



FIRST ROW: Jerome Fuglseth, Henry Landin, Edward Grove, Melvin Larson, Malcolm Salisbury, Glenn Weber, Harold Ash. SECOND ROW: Coach Philip Larson, Marvin Engesether, Richard Anderson, Willis Finifrock, Howard Duncan, Clarence Grove, Joseph Armstrong, Ernest Shimpa, Vethon Askegard, Donald Audette, Allan Brondli.

The benefits and advantages of swimming are many and generally well known. Water sports develop grace, lung capacity, and good posture; they furnish the best all-round exercise yet discovered for young people. We are very fortunate to have our own pool at the Northwest School. The 1953-54 Aggie swimming team, under the able coaching of Philip Larson, has shown that the caliber of these athletes always runs high. In swimming as in other arts, the secret of progress is first in pointing out the difficulty, and second in concentrating upon its removal. Mr. Larson's coaching brings the best out of his team. This is evident in the swimming teams that have competed under his direction.

## Swimming



Edward Grove, Captain

