competition in 10 intermural sports, and varsity teams in as many sports participate in interservice, intercollegiate and A.A.U. competitions.

Competition in bowling, basketball, volleyball, flag football, softball, ping pong, badminton, horseshoes and tennis begins at command intramural level, with the various departments within each command pitted against one another.

The commands attached to NAS select teams to compete in the base intermural league, with an eye toward winning the Naval Air Hawaii



WHAT NOW — Men of USS *McMorris* (DE 1036) try ancient art of Kendo.

Athletic Excellence Trophy.

This program is managed by a board of governors composed of representatives from each attached command. The board meets at least once each quarter to set seasonal schedules and convenes each spring to formulate the over-all program for the coming year.

Varsity teams are comprised of men from all commands on the base. Teams are entered in naval district or interservice leagues in baseball, basketball, swimming and diving, football, track and field, volleyball, tennis, golf, wrestling and boxing.

The best recent performance of a varsity team was recorded by the 1962 swimming and diving squad, which defeated all service teams in the Hawaiian area.

With over 2000 men partaking of organized sporting activities, a successful physical fitness program at NAS Barber's Point seems assured.

Nevertheless, a program to stimulate further interest has been instituted. It provides for letters of merit, signed by the commanding officer, to be awarded for outstanding achievements.

Voluntary programs for physical fitness are encouraged and, in some cases, short periods of compulsory exercises are carried out.

Near the fine white sands of Nimritz beach is a lawn area complete with locker rooms, sports fields and picnic areas with barbecue pits.

Until someone invents a new form of recreation far superior to any we know of to date, beach outings will remain the unchallenged favorite for recreation at Barber's Point.

San Diego Is Home of Champs

When mentioning who's who and what's what in Navy athletics, the San Diego area must drift into the conversation.

San Diego has been the home of past title-winning teams and individual champions in a wide variety of sports. These include three national Golden Gloves championship teams, a number of Olympic medal winners and a host of other firsters in inter-service, All-Navy and AAU competitions.

Last year the San Diego-based *uss Sperry* (AS-12) won All-Navy honors in softball, and in 1961 NAS North Island captured sea-service honors in this sport.

Seven times in eight years San Diego teams won championships in regional Golden Gloves competitions. Three out of four years the same boxers won team honors at the National Golden Gloves finals in Chicago.

San Diego's championships are seasoned in a 26-acre layout five blocks from the heart of the city—the Navy athletic field. Among its facilities are five softball and three baseball diamonds; two gymnasiums with basketball courts; a boxing gym;

two fields for touch football; a 50-meter Olympic size outdoor swimming pool; bowling alleys and two field houses.

In a typical year 36 basketball, 34 bowling, 39 softball, 17 touch football, nine baseball, seven tennis, and 16 golf teams are in action at San Diego.

Golf is played on the San Diego Navy course 10 miles from the center of town. Facilities include an 18-hole championship course and a less demanding nine-hole course, plus a driving range, putting greens and clubhouse.

At the adjacent recreation center are picnic facilities for 1500 persons, softball diamonds, basketball courts, horseshoe pits and another 50-meter swimming pool.

Heavy support for area teams comes from the 20,000 personnel stationed at Naval Training Center, San Diego, during championship playoff time.

NTC concentrates on sports activities in which everyone participates—from the newest recruits to the saltiest seafarers.

For that reason, perhaps, the station has ranked among the top in 11th Naval District athletic excellence for the past seven years.

NTC's varsity basketball squad plays a 35-game schedule, including 15 games against college teams, two AAU meets and 18 service matches. The varsity bowling team participates in 21 service league matches, followed by service and civilian tournaments.

Other scheduled varsity activity consists of the following:

- Golf: 22 matches, including 12 college and 10 service, plus three service tournaments.

- Judo: Nine matches, including five civilian and four service, plus eight tournaments.

- Softball: 41 games, including 20 civilian and 21 service, plus three tournaments.

- Swimming: Eight meets, including seven civilian and one military. Two NTC men are now training for Pan American and Olympic teams.

- Tennis: 18 matches, including 10 civilian and eight military, plus three tournaments.

- Volleyball: Eight service competition, plus one tournament.

- Wrestling: 10 tournaments (eight civilian, two service).

Sixty pistol and 70 rifle meets are entered annually by NTC teams. In addition, women's varsity squads are organized in bowling, golf, rifle shooting, tennis and volleyball.

There is every bit as much activity in intramural sports at San Diego.

Competition is organized in basketball, six-man tackle and flag football, golf, handball, squash, softball, ping pong, tennis, track, volleyball and weightlifting.

The physical fitness program at NTC is run on a tournament basis between three attached commands, with the accent on developing physical stamina and endurance in a sustained program.

There is always some sports activity just around the corner.

Packers Pack Action

At the Naval Air Station on North Island, San Diego, the COMNAVAIRPAC varsity teams are known as the NAVAIRPAC Packers. The Packers field teams in softball, basketball, golf, bowling, tennis and pistol/rifle competition.

In addition to local service competition, the Packers' schedules include local colleges and universities as well as other civilian teams in the surrounding communities.

During recent years the Packers have distinguished themselves in Navy competition. For instance, in 1960 and 1961 the softball team competed in the All-Navy competition as the West Coast Regional Representative and won the All-Navy softball crown for 1961.

The varsity Pistol/Rifle Team was the All-Navy Champion for last year—for the second consecutive year.

COMNAVAIRPAC also sponsors an inter- and intramural program in which teams compete for five identical Athletic Excellence Trophies. The trophies are awarded on the basis of man-hours of participation and success in competition.

PhibPac Keeps Players Busy

Pacific Amphibious Force basketball fans at San Diego have something to anticipate when the basketball season rolls around.

During the 1962-63 season, for instance, the Invaders played a 28-game schedule. The Invaders' season record was 25 wins, three losses.

Eleven games on the COMPHIBPAC schedule were Eleventh Naval District major league basketball games.



TABLED MOTION — Members of CruDesLant staff enjoy table tennis.

COMPHIBPAC varsity sports include bowling, basketball, softball, pistol firing and volleyball. The intramural program includes these sports and, in addition, tennis, flag football, swimming, badminton, horseshoes, table tennis, rifle firing and golf.

Special interest sports at COMPHIBPAC include sky-diving, wrestling, boxing, gymnastics and judo.

CruDesPac Goes International

The sports program of the Pacific Cruiser-Destroyer Force has an international flavor. Ships and staffs of CRUDESPEC not only compete against each other in sports such as basketball, football, softball, swimming, bowling and small-arms firing, but they often compete against teams from foreign cities and service establishments while deployed.

While in the States, men from

CRUDESPEC ships from the San Diego-Long Beach area participated in the AAU boxing tournament at San Diego during January and February of this year.

Two men from *uss Galveston* (CLG 3), bantamweight Bill Bazemore and light welterweight Ted Brockman fought in the finals.

On the international scene, during a goodwill visit to Bangkok, Thailand, last year, men from *uss Towers* (DDG 9) played two basketball games and one soccer match with Thai teams.

Towers personnel also demonstrated U. S.-style football for the Thai public.

uss McMorris (DE 1036) sailors played basketball, softball and football games with local teams from the countries they visited. The playing schedule included games with the University of Negros and Lasalles College, both of Bacolod, Philippines.

McMorris crew members also learned the Japanese arts of kendo and judo from Japanese opponents.

A bowling team from *uss Saint Paul* (CA 73) won the Commander Naval Forces Japan annual bowling tournament in April 1962.

A perpetual trophy was established in 1962 for athletic competition between the CRUDESPEC station ship at Hong Kong and the British Naval Base *HMS Tamar*.

Last year, the station ship *uss Black* (DD 666) defeated *HMS Tamar* 69-48 in a swimming meet.

Hallow Wilson, SH3, usn, from *uss Bryce Canyon* (AD 36) represented the United States against Soviet wrestlers in Iran in May 1962.

While assigned as a weather picket

HOT SHOT — Hoopster from NATC, Patuxent River, Md., lays one up during contest to decide area champs.





WHAM — Navy player fouls one during intramural play at Sangley Point.

ship during Operation Deep Freeze, *uss Durant* (DER 389) fielded basketball and baseball teams against local teams at Dunedin, New Zealand, in September 1962.

Meanwhile, back at the ranch, the COMCRUDESAC Staff has organized varsity teams in basketball, football and softball which participate in leagues of service teams from the San Diego area.

Staff bowling teams engaged in intramural competition.

Although CRUDESAC ships are deployed throughout the Pacific and an over-all related sports program involving all units is difficult to achieve, its Navymen and their dependents have access to considerable athletic and recreational equipment and facilities and can take advantage of many organized sports programs.

Pensacola Is Busy All Year

The U. S. Naval Air Station at Pensacola, Fla., has both the climate and the facilities which are conducive to impressive sports programs.

The Pensacola *Goslings*—varsity sports competitors—conduct Admiral's Cup competition in basketball, bowling, tennis, pistol firing, golf, softball, swimming and volleyball.

The *Goslings* are also members of the Gulf Coast Inter-service Sports Association, which provides competition in baseball, softball, volleyball, swimming, tennis, pistol firing and basketball.

For intramural activities, NAS

Pensacola teams vie with each other in the Captain's Cup Competition.

Various units of the Naval Air Station support teams in softball, basketball, touch football, badminton, golf, handball, horseshoes, swimming, table tennis, tennis, volleyball and pistol.

There has been so much interest shown recently in field hockey that it will probably be added to Pensacola's program.

When NAS Pensacola Navymen aren't competing in organized sport, there is plenty of opportunity to become proficient in—or just plain enjoy—handball, swimming, squash, water skiing, boating and fishing.

Most of the sports available to Navymen are also available to their dependents, and a well-developed youth program has been pushed forward during the past few years to take care of the younger generation.

NAS Pensacola is well supplied with facilities for providing an extensive sports program.

A fine golf course, adequate for championship play, is available to all personnel. It was the site of a PGA-sponsored Pro-Am tournament on 6 Mar 1963.

The All-Navy Golf Tournament will be held there from 17 to 20 September of this year.

Other facilities include five swimming pools (three outdoors and two indoors), two swimming beaches, one ski beach, a fishing camp complete with all facilities and equipment, two lighted softball fields and a foot-

ball stadium, 11 bowling lanes in two alleys, 14 tennis courts, two indoor squash and two indoor handball courts, plus a gymnasium.

Lajes NAF Is Small, Powerful

The Naval Air Facility, Lajes, is a tenant activity of the Azores Air Transport Station, Military Air Transport Service, and the only naval activity under the jurisdiction of the Azores Fleet Air Command—only 120 men are assigned to it.

In spite of its diminutive size, NAF placed three members on the Azores Air Transport Station varsity softball team and two on the station basketball team—not bad considering that NAF men represent only about six per cent of all AATS military population. Both varsity teams traveled to the United States to take part in MATS tournaments.

NAF men at Lajes participate in basketball, bowling, boxing, golf, softball, touch football, volleyball and sports classified at Lajes as minor, such as tennis, handball, badminton, squash, table tennis, shuffleboard and pool.

With the exception of boxing, from 10 to 26 NAF men participated in these sports—a total of 75 per cent of all NAF personnel.

In addition, 80 per cent of NAF Navymen took part in unit volleyball competition with teams representing various shops or departments of the facility.

In bowling, softball, volleyball and the minor sports, NAF placed from first to third in AATS intramural competition.

Edisto Develops Slick Sport

During the spirited and slippery ice touch football season on *uss Edisto's* (AGB 2) McMurdo Sound home field, the ship's eight six-man teams took to the frozen wastes to buck and ram their way through a rugged 30-game schedule.

In this frigid Antarctic summer league, where the ballpark lights shine 24 hours a day, it's common to find the two leagues battling it out at almost any time they can squeeze in an hour or two.

The ice has put a few twists into the old sandlot game. The first-time viewer of ice football might see it as only an uncontrollable comedy, and not realize the determination behind each play. On the treacherous ice, where the small 20- by 60-yard

field looks and quickly feels like an acre, one hand is all that can be spared for the tag. All six men, if fortunate enough to make it past the line of scrimmage standing up, are eligible pass receivers.

Other modifications to the rules include a cut in penalty yardages, 15-minute quarters with a continuous clock (time-outs called by the referees only for injury or long enough to fish man or ball out of seal holes) and free substitution.

Yet, even with the modifications, anyone who has played on the ice will agree that getting the ball downfield is often more miracle than skill.

As the season progresses the benefits derived from this form of recreation become increasingly evident. Everyone is given a chance to work off the excess energy he's built up and forget for a few moments the endless shipboard routine.

A good end run does a lot to restore one's perspective, especially around the 125th day below the Antarctic Circle.

Yogi Palace at Whidbey

Sportsmen at the Naval Air Station at Whidbey Island, Oak Harbor, Wash., focus their attention on Ault Field's "Yogi Palace."

Here are located a basketball court, two shower rooms, steam and drying rooms. There is also an exercise room equipped with a boxing and wrestling ring, two speedball stands, a body bag, wall weights, barbells, dumbbells and exercise boards.

Equipment is also available for those who enjoy softball, football, volleyball, tennis, badminton and horseshoe pitching.

An 18-hole championship course is provided for Whidbey golfers. Those who don't own their own clubs, bags and carts can rent them for a nominal fee.

For Navymen who want to enjoy the scenery at a slower pace than that provided by the horseless carriage, NAS Whidbey maintains a stable of carriageless horses—15 of them—which can be rented for a nominal fee.

The Special Services building has a six-lane bowling alley equipped with automatic pinsetters. There is also a four-lane alley open at the Seaplane Base for evening bowling.

During working hours, Whidbey flight crews learn the art of water



MANPOWER — Sailors at NTC, San Diego, practice the art of whaleboating.

survival in the combat survival tank, but during off-duty hours, a life-guard appears and, presto, instant swimming pool. It is used for recreational swimming and instructing local youth groups.

Various squadrons and NAS teams at Whidbey engage in intermural sports competitions and tournaments.

The Whidbey Jets basketball team, made up of officers and enlisted men from Whidbey-based squadrons and NAS personnel, won the 13th Naval District Inter-service Basketball tournament for 1962-63.

The 13th Naval District Volleyball tournament was played at NAS Whidbey.

LA Takes Yokosuka Boxers

In spite of her busy operational schedule with the Seventh Fleet, *uss Los Angeles* (CA 135) and her stalwart athletes always seem ready and able to snag another trophy when they turn up in Pacific ports.

Such an instance occurred again recently when the heavy cruiser tied up at Yokosuka, Japan, just in time for the Commander U. S. Naval Forces, Japan, boxing tournament.

Comparatively inexperienced, and outclassed on paper by the resident Yokosuka Seahawks boxing squad, whose numbers include several All-Navy finalists and semi-finalists, the cruiser's ten-man team set themselves to the task of narrowing the odds margin, beginning with pre-dawn five-mile road workouts.

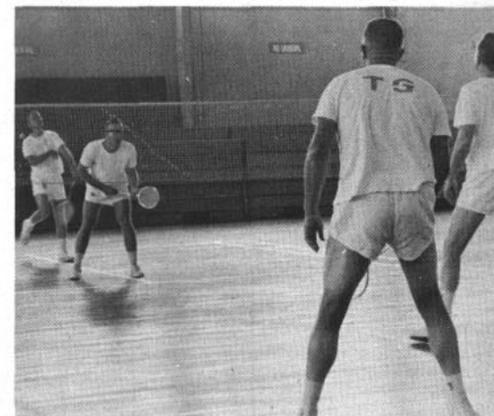
When ringtime came, the underdogs had developed enough heart

and wallop to sweep aside their competition and win the tournament, plus producing the meet's outstanding fighter, Seaman E. D. Quitazol (light welter), who won a trophy with that inscription.

In all, the *Los Angeles'* team, under the coaching of Ensigns T. M. Webster and K. W. Visser, amassed 14 trophies. Members of the squad are: L. I. Mahuiki, GM3; R. D. Williams, SN; R. K. Lee, SN; R. A. Orf, SN; T. A. Ramsey, SN; L. L. Greenman, SN; F. S. Freeman, SN; A. L. Lacey, SA; E. D. Quitazol, SN; and J. J. Tayros, SN.

Since her arrival in the western Pacific, *Los Angeles* has also produced basketball and softball teams which are undefeated against all comers in Fleet competition, and a highly praised judo team.

WATCH THE BIRDIE — Navymen stationed at Yokosuka enjoy game of badminton in base's rec facility.



THE BULLETIN BOARD

Changes in Examination Procedures Improve Your Chances of Advancing

Two changes in the enlisted advancement procedure mean better advancement prospects for those who pass the exams.

As of the last February exams for grades E-4 through E-6, secondary advancement dates are being used to raise the ratings of many of those who passed (in February) but were not advanced on the primary advancement date of 16 May due to quota limitations.

Next year, examinations for CPO (E-7) will be held twice (February and August) instead of once, and twice each year thereafter.

Here's the advancement schedule now in effect for grades E-4 through E-6:

Exam	Primary Advancement Date	Secondary Advancement Date
February	16 May	16 July
August	16 November	16 January

These same primary and secondary advancement dates will be used for E-7 examinees beginning next year.

Men advanced in the secondary increments will be considered to have been advanced in May or November, rather than July or January, for purposes of final multiple computations, and for determination of eligibility and time in rate for future advancements.

Terminal eligibility dates remain as 16 May for February exams, and 16 November for August exams.

Also effective in February, profile cards are being furnished only to those who fail the exams.

Foreign Language Training Available for Officers

If you're an officer who could fill one of many important military/diplomatic billets providing you had the necessary foreign language qualification, now's the time to check into the various programs offered by the new Defense Language Institute.

Effective 1 Jul 1963, the Institute will be responsible for all foreign language instruction for U. S. military personnel, replacing various language schools administered by indi-

vidual service branches. Courses ranging in length from 19 to 60 weeks are conducted under Institute administration at Defense Language Schools in Monterey, Calif., and Washington, D. C.

Under the program, instruction will be offered before assignment to billets requiring language proficiency. All officers on active duty, both Regular and Reserve, may apply.

Each applicant must agree to serve on active duty at least one year for each six months or fraction thereof of language instruction received. This is in addition to the obligated service incurred upon commissioning.

In the case of Reserve officers who have completed their initial obligated service and are serving on voluntary active duty extensions, the extra obligated service incurred through language training will commence on the date such training is completed.

If you're interested, your letter of application, accompanied by a Language Qualification Form (NavPers 584, New 8-53), and Officer Preference and Personal Information Card (NavPers 2774, Rev. 5-62), should be submitted to the Chief of Naval Personnel (Pers B-136).

Normal requisition procedures should be used to obtain Language Qualification Forms and Officer Preference Cards from the Naval Supply Centers at Norfolk, Va., and Oakland, Calif.

There's A Trophy for You If You Can Qualify

Since 1954, Navymen have been awarded trophies for individual athletic achievements. The sports for which the trophies are given include bowling, golf, baseball and softball.

The regulations and eligibility requirements for these awards are published from time to time in the *Special Services Newsletter*. Because that publication has limited distribution, here's a summary of the rules governing eligibility for the Navy trophies:

Eligibility—All naval officers and enlisted men and women, except NROTC and USNA midshipmen, on active duty for 90 days or more are eligible. Dependents of all eligible personnel may also apply for the awards. (Marine Corps personnel and their dependents are not eligible for BuPers Athletic Achievement Awards.)

Bowling—Men may apply for a bowling trophy for rolling a '300' game or '700' series (scratch) in tenpins. Waves must roll a 300 game or a three-game series of '600' (scratch). Requests should include verification by teammates or opponent and an official of the bowling alley.

Golf—For a 'hole-in-one' on the golf course, a Navyman may receive a trophy. The hole-in-one must be accomplished on a regulation golf course (one which has no more than five par three holes out of eighteen) or on a pitch-and-putt hole of more than 200 yards in length. Requests should include the score card properly attested by playing partners and the club professional.

Baseball—Baseball pitchers may earn a trophy by pitching a no-hit, no-run baseball game (nine innings or more) during regular league play.

Softball—And finally, softball pitchers may win a trophy by pitching a perfect game. This is a no-hit, no-run, no-man-reach-base softball performance (seven innings or more) during a regularly scheduled game.

Softball and baseball requests should include an authenticated score sheet.

All award requests should be for-



warded to the Chief of Naval Personnel (G11) via your commanding officer. For an idea of what these trophies are like, turn to the center-spread on pages 32-33.

DIRECTIVES IN BRIEF

This listing is intended to serve only for general information and as an index of current Alnavs, BuPers Instructions, BuPers Notices, and SecNav Instructions that apply to most ships and stations. Many instructions and notices are not of general interest and hence will not be carried in this section. Since BuPers Notices are arranged according to their group number and have no consecutive number within the group, their date of issue is included also for identification purposes. Personnel interested in specific directives should consult Alnavs, Instructions and Notices for complete details before taking action.

Alnavs apply to all Navy and Marine Corps commands; BuPers Instructions and Notices apply to all ships and stations.

Alnavs

No. 9—Announces revised per diem allowances for members of deployed units or detachments.

Instructions

No. 1133.16—Promulgates instructions for reenlistments, extension of enlistments and voluntary agreements to remain on active duty of enlisted personnel in the steward rating group who, upon expiration of current term of service, near 20 or more years of active service.

No. 1120.181—Outlines the eligibility requirements and processing procedures whereby USN personnel may seek appointment to USN commissioned status through either the Integration or LDO program.

No. 1321.2D—Promulgates policies and procedures for the issuance of temporary additional duty orders which involve travel of officers and midshipmen.

No. 1440.5D—Provides current in-

formation and regulations concerning changes in rate and rating of enlisted personnel on active duty.

No. 1520.93—Describes the foreign language program and encourages officers to apply for instruction in foreign languages.

No. 1520.61A—States the policy of the Chief of Naval Personnel and describes procedures pertaining to participation in the annual Rhodes Scholarship competition of officers, midshipmen and NROTC students.

No. 5510.11—Describes procedures and responsibilities for the screening, selection and continuous evaluation of personnel involved in nuclear weapons and nuclear weapons systems.

Notices

No. 1070 (29 March)—Assigned jurisdiction over, and responsibility for, service and health records of Navy personnel not on active duty.

No. 1430 (29 March)—Provided information concerning the establishment of primary and secondary dates for advancement in rate and rating of enlisted personnel on active duty.

No. 1212 (4 April)—Established an enlisted designator "SU" to identify individuals who have graduated from basic submarine school and who are qualified to remain in training for eventual qualification in submarines and assignment of the enlisted designator "SS."

No. 1520 (4 April)—Solicited applications from officers and midshipmen for the December 1963 Rhodes Scholarship competition.

No. 7300 (11 April)—Directed attention to the requirements for submission of the Travel Information Card (NavPers 2850) at the time of separation or reenlistment.

No. 3590 (17 April)—Announced

the schedule of, and the rules and procedures for, the conduct of the 1963 Fleet and All-Navy championship rifle and pistol competitions.

No. 1070 (19 April)—Announced advance changes in the format of sample release orders for officers and enlisted personnel to provide for the transfer of records of inactive personnel to the Naval Reserve Manpower Center, Bainbridge, Md.

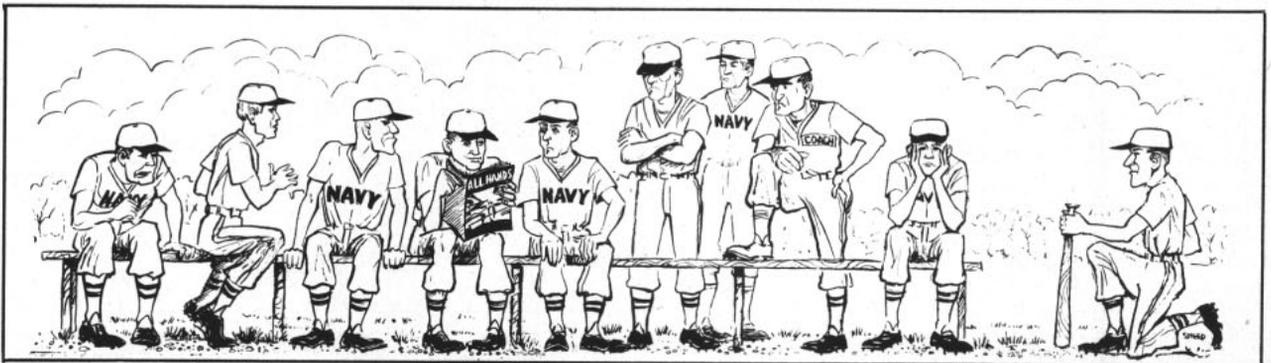
Choice Billets Open In EOD/NWD Programs

There is still a need for volunteers for the Navy's Explosive Ordnance Disposal/Nuclear Weapons Technician (EOD/NWD) Program. Enlisted men who are PO3s or above in the ratings of BM, GM, TM, MN, GMT, EN, EM or AO are particularly desired; however, owing to the shortage of personnel in the program, waivers of rating will be considered.

Additional primary qualifications for interested personnel are set forth in BuPers Instruction 1500.15D, pertaining to diving, and the *Catalogue of U. S. Naval Training Activities and Courses* (NavPers 91769F) pertaining to EOD/NWD. BuPers Inst. 1500.25G sets forth the class convening dates for the two schools.

The program, as its name implies, involves the disposal of ordnance materials and the handling of nuclear weapons. Since the work in many cases involves recovery of materials from underwater, personnel must also qualify as Divers Second Class and in Scuba. The training of volunteers requires 10 weeks at the Navy's Underwater Swimmers School, Key West, Fla., to qualify as DV2/SCUBA and 26 weeks at the EOD School, Indian Head, Md.

Duty stations available to grad-



BE A SPORT, pass along each issue of ALL HANDS Magazine to nine other members of our team who are waiting.

uates of the school are some of the best in the Navy—overseas shore stations, both Atlantic and Pacific; sea duty billets in EOD units at Charleston, S. C., and Pearl Harbor, as well as in CVs, AEs, ASs and ADs. (Some of the sea duty is so good there is difficulty in getting men to fill the shore duty billets in CONUS.) In addition, you receive \$80.00 extra pay a month.

In part, BuPers Inst. 1500.15D sets forth the primary requirements:

- Be a volunteer.
- Possess or be eligible for a Top Secret clearance.
- Be physically and psychologically qualified for diving duty.
- ARI 55—MECH 50 (Combined total 105). (Interested personnel having lower scores may, if well qualified in other respects, request retake of basic battery or a waiver.)
- Test dive in deep sea diving suit.
- Be a certified Second Class swimmer or above.

If these qualifications are met, official requests should be forwarded via the chain of command to BuPers (Pers B21121) for determination of acceptance and assignment of a training class. There are openings in August 1963 and subsequent classes.



"And this time I don't want any gravy on top of the ice cream."

Latest List of New Motion Pictures Available to Ships and Overseas Bases

The latest list of 16-mm feature movies available from the Navy Motion Picture Service is published here for the convenience of ships and overseas bases.

Movies in color are designated by (C) and those in wide-screen processes by (WS). They are available for ships and bases overseas.

40 Pounds of Trouble (2210) (C)

(WS): Comedy; Tony Curtis, Suzanne Pleshette.

The Quick and the Dead (2211): Drama; Victor French, Majel Barret.

Murder in Eden (2212): Suspense Drama; Ray McAnally, Catherine Feller.

Password is Courage (2213): Comedy Drama; Dirk Bogarde, Marie Perschy.

Destination Gobi (2214): Adventure Drama; Richard Widmark, Don Taylor (Re-issue).

Cimarron Kid (2215): Western; Audie Murphy, Yvette Dugay (Re-issue).

Black Bart (2216): Action Drama; Dan Duryea, Yvonne De Carlo (Re-issue).

Flesh and Fury (2217): Melodrama; Tony Curtis, Mona Freeman (Re-issue).

Loves of Salammbô (2218) (C) (WS): Melodrama; Jacques Sernas, Jeanne Valérie.

Wonderful to be Young (2219) (C) (WS): Musical Comedy; Cliff Richard, Carole Gray.

Karate, Hand of Death (2220) (WS): Drama; Joel Holt, Reiko Okada.

Days of Wine and Roses (2221): Drama; Jack Lemmon, Lee Remick.

Ship Reunions

News of reunions of ships and organizations will be carried in this column from time to time. In planning a reunion, best results will be obtained by notifying the Editor, ALL HANDS Magazine, Room 1809, Bureau of Naval Personnel, Navy Department, Washington 25, D. C., four months in advance.

• *uss Barb* (SS 220)—A reunion for all who served on board during World War II is scheduled for 30 July—1 August, at Pascagoula, Miss. For details, write to RADM E. B. Fluckey, USN, 1326 Barger Drive, Falls Church, Va.

• *uss Santa Fe* (CL 60)—The 17th annual reunion will be held at the Statler Hilton Hotel, New York City, on Saturday, 12 October. For additional information, write to Frederick C. Jaissle, 18 Cedar St., Hudson, Mass.

• VF-8—A 20th anniversary reunion for those who served with the squadron on board *uss Intrepid* (CV 11) and *Bunker Hill* (CV 17) during World War II will be held 21-23 June

at the Writers' Manor Motel, Denver, Colo. For details, write to R. Noel Mendoza, 1955 Laver Court, Los Altos, Calif.

• SACO—U. S. Naval Group China—The annual reunion for all members of SACO is scheduled for 2-4 August, in Washington, D. C. For more information, write to H. T. Hendrix, 6414 Crane Terrace, Bethesda 14, Md.

• NAMRU Two—A reunion for World War II members of Naval Medical Research Unit Two will be held at the Sheraton-Park Hotel, Washington, D.C., 25-26 October. For information, write to Robert H. Jackson, M.D., 10607 Miles Ave., Cleveland 5, Ohio.

• V-12, Ursinus College, Pa.—A reunion of former Navy V-12 men at Ursinus College is scheduled for 2-4 August. For details, write to Richard T. Schellhase, Alumni Secretary, Ursinus College, Collegeville, Pa.

• *uss Bon Homme Richard* (CV 31)—All who served on board during World War II who are interested in holding a reunion may write to Alfred

Reo, P. O. Box 3939, Centerdale, R. I.

• *uss Kiowa* (ATF 72)—A 20th anniversary celebration is being planned. Those interested in attending may write to Ens K. J. O'Keefe, usn, *uss Kiowa* (ATF 72), c/o Fleet Post Office, New York, N. Y.

• *25th Seabees*—A reunion is being planned for former members of the 25th Seabees (3rd Bn, 19th Marines), with date and location to be decided. For further details, write to Don Blake, Court House, Winona, Minn.

• *uss Washington* (BB 56)—The sixth reunion will be held in Milwaukee, Wis., 4-7 July. For more details, write to Harry Midkiff, 483 12th St., Brooklyn 15, N. Y.

• *93d Seabees*—The 14th annual reunion will be held at the Sherman Hotel, Chicago, Ill., 29-31 August. For information, write to R. Klinger, 4104 North O'Dell, Chicago 34, Ill.

• *uss Hornet* (CV 12)—The 12th annual reunion will be held at the Mayflower Hotel, Washington, D. C., on 22 June. For details, write to Thomas Prophet, 518 Sixth St., Annapolis, Md.

The Al Jolson Story (2222): Musical; Larry Parks, Evelyn Keyes (Re-Issue).

Man in the Saddle (2223): Western; Randolph Scott, Joan Leslie (Re-Issue).

Yellow Sky (2224): Western; Gregory Peck, Anne Baxter (Re-Issue).

Thunder Cloud (2225): Western; Randolph Scott, Ruth Roman (Re-Issue).

West Side Story (2226) (C) (WS): Musical; Natalie Wood, Richard Beymer.

Term of Trial (2227): Drama; Laurence Olivier, Simone Signoret.

Legend of Lobo (2228) (C): Novelty; Narrated by Rex Allen.

Almost Angels (2229) (C): Musical Drama; Sean Scully, Vincent Winter.

The World in His Arms (2230): Action Drama; Gregory Peck, Ann Blyth.

The Mississippi Gambler (2231): Melodrama; Tyrone Power, Piper Laurie.

The Sleeping City (2232): Action Drama; Richard Conte, Coleen Gray.

Thunder Over the Plains (2233): Western; Randolph Scott, Lex Barker.

Taras Bulba (2234) (C) (WS):

All-Navy Cartoon Contest
Peter A. Hansen, EN2, USN



"Attention!"

Drama; Tony Curtis, Yul Brynner.

The Hook (2235) (WS): Drama; Kirk Douglas, Robert Walker.

First Spaceship on Venus (2236) (C) (WS): Melodrama; Yoko Tani, Oldrick Lukes.

To Kill A Mockingbird (2237): Drama; Gregory Peck.

Winchester "73" (2238): Western; James Stewart, Shelley Winters (Re-Issue).

Wyoming Mail (2239): Action Drama; Stephen McNally, Alexis Smith (Re-Issue).

The Return of October (2240):

Comedy; Glenn Ford, Terry Moore (Re-Issue).

Iron Man (2241): Drama; Jeff Chandler, Evelyn Keyes (Re-Issue).

Sampson And The Seven Miracles Of The World (2242) (C) (WS): Action Drama; Gordon Scott.

Doctor No (2243) (C): Suspense Drama; Sean Connery, Ursula Andress.

Showdown (2244): Western; Audie Murphy, Kathleen Crowley.

Mystery Submarine (2245): Melodrama; Edward Judd, James Robertson.

Two Flags West (2246): Western; Joseph Cotten, Linda Darnell (Re-Issue).

Has Anybody Seen My Gal (2247): Musical; Rock Hudson, Piper Laurie (Re-Issue).

The Desert Fox (2248): Drama; James Mason, Cedric Hardwick (Re-Issue).

Kiss The Blood Off My Hands (2249): Suspense Drama; Joan Fontaine, Burt Lancaster (Re-Issue).

Service Rating Changes To Affect ATs and AQs

Five service ratings previously held only by men in pay grades E-4 and below have been extended to the E-5 level. (Continued on next page.)

The Right Amount and Right Kind of Foods Keep Spirits Up, Weight Down

HOW MANY CALORIES do you need? As pointed out already, it depends on your daily output of energy. However, on the average, the following comparative daily caloric requirements apply to most people.

	Men	Women
Reducing Diet	1800	1500
Indoor Work	2500	2100
Outdoor Work	3000	2500
Heavy Manual Labor	4500	3000

While limiting your calorie intake, you should make sure that your diet is balanced—that is, eating various foods that are good for your strength and stamina, your teeth and gums, and general health.

There are seven basic food groups. Here are some examples of each, along with suggested daily amounts that will make up a well-balanced diet:

- Green leafy and yellow vege-

tables and fruits—one or more servings.

- Citrus fruits (oranges, grapefruit, lemons) or equivalents (tomatoes, green salads, berries)—one or more servings.
- Other vegetables and fruits—two or more servings.
- Milk—two cups; ice cream,



"... and the food and service here are just out of this world."

cheese (not including cream and cottage cheese)—one serving.

- Meat or equivalent (fish, poultry, eggs, dried beans and peas, nuts)—four ounces or one serving.
- Bread, flour, cereals (whole grained, enriched, restored)—four to six slices or equivalent.
- Butter or fortified margarine—five pats.

The Navy makes a special effort to provide you with an attractive, well-balanced selection of food. And, physicians and dietitians are constantly at work developing nutritional requirements that preserve the highest state of efficiency for those who have excess weight in relation to natural body build.

If you're overweight, pass up the high calorie dishes. Many mess halls now have low calorie meal selections designed to help you feel good—and look good—while filling your nutritional requirements.

Affected by the change are PO2s in the general ratings of Aviation Electronics Technician (AT) and Aviation Fire Control Technician (AQ).

Effective 1 Apr 1963, the AT2 and AQ2 rates were specialized into ATN2 (Radio and Radio Navigation Equipment), ATR2 (Radar and Radar Navigation Equipment), ATW2 (Airborne CIC Operator), AQB2 (Bomber Director), and AQF2 (Fire Control).

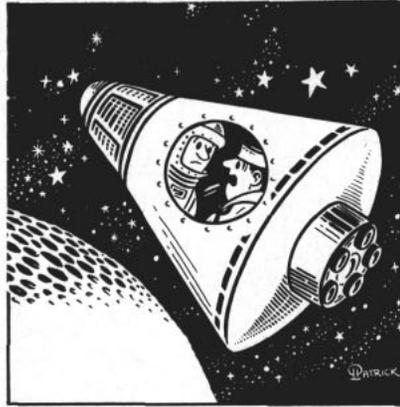
The word on what the changes mean is contained in BuPers Notice 1440, dated 22 Mar 1963. Here's a summary:

- **Advancement**—The changes will show up in the August 1963 Fleet-wide advancement exams.

- **Qualifications**—*The Manual of Qualifications for Advancement in Rating* (NavPers 18068-A) has been revised to reflect the change. In general, the old AT2 and AQ2 qualifications have been modified to reflect the more limited scope of the service ratings.

- **Training Courses**—*Training Publications for Advancement in Rating* (NavPers 10052-5) outlines mandatory training courses and optional study materials for the specialist ratings. Candidates for advancement must continue to complete mandatory courses for applicable pay grades, as listed in the manual, even though the courses cover the broad general ratings.

- **In Service Training**—Various on-the-job training programs should be changed at the command level to prepare men for advancement in appropriate service ratings.



"You mean this isn't one of those fly now-pay later flights?"

- **Pro Pay**—Those who were drawing proficiency pay when the changes became effective will continue to receive the extra money for the duration of the original awards.

Officer Fitness Report Revision Changes Dates, Tightens Requirements

Several wrinkles in the new officer fitness report program have been ironed out.

In general, the changes (to BuPers Inst 1611.12) include the following:

- New reporting dates for some officer grades. Changes in the planned convening dates of certain selection boards called for corresponding changes in some terminal reporting dates. Under the latest schedule, periodic reports are submitted annually on: Captains—31 March; Commanders—30 April; Lieutenant Commanders—31 May; Lieutenants—30 June; and Lieutenants (junior grade), Ensigns, Warrant Officers—

28 February and 31 August.

- Clarification of the requirement that reporting seniors talk over with the officer on whom the report is written any comments that may be considered unfavorable. Reviews of reports already submitted on the new form have made it clear to selection boards that some clarification was needed regarding report comments, and the manner in which minor "weaknesses" are to be reported. If minor weaknesses are indicated, their nature must be explained and they must have been discussed with the officer concerned. If weaknesses have been included in the report but not discussed with the officer, a reason must be included.

- Clarification of the requirement for comments. In selection for promotion and assignment to duty, considerable weight is placed on remarks made in the comments section of the report form. "Do not leave this section blank," cautions the latest directive. Every effort should be made to present any relevant facts regarding evaluation. Comments should substantiate and be consistent with other marks in the report.

- Discussion of the distinction between regular and concurrent reporting procedures. Regular fitness reports are a function of military command, while concurrent reports reflect performance not necessarily in the direct military chain of command. Concurrent reporting conditions normally exist when an officer is ordered to additional duties under a commander other than his own immediate military superior. If all aspects of the officer's performance are covered adequately in a concurrent report, and the regular reporting senior has no meaningful evaluation to contribute, this concurrent report can serve as both regular and concurrent, by the regular reporting senior checking "regular" and initialing in Section 9 of the report, and signing in Section 23.

- Cancellation of student enrollment notices. With the changes to annual reporting periods for many grades, and additional latitude allowed for extending reporting periods, the need for student enrollment notices is no longer apparent. This requirement has been dropped.

Details of the program are contained in BuPers Inst. 1611.12 (CH-1).

Weightlifting Pointers

One recommended physical conditioning program that has become popular with younger men is weight training. Programs of weightlifting can be effective if properly administered, and are comparatively inexpensive for the amount of use that can be obtained from the basic equipment.

During the last few years, weightlifting has enjoyed unprecedented popularity since it was learned that the practice does not make a person musclebound or lessen his coordination. Many coaches now have their athletes

train with barbells to improve ability in such sports as tennis, swimming, track and baseball.

Health enthusiasts find exercising with weights a challenge and a hobby that pays off. The beginner who sticks with his weightlifting exercises for three months or so is rewarded with an increase in main strength of 30 per cent or more, and extra inches on arms and chest. Emphasis in weight programs, however, should be on total conditioning, including muscular endurance, rather than building raw strength.

New Administrative Rating Opens Opportunities for Aviation Enlisted Men

Certain aviation enlisted men can soon enter a new Aviation Maintenance Administrationman (AZ) rating, which was approved for the establishment by the Secretary of the Navy on 16 March.

Men in the new rating will be trained for maintenance administration, a highly complex and exacting system for collecting, recording, processing and transmitting aviation maintenance data. A major aspect of the work will involve maintaining charts and analyzing trends of aircraft system and component failures.

Other duties required will be: plan, schedule and coordinate the aircraft maintenance workload; prepare and route work orders and inspection forms; schedule special and periodic aircraft inspections and incorporate changes and modifications to aircraft and equipment; set up and maintain status boards; collect, compile and record data pertaining to the history, operation, maintenance, configuration, receipt and transfer of naval aircraft and related aeronautical equipment; prepare reports and correspondence required in the aircraft maintenance program; determine requirements for, order, and control aircraft service kits; requisition publications, forms and microfilm; organize, maintain and

operate technical libraries; and perform filing, typing and other clerical duties required in aircraft maintenance offices.

The analytic and programming functions of the rating distinguish it from that of an aviation yeoman type of billet. The only resemblance lies in typing and filing requirements.

Maintenance administration is currently handled by men in various aviation ratings, primarily AD, AM, AT and AE. Creation of the new rating will end the necessity of using men with technical skills in administrative work beyond the scope of their rating, and will contribute to better safety through improved management of certain maintenance operations.

The rating will probably be in service by the end of the year. Plans are for those, with the exception of avionics personnel, who are already experienced in maintenance administration to be considered for transfer to the new rating, at their request. Also, AZ Class A school will be established.

Billet requirements, according to the report of a recent study, are estimated at over 2440, broken down as follows: E-9, 18; E-8, 34; E-7, 285; E-6, 435; E-5, 610; E-4, 700; and strikers, 360.

Transfers may be made for rates up to and including E-7, with E-8 and E-9 slots eventually being filled by men serving in the rating.

The ratio of sea to shore billets in the AZ rating, as proposed in the study report, will be: sea duty, 56.6 per cent; CONUS shore duty, 35.6 per cent; and overseas shore duty, 7.8 per cent.

The AZ rating will be included in Group IX ratings, and the path of advancement will lead to LDO, Aviation Maintenance.

NROTC Selectees Set Sights For College and Navy Career

Nearly 2000 young men who graduated from high school will be going to college this fall under the Naval Reserve Officers Training Corps program. The prospective Navy and Marine Corps officers were selected from 20,500 qualified high school seniors who applied for NROTC last fall and participated in the Navy College Aptitude Test administered last December.

The men will enter 52 leading colleges and universities next September, receiving appointments as Midshipmen, USNR. After graduation they will receive commissions in either the Navy or Marine Corps.

Committees in each state comprised of a leading educator, a prominent civilian, and a senior officer of the naval service, select Navy-minded youngsters for NROTC training. This year's principal appointees include 1915 in all—plus 717 alternate candidates.

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TAFFAIL TALK

AS OUR MORE ACUTE readers may have noticed, sports, athletics and recreation (there is a difference) have occupied a large part of our attention in this issue of ALL HANDS. However, the Navy is not exclusively brawn.

As evidence, we refer you to Judd A. Moss, EMC, who not too long ago earned the highest scholastic average—99.1—ever attained at the Great Lakes Electrician's Mate "B" School. One of the first to congratulate Chief Moss was his good friend Robert B. Larson, EMCM, who (10 years ago) recruited Moss from the deck force while in Norfolk. Then-FN Moss proved his Chief's estimate of his potentialities was correct when he promptly set an all-time 98.61 record mark at the EM "A" School.

Just goes to prove that a rolling Moss gathers lots of sparks.

★ ★ ★

uss *Tom Green County* (LST 1159) is not the one to forget tradition, wherever she may be. She isn't about to forget the recreational aspects of our physical fitness program, either.

Had you happened to be in Tso-Ying, Taiwan, a while back you would have seen, on *Tom Green County's* fantail, smoke curling up from an outdoor barbecue grill on which hefty Texas-size steaks were being prepared for the ship's company.

The occasion? Celebration of the 89th anniversary of the founding of Tom Green County, Texas, natch. To make everything homelike, the cook-out had all the essentials—picnic tables and benches, steaks, watermelon, baked beans, salad and all the fixings. Any native-born Texan visiting Taiwan at the moment would have felt right at home.

★ ★ ★

Not long after we began collecting material for our center-spread on U. S. Navy sports trophies, it became apparent that we would have more material than we could possibly use. We'd like to tell about one that got away.

When the San Diego Naval Training Center's trophy case reached the bulging point some years ago, it was decided to take an inventory before disposing of the 80-odd miscellaneous cups, bowls and plaques which had been accumulating from various sources since World War I. There were the usual awards symbolic of excellence in all manners of sports, but the prize was a spittoon-shaped trophy presented in 1930 by a seed company to the Center for having the best collection of sweet peas.

To the best of our knowledge, this has not yet become an international sport.

★ ★ ★

In spite of the vast strides in oceanographic research, the sea still retains many of its mysteries. So do many of the customs and phrases of the men who sail the sea.

A friend of ours dropped around to the office the other day and wanted to know the origin of the word "gedunk." After resorting to our favorite idea-lubricant, a cup of coffee, one of the old-timers seemed to recall a comic strip of many years ago (or was it? It doesn't seem long) called Harold Teen. In it, the teenagers made Pop's candy store their hangout. The soda fountain was called the gedunk. Any better suggestions?

And while we're at it, who was the genius who first dreamed up the mail buoy gag?

The All Hands Staff

The United States Navy

Guardian of our Country

The United States Navy is responsible for maintaining control of the sea and is a ready force on watch at home and overseas, capable of strong action to preserve the peace or of instant offensive action to win in war.

It is upon the maintenance of this control that our country's glorious future depends. The United States Navy exists to make it so.

We Serve with Honor

Tradition, valor and victory are the Navy's heritage from the past. To these may be added dedication, discipline and vigilance as the watchwords of the present and future. At home or on distant stations, we serve with pride, confident in the respect of our country, our shipmates, and our families. Our responsibilities sober us; our adversities strengthen us.

Service to God and Country is our special privilege. We serve with honor.

The Future of the Navy

The Navy will always employ new weapons, new techniques and greater power to protect and defend the United States on the sea, under the sea, and in the air.

Now and in the future, control of the sea gives the United States her greatest advantage for the maintenance of peace and for victory in war. Mobility, surprise, dispersal and offensive power are the keystones of the new Navy. The roots of the Navy lie in a strong belief in the future, in continued dedication to our tasks, and in reflection on our heritage from the past.

Never have our opportunities and our responsibilities been greater.

ALL HANDS The Bureau of Naval Personnel Career Publication, is published monthly by the Bureau of Naval Personnel for the information and interest of the naval service as a whole. The issuance of this publication was approved by the Secretary of the Navy on 27 June 1961. Opinions expressed are not necessarily those of the Navy Department. Reference to regulations, orders and directives is for information only and does not by publication herein constitute authority for action. All original material may be reprinted as desired if proper credit is given ALL HANDS. Original articles of general interest may be forwarded to the Editor. DISTRIBUTION: By Section B-3203 of the Bureau of Naval Personnel Manual, the Bureau directs that appropriate steps be taken to insure that all hands have quick and convenient access to this magazine, and indicates that distribution should be effected on the basis of one copy for each 10 officers and enlisted personnel to accomplish the purpose of the magazine.

The Bureau invites requests for additional copies as necessary to comply with the basic directives. This magazine is intended for all hands and commanding officers should take necessary steps to make it available accordingly.

The Bureau should be kept informed of changes in the number of copies required.

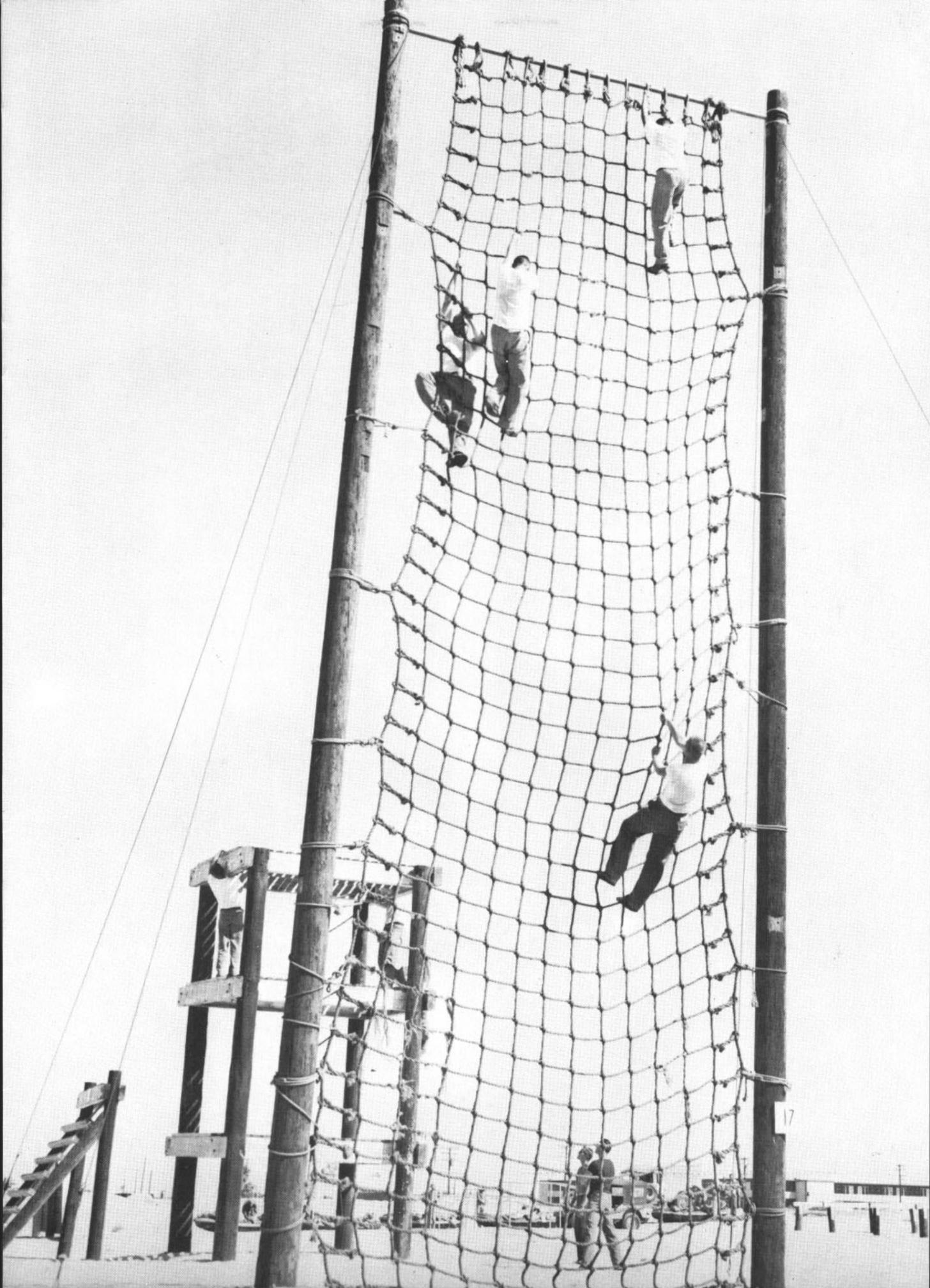
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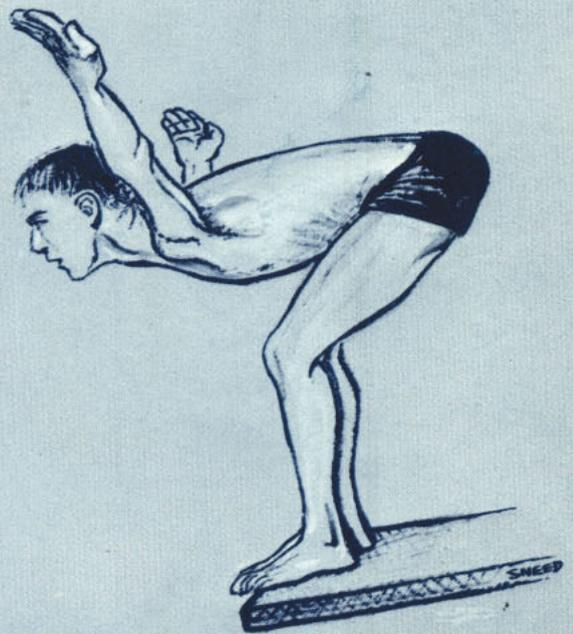
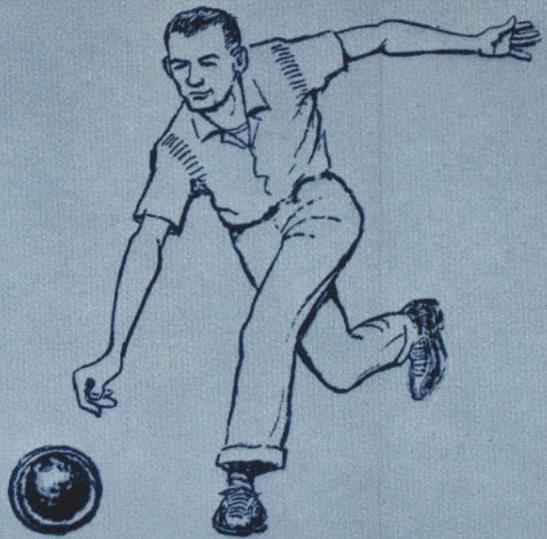
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