

DEVELOPING STUDENT LEADERSHIP AMONG GIRLS THROUGH A PHYSICAL ACTIVI- TY PROGRAM

WITH the interest in and the need for physical education activities advancing by leaps and bounds among the students, both of grammar grade and high school age, and with a not yet adequate staff of trained leaders and teachers to meet these needs and interests, in what better way can the be met than by an organized system of student and pupil leadership? A strong organization of student leaders is of great help to the school. But more than that, it is a means by which certain valuable qualities of efficiency, initiative, self-reliance, cooperation, etc., are encouraged and brought out in the student who has some natural ability.

The following suggestions are given with schools in mind which have either one full time physical education instructor or a part-time one.

Athletic Association or Club. The first thing to consider is an organization, such as an athletic club or association. This should include, if possible, all the members of the student body (girls), with a governing or directing body composed of:

- (a) Advisory Board
 - A Faculty Adviser
 - The Physical Education Instructor
- (b) Officers of the Association
 - President
 - Vice-President
 - Secretary-Treasurer
- (c) Members of the Leaders Club

The officers of the Athletic Association are to be chosen from the Leaders Club.

Leaders Club. Membership in the Leaders Club should be attained by acquiring points, rather than by election or appointment. A Leader should be distinguished not only for her athletic prowess, but by

her power to lead and to direct, by her good health, by a respectable scholarship record, by true sportsmanship, by excellent services rendered to her school and teams.

Point System. The points by which a girl can climb to the Leaders Club should be based on the above mentioned requirements. A suggestive sample point record is shown on page 151.

LEADERS CLUB POINTS

Group Captain or Leader	5
Class Captain or Leader	10
C average scholarship	5
B average scholarship	10
Class A health record	15
Class B health record	10
Sportsmanship	15
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First year total	70
Second year total	70
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	140
Athletic Association points (2 yrs.)	310
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	450
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Eligibility requirement for Leaders Club	450 points

Activities

Major group

- Soccer
- Hockey
- Speed ball
- Basket ball
- Field ball
- Volley ball
- Track
- Baseball
- Indoor Baseball
- Swimming

Minor and Miscellaneous group

- Archery
- Hand ball
- Ring tennis
- Tenekoits
- Hiking
- Physical Efficiency tests

Duties of a Leader

As the chart shows, no one can become a Leader before she has had at least two years experience and apprenticeship. Moreover, a member should keep up her eligi-

bility qualifications in the matter of scholarship, leadership, health, sportsmanship.

ATHLETIC ASSOCIATION POINTS

PARTICIPATION IN ACTIVITIES

Activity of Major Division	Fall		Winter		Spring		Class Championship Team	Varsity Team	Possible Total
	Group Team	Class Team	Group Team	Class Team	Group	Class			
Soccer	10	20					5	5	40
Volley Ball									
Basketball			10	20			5	5	40
Baseball					10	20	5	5	40
Minor or Miscellaneous Division									35
									155

Her knowledge of the games and activities might be tested by means of examinations, oral and written.

The duties of each member should be definitely outlined. They should be well distributed among the members. Working with the Advisory Board and the Athletic Association officials they should help:

- Coach and instruct groups
- Plan activity programs
 - Group practices, meets, contests, tournaments
 - Class practices, meets, contests, tournaments
 - Varsity practices, meets, contests, tournaments
- Miscellaneous—such as leading hikes
- Assist in Physical Examinations if given
- Manage award system
- Preside at pep meetings, etc.
- Keep points—records, charts
- Take care of equipment and apparatus
- Oversee care and management of play spaces
- Officiate at games

The Leaders should meet with the physical education instructor periodically to discuss and get help concerning their duties, either in groups or individually.

Awards. It is suggested that there be Athletic Association awards besides Leaders Club awards. They might be numerals for class teams, a letter for 300 points in the Athletic Association and an insignia for the Leaders Club.

Sportsmanship points. As the awarding of Sportsmanship points might prove difficult, it is suggested that every girl be given all the number of points, provided she has deserved them by making at least one class team and has committed no flagrant exhibition of unsportsmanlike conduct.

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