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Pomona College Bulletin

Pomona College

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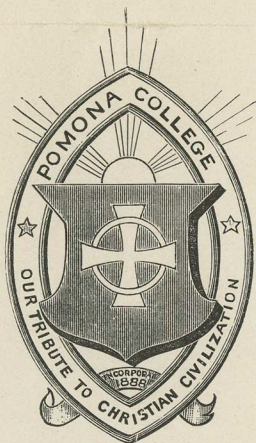
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Pomona College Bulletin



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WALTER HEMPEL
DIRECTOR OF PHYSICAL TRAINING
POMONA COLLEGE

Pomona College Bulletin

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Department of Physical Training

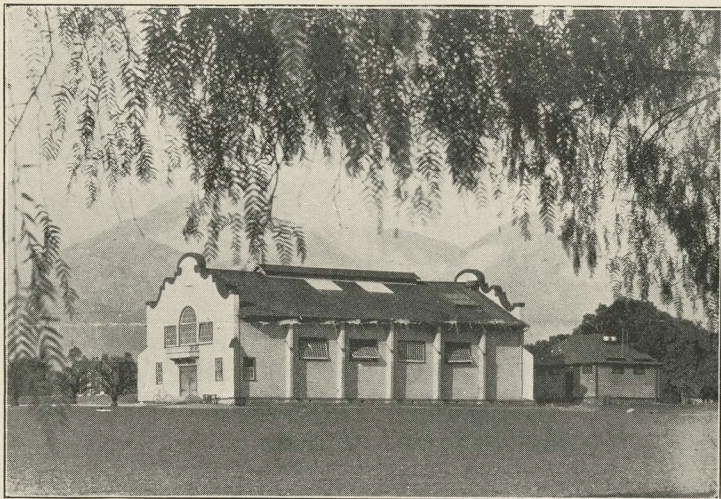
Mr. Hempel

The college is fortunate in being able to announce that the Department of Physical Training will continue under the direction of Mr. Walter Hempel.

Mr. Hempel is a graduate in physical training under Dr. Sargent of Harvard University. He has had much experience in practical work in his department, having been coach or physical director of the following institutions: Y. M. C. A., Menominee, Mich.; University School, Chicago; Knox College; Culver Military Academy; Northwestern University; University of North Dakota.

Gymnasium

All students of Pomona College are required to take gymnasium work. They are divided into four or five squads of about seventy each, two of women and two of men, each section meeting



GYMNASIUM

separately twice a week. The gymnasium is thoroughly equipped with modern gymnastic apparatus, and the work carried on includes the latest and most popular forms of exercise. The young women have the exclusive use of sixty lockers, four shower baths, and dressing rooms situated above the gymnasium floor. For the young men a new and separate building has just been com-

Pomona College
 Department of Physical Culture
Physical Examination

Name..... Age.....

Class.....

1st Exam.....190.....

2nd Exam.....190.....

	1st Exam.	2nd Exam.	Gain or Loss
Weight
Height
Girth of Neck
Chest, Normal
Chest, Expand
Waist
Hips
Thigh
Calf
Biceps
Fore Arm
Capacity Lungs
Defects of Carr'ge
Disease in Family
.....

WALTER HEMPEL, Direct.r.

PHYSICAL EXAMINATION FORM

pleted which contains seventy-five modern sanitary lockers with combination locks, six shower baths, toilet facilities, and rubbing tables.

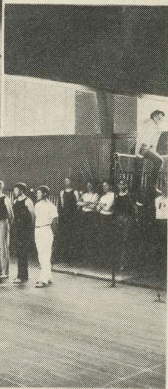
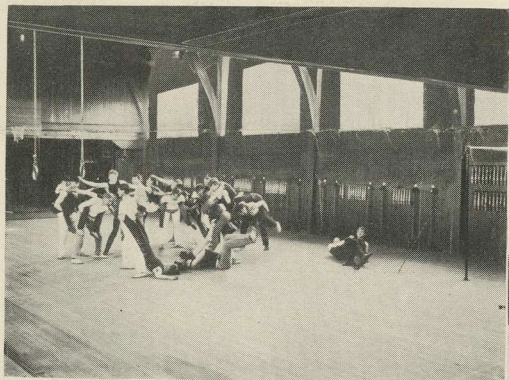
The highest commendation of the gymnasium is the fact that the majority of students enjoy it, and consider the gymnasium hour a period of recreation instead of drudgery. It is the aim of



WOMEN'S
GYMNASIUM
CLASS

the director so to vary the exercise that it may never become monotonous. All floor movements, such as marching, dumb bell, club and wand exercises, fancy steps and dancing calisthenics are performed to music. Following exercises of this character the period is given to apparatus work or some form of jumping suited to the needs and

strength of the men and women. The day's work always closes with a game in which all take part, the exhilaration of play thus finding its legitimate place. The consequence is that the gymnasium has become, as it should be, one of the



MEN'S
GYMNASIUM
CLASS

most popular places for recreation on the campus.

Physical Examination

All freshmen are required to take a physical examination, on the result of which special exercises are prescribed to overcome physical defects. All



TENNIS COURT

students on graduation are given a second examination, and the improvement is shown by comparison.

Tennis and General Out of Door Training

In May the indoor work is dropped and such out of door work is required as tennis for the young women, and baseball for men. Over one hundred women have been playing in the tennis series, which is conducted in the form of a tournament, the two final winners receiving a prize. This has the advantage of interesting a large number in the game, furnishing to many their first introduction to this sport. Rackets and balls for the tournament are furnished by the college. This is in addition to the regular tennis tournament and inter-collegiate contests which the college athletic association arranges.

Base Ball

Besides the regular first and second college base ball teams, there are four teams chosen from the gymnasium divisions by their captains. Members of the first and second nines are barred from these gymnasium teams. The four teams, together with the two college nines, gives us over seventy men playing base ball. The teams are called for identification, red, blue, black and white, and two separate diamonds on the campus afford opportunity for daily games.

The winning team is declared the champion of the gymnasium divisions, and their names are inscribed on a shield which is hung in the gymnasium.



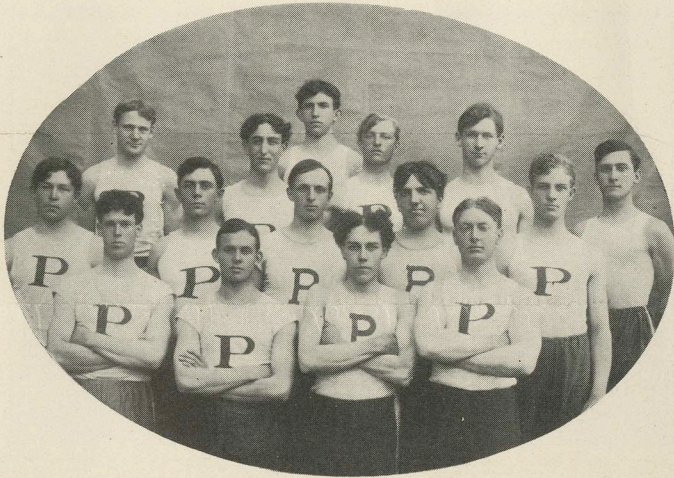
BASE BALL SQUAD

Record of the First College Team

- Pomona, 4; Ontario H. S., 2.
- Pomona, 4; Los Angeles H. S., 3.
- Pomona, 6; Throop, 0.
- Pomona, 17; Occidental, 3.
- Pomona, 5; St. Vincent, 10.
- Pomona, 3; Occidental, 4.
- Pomona, 3; St. Vincent, 18.
- Pomona, 5; Occidental, 2.

Track Athletics

The college track team engaged this year in three intercollegiate field meets, one each with Occidental, Stanford and California. The results of these meets were :



TRACK TEAM

Pomona, 67; Occidental, 18.
Pomona, 24½; Stanford, 83½.
Pomona, 18; California, 90.

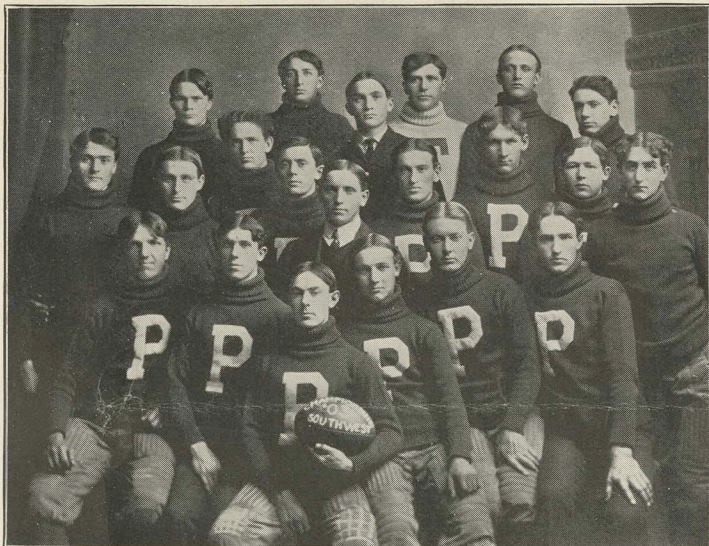
The result of the contest with Occidental gave Pomona the Southern championship as Occidental had previously won from U. S. C. Pomona took eight places in the dual meet with California, and thirteen in twelve events with Stanford. This trip is Pomona's first visit to the North. The team consisted of only twelve men who were forced to make a long trip and then compete with teams of forty or fifty men. This modest beginning is quite gratifying and assures future meets in track and football with both Stanford and California.

The twelfth annual field day of the Pomona College Athletic Association was held on the campus

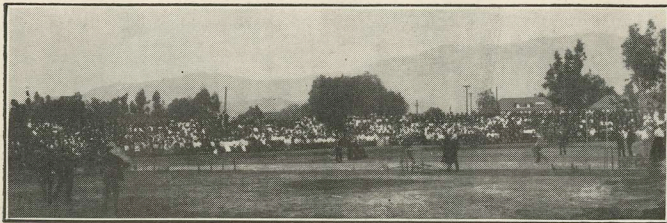
oval the fourth Saturday in January. This, the first meet, is a preliminary contest to the inter-collegiate meets.

The preparatory school team secured the greatest number of points, 47; freshmen, 44; seniors, 42; sophomores, 15, and juniors, 13. The inter-class challenge cup has now been won three times in succession by the preparatory school at the annual home field day meets.

Aside from the meets of the college track team, a field day is held for preparatory students barring out all men who have ever made the first team. The object of all this work is not only to



FOOT BALL TEAM



TRACK MEET

provide material for a winning college team, but also to give the average student with ambition, but only slight ability, the pleasure and satisfaction of entering into all the sports and games that appeal to the boy. General physical culture is sought for all students, rather than specific training merely for the few. It is the purpose of the director to let every young man who comes to Pomona, feel that even if he has not the ability to make the college teams, still he can enjoy the exhilaration of competition in every sport with others who are his equal in ability or strength.

Pomona Records

*100 yard dash.....	10 1-5 seconds.....	Hendrickson...'	08
*220 yard dash.....	22 3-5 seconds.....	Avery.....'	00
*440 yard dash.....	51 3-5 seconds.....	Hendrickson...'	08
880 yard run.....	2 m. 8 1-5 seconds,	Wharton.....'	07
1 mile run.....	4 m. 50 seconds...	Voorhees.....'	05
*High jump.....	5 ft. 9 in.....	Wharton.....'	01
*Pole vault.....	10 ft. 8 in.....	Davis.....'	06
Putting 16 lb. shot.....	37 ft. 6½ in.....	Davenport.....'	08
Throwing 16 lb. hammer	113 ft. 5 in.....	Metcalf.....'	08
Running broad jump.....	21 ft. 6½ in.....	Hume.....'	04
*120 yard hurdle race.....	17 seconds.....	Noble.....'	04

The records marked with a star are Southern California records.

1904
Pomona 37. Throop 0.
" 95 St. Vincent
" 0. Calif. 5.
Record of the 1903 Football Team " 42. Occid. 0
" 5 Indians 20

Record of the 1903 Football Team

Pomona, 11; Pomona High School, 0.

Pomona, 41; Los Angeles High School, 0.

Pomona, 52; Occidental College, 0.

Pomona, 28; Sherman Indians, 6.

**Schedule of Games now arranged for
the Season of 1904**

October 8—Throop Polytechnic Institute.

October 15—St. Vincent College.

October 29—University California.

November 12—Occidental College.

November 24—Thanksgiving Day—Sherman Indians.

Schedule of Games for the Second Team

October 29—Harvard School.

November 5—Los Angeles High School.

November 19—Occidental College, second team.

Interscholastic Field Meet

Every year the secondary schools, private and public, of Southern California, are invited to meet in track and field athletics under the auspices of Pomona College. The Preparatory School of Pomona College does not compete at this meet, preferring to join the college in taking the part of hosts. This year the representatives of fifteen schools contested before a gathering of two thousand people, among whom were a large number of principals and teachers, who accompanied their contestants. An hour of profitable discussion of matters pertaining to interscholastic athletics resulted

in the appointment of a committee to consider and report upon a general plan looking toward the keeping of all these relations between the schools upon a high plane of honor, courtesy and healthful emulation. The committee appointed represents Throop Polytechnic Institute, Los Angeles High School, Pasadena High School, Pomona High School, and Harvard Military School of Los Angeles.

The championship for secondary schools of Southern California was won by Throop Polytechnic Institute. The score by schools was :

Throop.....	25	St. John's School.....	10
Santa Paula High School..	19	Pasadena High School.....	9
Pomona High School	17	Redlands High School.....	1
Harvard School	16	Citrus Union High School	1
Los Angeles High School..	10		

The records established at this contest are as follows :

100 yard dash	10 2-5	Broad jump.....	21:2½
220 yard dash	23 2-5	Pole vault	10:1¾
440 yard run.....	54 2-5	Putting 12 lb shot.....	41:10
880 yard run.....	2:11	Throwing 12 pound	
Mile run.....	4:45	hammer.....	128:3
High jump	5:8	120 yard hurdle race.....	18 1-5
		One mile relay race .	3:47

Standing Committees of the Faculty for 1904-1905

The college catalogue in the April Bulletin contains the committees of the faculty for the present college year. For the year 1904-1905 they are as follows :

Athletics—Professor Sumner, Mr. Hempel and Mr. Smith.

Classification—Professors Brackett, Bissell, Colcord and Sumner.

Discipline—Professors Brackett and Churchill, President Gates and the Dean for women.

Instruction—President Gates, Professors Bissell, Hitchcock and Spalding.

Lectures—Professor Colcord and Miss Condit.

Library—Professors Bissell and Hitchcock and Miss Parker.

Prizes—Professors Spalding and Cook, Mr. Frampton and Miss Wharton.

Publications—Professors Hitchcock, Churchill and Sumner.

Social Affairs—Professors Colcord and Churchill and Miss Allen.

Student Aid and Labor—Professor Cook, President Gates and the Dean for women.

