

The Red River Aggie

Boys' Athletics



COACH LAVOI

ATHLETICS for every boy is the program followed at the Northwest School. The Major sports included in this program are football and basketball, while those of minor nature are boxing, wrestling, track, and gymnasium. Inter-school games in football during the fall and in basketball during the winter are played with other schools. Boys not on the first team play on class teams, where everyone has a chance to learn the game as well as to taste regular competition. Gymnasium is offered as one of the courses in the curriculum of the school. Classes are taught each day at which time instruction is given in Physical Health and Personal Hygiene. Members of the classes take part in calisthenics, boxing, wrestling and light and heavy apparatus work such as performed on or with Indian clubs, flying rings, horizontal bar, punching bag, etc.

Each year a growing interest is being shown in our athletic program. Many are coming out for the teams and much more interest is being shown by the student body. The past year witnessed the largest attendance at our games, although one of our chief handicaps at the present is the lack of gymnasium facilities to take care of these increasing crowds. Our athletic policy is clean sports and fair play. We work to win our games but to win fairly and in a sportsmanship way. After all, this is what "playing the game" really means. The type of athletes found at the Northwest School are those who believe in scholarship first and then the other things that go to make good players. Many have had little experience but they learn quickly. Their moral codes are above reproach and training rules need seldom be mentioned. In all, their spirit is true. They are good winners but by far better losers. With these qualities emphasized we believe that the boys in our school are receiving the true benefits from athletics, a training that develops them mentally as well as physically and one which builds character.



Girls' Athletics

GIRLS as well as boys need recreation and regular exercise to keep in good physical condition for the day's varied activities. Physical education for girls at the Northwest School consists of marching, calisthenics, apparatus work, folk dancing, and games. All of these help the student to respond quickly and accurately to signals and situations not only in the gymnasium but in other activities as well.

Development of correct postural habits in standing, sitting, walking, and running, and other health habits are stressed in the giving of these exercises.

The playing of games develops obedience, co-operation, courtesy, leadership, and good sportsmanship. The ability to be generous winners and good losers will mean a great deal in the student's life after she leaves school.

Basketball is played for recreation, mainly. Up to this time, the girls have played inter-class games only, and competition for school championship has been strong. These games and the inter-class competition in the field meet at the end of the school year help develop class spirit which is necessary in any school.



COACH GERBER