



BOOK OF DAYS

1987

An
Encyclopedia
Of Information Sources On
Historical Figures And Events,
Keyed To Calendar Dates

Cross-References:

7 January 1940: Gene Autry's "Melody Ranch" began its radio broadcast run.

This resource guide has been prepared by: David Rothel, author and educator, Sarasota, Florida. Mr. Rothel's books include *The Singing Cowboys* and *The Gene Autry Book*.

September 30

(110 years ago)

Swimming as an American Sport

by Alison Osinski

On 30 September 1877 the New York Athletic Club sponsored the first recorded swimming contest for men held in the U.S. This event was held over 50 years after the Round Hill School in Northampton, Massachusetts, the first school in the U.S. to include physical education as part of its classical education curriculum, added swimming instruction to its program. In 1909 the YMCA began the first national "Learn to Swim" program. Five years later the Red Cross Lifesaving Service and instructional water safety program were organized to reduce the U.S. drowning rate and help increasingly water-oriented Americans become more water-safety conscious. Between the two World Wars, swimming experienced a tremendous increase in popularity, helped along by celebrity swimmers like Johnny Weismuller, Duke Kahanamoku, and Gertrude Ederle. In the 1940s-1970s, the Amateur Athletic Union organized large numbers of children into age group swimming competition. Today swimming is the number one recreational participant sport in the U.S., and countless Americans, both young and old, compete in swimming events through local clubs, pools, schools and organizations.

Reference Sources:

- *Encyclopedia of Swimming*, 2nd ed., by Pat Besford. New York: St. Martin's, 1976. \$9.95.

Statistics, background information, and trivia on swimmers and major competitive swimming events.

- *History of Sport and Physical Activity in the United States*, 2nd ed., by Betty Spears and Richard Swanson. Edited by Elaine T. Smith. Dubuque IA: W. C. Brown, 1983. \$22.70.

Studies sport history as part of history. Explores the influence of Native Americans, Europeans, Africans, and the Church on the development of physical activity and the evolution of organized sport in the U. S. Numerous references to the development of U.S. swimming.

- *The Science of Swimming*, by James E. Counsilman. Englewood Cliffs, NJ: Prentice-Hall, 1968. \$28.95.

Includes mechanical principles involved in swimming, dry land practice, practice session organization, and training programs of champion swimmers for each of the four competitive strokes.

- *Swimming Faster: A Comprehensive Guide to the Science of Swimming*, by Ernest W. Maglischo. Palo Alto, CA: Mayfield, 1982. \$24.95.

Research is applied to principles and techniques of swimming. Aimed at competitive swimmers and coaches. Emphasis on stroke mechanics, physiology, and other aspects of training.

Adult Works about the Subject:

- *The 50-Meter Jungle: How Olympic Gold Medal Swimmers are Made*, by Sherm Chavoor with Bill Davidson. New York: Coward, McCann, 1973. \$6.95.

How Mark Spitz, Debbie Meyer and other Olympians trained.

- *Other Shores*, by Diana Nyad. New York: Random House, 1978. \$8.95.

World marathon swim record holder Diana Nyad describes the psychological motivation and grueling training required to succeed as an ultra-marathon swimmer.

- *Swimming and Aquatics Safety*, by the American Red Cross. Washington, DC: American National Red Cross, 1981. \$6.50.

Teaching, analyzing and evaluating strokes and swimming skills. Aquatic safety, elements of successful teaching, working with different age groups and special populations, and physical laws and mechanical principles applied to movement in the water.

- *Swimming for Total Fitness*, by Jane Katz and Nancy Bruning. Garden City, NY: Dolphin Books/Doubleday, 1981. \$13.95.

Fundamentals of water exercise, progressive fitness programs, workout log, equipment and training methods, answers to commonly asked questions about swimming and exercising in the water, extensive workouts.

Young Adult Works about the Subject:

- *The Complete Book of Swimming*, by James E. Counsilman. New York: Atheneum, 1977. \$5.95 paper.

Stroke-work and progressive drills for various skill levels of competitive swimmers, training routines, stroke mechanics, and an explanation of how competitive swimming is organized in the U.S.

- *The Fit Swimmer: 120 Workout & Training Tips*, by Marianne Brems. Chicago, IL: Contemporary Books, 1984. \$7.95 paper.

Setting goals, training tips, how to swim in open water, and numerous beginning, intermediate, and advanced workouts to follow.

- *Swimming Skills: Freestyle, Butterfly, Backstroke, Breaststroke*, by Frank Ryan. 4 vols. in 1. New York: Penguin, 1978. \$9.95 paper.

Stroke mechanics and techniques for improving the four competitive strokes. Originally published as four separate books by Viking Press, now compiled into one volume.

Children's Works about the Subject:

- *The Swimming Hole*, by Jerrold Beim. New York: Morrow, 1951 (©1950).

A sunburn as the result of outdoor swimming brings about an understanding of the injustice of racial discrimination.

- *We Never Get to do Anything*, by Martha G. Alexander. New York: Dial Books for Young Readers, 1970. \$7.95. Reprint, 1978. \$1.75 paper.

Conquering boredom through swimming.

Feature Films:

- *The Endless Summer*. (Bruce Brown and Pacific Arts Video, 1966). Color 16mm available from Bosco Films.

Documentary film that follows two young American surfers around the world in search of the perfect wave. Best of the surf, sand and swimming genre.

- *The Swimmer*, directed by Frank Perry. (Columbia, 1968). Color 16mm available from Budget Films.

Burt Lancaster stars in this movie based on John Cheever's short story of a man who spends an afternoon reminiscing as he swims home by way of his neighbors' back yard pools.

- *Swim Baby Swim*. (Rogers and Cowan, Inc., 1984). Color videotape available from Carl/Lorimar Home Video.

Esther Williams takes parents through her step-by-step method of teaching safety, water adjustment, and early swimming skills to infants.

Recordings:

- *Improving Swimming*. Playing Better at Sports Series. (Total Mind Power). Cassette. \$9.95.

Other Audio-Visual Resources:

- *Florence Chadwick: The Challenge*. (Fox Movietone News, 1954). Black & white 16mm and videotape. 15 min. Videotape available from Two Star Films.

Using old newsreel footage, the story reports on Florence Chadwick's attempt to swim the English Channel in both directions.

- *Courage to Succeed*. (Saxton Communications, 1980). Color 16mm and videotape. 16 min. Videotape available from Vantage Communications.

Motivational film which follows Diana Nyad as she plans, trains for, and achieves her goal of setting the world record for long distance swimming.

- *Learning to Swim Series*. (International Film Bureau, 1967). Black & white 16mm and videotape. 13 min. each.

Series of nine short films on various aspects of swimming which emphasize fundamentals and safety.

- *Swimming*. (Champions On Film & Video, 1978). Color videotape. 27 min.

Dr. James Counsilman, preeminent Indiana University swim coach, teaches the basics of swimming.

- *Swimming for Fitness with Donna de Varona*. (The Duffy-Brown Group, 1985). Videotape.

Stroke and swim fitness instruction led by former Olympian Donna de Varona. Also included are water-resistant workout routine cards.

- *Swimming Skills and Drills: Back Crawl, Breaststroke and Turns*. (Cinema Associates, 1981). Color videotape. 39 min. Available from Video Tech and RMI Media Productions.

- *Swimming Skills and Drills: Crawl and Butterfly*. (Cinema Associates, 1981). Color videotape. 41 min. Available from Video Tech and RMI Media Productions.

In this two part series, coach Dick Hannula uses a progressive instructional approach to demonstrate proper stroke technique and presents drills for developing skill and increasing speed through water. VHS, Beta.

Discussion and Project Suggestions:

- 1) Attend a local high school, college, or age group swim meet.

- 2) Contact your local pool about attending a stroke clinic to learn the basics or improve your competitive swimming skills.

- 3) Join a masters or age group competitive swim team.

- 4) Plan a vacation to Ft. Lauderdale, Florida to visit the International Swimming Hall of Fame.

Sources of Further Information:

American Red Cross
Health Services/Safety
17th and D Streets, N.W.
Washington, DC 20036
(202) 636-3114

International Swimming Hall of Fame
1 Hall of Fame Drive
Ft. Lauderdale, FL 33316
(305) 462-6536

United States Masters Swimming, Inc.
8 Myrtle Avenue
Westport, CT 06880
(203) 226-3392

Young Men's Christian Association of the U.S.A.
National Aquatics Program
101 W. Wacker Drive
Chicago, IL 60606
(312) 269-0503

International Amateur Swimming Association
2000 Financial Center
Des Moines, IA 50309
(515) 244-1116

U. S. Swimming
1750 E. Boulder
Colorado Springs, CO 80909
(303) 578-4578

Cross-References:

23 July 1827: First swimming school opened in Boston, Massachusetts.

1909: The YMCA began the first national "Learn to Swim" program.

6 August 1923: Henry F. Sullivan of Lowell, Massachusetts, became the first American to swim the English Channel.

6 August 1926: Gertrude Ederle became the first American woman to swim the English Channel.

This resource guide has been prepared by: Alison Osinski, Ph.D., Assistant Professor and Aquatic Specialist, Department of Physical Education, San Diego State University.

(25 years ago)

Racial Integration of American Universities

by Joseph W. Newman

assisted by Betty Brandon

On 30 September 1962 federal marshals escorted James H. Meredith onto the campus of the University of Mississippi. With President John Kennedy and Attorney General Robert Kennedy working to secure Meredith's entry and Mississippi Governor Ross Barnett trying to block it, the young black man's arrival touched off a night of rioting in which two people died. Meredith's registration as a student the next morning brought to a resolution the most violent episode in the struggle to integrate American colleges and universities. Integration had proceeded very slowly in the South, the nation's last bastion of segregation by law, after a series of U. S. Supreme Court cases culminating in the *Brown* decision (1954). Even so, by the fall of 1961 every southern state but Mississippi, Alabama, and South Carolina had taken small steps toward the integration of elementary and secondary schools, and by the fall of 1962 those same three states were the only holdouts against the integration of state universities. Although the larger quest for civil rights would be anything but peaceful in the years that followed—a shotgun blast wounded Meredith in Mississippi in 1966—Clemson College in South Carolina integrated without incident in 1963, and Governor George Wallace's "stand in the schoolhouse door" at the University of Alabama that same year was a symbolic rather than violent act of protest. The South and its schools were entering a new era.

Reference Sources:

- *The Education of Poor and Minority Children: A Worldwide Bibliography*, compiled by Meyer Weinberg. 2 vols. Westport, CT: Greenwood, 1981. \$95.00.

A massive bibliography with a wealth of material on the integration of higher education.

- *Eyes on the Prize: Reader and Guide*, edited by Clayborne Carson, David J. Garrow, Vincent Harding, and Darlene Clark Hine. New York: Viking/Penguin, forthcoming.

An invaluable reference designed for the telecourse to be offered in 1987 by the Public Broadcasting Service. Contains primary source materials, a bibliography, and other resources relating to civil rights.

- *The Negro Almanac: A Reference Work on the Afro-American*, edited by Harry A. Ploski and James Williams. New York: Wiley Interscience, 1983. \$79.95.

Spans a wide range of topics, includes biographical sketches, and suggests print and nonprint resources for further research.

Adult Works about the Subject:

- *Three Years in Mississippi*, by James H. Meredith. Bloomington: Indiana University Press, 1966. \$10.00.

A firsthand account by the man who, after his admission to the University of Mississippi, referred to himself as perhaps "the most segregated Negro in the world."

- *Mississippi: The Closed Society*, by James W. Silver. New York: Harcourt, Brace, 1964.

The story of integration at the University of Mississippi by an eyewitness-participant, a history professor who received sharp criticism for speaking out on civil rights and academic freedom.

- *The Desegregation Era in Higher Education*, by Sam P. Wiggins. Berkeley, CA: McCutchan, 1966.

The director of the Southern Study in Higher Education provides a regional backdrop for the events at Ole Miss.

- *The Ordeal of Desegregation: The First Decade*, by Reed Saratt. New York: Harper & Row, 1966.

An often-cited history with an excellent context in civil rights and race relations.

- *The Search for Quality Integrated Education: Policy and Research on Minority Students in School and College*, by Meyer Weinberg. Contributions to the Study of Education, no. 7. Westport, CT: Greenwood, 1983. \$35.00.

Updates the quest through the early 1980s.

Young Adult Works about the Subject:

- *Equal! The Case of Integration vs. Jim Crow, the Fourteenth Amendment*, by Leonard A. Stevens. Great Constitutional Issues Series. New York: Putnam, 1976.

Sets the stage for the integration of higher education with an account culminating in the *Brown* decision (1954).

- *Chronicles of Negro Protest: A Background Book for Young People Documenting the History of Black Power*, compiled and edited by Bradford Chambers. New York: Parents Magazine Press, 1968. \$4.50.

Provides a rich context in black history and civil rights.

- *From Slavery to Freedom: A History of Negro Americans*, 5th ed., by John Hope Franklin. New York: Knopf, 1980. \$22.00 cloth, \$15.00 paper, \$4.95 workbook.

One of the best studies of black history for young people by a distinguished black historian.

Children's Works about the Subject:

- *Tear Down the Walls: A History of the American Civil Rights Movement*, by Dorothy Sterling. Garden City, NY: Doubleday, 1968. \$6.95.

A comprehensive treatment for children six and older by a well-known historian.

- *The Black Americans: A History in Their Own Words, 1619-1983*, edited by Milton Melzer. New York: Harper & Row, 1984. \$12.98.

Letters, speeches, articles, eyewitness accounts, and other documents, with background, commentary, and an annotated reading list; for grades 7 and up.

- *The Spirit and the Letter: The Struggle for Rights in America*, by Bernice Kohn. New York: Viking, 1974. \$9.95.

Recommended for grades 5 through 9, this book focuses on integration as well as other constitutional issues.