1955

The Woman Campus Athlete? She's You!

Betty Gregory
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker
Part of the Home Economics Commons

Recommended Citation
Gregory, Betty (1955) "The Woman Campus Athlete? She's You!," The Iowa Homemaker: Vol. 35 : No. 8 , Article 3.
Available at: http://lib.dr.iastate.edu/homemaker/vol35/iss8/3

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
There are men, too. Dance Club is open to both men and women who qualify after scheduled tryouts. Here Marilyn Holden, Science Junior, and Norman Dunmire, Science Senior, practice a modern dance routine.

"ALL YOU NEED is interest and enthusiasm." That's WAA in a nutshell. And besides you'll find the enthusiasm rubs off from sports into daily activities. Women's sports (through WAA—Women's Athletic Association) spark campus life. And your active participation can mean:

1. A relaxing break from hours of study.
2. Unique exercise beyond other activities.
3. A chance to become skilled at "lifetime" sports.
4. Fun of companionship.

Outdoors or indoors sports fun ranges from dancing to overnight camping. You can fit any part of the three-point program to you.

Sports clubs meet once a week for archery, dance and swimming; others meet during specific quarters.

Classes for credit are open to all students.

Intramurals embrace competitive sports. You can take active part in the intramural program with at least one or two tournament playoffs each quarter. In the fall there is volleyball, swimming and table tennis; in winter, basketball and badminton; in spring, bowling, tennis and softball. Participation by residences adds competitive spirit.

The organization of these tournaments is set up by Intramural Board with representatives of each residence.

The residence earns points on a participation percentage basis as well as winnings and placings. Trophies are awarded individual winners of each tournament, and at the year's end a sweepstakes trophy is given to the residence with the most points.

The intramural motto doesn't stress skill, but rather, "win gracefully, lose gracefully."

Each spring Naiad members put on a colorful water show. In southern scene are Mary Johnston, Sara Hightshoe, Marilyn Hagen, Diana Alcock and Gail Norris.

By Betty Gregory
Technical Journalism Sophomore
Get to know your clubs

Bowling: It's a strike!—and spirit is high when members compete against each other at meetings. This club also enters telegraphic tournaments. The ten top bowlers are selected to compete with college bowlers throughout the United States. They bowl three lines each and enter (1) their best individual score, (2) their team score and (3) best two consecutive lines bowled.

Archery: A telegraphic tournament with colleges all over the United States sets the pace for this club, too. They're organized similarly to those of Bowling Club. Beginners are especially urged to learn the skill and fun of target shooting.

Hockey: This club meets in the fall. Hockey players learn fundamentals and skills by playing. This group travels to other colleges, and this year were hostesses to State University of Iowa and Iowa State Teachers College for a triple hockey meet.

Dance: Barjche—dance program of the year is given during winter quarter. Dancers practice form and routines at their meetings. Tryouts are held and membership is based on quality of performance. (Dance Club and Naiads are the only two clubs with specific requirements for participation.) Dance Club also presents one act in "Stars Over Veishea" each year.

Camp Counselors: Smoke in the air and the great outdoors—campers take overnight trips, cook, eat and live outside. The fun of pic-}

nics and learning to live on ingenuity make this a popular spring quarter club.

Naiads: Naiads features swimming in synchronization. This group presents a water show during Veishea. Tryouts are held each fall to select members. In meetings Naiads practice new routines and swim "just for fun."

Rackets: Another outdoor sport with plenty of action, Rackets Club helps its members learn and perfect their tennis and badminton games. Members organize their own tournaments. The club meets during spring quarter only.

Officials: Members of this club furnish officials for all athletic contests. At club meetings they learn rules and signals, play the games, and practice officiating.

☆ ☆ ☆

Women interested in furthering sports participation, and active themselves, have united as I-Fraternity. How can you qualify?

❖ Choose and join a sports club by regularly attending club meetings.
❖ Belong to three different clubs for a total of six quarters. One credit is given for each quarter's participation.
❖ You are now eligible to be considered for membership in I-Fraternity. Requirements: a 2.2 college grade point, majority votes of I-Fraternity members and the Physical Education faculty.

There's lots of action on the basketball floor when two intramural teams met together during winter quarter. Participation points and a trophy for the winning team are awarded the residence groups.