

GYMNASTIC POINT SYSTEM

—: OF :—

LINDENWOOD COLLEGE

FRANCES H. HAIRE, DIRECTOR

NAME Hibbard Gilen CLASS _____

GYMNASIUM WORK—

(BUCK)

- ✦ 1. Straddle vault forward
- 1. Straddle vault backward

(SIDE BOX)

- ✦ 1. Face vault
- 1. Turn vault
- 1. Courage vault dismount
- 1. Knee jump on to box

(LONG BOX)

- 1. Trail vault
- 1. Fence or rear vault

(ROPES)

- 1. Rope Climb
- 1. Rope high jump, 5 ft.
- 1. Reverse hang

(JUMPING STANDARD)

- ✦ 1. Scissors jump L or R. 2 ft. 6 in.
- ✦ 1. Hop over L or R. 2 ft.

(DOUBLE BOOM)

- ✦ 1. Squat vault
- ✦ 1. Face vault from rest

(BOOM SADDLES)

- ✦ 1. Squat vault

(HIGH BOOM)

- 1. Traveling sideward
- 1. Pull up 4 times

(SINGLE BOOM)

- 1. Forward turn from rest (chest high)
- 1. Fence vault L or R (9 holes)

BALANCE BOOM)

- ✦ 1. Forward and back with high knee raising
- 1. Horizontal balance
- 1. Three hurdles, 2 ft.
- 1. Three hurdles, 2 ft. 6 in.
- 1. Running for form
- 1. Walking for form
- 1. Throwing baseball for form
- 1. Throwing basket ball for form
- 1. Throwing javelin for form
- 10. Ereet carriage
- 10. Grade of E in esthetic dancing
- 5. Grade of S in esthetic dancing
- 10 Intercollegiate Basket Ball Squad playing 3 games or equivalent
- 5 Championship B. B. Class Team playing 2 games or equivalent

- Basket Ball class Team playing 1 game or equivalent 2
- Championship Hockey Team (2 games) 5
- Hockey Class Team (1 game) 2
- Championship Baseball Team (2 games) 5
- Baseball class team (1 game) 2
- Track Intercollegiate Team 5
- Track Class winner (any 1 event) 2
- Winner any intercollegiate track meet event 2
- Tennis doubles (winner of finals) 5
- Tennis singles (winner of finals) 5
- 10 mile hike (5 allowed in one year) 2
- 5 mile hike (5 allowed in one year) 1
- Winner of walking contest 5
- Semester grade of E in Phy. Training 2
- Semester Grade of S in Phy. Training 1

(SWIMMING)

- Intercollegiate swimming team 3
- Winner of any intercollegiate event 1
- Beginner's swim length tank 1
- Float 5 minutes 1
- Advanced—Swim for 15 minutes 2
- Side under-arm 1
- Side over-arm 1
- Trudgeon 1
- Breast stroke 1
- Back stroke 1
- Standing front dive 1
- Running front dive 1
- Back Dive 1
- Jack Knife 1
- Standing-sitting-standing 1
- Swallow 1
- Swim under water length of pool 1
- Dive and pick up object in deepest part 1
- Towing non-swimmer length of pool 1
- Removing skirt in water 1
- Winner inter-class swimming meet 2
- Winner inter-class swimming meet 2nd place 1