

MG

Michele Gallagher

Sports History and Theory



FOUNDATION OF SPORTS

- ≡ Overview Foundation of Sports
- ≡ Foundation of Sports
- ≡ The Origin of Sports Around the World
- ≡ The Olympics
- ≡ The Rise of Modern Sports
- ≡ The Rise of Modern Sports - part 2
- ≡ The United States and the Growth of Team Sports

The Value of Sports

THE HISTORY OF ARMY SPORTS FROM THE AMERICAN REVOLUTION TO WWII

Overview

History of Army Sports from the American Revolution to WWII

History of Army Sports from WWII to the Present

Army Sports Today

Program Concepts of Army Sports

Overview Foundation of Sports



Michele Gallagher

Sport has a prominent place in the world and contributes to society in many ways. Sport is an element of the economy, a spectacle with symbolic meanings, a part of the development of the leisure lives of individuals and groups, and part of the work and education systems of countries. Throughout history, humans have invented sporting activities to socialize, display skills and prowess, and entertain or offer excitement. Moreover, sports offer tremendous diversity in opportunities to participate – from a child’s unstructured play at home and from fulfilling a dream of winning a tournament championship to having a healthy lifestyle.

Foundation of Sports

MG Michele Gallagher



The Definition of Sports -
the playing of cooperative and competitive activity in the
game form.

Sports are a major area of human interest and activity. The link of play to sport is apparent; consider phrases such as “playing little league” or “playing professional football.”

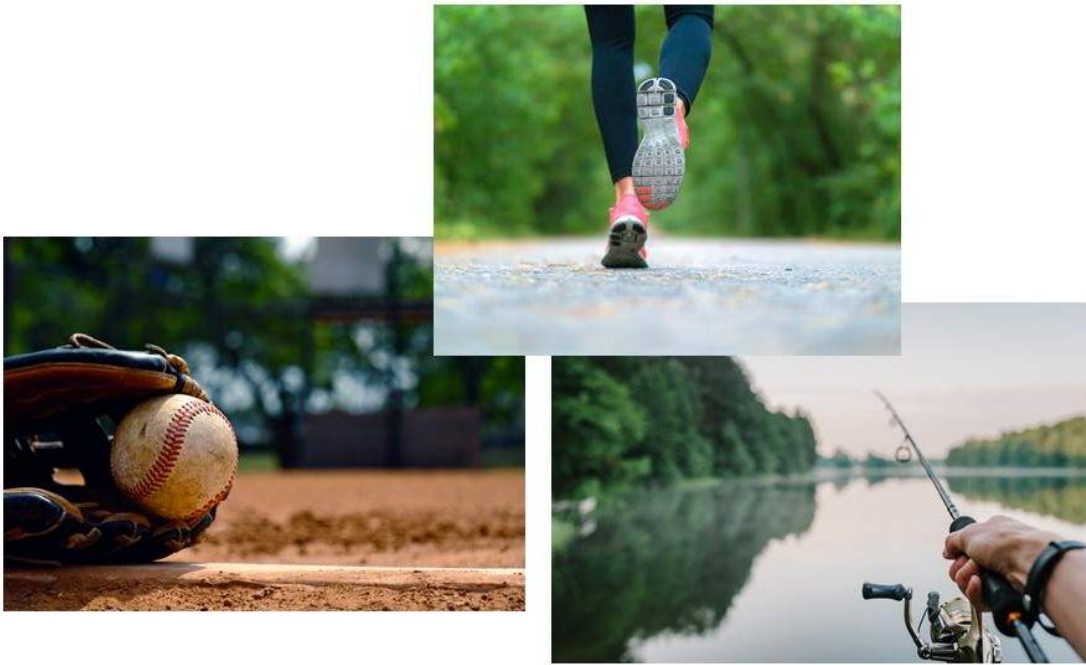


Playing describes the expectation that evolves out of human action in sport. Playing is an encompassing word that represents the state of mind or feelings evolving from participation. We often describe these feelings as a challenge, risk, and chance. We interpret the varying degrees of this state as fun or stressful.

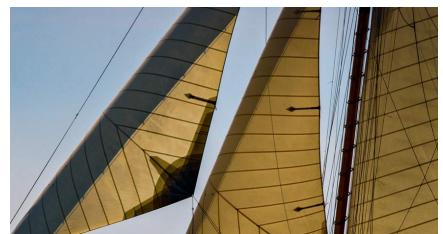
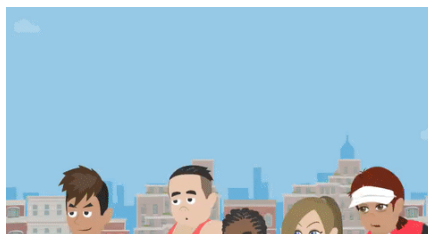
- The challenge incorporates the excitement of the contest and the struggle toward satisfaction.
- Risk is the element that stirs the mind toward failure and hazard.
- Chance represents the unpredictable or unknown element in sport.

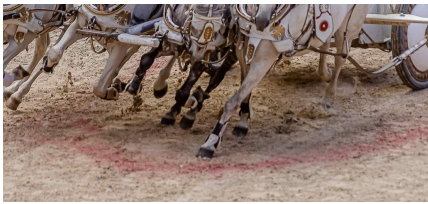
Types of Sports

We generally think of sports as recreational or competitive activities that involve a degree of physical strength or skill. Sports can be classified into three types: traditional outdoor recreational activities, games played to a standard, and physical activities that involve the recreational exercise of a useful physical skill.



Examples – Traditional outdoor recreational pastimes involve activities such as fishing, shooting, and hunting. Games become sports when they are played to standardized, widely accepted rules, such as football or baseball. Sports also include physical activities that involve the recreational exercise of a useful physical skill for a purpose other than its practical application in daily life (e.g., competition or pleasure). The following are examples of skills that have become sports:





Gladiators in Rome fought and killed for the delectation of the audience rather than to protect the Empire.



Running is done on a course for a fixed length of time or distance rather than simply to catch a bus.



Yachting is traveling across the water for enjoyment or competition rather than for transport or commerce.

Elements of Sports: Games, Play, and Exercise

Although all three – games, play, and exercise – can be elements of sports, there are differences in the terms.

Games

Games include recreational or competitive activities that involve physical and intellectual skills and often luck (especially in games of chance). Games become sports when they are organized athletic contests played by teams or individuals according to prescribed, standardized rules, which allow individuals or teams to attain excellence.

Measures of excellence include previous benchmarks, time measurements, the performance of the other team or participants, and world records. Not all games are classified as sports. Games often become sports when they involve particularly skilled participants that give them appeal to

non-participants or spectators. Especially true in the modern age, spectators turn a game into a sport.

From the earliest games, which evolved from hunting and gathering activities to modern games, which evolved into professional sports, games continue to serve as physical and emotional outlets, diversions, and enrichments to daily life as well as play a pronounced economic role.



Play

One only has to look at the animal world to find evidence that play is an inborn characteristic of virtually all developed species. Play is an integral part of human nature. Play is usually a less-purposeful activity than a game or sport but can become more like a game or sport as it conforms to external rules or patterns of behavior. An example of play that became a sport is roller skating.

Exercise

Exercise is action to develop skill or ability and maybe a forerunner of both sport and games. An example of an exercise that became a sport is running.

Cooperative/Competitive Continuum

Another way to view the relationship of play to sports is presented by the Dutch historian Johan Huizinga. He called attention to play as an aspect of culture in his book *Homo Ludens* (1938).

His interest in ceremonies and in-play tinged with religious rituals forced sociologists to develop an entirely new idea for the relationship of play to other activities.

Play can be either spontaneous or organized and regulated. When play is organized, it becomes a game. Games can be either noncompetitive or competitive. Adding competition to a game makes it a contest.

There are two types of contests: intellectual and physical. Contests can be purely intellectual, like chess, or a combination of physical and intellectual aspects, like rugby.

The Effects of Sports on Society



Sports combine elements of games, play, and exercise and have political, economic, and psychological effects on society.

Step 1

Politics

Politics are, in fact, an integral aspect of modern sports despite the efforts of some idealists to separate the two. Political decisions determine which sports will be encouraged (traditional or modern), how much public support will be available to promote recreational and elite sports, and if differences in gender, race, religion, or ideology will be the basis of discrimination in playing sports.

Step 2

National Pride

While the Olympic Games represent a worldwide community that transcends borders and politics, they provide opportunities for each country to display the best of what it has to offer, both in athletics and in character. The national pride of both athletes and observers is often demonstrated in anthem-singing and flag-waving.

Economics

That hundreds of millions of people now play sports regularly. Equally, large numbers watch televised sports, such as the Olympic Games and soccer's World Cup, have enormous economic consequences. Sports have become big business, annually generating billions of dollars in the United States alone. Professional athletes can now make millions of dollars playing a game they learned as a child. Many of the world's governments budget large sums of taxpayers' dollars to construct sports facilities and otherwise promote recreational sports for the health and wealth of the country, state, or city.

Psychology

The psychological aspects of sports, such as motivation, are more difficult to measure.

History shows, however, that, during the course of human development, man has invented sporting activities as a means to socialize, display skills and prowess, and entertain or offer excitement.

Sports and the Army

In the Army, there is solid evidence that participation in sports can directly affect Soldier readiness and well-being. In fact, the opportunity to engage in sports is linked to the retention of Soldiers and their families in the military.

The Origin of Sports Around the World



Overview

In the onward advance of human civilization, sports and games have played an integral role in the unfolding of human potential. At every stage of the evolutionary process, sports have played a vital role in helping to develop, define, and test newly acquired physical, mental, and social skills.

Officially recognized, organized, recorded competition dates back twenty-five centuries to the time of ancient Greece. Illustrations, designs, and wall paintings of sports performances were drawn or engraved in tombs or temples of the Egyptian Pharaohs, and traces of what seems to have been balls have been found among the artifacts of ancient Egypt and China. Many of the games people played a long time ago, we still play today.

The Beginnings

There are many modern discoveries in France, Africa, and Australia of cave art from prehistory that provide evidence of ritual ceremonial behavior as long as 30,000 years ago. Although there is little direct evidence of sport from these sources, it is reasonable to assume that there were some activities during this time that resembled sports. Sports developed from the needs of early humans for food and safety. The requirements to hunt for food and defend one's territory, wealth, or prestige contributed to the further development of sports.



Preparation for the Hunt

As man progressed from food gatherers to hunters, the “fight or flight” mechanism of sport and play also progressed. The sport and play of young hunters became the training that would prepare them for the hunt.

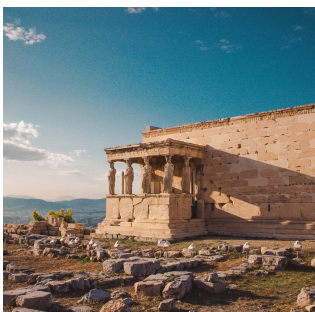
Youths emulated the elders of the tribe to ready themselves for the day when they would have to take on the role of providing. It was probably at this time that the first team sports evolved, as a result of the collective effort needed in stalking, trapping, killing, and transporting large animals.

Training for Battle

As the population increased, conflicts arose between tribes over territory, herds, wealth, and prestige. As tribes clashed with each other, the sports field became the training ground for

battle. Those who succeeded in the warrior-like play of the sports field were best equipped for survival and victory on the battlefield. Sport kept the skills and mind of the warriors sharp and ready.

As well as training for survival, participation in warrior-like play became the way in which youth made the transition to adulthood. Through this kind of activity, young men proved their valor, strength, intelligence, and, thus, their capacity to lead and protect their people. It was probably at this stage that the first spectator sports originated as the community gathered around to see who would be the victors.



Greece

In Greece, excavations found evidence of sporting activities conducted in Olympia and Delphi. In addition, sports grounds have been discovered over the years, such as the Stadium, the Gymnasium, and the Palaestra.

Minoan

Crete

Minoan Crete is the first culture in the Aegean to provide ample evidence of sporting activity held in the Bronze Age. From the representations on stone vases, frescos, and seal stones, it appears that the Minoans practiced

Mycenean

Greece

In Mycenean, Greece, athletic contests formed an important part of the religious ceremonies and fertility rites. The Myceneans added running, chariot racing, somersaulting, bull-leaping, and boxing, borrowed

Cyprus

Vases from Cyprus show boxing scenes and sailing together with the earliest representation of a running contest, during which the runners ran naked, bearing ornaments on their heads.

several sports, such as boxing, wrestling, bull-leaping, and acrobatics. One famous relief is divided into zones where different sports are depicted.	from the Cretans. The chariot used to communicate among the upper social classes members was introduced to the Myceneans from the East.
---	---

In addition to artifacts such as pottery and drawings, literature of the period provides insights into sports development. For example, the two epics, the Iliad and the Odyssey, provide a full description of all athletic events as known in the Homeric Age: chariot races, boxing, wrestling, running, armor fighting, discus, archery, and javelin.

In the Odyssey, the games were conducted quite differently, as part of an entertaining spectacle organized in honor of Odysseus when he arrived on the island of the Phaeacians. In the Homeric Age, athletic excellence was the means for the hero to demonstrate his virtue and

achieve social recognition. Thus, he proves his physical prowess, bravery, intelligence, and, consequently, his virtue with exercise and competition.



Rome

Ball playing was popular among Roman males, and they often spent their morning exercises playing games on the fields (palaestra) or ball-courts (sphaerista). Pila was the term used for ball playing in general.

The Romans enjoyed various ball games, including handball, soccer, field hockey, and certainly catch and other games that children might invent, perhaps like dodge ball.

Although chariot races were among the most popular sports spectacles of the Roman era, their emphasis was on physical exercises for military preparedness – an important motive in ancient civilizations.



Mesopotamia (Iraq)



Egypt



Phoenicia (Lebanon)



Mesopotamia (Iraq)



Egypt



Phoenicia (Lebanon)

Mesopotamia (Iraq)

Records of boxing as a Sport date back over 5,000 years to ancient Mesopotamia. Another word for boxing is "pugilism."

Mesopotamia (Iraq)



Egypt



Phoenicia (Lebanon)



Phoenicia (Lebanon)

In Tyre, the ancient Metropolis of Phoenicia, excavations have discovered valuable athletic remains resembling the sport constructions of Olympia. In two adjacent places in Tyre, the archaeologists found the following:

- A Roman hippodrome
- A Greek palaestra or playing field
- A Roman palaestra was found under a Greek gymnasium.

Mesopotamia (Iraq)



Egypt



Phoenicia (Lebanon)

Egypt

Monuments to the Pharaohs of Egypt indicate that a range of sports was well developed and regulated several thousands of years ago, including swimming and fishing. Other sports included javelin, high jump, and wrestling.





Nordic countries

Although its origin is obscure, the history of skiing goes back several thousand years to post-glacial stone-age people who lived in the northern latitudes of Europe and Russia. Skis made it possible for them to survive the harsh winters by hunting game.

The Rodoy rock carvings above the arctic circle in Norway are at least 4,500 years old and depict a man on long runners with a hunting implement in hand.

Skiing was a vital means of transportation and valuable military skill in Scandinavia, where skis more than 4,000 years old have been discovered. Ski artifacts of all sizes have been dug out of peat bogs in the Scandinavian countries, indicating wide use of the over-snow runners.

Some of the earliest skates (circa 9th century), made of bone, were found in Sweden. Others have been found in Switzerland.

Wooden skates with iron facings appeared in the 14th century. However, the use of iron blades on ice skates dates back to 1250 in the Netherlands. During the early 1500s, the Dutch invented the double-edge iron blade that allowed for propulsion without poles.





Ireland

Hurling, played on a large field with a curved wooden stick called a hurley, and a small, hard ball called a sliothar, was invented in Ireland about 2,000 years ago. In its early years, to settle disputes



Scotland

Golf originated from a game played on the eastern coast of Scotland in the Kingdom of Fife during the 15th century. Players would hit a pebble around a natural course of dunes, rabbit runs, and tracks

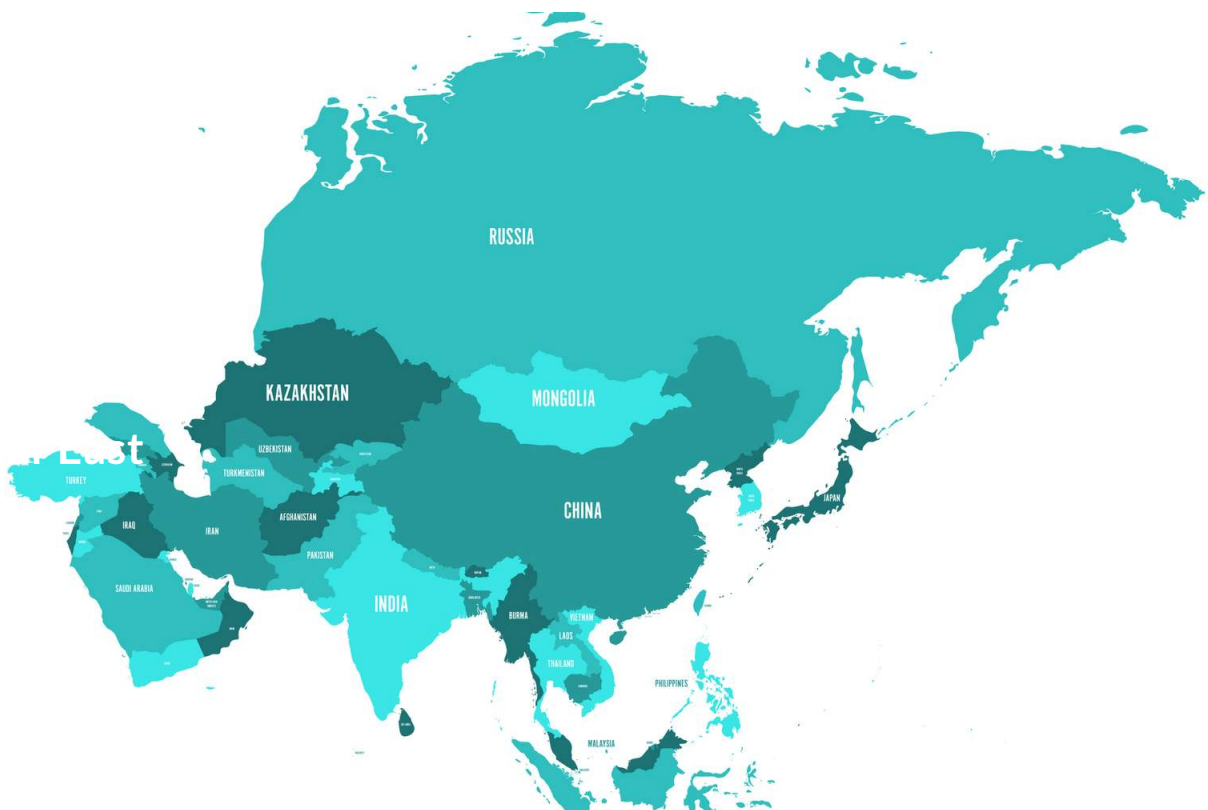
between neighboring villages, Hurling was used. Often, villages would play games involving hundreds of players that would last several hours or even days.

Gaelic football, a mix of soccer and rugby, was first played in Ireland in the 16th century when entire towns would battle each other to try and force the ball into the other town's territory.

using a stick or primitive club. During the mid-15th century, Scotland was preparing to defend itself against an English invasion. The population's enthusiastic pursuit of golf and soccer to the neglect of military training (archery primarily) caused the Scottish parliament of King James II to ban both sports in 1457. The ban was reaffirmed in 1470 and 1491, although people

largely ignored
it.

The ban was
finally lifted in
1502 with the
Treaty of
Glasgow, and
King James IV
(James 1 of
England) himself
took up the sport.







Japanese - Sumo

Japan The earliest written mention of Sumo (wrestling) is found in the Kojiki (Record of Ancient Matters), a book from the year 712, which is the oldest example of Japanese writing.

The Kojiki relates a legend about how possession of the Japanese islands was determined by a Sumo match 2,500 years ago between the gods Takemikazuchi and Takeminakata. The two men grappled on the shores of Izumo along the Japan Sea coast until the latter finally lost. Thus, control of the archipelago was ceded to the Japanese people led by Takemikazuchi.



Japanese - Jujutsu

The forerunner of judo and aikido, jujutsu, the Japanese self-defense martial art, began more than 2,000 years ago. It became popular in the 12th century when it began to be used by samurai and ninja, who developed a number of battlefield combat techniques.



Korea - Tae kwon do

Tae kwon do, the art of self-defense and combat featuring rapid and spectacular action is thought to have begun some 2,000 years ago in Korea.



Chinese Martial Arts

There are artifacts and structures that suggest that the Chinese people engaged in sports activities as early as 4000 B.C. Gymnastics appears to have been a popular sport in China's past.

Other sports included javelin throwing, high jump, and wrestling. The earliest forms of Chinese martial arts were developed approximately 4,000 years ago.



Sports in the Americas





North America
Canoes and kayaks were invented more than 6,000 years ago by indigenous peoples in Canada who used them as a means of transportation and later in racing. In addition, native



South America
The first depictions of men striking a handball date back to 2000 B.C. in Central and South America. The ancient Mayan and Aztec civilizations played serious ball games. The courts used at

Americans
engaged in games
and sports, such
as lacrosse-type
ball games,
running, and
other athletic
activities, before
the coming of
Europeans.

that time are still
used today.

The Olympics

MG

Michele Gallagher

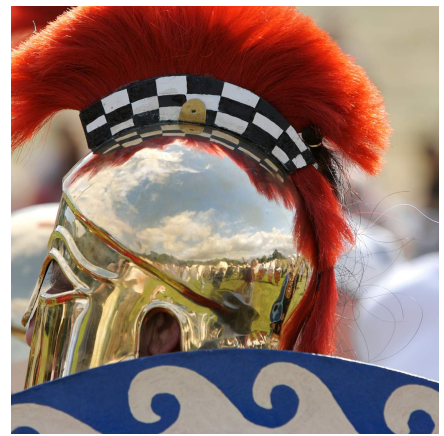
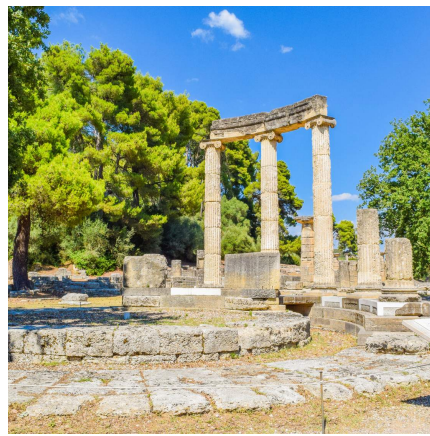


According to legend, the ancient Olympic Games were founded by Heracles (the Roman Hercules), a son of Zeus. Yet, the first Olympic Games we have written records were held in 776 B.C., although it is generally believed that the Games had been going on for many years already.

The ancient Games were held in Olympia, in Greece, in honor of Zeus, the Greek god of the gods. During the games, divine peace was declared and suspended warfare was between the Greek

city-states. The truce was, in effect, an interim of civic and military neutrality in honor of Zeus, the supreme judge and arbiter and source of wisdom.

The Games were a Panhellenic gathering and renewal of cultural and blood ties among the Hellenic peoples from all civilized world. But, make no mistake, the games of this contest were still tests of combat arts: wrestling, javelin, discus, archery, shot put, marathon, boxing, etc.



The First Olympic Champion in History It is said that, at the Olympic Games in 776, a naked runner, Koroibos, a cook from the nearby city of Elis, won the stadion race, a foot race 600 feet

For over a thousand years, in peace and war, the Greeks assembled at Olympia amidst groves of trees in a lush, green setting to celebrate the great festival. It was also home to

The Olympic Festival was held once every four years during the hottest days of the summer.

The Olympic festival brought huge numbers of visitors to Olympia. Most

long. This made Koroibos the very first Olympic champion in history.

According to literary traditions, this stadion race was the only athletic event for the first 13 Olympic festivals or until 724 B.C.

the Sanctuary of Zeus. The Greeks that came to this Sanctuary shared the same religious beliefs and spoke the same language.

The athletes who participated were all male citizens of the Greek city-states.

They came from every corner of the Greek world – from as far away as Iberia (Spain) in the west and the Black Sea (Turkey) in the east. The simple crown of wild olive was

people slept outside under the stars, although the wealthy and members of official delegations erected elaborate tents and pavilions.

Merchants, craftsmen, and food vendors arrived to sell their wares.

The busy schedule included religious ceremonies and sacrifices, speeches by well-known philosophers, poetry recitals,

sufficient to immortalize the victor, his family, and his city. parades, banquets, and victory celebrations. The festival included sacrifices one being the sacrifice of one hundred oxen at Zeus's altar.



The Decline and Legacy of the Ancient Games

The ancient Olympic Games grew and continued to be played every four years for nearly 1,200 years. In 393 A.D., however, the Games were abolished because of their pagan influences. Yet, despite their decline, their legacy remains strong.

The games carried on, even as Greece's power declined and Rome's rose. However, the Olympics continued to enjoy a measure of prestige, the varying political and economic changes of the Hellenistic and Roman periods affected both the site and the games. Some later Roman

emperors who admired Greek culture revived the splendor of the games and restored the site and buildings.

By the 3rd century A.D., however, the lists of victors are increasingly uncertain and incomplete; by the end of the century, the lists stop altogether. Once the Roman emperors formally adopted Christianity, they discouraged and eventually outlawed old "pagan" religious practices. Since the Olympic Games were first and foremost a religious celebration in honor of Zeus, they held no place in the Christian empire. The emperor Theodosius I legally abolished the games in 393 or 394 A.D.

The Legacy

Although the era of the ancient Olympic Games came to a close, their legacy remains. Not only have they been the model for the Olympics that we know today, but they were also a motivating force for other significant and lasting cultural achievements in architecture, mathematics, sculpture, and poetry.

Architecture – The ancient Greeks were architectural innovators. The temple of Zeus, designed by the architect Libon, was one of the largest Doric temples built in Greece. Libon tried to build the temple in an ideal system of proportions so that the distance between the columns was harmoniously proportional to their height. Other architectural elements were sized proportionately as well.

Mathematics – The Greek mathematician Euclid expressed this ideal ratio in his *Elements*, a book on geometry, the second most popular book after the Bible.

Sculptor – Greek sculptors developed new poses showing energetic movement and depicting the muscles and natural shapes of the body. Many sculptures were of athletes, such as Myron's famous statue of the Discus Thrower.

Poetry – The cultural achievement most directly tied to the Olympic Games was poetry commissioned to honor athletic victors. These Epinicians were written by the most famous poets, including Pindar, Bacchylides, and Simonides. The Epinician Odes immortalized the

athletic victors, and they have lasted longer than many of the statues and inscriptions that were made for the same purpose.

Progression of the Olympic Games through the Years

While many of the traditions and events of the ancient Olympics have carried over to modern times, the modern Games differ in significant ways. In the ancient Games, there were fewer events, they were always held at Olympia, and only free men who spoke Greek could compete. Today, both men and women from all over the world compete in many events at the Summer and Winter Games. Cities also now compete to be the host for the games every two years. The history of how the Olympics evolved is interesting.

The Modern Olympic Games

Frenchman Pierre de Coubertin assembled the first International Olympic Committee (IOC) and organized the first modern Olympic Games in Athens in 1896. Coubertin was inspired by the ancient Greek Games, where competition was honored above winning.

He sought to capture that spirit in the modern Olympics and made the Games an international celebration of sportsmanship and peace. The first modern Olympics attracted 250 male athletes from 14 nations who competed in 43 events.

Step 1

Except for the war years of 1916, 1940, and 1944, the Olympic Games have been staged on a reoccurring basis since 1896. During that time, the games have changed somewhat. More events have been added as more and more athletes are eager to bring their special talents and interests to the competition. The addition of women as contestants beginning with the 1900 Games in Paris is one example.

Step 2

The First Modern Winter Olympic Games



The Olympic Games added Winter sports after much debate. Separate Winter Games were first authorized in 1911 to be held in 1916; but, due to World War I, they didn't occur until 1924 in Chamonix, France. The winter events were held in January and February, creating a tradition that the winter events would be held a few months before the summer events, this tradition ended in 1992.

Present Day Olympics

Today, athletes from all corners of the globe join together in the spirit of fair play to compete in a wide variety of athletic events. The summer and Winter Games schedule changed to every four years to accommodate TV networks and audiences better.

Starting with Lillehammer in 1994, it was decided to stage the Olympics every two years, alternating between Winter and Summer Games. For example, the Summer Olympics were held in 2004 in Athens, Greece; the Winter Olympics were held in 2006 in Turin, Italy.

At the 2004 Athens Olympics, more than 10,500 men and women from 202 nations participated in 300 different events. While the original Games offered just nine sports, the 2004 Games featured more than 37 different competitive fields. Over 2,500 athletes from 84 nations competed at the Torino 2006 Olympic Winter Games in 15 different disciplines.

Olympic Traditions and Symbols

Today, the Olympics are the most anticipated international sporting event, viewed in person and on television by more than two billion spectators. Moreover, the Olympic traditions and symbols are universally recognized and are tied to the ancient Games.

Olympic Motto and Creed – The Olympic motto is Citius – Altius – Fortius, Latin for "swifter, higher, stronger." The intended meaning is that one's focus should be on bettering one's achievements rather than coming in first.

Baron de Coubertin adopted and later quoted the creed after hearing the words in a speech at a service for Olympic athletes during the 1908 London Games. There have been several versions of the basic creed throughout Games history. However, this is what appears on the scoreboard during the Opening Ceremony.

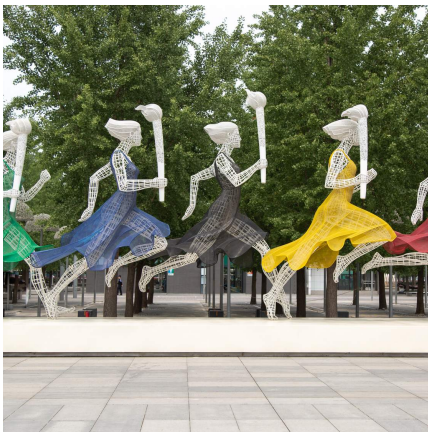
“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”



The Flame and Torch

The custom of lighting the flame at Ancient Olympia and relaying the torch to the modern Olympic stadium is a legacy of the 1936 Berlin games. However, many wrongly think it derives from the ancient Olympics. The ancient Greeks believed that fire was given to mankind by Prometheus and considered it a sacred element. Although eternal flames burned in front of Greek temples and rituals also included torch relays, the flame and torch were not part of the ancient Olympic Games.

The lighting of the torch did not become a hallowed ritual of the Games until Carl Diem, organizer of the 1936 Olympics, glamorized the event by staging the first lighting of the Olympic flame.



The Flame Travels

Before the Olympic Games, the flame was lit at the Temple of Hera in Olympia, emphasizing the

Release of Doves

Doves are released to symbolize peace after the cauldron is lit with the Olympic flame, first done in 1896

The Five Rings

The five rings were invented in 1913 by Pierre de Coubertin, the International Olympic

connection between the ancient Games and the modern Games. An actress playing a high priestess uses a parabolic mirror to focus the sun's rays and ignite a flame.

The flame travels by plane between cities and is relayed by foot within cities. Being a torch-bearer is considered an honor, often given to residents with a record of community service in

and then in the 1920 Olympics. Since 1920, this has been an official part of the Opening Ceremony of the Summer Games.

They are generally not released during the Winter Games because it's too cold for the birds, but symbolic substitutions are sometimes used.

For example, the Winter Games released white balloons in 1994.

Committee president. There had been five modern Olympiads by that time, and Coubertin's writings suggest each ring was intended to represent a completed Olympiad, the first five host countries united in "Olympism" and peace.

He expected to add rings after each until a flag of rings and "universal peace." But Olympiad VI was

addition to athletes and celebrities. Finally, a long relay of runners carrying torches brings it to the site of the Games. Once there, the final torch is used to light a cauldron that remains lit until it is extinguished in the closing ceremony.

preempted by World War I. So, Coubertin gave the symbol a different official meaning. Each ring represents the world's five continents, united in Olympism. Europe is represented as one. Thus, the logo froze at five and is a fossil of pre-World War I Europe, when hopes of world peace briefly flowered.

The Rise of Modern Sports



The history of sport is probably as old as the existence of people. Pre-historic cave art from over 30,000 years ago discovered in France, Africa, and Australia depicts humans engaging in sport-like activities. Sport has been increasingly organized and regulated from the time of the Ancient Olympics up to the present day. A number of factors led to the emergence of modern sports.

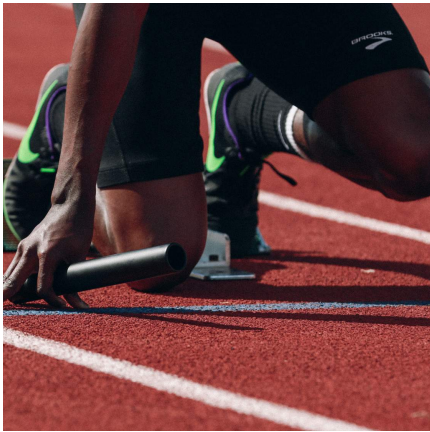
For the majority of sports, the Olympic Games are universally considered to be the pinnacle of athletic competition. The examples given throughout this lesson are intended to be illustrative, rather than comprehensive and will touch on significant historical facts.

Track and Field

Track and field is primarily an individual Sport grouping together many different events divided into:

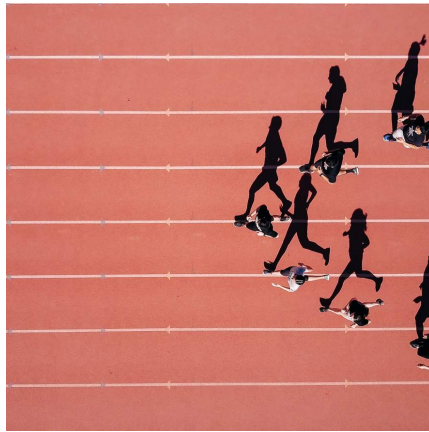
- Track events (sprints, middle and long-distance races)
- Field events (jumping and throwing)

Modern track and field began in England, where it evolved around the end of the 17th century, mostly in the running and walking races. The early 19th century saw the first professional meets, and the first official British Championships were held in 1866. The sport then spread to the United States and continental Europe. The first modern Olympic Games in 1896 consisted mainly of track and field events.



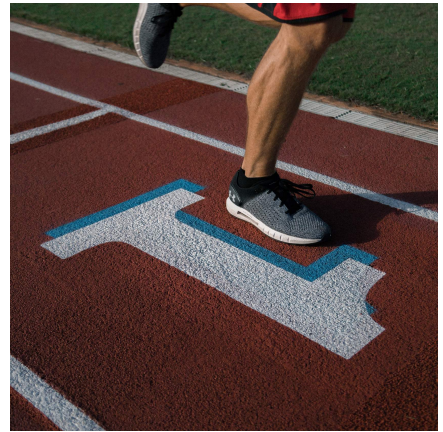
100 Meters

The 100meter, a test of pure speed over a straight distance, was first run at the first Olympics of the modern era in Athens in 1896. It quickly became the star event of the Games, with the winner of the race recognized as the fastest human being in the world.



200 Meters

In this race, classified as a long sprint, athletes run 200 meters as fast as possible. The event was first held at the Paris Olympics in 1900. The women's 200 meters made its debut in the London Games in 1948.



400 Meters

Athletes who compete in this long sprint run 400 meters as fast as possible. The first track and field competition held at Exeter College, Oxford, Great Britain, included a quarter-mile race (402 m). This distance was dropped to 400 meters and included in the

The first Olympic track events for women were held at the Amsterdam Games in 1928.

Olympics in 1896. It is the longest race run in lanes.

The women's 400 meters debuted in the Tokyo Olympics in 1964.



800 Meter and 1500 Meter

During these middle-distance races, the athlete must run the prescribed distance in the



Marathon

The marathon is the ultimate endurance test. In 490 B.C., the Athenian soldier, Philippides, died of exhaustion



Hurdles

Horse races inspired races with obstacles. The 110 and 400-meter hurdles were introduced to men's track

shortest possible time. The predecessor of the 800-meter race was the half-mile.

The women's 800 meters was first run at the Amsterdam Olympics in 1928 and officially included in the Rome Olympics in 1960. The 1,500-meter race is the metric equivalent of the mile.

Men have competed in this event since the Athens Olympics of 1896; the

after running 40 kilometers from Marathon to Athens with news of the Greek victory over the Persians.

To commemorate this feat, a race of about 40

kilometers was included in the first Olympics of the modern era in Athens in 1896.

The distance of 42.195 kilometers (26 miles, 385 yards) was run for the first time in 1908 at the London Olympics.

and field in the 1860s. The 110 meter was part of the first modern Olympics in 1896 and the 400 meters in the Paris Games of 1900.

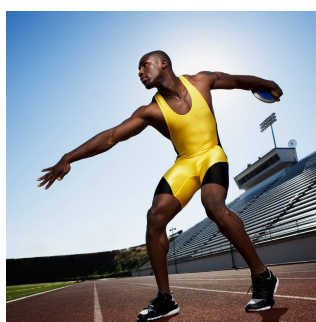
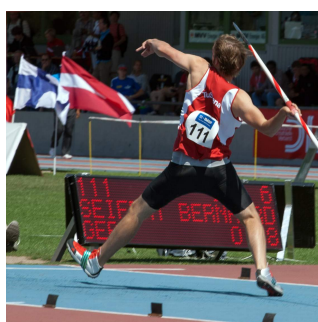
The 100-meter women's hurdles race was introduced in the Munich Olympics in 1972, and the 400-meter hurdles became an Olympic event in Los Angeles in 1984.

women's event began in 1972.

In 1984, the first Olympic women's marathon was run in Los Angeles.

Field Events

The field events take place on the “infield” within the track oval.



Javelin

Originally used in hunting and war, the javelin has been part of athletics since 708 B.C., when an olive wood javelin

Discus

The oldest of the throwing events, discus, draws inspiration from ancient warriors who threw their shields to shed

Shot Put

Through the ages, throwers have always had the same goal: to propel an object as far as possible. The shot put competition

Hammer

In this event, the athlete throws the hammer (ball-shaped) as far as possible. The Tailteann

was thrown in two Olympic events: with a sling and at a target.

In the modern era, it made its Olympic debut at the London Games in 1908, included the women's javelin in the Los Angeles Games in 1932.

weight before crossing a river.

Over the centuries, the Celts, Saxons, Scots, and English included this event in their conditional competitions.

The first Olympic medals for men's discus were awarded in the 1896

is directly descended from throwing a heavy stone, a common battle technique.

After cannons were invented in the 14th century, cast iron balls replaced the stones, and it was this type of ball.

British colleges threw it in track and

Games held in ancient Ireland included throwing a cartwheel with a handle on its axle. The wheel was soon replaced with a stone attached to a stick and then a blacksmith's sledgehammer in the 14th century.

The English included the hammer

Olympics in Athens, and those for women's discus 32 years (1928) later in Amsterdam.

The discipline became a part of the world track and field championships for men and women in 1983.

filed around 1850.

The men's shot put was an event in the 1896 Olympics in Athens; women's shot put was first included in the Olympics in 1948.

throw in the 1875 English track and field championships.

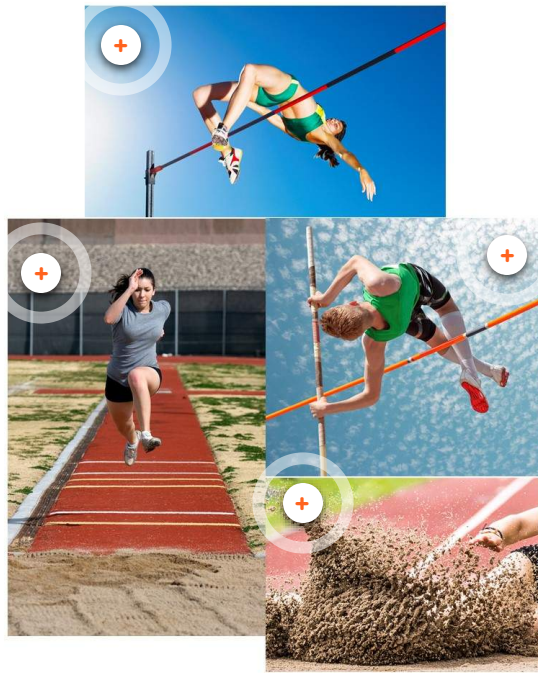
The first Olympic medals were awarded in 1900.

The ball-shaped hammer replaced the blacksmith hammer at this time.

The women's hammer became an official event

in Sidney in
2000.

Click on each (**+**) icon to learn more.





High Jump

The high jump consists of clearing a horizontal bar without knocking it down, only using the strength of one's body. The Celts held high jump competitions hundreds of years ago and it became an official event in 1840 in Great Britain.

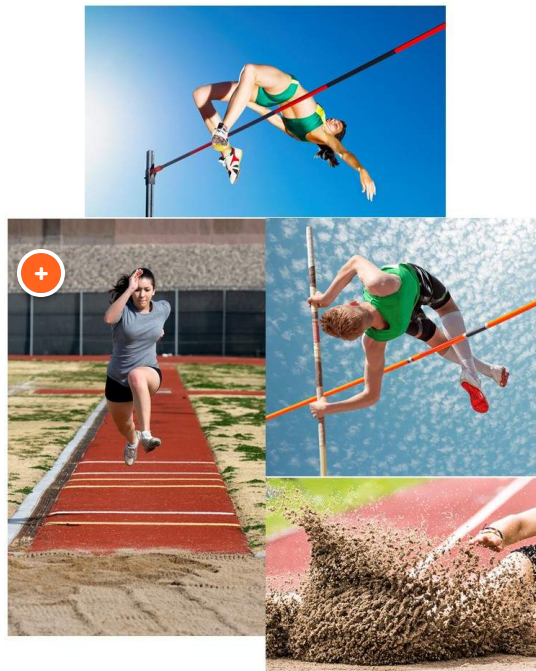
The high jump became part of the Olympics in 1896 in Athens. The first women's competition took place in 1895 in the United States; women competed in the Olympics for the first time in 1928 in Amsterdam.



Long Jump

As long ago as 2000 B.C., the event was part of the Celtic games. The first record, 6.92 meters, was established by Chionis, a Spartan athlete, at the 656 B.C. Olympics. The long jump was included in the first track and field competitions in England in 1850 and has been an Olympic event since the first modern Games in 1896.

The women's long jump has been a part of the Olympics since 1948.

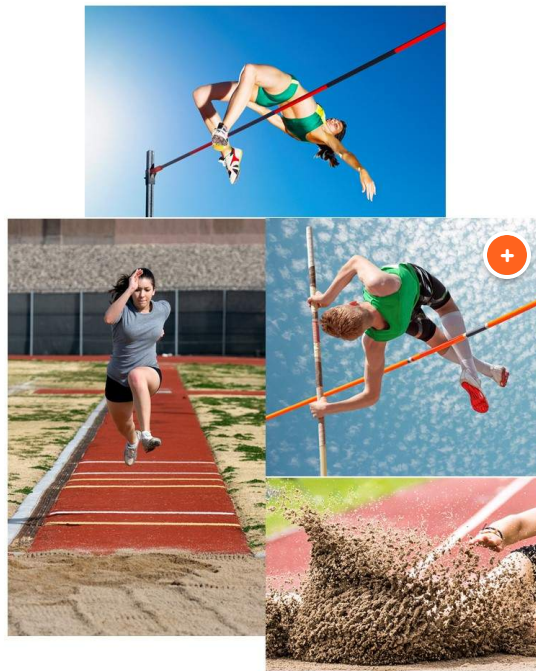


Triple Jump

The triple jump, a long jump preceded by a hop and a step, is probably the result of poor interpretation of ancient athletics. The Greeks added the results of the three best performances in the long jump competition, which may have led to the belief that athletes performed a triple jump.

In the 19th century, the Irish competed in a triple jump from a standing or running start. It was on the program of the first modern Olympics in 1896.

The first women's competition in track and field world championships took place in 1993 and at the Olympics in 1996.



Pole Vault

The pole vault is the only jumping event that involves using a tool to achieve height. The origin of the pole vault goes back to ancient times when humans had a need to vault from one place to another.

It became an official event in 1812 during the first track and field meets in England.

Although the women's pole vault was introduced a few years later, the women's competition did not become an Olympic event until 2000 in Sydney.

Heptathlon and Decathlon

To find the best all-around athletes, the Greeks organized the first mixed events in 708 B.C.

The first Olympic pentathlon included the five events of long jump, stadium race, discus, javelin, and wrestling. In the 18th Century, competitions combining two to seven events were held in Sweden, England, and the Netherlands.

A century later in 1884, the Amateur Athletic Union (AAU) in the United States created a championship involving 11 events. The decathlon, as we know it today, was born in the Olympic

Games in 1912; ten events were divided over two days. The women's equivalent of the decathlon, the heptathlon has been a part of the Olympics since 1984.

Cycling

The first sketch of a bicycle with two spoked wheels, pedals, and a chain transmission was drawn by Leonardo da Vinci in the late 15th century. The technology of the time, however, did not allow the inventor to go beyond the paper stage.

In 1817, Karl Von Drais invented an apparatus that used a pivot on the front wheel so that it could be powered by the feet. His invention was called the draisienne. The first pedal bicycle was built in 1839. In 1861, a crank was added to the front wheel.

In the coming years, various technical improvements were made such as wheels with metal spokes, solid rubber tires, brakes, and gears. In 1885, propulsion was moved to the back wheel and three years later J.B. Dunlop developed the hollow tire with an inner tube. All of these improvements increased safety and comfort.

In 1878 the first bicycles in America were manufactured by A.A. Pope. An emphasis on physical fitness in the 1970s and '80s added to the bike's popularity; an estimated 82 million bicycles were in use in the U.S. by the mid-1980s. Most popular was the lightweight ten-speed touring bike, modeled after European racing models with cable-and-caliper hand brakes and narrow, high-pressure tires. For recreation, the all-terrain bike with waffle-tread tires and a heavier frame was rugged, safe, and maneuverable.



Road Cycling **Mountain Biking**

The first road race took place in 1869 in France between Paris and Rouen. The first-speed racing world championships were held in 1895. In 1896, six cycling races (men) were included in the first modern Olympics, including three road races (10 km, 100 km, and	Mountain biking specialists combine endurance and the skill to negotiate natural or artificial obstacles at high speed to cross the finish line first. The event was born in the mountains of California during the 1970s. Because it links technical advances
---	--

a 12-hour race).

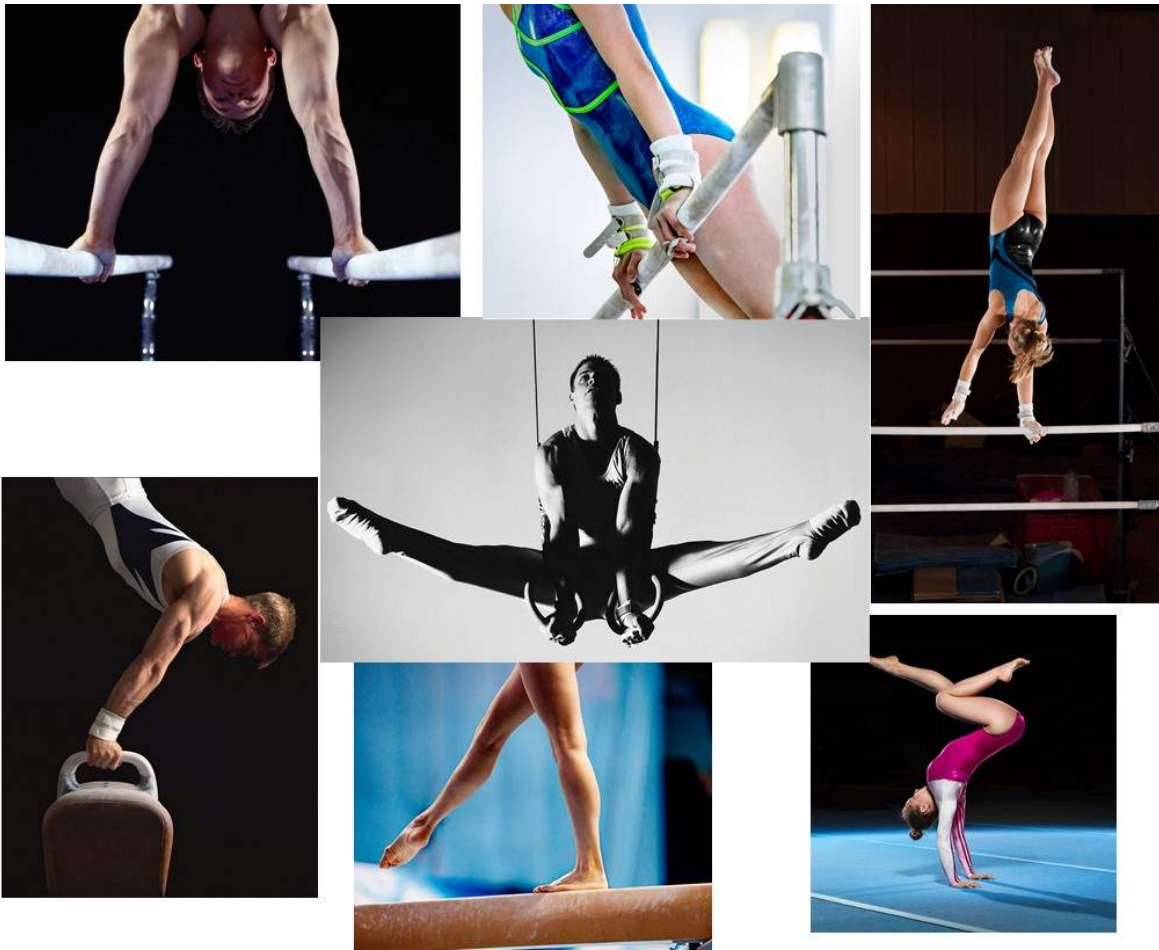
However, road racing world champions did not start before 1927. Women's world championships were first held in 1958; women's cycling became an Olympic event in 1984.

and a return to nature, mountain biking has been one of the quickest commercial successes of the 20th century. The first race took place in 1976 in California. Following the first World Championships in France in 1987, the Union Cycliste Internationale (UCI) recognized

the sport by
sanctioning
the 1990
world
championships
in
Colorado.
The World
Cup Series
started in
1989 in
Europe.
Cross-
country
made its
Olympic
debut in
1996.

Gymnastics

As an activity sport, Gymnastics has been around for over 2,000 years, but it is a little more than 100 years old as a competitive sport. The Germans rediscovered the Greek gymnastics discipline in the 18th century and invented most of the apparatus. Then, in the 1830s, gymnastics was introduced to the United States and its school systems.



In 1881 the International Gymnastics Federation (FIG), later renamed Bureau of the European Gymnastics Federation, was formed. This organization pioneered international competition. The Amateur Athletic Union (AAU) was formed in the United States in 1883. Along with other amateur sports in the United States, this organization took over the control of gymnastics in this country.

During the 1880s, various clubs and organizations began to develop their own championships. Gymnastics was held at the first modern Olympics in 1896. At the time, Germany was the dominant team, almost sweeping every medal.

Men's Gymnastics

In the 1896 Olympics, Men's competitions included horizontal bars, parallel bars, pommel horse, rings, and vault. The first men's team competition was added and held in 1904 at the Olympics in St. Louis. At the ninth World Championship in 1930 at Luxembourg, the gymnastic

competition included track and field events such as pole vault, broad jump, shot put, rope climb, and 100-meter dash. After that, track and field events began to disappear from gymnastics events, such as World Championships. They fully disappeared from the sport of gymnastics by the 1954 World Championships. Today, men compete in six events in Olympic order: floor exercise, pommel horse, rings, vault, parallel bars, and horizontal bar.

Women's Gymnastics

The first women's gymnastic team debuted during the 1928 Olympics, with women from the Netherlands dominating the only event: combined exercise. The first U.S. women's gymnastic team competed in the 1936 Olympics in Berlin. In 1962, rhythmic gymnastics was recognized as a sport by the International Gymnastics Federation (FIG). At the Centennial Olympics in 1996, rhythmic gymnastics became a medal sport for the first time. Today, women perform four events in the Olympics in the following order; vault, uneven parallel bars, balance beam, and floor exercise (performed to music).

Strength Sports (Weightlifting and Powerlifting)

Since the beginning of civilization, people have been fascinated by power and strength. In many ancient cultures, there are traces of people measuring their strength by lifting weights. The earliest weights were generally stones, later giving way to dumbbells. Therefore, it is important to make a clear distinction between the two related sports branches that often get mixed up: weightlifting and powerlifting.

Both competition sports are based on weight training, and in both sports, the aim is to lift as much as possible while the looks of the athlete's body are of no importance. Unlike weightlifting, in powerlifting, the strongest competitor does not necessarily win the competition. Weightlifting is a very technical sport, which in addition to pure strength, requires explosive speed, good flexibility, and extreme coordination. The athlete who combines all of these elements best has the best chance to win the competition. The following describes the strength sports.





Powerlifting

Powerlifting was invented in the United States in the early 1960s.

This test of pure strength, open to both men and women, consists of lifting the most weight possible in three different lifts. With the first lift

Weightlifting

In weightlifting, strength and speed are combined to lift as heavy as possible above the head onto straight arms. The base of weightlifting in its actual form was laid in the middle of the 19th

- the squat (knee-bending with a weight) - predominantly leg power is tested. In the second lift - the bench press - mostly upper body muscles are brought into action (pectorals, shoulder, and arm muscles) by pushing a weight off your chest.

century in Austria, Germany, and France. Although weightlifting was included in the first Olympic Games of the modern era in 1896, it became an official Olympic sport in 1920. It has progressed from five different lifts to two: the snatch and the

All the muscles of the back then are severely taxed in the third event – the deadlift (lifting a weight from the ground until you stand up with it or you die).

Today, powerlifting is part of the World Games which is held every four years for non-

clean and jerk.

In the snatch. A weight is lifted above the head in one fast, uninterrupted movement.

In the second movement, the weight is brought to the shoulders in the first phase, the clean. Then, in the second phase, the weight is

Olympic
sport.

jerked out
above the
head. The
fact that the
weights are
lifted in two
stages in the
second
movement
makes it
easier, and
the lifted
weights thus
are higher.

The body-
weight
categories
have
undergone
several
changes
since 1920,
and there are
eight for

men and
seven for
women. The
first
women's
weightliftin
g
championshi
p took place
in 1987, and
women's
weightliftin
g was
included in
the Olympics
for the first
time in 2000.



Sport of Aestheticism

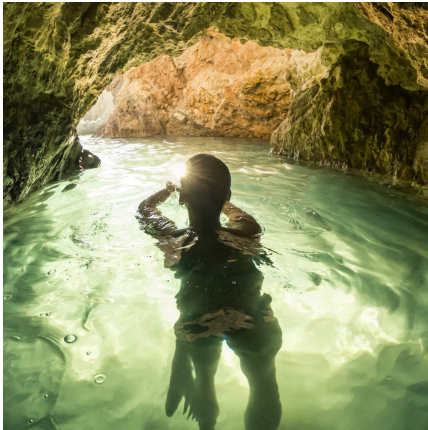
Although bodybuilding and weight training have been around for a very long time, it was not until the late 19th century that weights, barbells, and muscle building became popular. By the 1930s, bodybuilding competitions proliferated in the United States, and in 1939, the American Athletic Union created the title of Mr. America.

The International Federation of Body Builder (IFBB), founded in 1946 is now the umbrella organization for more than 170 national federations. The discipline received provisional

recognition from the International Olympic Committee in 1998.

Aquatic Sports

There are three categories of water sports, Swimming, Water Polo, and Diving.



Swimming

Drawings from the Stone Age were found in "the cave of swimmers" near Wadi Sora in the southwestern part of Egypt.

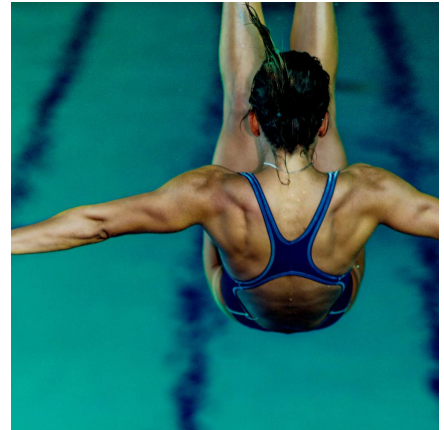
Competitive swimming in Europe started around 1800,



Water Polo

The first ball game in water was played around 1840 with players sitting on barrels pushing a ball towards a goal with paddles.

The game's resemblance to polo on horseback gave



Diving

Diving dates back to the 4th century B.C. The Vikings practiced it 12 centuries later, and we know that the Mexican Natives were diving in the 18th century.

The first attempts to

mostly using breaststroke.

The front crawl, then called the trudgen, was introduced in 1873 by John Arthur Trudgen, copying it from Native Americans.

rise to the name water polo.

Around 1885, water polo took the form it has today.

Water polo has become more technical than a physical game, dependent on speed, good swimming skills, and team spirit.

Water polo is the longest-standing team sport in Olympic history.

Men's water polo was introduced in 1900, while women's water polo did not

standardize and regulate the discipline date back to the end of the 19th century. Diving evolved as a sport in England and Australia and then spread to the United States and continental Europe.

Diving made its official appearance in the 1904 Olympics with one men's event on the 10-meter platform.

The 3-meter springboard was introduced in 1908, and the

become an
official Olympic
sport until the
2000 games.

women's event
first appeared in
1912.

Equestrian Sports

The first people to ride horses were likely the nomads of the Asian steppes between 3500 and 4000 B.C. The uses of the horse and changes to equipment in the fundamental activities of war, transportation, and hunting have developed over the centuries. In the 14th century, Europeans became interested in equestrian art's academic and military aspects while the English turned toward more sporting uses of the horse, especially racing and hunting.

In the 19th century, when mechanical engines began to replace horses in work and transportation, the art and practice of riding a horse or equitation became popular. Many of the practices are derived from military traditions.



Dressage competition is judged according to the horse's willing obedience to the rider's smallest commands and the purity of execution of movements.

It became an Olympic sport in 1912 and has continued to evolve. In jumping competitions, the aim is to jump obstacles as quickly as possible without knocking them down. The rider's skill is a

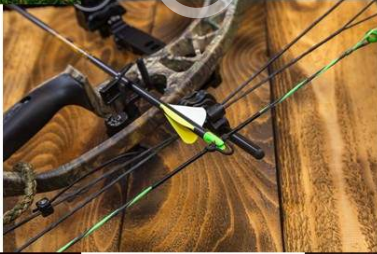
complement to the horse's muscular strength.

The first international jumping competition was held in the 1900 Olympics. Until 1945, jumping was strongly influenced by the military. In 1974, men and women were allowed to compete together.

Precision and Accuracy Sports

Competitive sports involving precision and accuracy include Shooting, Archery, Billiards, Bowling, and Golf.

Click on each () icon to learn more.





Golf

Golf is derived from a game played by Scottish shepherds in the 14th century using a wooden stick to hit small stones toward a specific destination.

In the early 15th century, students from St Andrews in Scotland played with a cane and real balls. The first rules of the game were published in 1754.

The game spread throughout England and was taken to the British colonies around the world. The British Open Championship of 1860 was the first major tournament. The United States quickly followed with the US Open in 1895 and the creation of the Professional Golfers Association (PGA) in 1916, which gave rise to professional golf.

Although the first women's tournaments apparently date from 1893, the Women's US Open was first played in 1946 and the Ladies' PGA championship in 1955.



Shooting

The first firearms were made in the late 15th century, but it was only in the 19th century that shooting became a sport. Samuel Colt invented the first revolver, a gun named after its inventor "Colt," and after its revolving cylinder "revolver" in 1835. This technological advance made shooting popular.

Around 1860, clay pigeons propelled by mechanical pullers replaced live pigeons as targets. Shooting for men was included in the first modern Olympics in 1896, but women's shooting was not an Olympic event until 1984.



Billiards

The origins of billiards remain unclear. Some say it originated in China; others were brought to Europe by the Crusaders returning from the Near East.

The first billiard table was reportedly built in France for King Louis XI in 1469. The game was originally played on the ground, resembling bowling.

Toward the mid 19th century, billiards came in different forms depending on where the games were played: with or without pockets and 3, 4, or 15 balls.

Several variations of the game developed, including snooker and American and English billiards. Billiards (classic, American, and snooker) was a demonstration sport in the 2004 Olympic Games.



Archery

At first, a hunting weapon, the Bow and Arrow became a weapon of war around 3000 B.C. This use continued until the Renaissance when it was made obsolete by the first firearms. After that, archery slowly became a true sport, practiced mainly in France.

However, despite a brief appearance at the Olympics in the early 1900s, archery's popularity was not evident until its return in 1972 for both men and women.



Bowling

Games in which participants must knock down pins with a rolling ball go back to ancient Egypt and Rome.

Dutch immigrants introduced the game to the United States in the 17th century while the English and German settlers imported their own bowling variations to America.

However, the earliest mention of it in serious American literature is by Washington Irving when Rip Van Winkle awakens to the sound of "crashing ninepins."

The first permanent American bowling location probably was for lawn bowling in the Battery area of New York City, now the heart of the financial district. New Yorkers still call the small plot "Bowling Green." The first championships were held in 1901 for men and 1916 for women.

Today, the sport of bowling is enjoyed by 95 million people in more than ninety countries worldwide and is governed by youth and adult local, state, and national associations.

The Professional Bowlers Association (PBA) was founded in 1958, with the PBA Tour beginning in 1959 with three events.

Today there are many men and women, professional bowlers, with over 20 bowlers earning more than \$1M in their careers.

The Rise of Modern Sports - part 2



Sports and games have played an integral role in the development of civilization. At every stage of the evolutionary process, sport has had a vital role in helping to develop, define, and test newly acquired physical, psychic, and social skills.

For over twenty-five centuries, humans have engaged in officially recognized, organized, and recorded competition. Many of the games people played a long time ago are still played today.

For the majority of sports, the Olympic Games are universally considered to be the pinnacle of athletic competition. The examples given throughout this lesson are intended to be illustrative, rather than comprehensive and will touch on significant historical facts.

Multidisciplinary Sports

A definition of multidisciplinary is “the combining of many skills or using many specialized skills.” For example, the multidisciplinary sports of triathlon, modern pentathlon, and orienteering require combining sporting skills to be competitive and mastering these skills to become champions. Multidisciplinary Sports events include:

Triathlon

The triathlon is three endurance events in one competition: swimming, cycling, and running. Inspired by survival tests performed by lifeguards in the United States around 1974, the triathlon was born when American soldiers based in Hawaii challenged each other too long

races, one after the other. The Hawaii Ironman, run since 1978, is now a major international event. The triathlon was included as an Olympic sport for the first time in 2000. The success of the triathlon has given rise to various other events such as:

- Snow triathlon (cross country skiing, cycling, and running)
- Snow duathlon (running and cross-country skiing)
- Aquathlon (swimming and running)

Modern Pentathlon

An event combining completely different sports, the modern pentathlon, was created by Coubertin to simulate the experience of a 19th-century cavalry soldier behind enemy lines: he must ride an unfamiliar horse, fight with pistol and sword, swim, and run. Thus, the modern competition was born at the Olympic Games in 1912.

The five phases, shooting, fencing, swimming, riding, and running, took place in one day. Although the Swedes, Russians, and Hungarians dominated the sport until the 1980s, athletes from Italy and France are regularly on the medal podium. Women have competed in world championships since 1981 and the Olympics since 2000.

Orienteering

Orienteering was originally a military exercise introduced in 1898 by the Swedish Army. It is a race against the clock on a course marked with control sites. Starting in the 1910s, it spread to Europe, North America, and Asia and became a recreational sport for people who enjoyed athletics and nature.

The first world championships took place in Finland in 1966. Since then, more than 30 countries have taken part in the event held every two years. Today there are more than 800,000 Orienteers, men and women, in over 50 countries. However, Scandinavians remain the uncontested masters of the sport, taking 162 championship medals out of 220 awarded between 1966 and 1995.

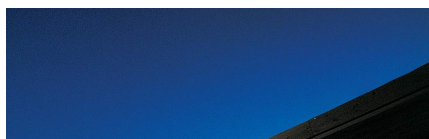
Ice Sports

An ice sport is a sport commonly played during winter on the ice. Some are individual events such as ice skating, and others are team events such as hockey. (“Sport and Winter” are defined in the Glossary. The following describes the six categories of ice sports.



Ice Hockey

Ice hockey was invented in Canada in the mid 19th century. The first recorded game took place in 1855 and rapidly developed and grew in Canada. The National Hockey Leagues (NHL) was formed in 1917 and now consists of 30 Canada and the United States teams. Men’s hockey became an Olympic sport in 1920 and women’s hockey in 1998.





Bobsledding

Bobsledding is a relatively modern sport even though sliding on snow or ice with toboggans, sleds, or skis has long been popular in northern countries. It originated at the end of the 19th century and grew in popularity quickly, with the first competitions held in



Luge

Luge racing is a relatively new sport involving sliding down an icy track on your back on a sled similar to the ones used by children in the 19th century. The first official race was held in 1893. Thanks to German influence, luge has become a major winter sport.



Skeleton

Skeleton is an adaptation of Cresta, a sliding sport that first appeared in Switzerland in 1892.

Originally the sled resembled a skeleton, hence the name. The sport involves sliding at high speeds while lying on your stomach on a sled. It was recognized as an Olympic sport in

Switzerland in 1898.

Over the years, bobsled tracks evolved from straight runs to twisting and turning runs, and wooden sleds have given way to aerodynamically streamlined fiberglass and metal sleds. Bobsledding teams consist of two or four people.

The sport made its Olympic debut in 1924; women bobsledders competed for the first time in 2002.

First held in 1958, a world championship is held every year except for Olympic years.

The first Olympic luge competition was held at the 1964 Games.

Races are held in both singles and doubles, with men and women competing.

1924; the first gold medal was awarded in 1928 to American Jennison Heaton.

After a 20 year absence from the Olympic Games, the sport reappeared in 1948. More than 20 countries participate in this sport; it has been open to women since 1996.

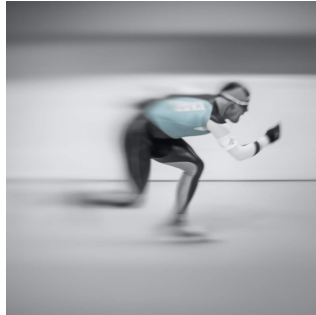
Skeleton made its Olympic debut in the 2002 Winter Games.



Figure Skating

Figure skating, with its excitement and risk, is one of the most elegant sports in existence.

Figures, spins, difficult jumps, skating with harmony and



Speed Skating

There are two types of speed skating events for individuals and teams: long track and short track. While skating started as a means of transportation in Northern

flexibility,
and dancing
to chosen
music are
the essence
of figure
skating and
ice dancing.

In the mid
19th
century,
skating
became very
popular as a
leisure
activity and
organized
sport.

In the 1860s,
the sport
was
revolutioniz
ed by
Jackson

countries,
speed
skating was
developed in
Holland.

The first
world
championshi
p was held in
1889 in the
Netherlands
and featured
500 meters,
1,500
meters,
5,000
meters, and
10,000-
meter races.

Small track
speed
skating was
started in
1905 in

Haines, an American who integrated dance movements. The first world championship took place in 1896 for men and in 1906 for women. Figure skating became an Olympic sport in 1908. Figure skating as we know it today took shape in the 1950s and

Canada and the United States. However, it was not until 1992 that short track speed skating became an Olympic event, while the long track has been in the Olympics since 1924 for men and 1960 for women.

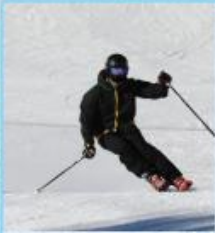
consisted of
three events;
Singles,
Pairs, and
Ice dancing.

Snow Sports

A snow sport is a sport commonly played during winter on snow. Skiing in one form or the other is part of all of them. There are seven categories of snow sports. The following text describes the six categories of snow sports.

Snow Sports

[Click on each image for more information.](#)



Alpine Skiing

The origins of skiing have been attributed to the Scandinavians dating back to around 4,500 years.



Cross Country Skiing

The object of cross country skiing competitions is to ski a set distance in a minimum time.



Free Style Skiing

The three freestyle skiing events combine artistry and athletic prowess to produce spectacular results.



Ski Jumping

Ski jumping involves skiing down a ramp and then flying as far as possible through the air.

Snowboarding

The increasingly popular sport of snowboarding involves sliding down snow-covered surfaces on a board equipped with bindings and steered by flexing the knees. This sport first emerged in the 1960s when an American had the idea of attaching two skis together. The first official competition was held in 1981. There are four types of events: freestyle, alpine, freeride, and boardercross. Snowboarding made its Olympic debut in 1998 for both men and women.



Biathlon

Biathlon combines cross country skiing and small-bore rifle shooting. Athletes ski a cross country course against the clock during which time they stop to shoot at targets. In the

shooting phase, athletes alternate between prone and standing. Each missed target adds time penalties to the running time of the ski phase.

The origins of the biathlon go back to prehistoric times. Cave paintings from more than 3,000 years ago portray hunters on skis with bows and arrows. In 1776, border patrols between Norway and Sweden organized the first races. Biathlon was a demonstration sport in the 1924 Winter Olympics and an official sport in the 1960 Olympics.

It was reserved for military competitors until 1978 when .22 caliber rifles were adopted and the target was reduced to 50 meters. More types of races have been added (individual and relay) and women competed for the first time in the 1994 Olympics. A new event, the Pursuit, was added to the 2002 Winter Games.

Nordic Combined

First introduced in Norway in the mid 19th Century, Nordic Combined is a discipline that is reserved for males and includes cross country ski jumping and cross country skiing. It was invented in response to the age-old dispute between ski jumpers and cross country skiers, each claiming that their sport was more demanding. It is related to the ski jumping and long cross country treks that were part of the daily routine for military personnel patrolling the borders of a vast wasteland.

In the event, held over two days, each athlete performs three jumps on day one and the second day races 15 kilometers. Nordic Combined was an original event at the first Winter Games in 1924; a team event was added in the 1988 Winter Games.



Small Ball Sports

Sports involving a ball probably date back thousands of years. These can be divided into small and large ball categories. There are four categories of small ball sports. Baseball, Softball, Lacrosse, and Field Hockey.

BASEBALL	SOFTBALL	LACROSSE	FIELD HOCKEY
The concept of a sport involving hitting a ball with a bat and running a certain distance before the ball is caught dates back 4,000 years to a game played by Egyptian shepherds. Over the centuries, the sport took various forms in Europe and the Far East and eventually led to baseball development in the United States.			

In 1839, General Abner Doubleday invited his soldiers in Cooperstown, New York, to play a game involving hitting a ball with a bat and running a circuit made up of bases. There have been changes made to the sport since that time.

In 1845, the first club was formed, and in 1876 the first professional league (National League) was founded. The American League soon followed in 1901, and the top two teams from each league played in the first World Series in 1903. Baseball was officially included in the 1992 Olympic Games; however, the International Olympic Committee (IOC) decided that baseball would no longer be included in the 2012 Olympic Games.



BASEBALL

SOFTBALL

LACROSSE

FIELD HOCKEY

By the end of the 19th century, softball was invented when baseball players decided to play their game outside the regular season. Changes were made to the baseball rules concerning the size of the field, the ball, and the pitching technique.

Since then, softball has become one of the most widely played games in one of its forms (fast-pitch, slow-pitch, or 16-inch slow-pitch).

It is one of the few sports that men and women can play on the same team. Women's fast-pitch softball was a demonstration sport in the 1996 Olympics and became an official.

However, the International Olympic Committee (IOC) decided that women's softball would no longer be included in the 2012 Olympic Games.

Fort Knox Softball, Champion game, July 29, RRC vs 83rd



BASEBALL

SOFTBALL

LACROSSE

FIELD HOCKEY

Lacrosse is one of the oldest ball sports. The players use a stick with a pocket to catch, pass, carry, and throw a ball into the opposing team's goal. The game was adapted from Native Americans' game in the 15th century and was named by early French settlers. A game of technique and agility, lacrosse, as it is played today, first appeared in Canada around 1840.

The International Lacrosse Federation (ILF) has organized men’s world championships every four years since 1967. Women have been officially playing since 1969. Lacrosse was an Olympic sport in the early 1900s but became a demonstration sport starting in 1928. Lacrosse has not returned to the Olympics despite numerous efforts, except for the 1984 Olympics in Los Angeles.



BASEBALL	SOFTBALL	LACROSSE	FIELD HOCKEY
----------	----------	----------	--------------

Many cultures have left evidence of an activity played with a ball and sticks from as early as 2000 B.C. The game has evolved in various ways in different countries. In some places, it was played on horseback and became polo. In other places, it was played on ice.

The rules for modern field hockey were developed in the 18th century in England and Scotland. The first official matches were played in London in the 1860s. Men’s field hockey became an Olympic sport in 1908; women’s field hockey in 1980.



Large Ball Sports

Sports involving a ball probably date back thousands of years. These can be divided into small and large ball categories. There are five categories of large ball sports—Soccer, Rugby, Football, Basketball, and Volleyball.

Click on each number below to learn more.



1



2



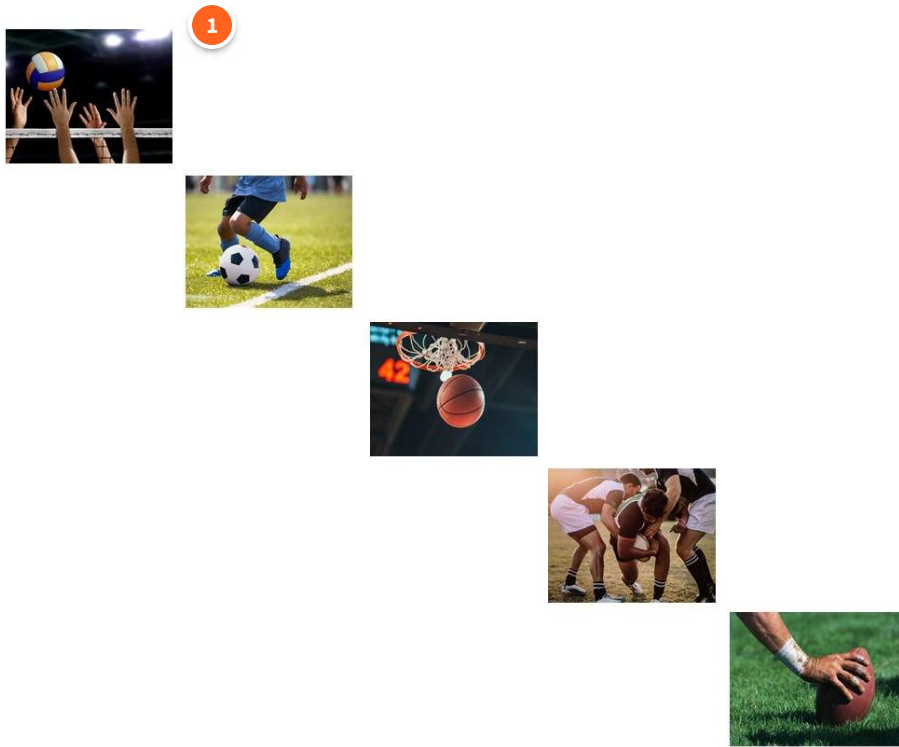
3



4



5



Volleyball

In 1895, the American William G. Morgan invented a new indoor game “Mintonette,” which became volleyball. An inexpensive, working-class sport, it was a compromise between basketball and tennis.

Volleyball became an official Olympic sport in 1964 for both men and women. Volleyball was also the first team sport for women in the Olympic Games.



2



Soccer

Soccer's roots go back to antiquity. In Renaissance Italy, an elaborate version (calico) was played. Soccer, as we know it today, was invented in England in 1848.

The first club was formed in 1863, and the first official competition was organized in 1872.

Soccer became an official event in 1908. Soccer is a universally popular sport because its equipment and rules are simple and because of global coverage of the World Cup.

Today there are over 200 countries in the Federation Internationale de Football Association (FIFA), which was founded in 1904.



Basketball

The rules of basketball are designed to produce a very fast-paced, offensive game, making it one of the most technically demanding ball sports.

Invented in 1891, by James A. Naismith at what is now Springfield College in Massachusetts, the game was exported to Europe in 1893 and has been introduced throughout the world in the 20th century.

The sport made its Olympic debut in 1936. Due to the presence of American troops, it became extremely popular in Europe after WWII.

The first National Basketball Association (NBA) game was played in 1950. The rise of women's basketball was slower to gain popularity, but it became an Olympic sport in 1976.



4



Rugby

Rugby is a sport played by two teams of 15 players each in which a ball is moved with the hands and feet. First played in England in 1823, rugby used the soccer rules along with allowing players to take the ball in their hands.

Rugby was initially played with a round ball; the oval ball that is now used was adopted in 1851.

In 1886, official rules for play were established by the International Rugby Football Association (IRFB). The game became an Olympic sport in 1900 and remained in the Olympics until 1924.

In the past few years, hopes have periodically arisen to have rugby serve as a demonstration sport in anticipation of becoming a full medal competition. The effort failed for the 2004 Games.



5

Football

Football was invented at Princeton University in 1867 as a variant of soccer. Called Princeton Rules it was exclusively a college sport played at the most prestigious universities (Princeton, Yale, Harvard, etc.)

In 1873, representatives from Columbia, Rutgers, Princeton, and Yale met in New York City to formulate the first intercollegiate football rules for the increasingly popular game, still being played with many of the rules of soccer.

These four teams established the Intercollegiate Football Association and set fifteen the number of players allowed on each team.

In 1920, the American Professional Football Association was formed; one year later it was reorganized and in 1922 was renamed the National Football League (NFL). A rival league, the American Football League, was established and the winners of both leagues met in a championship game called the Super Bowl.

Racket Sports

A racquet (or racket) sport involves using an implement consisting of a handled frame with an open hoop across with a network of stretched cords. There are five categories of racket sports – Tennis, Racquetball, Table Tennis, Badminton, and Squash.

Tennis



As early as 1000 A.D., a form of tennis was played. Walter C. Wingfield introduced lawn tennis, or Sphairistike, an outdoor version of court tennis. Sportswoman, Mary Ewing Outerbridge, introduced tennis into the U.S. in 1874 when she brought equipment and a court diagram with her from Bermuda and laid out an hour-glass shaped court at the Staten Island Cricket and Baseball Club in New York.

In 1877, the Lawn Tennis Club sponsored the first major tennis tournament at the Wimbledon headquarters, a suburb of London. In 1899, men wore suits, ties, hats, and dress shoes to play tennis. Women wore long skirts, hats, sleeved dress shirts, gloves, and dress shoes. Tennis was part of the first Modern Olympic Games in 1896; it was withdrawn from the Olympics after the 1924 Games and then reinstated in 1988.

Step 2

Racquetball



Racquetball was invented in 1949 in the United States by Jack Sobek, who wanted to create a sport similar to tennis that was easy to learn. He manufactured the equipment himself and contributed greatly to the development and popularization of the sport. Unlike tennis, this sport is played on a rectangular enclosed court.

The first world championship was held in 1981 and drew the attention of the International Olympic Committee (IOC), which officially recognized racquetball as a developing sport. As a result, racquetball (men's and women's) has been included in the Pan-American games since 1995.

Table Tennis



Table tennis is a fast-moving racket sport played with light balls on the smallest game surface known. Table tennis was invented in Great Britain around 1880. It took its current form in 1900 with the advent of celluloid balls, imported from the United States.

The balls' sound when they bounce inspired the name “ping pong,” which was patented in the United States, but Europeans call the sport table tennis. The first world championship took place in 1926. After that, Europeans dominated the sport until the 1950s, when the Japanese and Chinese took domination. Table tennis for men and women became an Olympic sport in 1988.

Badminton



Badminton was a very popular sport in royal circles in the 18th century but was not officially a sport until 1873 in Badminton, England. It was inspired by an Indian game, Poona, and spread rapidly with the publication of the rules in 1867. The English held the first international tournament in 1899.

The Thomas Cup (for men) and the Uber Cup (for women) are two other famous tournaments founded in 1948 and 1956, respectively. Badminton is very popular in Southeast Asia and Indonesia, which have produced many top players. Badminton became an Olympic sport for men and women in 1992 after being a demonstration sport in 1972 and 1988.

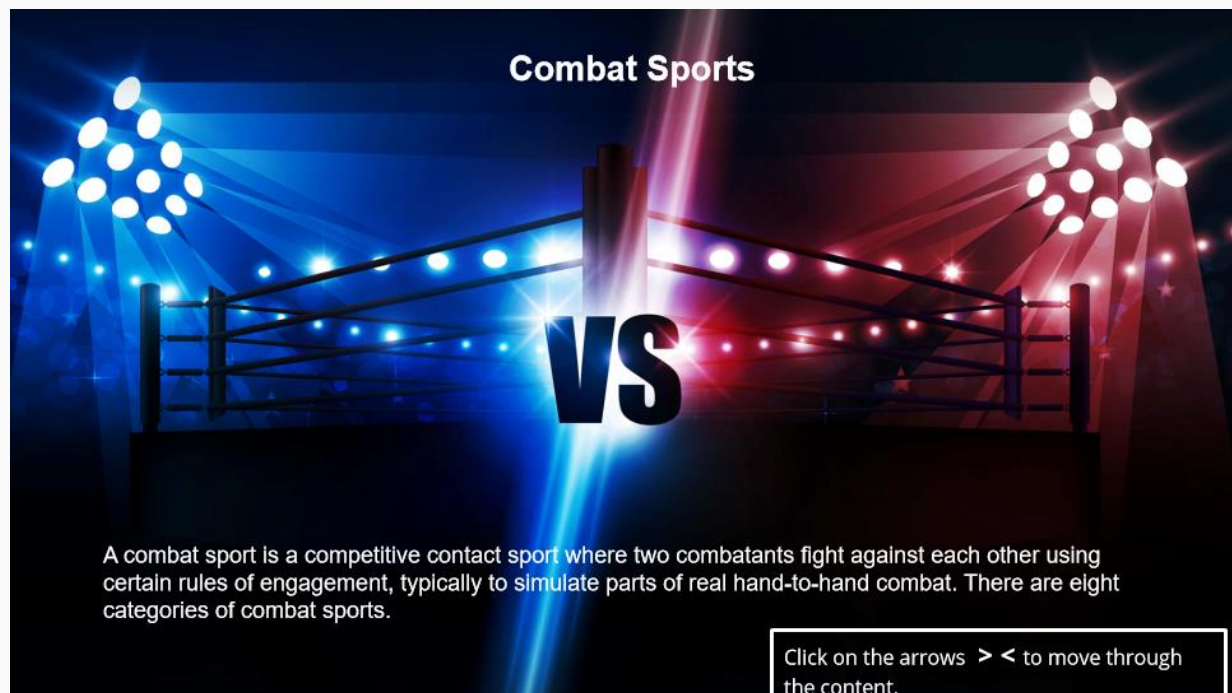
Squash



Squash is a racquet sport of endurance and strategy played with a stringed racquet and a soft rubber ball on an enclosed rectangular court. The name comes from the fact that the ball can be “squashed.” Squash was invented around 1830 in England and exported to North America in 1885.

Australians and Pakistanis dominated the sport for many decades. Today Canada, Scotland, and England are well placed in the world professional rankings. The International Olympic Committee (IOC) has determined that squash “be studied further” to include the sport in the 2012 Olympic Games.

Click on the ➤ at the bottom of the image to continue.



The United States and the Growth of Team Sports



Competitive team sports play a significant role in the lives of citizens of the United States. Millions of Americans devote considerable time, money, and emotional energy to their interests in sports. In addition, thousands of young people participate in team sports organized by schools and community associations.

The Super Bowl, World Series, and the National Collegiate Athletic Association (NCAA) Basketball tournaments, for example, attract large television audiences. Many stand in long lines to purchase tickets to watch the events. What factors have contributed to the emergence of team sports in America, particularly the growth of the big three: baseball, football, and basketball?

From the colonial period to the present day, sports have influenced and influenced American culture. However, certain historical events and developments can directly associate with the emergence of team sports in this country.

Rural Society of the Colonial Period

When society was overwhelmingly rural during the colonial period, agricultural activities such as clearing land, plowing, and tending livestock supplied enough exercise for nearly everyone. While not needed for exercise, recreation was important for diversion from the normal stresses of life and for socializing and building community spirit. Where land was more densely populated, communal projects (i.e., barn raising and clearing land) became occasions for dancing, racing, and other informal athletic contests.

During the mid-18th century, organized sports competitions, including team sports, began to appear. For example, colleges organized rowing crews and a rudimentary form of baseball. Competition between teams followed at fairs and other community meetings in rural areas and regularly in cities. The games attracted crowds, which exposed more people to the fun and excitement and promoted their popularity.



Civil War Period

The Civil War was a significant period in the emergence of team sports. When not engaged in battles and maneuvers, soldiers spent long boring periods in camp with little to do. As a result, diversions such as foot races, wrestling contests, team sports, and baseball were organized.

Many of these soldiers returned to their homes with a newfound love of the popular game of baseball and an interest in forming teams in their communities.

Industrial Revolution

During the late 1700s and early 1800s, enormous improvements in technology occurred in many areas of the world that changed production from hand and home to machine and factory. This change was called the Industrial Revolution applied to the social and economic changes that marked the transition from a stable agricultural and commercial society to a modern industrial society that relied on complex machinery rather than tools.

The transformation of the United States into an industrial nation occurred largely after the Civil War and continued to the early 1900s. Dramatic changes in the social and economic structure occurred as inventions, and technological innovations created the factory system of large-scale machine production and greater economic specialization. Citizens, formerly employed predominantly in agriculture, increasingly gathered in great urban factory centers to live and work.

There are five significant developments related to the Industrial Revolution that contributed to the rise of team sports.

URBANIZATION	TRANSPORTATION	EDUCATION	ECONOMY	OP
The Industrial Revolution saw dramatic growth in the U.S. population. In 1860, the U.S. population was 31,443,321 growing to 76,212,168 in 1900 and 92,228,496 in 1910. The majority of the new Americans settled in cities. The growth of cities brought large numbers of people together and created pools to draw players and spectators. Baseball was played by clubs of young men eager for recreation and fellowship. New York City was the center of baseball (as it was for most sports of the era), for their men gathered in sufficient numbers to form clubs, sometimes based on occupation or social status.				

URBANIZATION	TRANSPORTATION	EDUCATION	ECONOMY	OP
--------------	----------------	-----------	---------	----

The revolution in transportation had the same effect on sports as on American businesses. It provided both with the means to become national in scope. Railroads expanded from about 30,000 miles of track before the Civil War to nearly 270,000 miles in the 1900s. As a result, teams from one section of the country could travel to compete in other regions. Local rail transports, including urban subways, also made it easier for spectators to travel to games in their home areas.

Baseball teams in the early part of the 19th century built their arenas on streetcar lines. In Brooklyn, the need to avoid these cars while walking to the games gave the local baseball team the Dodgers.

URBANIZATION	TRANSPORTATION	EDUCATION	ECONOMY	OP
--------------	----------------	-----------	---------	----

Although the need for cheap, unskilled labor brought children as young as six to toil long hours in factories in the early years, it became clear that the family or guilds could not produce the skills needed for productive work. This led to another modern innovation, public school. Schools provided the setting for children to learn skills and organize games. Longer Childhoods -The need for longer periods of schooling delayed children from entering the workforce at young ages and created longer childhoods. Children often fill their idle time after school and on weekends playing baseball and participating in other sports. Nostalgia for these good times helped to sustain their interest in the games into their adult lives. Playing or watching others play became ways to recapture their own pasts.

URBANIZATION	TRANSPORTATION	EDUCATION	ECONOMY	OP
--------------	----------------	-----------	---------	----

The Industrial Revolution was instrumental in promoting capitalism. Entrepreneurs, seeing economic opportunities in the sports industry, were quick to expand the market for team sporting events.

By the 1860s and 70s, teams were spread throughout the Atlantic seaboard and into the Midwest. The competition raised the level of play sufficiently that some teams charged admission and even started paying players. This was a crucial step toward professional sports.

URBANIZATION	TRANSPORTATION	EDUCATION	ECONOMY	OPPORTUNITIES
Team sports have often been a barometer of opportunity, civil rights, and equality in America. In the 19th century, baseball was populated with many players of Irish or German origin. Several Native Americans had successful careers in the early 1900s. Italians and Polish appeared on many rosters during the 1920s and 1930s. Segregation, however, denied African Americans the opportunity to play on major league teams until 1947, when the color barrier was broken by Jackie Robinson, who the National League's Brooklyn Dodgers signed. Until that time, African Americans created their own opportunities to play baseball by forming several Negro Leagues. By the 1960s, Hispanics started to make the roster and, by the 1990s, had become a dominant force. Today we see increasing numbers of players from East Asia on major league teams. Through the years, team rosters have become more reflective of the American “melting pot.”				

Celebrity Craze

The 1920s were prosperous years and a cultural watershed as spectator sports moved to the center of American consciousness. This golden age of sports was part of the growth of the entertainment business, the birth of the leisure-oriented consumer ethic, and the rise of the celebrity craze.

Improvements in mass communication contributed to making sporting events national in scope. During the 1920s, radio united the entire nation with live broadcasts of such events as the World Series. Newspapers all over the country gave pages of coverage. Short features at the movies kept sports stars' images before the public with replays of important games and dramatized versions of their lives.

Like movie stars, athletes became celebrities whose faces appeared in countless advertisements, and salaries were reported in the press and marveled at by adoring fans.

Babe Ruth and Lou Gehrig in baseball, Red Grange in football, and Jack Dempsey and Gene Tunney in boxing were celebrated heroes whose public lives exemplified glamour, fame, and the good life.

Title IX

For most of our nation's history, team sports games have been games for men. However, opportunities for women in athletics were greatly increased in 1972 by enacting Title IX, a law that required equality between men's and women's athletics in educational settings.

Before Title IX passed, an estimated three hundred thousand high school girls participated in competitive sports. Today, it is estimated that there are more than two million and counting participating in competitive sports. In addition, women now compete for athletic scholarships, which were once open only to young men.

This represents a large change in attitude toward women and sports, greatly increasing the number of women participants in educational settings and contributing to professional women's basketball, soccer, and football teams.



Current Trends

Several current trends have contributed to the popularity of team sports participation. First, increased awareness of the benefits of exercise for healthy living has prompted both men and women to join amateur athletes playing competitive sports after work and on weekends.

Opportunities to participate in the games as a spectator have also increased. Spectator sports have been revolutionized by television. Around-the-clock sport's channels provide a large menu of games played worldwide, and new technologies allow people to record games for enjoyment at a place and time of choice.

The intensity and allegiance many feel toward their favorite teams connect fans for the duration of the game, the joy of victory or the agony of defeat. Sports celebrities are also held in high esteem and are emulated by many. In this complex time, team sports provide a welcome diversion from the routines of daily life.



The “Big Three”

While soccer and hockey have large followings and raving fans, the sports of baseball, basketball, and football have captured first place in the hearts of most Americans. These three have the highest profitability, the strength of professional leagues, schedules, numbers of fans, and amateur competitors.

Abner Doubleday and Baseball

The claim that the game of baseball was invented by Abner Doubleday was based on controversial statements made by Abner Graves, a retired mining engineer. Graves claimed to have witnessed Doubleday participate in the first baseball game in Cooperstown. Graves' testimony pleased one of the Cooperstown committeemen, Albert G. Spalding, who was a former star player and club owner. He compelled his associates to accept the idea that Doubleday invented the game of baseball.

Sports historians have repeatedly attacked the Doubleday account over the years, arguing that Abner Doubleday never visited Cooperstown in 1839, his diaries contain no reference to the game of baseball and that the form of baseball he supposedly invented did not resemble the game as it was played in the early 1900s.

Step 1

Popularity of Baseball

During the onset of the Civil War, American baseball reached its greatest popularity ever. Soldiers in both armies played baseball in their camps as they traveled throughout the country. The newfound exposure of baseball led to a tremendous boom in popularity in post-Civil War America. By 1865, baseball had earned the title of America's national game, and the increasing public interest in the game led to the rapid expansion of organized clubs all across the U.S. The number of baseball clubs jumped from 91 in the early 1860s to more than 300 by 1867.

Step 2

Major Leagues

Professional baseball began in the United States around 1865. The National League was founded in 1876 as the first true major league, quickly producing famous players such as Honus Wagner. Several other major leagues formed and failed until the American League was established in 1901.

While the two leagues competed for the best players, often disregarding one another's contract, and engaging in bitter legal disputes, a modicum of peace was established in 1903 when they began playing a World Series.

Step 3

Unionization

Despite the popularity of baseball and the high salaries relative to those of average Americans, the players have become dissatisfied from time to time, believing that the owners had too much control. Various job actions have occurred throughout the game's history as a result. Players on specific teams occasionally attempted strikes, but when their job was threatened, they usually came back.

The throwing of the 1919 World Series, the "Black Sox scandal," was in some sense a "strike" or at least a rebellion by the ballplayers against a perceived stingy owner. However, the strict rules of baseball contracts tended to keep the players "in line."

Baseball Today

When adversity threatened the game, positive on-field events triggered a renewed surge in baseball's popularity in America. For example, Cal Ripken's 2,131st consecutive game in 1995 was a feel-good moment that helped boost interest in the sport. The great home run race of 1998 between Mark McGwire and Sammy Sosa really turned things around, captivating fans all summer.

Football

America's kickball games came from medieval Britain, where such games were derived from Greek and Roman teams competing for victory by forcing a ball behind the lines of the opposing teams.

In 12th century Britain, teams from different towns played "football" on Shrove Tuesday, the festival day before Lent without boundaries, rules, or team size. Married women formed teams to play against spinster teams, and farmers played against herders and craftsmen.

King Edward III prohibited football in 1365 because it detracted his subjects from practicing archery skills necessary for preparation for war. By 1602, the British were back to "hurling" with goals four miles apart. By 1800, the ball, made from an inflated bladder and covered with leather, was aimed at a goal made of two sticks set three feet apart on a field limited to 80-100 yards.



Evolution of the Game

The Rugby School in 182 established rules for "rugby" games between prep schools. A player was allowed to carry the ball for the first time and created standard positions: forward, dodger (or halfback), quarter, and keeper.

In December 1863, the London Football Association published its own rules that prohibited carrying the ball and thus separated "association football" (or soccer) from rugby. This kind of association football was played in America by college teams, but with no standard rules.

Princeton established intercollegiate football rules and played the first official American football game against Rutgers on November 6, 1869, winning 6-4. There was no time limit; the game ended as soon as the team scored six goals. Carrying the ball was prohibited, and a goal was scored by kicking or batting the ball under the goal post, not over it. In 1876, the Intercollegiate Football Association was founded, following rugby rules and using a new egg-shaped leather ball.

Popularity of Football

Led by the advice of Yale coach Walter Camp, the "father of American Football," football adopted new rules. Several changes to the game around 1880 were significant in popularizing the game. New scrimmage rules that allowed only one team to possess the ball at a time and a quarterback to receive the ball from the center eliminated the randomness of the rugby scrimmage. They created order and a division of labor. American football became a power game when tackles were permitted below the waist and adopted the T-formation offensive set. These rules allowed a halfback or fullback to break through the center after receiving the ball from the quarterback.

The Expansion of Football

The mass media helped to popularize "King Football" in the 1920s and 1930s. Football expanded from the East coast to other parts of the country during those years and built new large stadiums to hold large crowds.

When Illinois dedicated its 67,000 seat Memorial Stadium in 1924, the game was marked by Red Grange's astonishing six-touchdown performance against Michigan. That game became an instant legend because of the occasion, the size of the crowd, and the unusually large presence of the media-- all the elements necessary to create a media spectacle were now in place for the first time at this event.

Professionalism

Professional football teams began to emerge in the 1890s from urban athletic clubs. In 1897, the Latrobe Athletic Association football team became the first to play an entire season with professional players. In New York, Pop Warner founded a team in Syracuse. Connie Mack organized the Philadelphia Athletics in 1902. Finally, Jim Thorpe played for a professional team in Canton, Ohio, the birthplace of the NFL.

League Play

In 1920, the American Professional Football Association (APFA) was founded in Canton. Two years later, the APFA had evolved into the National Football League (NFL) led by Joe Carr, with

eighteen teams that included the Chicago Bears of George Halas and the Packers owned by Green Bay.

In 1959, the rival American Football League (AFL) was founded and merged its ten teams with sixteen NFL teams in 1970 to form two conferences; it expanded to 30 teams in 1993 and 32 teams in eight four-team divisions by 2002.

On January 15, 1967, the first AFL-NFL championship game, also known as Super Bowl I, was won by the Green Bay Packers, which Vince Lombardi had coached since 1959. The Packers defeated Kansas City Chiefs 35-10.



Basketball

Baseball and football evolved from folk customs and games, but basketball was deliberately devised to occupy the time and energies of a restless class of instructors at the Young Men's Christian Association (YMCA) during the winter months in Springfield, Massachusetts. Unlike the other two games, basketball has a founding date, December 1, 1891, when the first game was played, and a founder, James A. Naismith.

Evolution of the Game

The rules of basketball originated from rugby matches, but Naismith thought rugby was too physical. He felt that basketball would be a better game if the amount of physical play was restricted by implementing rules that would restrict physical play.

When the sport first began, two men were required to climb up ladders and get the ball out of the peach basket that was used. To save time, the idea was introduced that there would be a hole in the bottom of the basket to allow the ball to fall back onto the court.

Naismith and Basketball

Naismith decided to adopt thirteen rules, which he termed the "fundamental principals" of the game of basketball. The rules contained a penalizing system for offensive and defensive players if they broke any of the game's rules. Virtually all of Naismith's original rules have lasted for more than 100 years.

Popularity of Basketball

Basketball's popularity quickly soared to new heights. Intercollegiate basketball games were being played soon after the invention of the game. Princeton, Harvard, Yale, and Cornell were the first colleges to adopt a basketball program. Eventually, other colleges began playing basketball seriously, causing the need for a league, the National Collegiate Athletic Association (NCAA).

Within a decade of its invention, women's teams began to form as well. Basketball's popularity spread to such countries as Canada, France, and Australia. In 1904, basketball was introduced in the Olympic Games.

Basketball became popular because graduates of the YMCA school traveled widely, Naismith disseminated the rules freely, and there was a need for a simple game that could be played indoors during the winter. Naismith's legacy included the first great college basketball coach, Forrest "Phog" Allen (1885-1974), who played for Naismith at the University of Kansas and went on to win 771 games as a coach at Kansas.

Among Allen's star players was Wilt Chamberlain, who became one of professional basketball's first superstars. One night in 1962, he scored a record 100 points in a game.

Today, the NCAA men's and women's "March Madness" tournaments are rivaled only by the MLB World Series and the NFL Super Bowl in the American sports psyche.

League Play

Professional leagues were formed as the sport gained a tremendous following. In 1946, the National Basketball Association (NBA) was formed, organizing the top professional teams and leading to greater popularity of the professional game. An upstart organization, the American Basketball Association, emerged in 1967 and briefly threatened the NBA's dominance until the rival leagues merged in 1976.

Today, the NBA is the top professional basketball league in the world in terms of notoriety, salaries, talent, and level of competition. Improvements like three-point lines and the shot clock helped transform the way basketball was played into the faster-paced, higher-scoring game that it is today.

The NBA-backed Women's National Basketball Association (WNBA) began in 1997. Though it had an insecure opening season, several marquee players (Sheryl Swoopes, Lisa Leslie, and Sue Bird, among others) helped the league's popularity and level of competition.

The Value of Sports



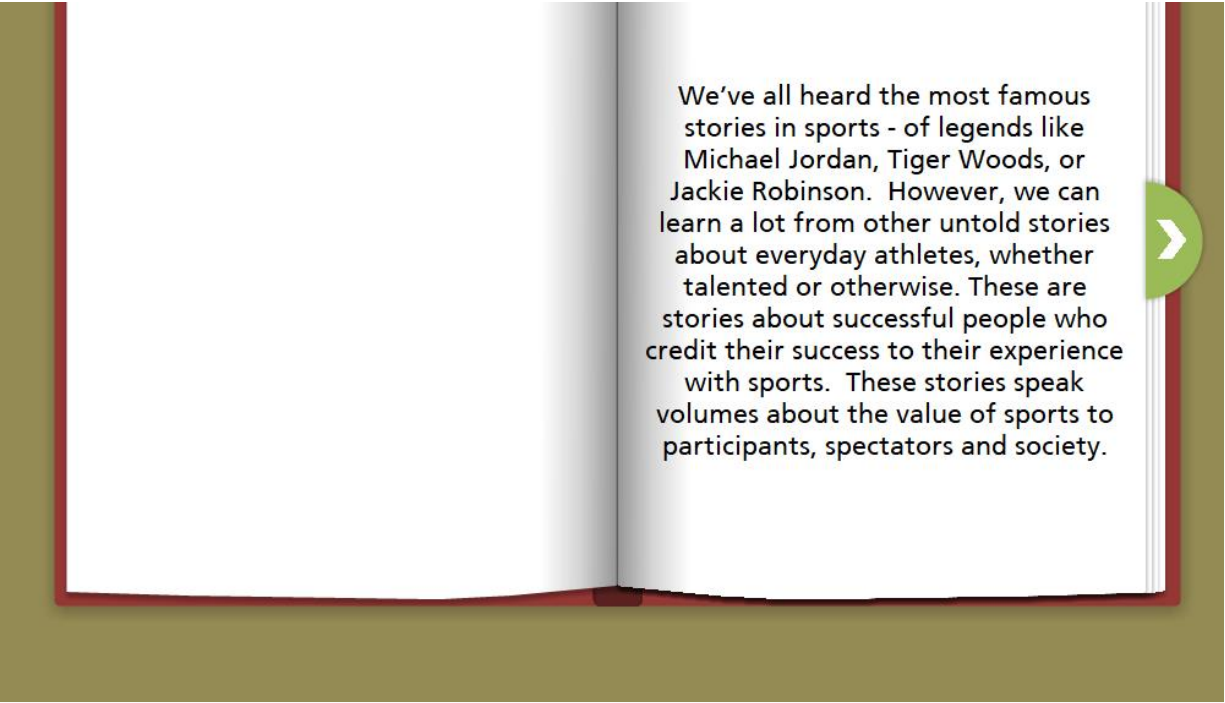
What value should sports hold in our lives? Many argue that sports are a trivial pursuit, with which too many are far too obsessed. Others believe that our cultivation of sports is crucial to our very development as morally fit and socially sensitive human beings. For some, the contemporary sports scene is nothing more than the expression of fanaticism; for others, it builds democracy and community spirit.

In sports, we find a theater of human condition, as many of us avidly follow the narratives of various players or teams. Beyond Super Bowl victories and National Basketball Association (NBA) championships, sports can impact us in less grandiose but equally significant ways.

Sports allow us to compete and sacrifice, to build character and, even if only for a moment, to transcend the everyday.”

Brain Kilmeade – Journalists





We've all heard the most famous stories in sports - of legends like Michael Jordan, Tiger Woods, or Jackie Robinson. However, we can learn a lot from other untold stories about everyday athletes, whether talented or otherwise. These are stories about successful people who credit their success to their experience with sports. These stories speak volumes about the value of sports to participants, spectators and society.

What's Your Story?

We have taken a look at how sports have impacted the lives of some well-known American personalities. Through these stories, we've seen examples of the value of sports to participants, spectators, and society. Whether it's developing discipline, working in teams, providing escapism, or overcoming adversity, sports can have a powerful impact on us.

Do you have a similar story about the value sports have played in your own life? A story of individual competitions that made you stronger? Of team sports that helped you get along better with others? Of sporting events, you saw that made an impression on you?

Overview



Sports Directors in the field may be asked where and how the Army Sports Program originated. It is an interesting story that mirrors developments in society during times of peace and war. This lesson describes the history of sports in the Army from the founding fathers to WWII, highlights Army personnel who contributed to the advancement of sports programs, and communicates their value to Soldiers and families.

Much of today's sports program came from the experience of our allies in World War I, particularly the British and the Canadians. Specifically, they found that sports helped to promote and maintain military efficiency and morale. Unit level programs involved all Soldiers, regardless of their athletic ability. In addition, the more highly skilled Soldier-athletes participated in upper-level programs (battalion, regimental, and post) that provided spectator entertainment to the Soldiers who couldn't perform at the regimental level.

Many years ago, our military forefathers realized the important connection between readiness, sports, and organized athletics. As it has been for society in general, the growth of sports and athletics in the Army from the American Revolution to the present day has been steady and progressive.

History of Army Sports from the American Revolution to WWII

 Michele Gallagher

Much of today’s sports program came from the experience of our allies in World War I, particularly the British and the Canadians. Specifically, they found that sports helped to promote and maintain military efficiency and morale. Unit level programs involved all Soldiers, regardless of their athletic ability. In addition, the more highly skilled Soldier-athletes participated in upper-level programs (battalion, regimental, and post) that provided spectator entertainment to the Soldiers who couldn’t perform at the regimental level.

Many years ago, our military forefathers realized the important connection between readiness, sports, and organized athletics. As it has been for society in general, the growth of sports and athletics in the Army from the American Revolution to the present day has been steady and progressive.

Revolutionary Period

RULES AND ARTICLES OF WAR	FIFE AND DRUM CORPS	ADJUTANT GENERAL OFFICE ESTAB...
Rules and Articles of War On September 20, 1776, Congress enacted the Rules and Articles of War for the conduct of the Revolutionary War. Section VIII of this act permitted camp-following merchants, known as “sutlers,” to sell goods, wholesome provisions, and items of convenience and necessity not issued by the Government to the troops. Even at this early date, national leaders were aware of the need to provide for the morale and welfare of Soldiers.		

RULES AND ARTICLES OF WAR

FIFE AND DRUM CORPS

ADJUTANT GENERAL OFFICE
ESTAB...

The Revolutionary Soldier and Sailor were left mostly to their own devices in finding recreational activity. One of the earliest activities aimed at improving the troops' morale during this time was the Fife and Drum Corps. It helped rally the citizens to arms and encouraged patriotism, and provided music for enjoyment, relaxation, and diversion from the rigors of battle.



RULES AND ARTICLES OF WAR

FIFE AND DRUM CORPS

ADJUTANT GENERAL OFFICE
ESTAB...

After the Revolutionary War, the Army established permanent posts and authorized post funds for post schools, the purchase of library books, and the maintenance of bands. Army sports spent its childhood and formative years under The Adjutant General (TAG) when the office was established in 1821.

Civil War and Reconstruction

Many baseball historians agree that the “War Between the States,” which divided the country between North and South, united the troops in one great pastime: baseball.

Legend has it that there were even North vs. South games when, briefly, both sides agreed to put down arms and take up balls and bats. So even though the Civil War divided the country, it also brought people together to play the new sport of baseball.



Trader Store System until 1895

Up until 1895, canteen and recreational activities were still provided by the trader store system. These groups essentially were cooperative institutions whose expenses were met entirely by contributions from enlisted men. The only assistance from the Government was permitted to occupy vacant buildings. These traders provided:

- A well-stocked general store
- A well-kept lunch counter
- Recreation rooms

- Reading and writing materials, such as books and periodicals
- Well-equipped gymnasiums
- Facilities for pool tables, bowling alleys, and other proper indoor games
- Apparatus for outdoor sports and exercise
- A room used exclusively for the sale of beer and light wines

Unfortunately for the traders, problems associated with the sale of beer and wines caused Congress to kick the traders off the post eventually.

Creation of the Post Exchange in 1895

The Government finally recognized the recreational needs of the troops and, in 1895, established the post exchange. The exchange, financially supported by the U.S. Government, mirrored the services provided by the traders with one exception. While the commander could and did allow beer and light wines to be sold at other facilities on post, the sale or use of ardent spirits in any branch of the exchange was strictly prohibited.

Early 20th Century and WWI

General George S. Patton: An Early Olympian Before his 17th birthday, George S. Patton, Jr. expressed his desire to become a Soldier. The best road to that goal was education at the Military Academy at West Point.

In 1904, Patton was nominated for appointment to West Point by Thomas R. Bard, Senator from California. During his career at West Point (1904-1909), Patton excelled in football, fencing, athletics, and shooting.

While stationed on active duty at Fort Myer, VA, Patton had hardly mastered the duties of his new job as a quartermaster when he learned that he was being considered for a most interesting detail. The Fifth Olympic Games were to be held in the summer of 1912 in Stockholm, Sweden, and he was being talked about as the Army's representative in the Modern Pentathlon.

General George S. Patton: An Early Olympian

Pentathlon – Intended to test the fitness of the man at arms, the pentathlon consisted of five events: • Shooting a pistol at 25 meters• Swimming a distance of 300 meters• Fencing with the dueling sword• Riding a steeplechase for 5000 meters• Running a cross-country foot race of 4000 meters.

The competition seemed made to order for Patton. He was an expert pistol shot, he had done long-distance swimming as a young man, he had been an enthusiastic swordsman, and he had been a runner in track meets at West Point. At these Olympic Games, Patton placed fifth among the 42 competitors who competed in the event. Patton's success was the beginning of an important relationship between the Army and the Olympics.

Step 1

Troop Morale and Entertainment

World War I saw the United States rapidly draft a large citizens' Army and deploy many troops a long distance from our home shore. During these years, civilian leagues and organizations assumed the major role of providing troop morale and entertainment programs.

For example, the United Work Campaign was organized in the Army. At the same time, the Commission on Training Camp Activities was similarly formed in the Navy to respond to the needs of the troops.

These organizations dispensed public funds for clubs, hostesses, libraries, music, movies, and athletic activities at home and overseas.

Unfortunately, these volunteer groups were not very well-coordinated, resulting in competition and duplication of programs at some posts while others received little or no support.

Step 2

First General Order Relating to Sports in the Army

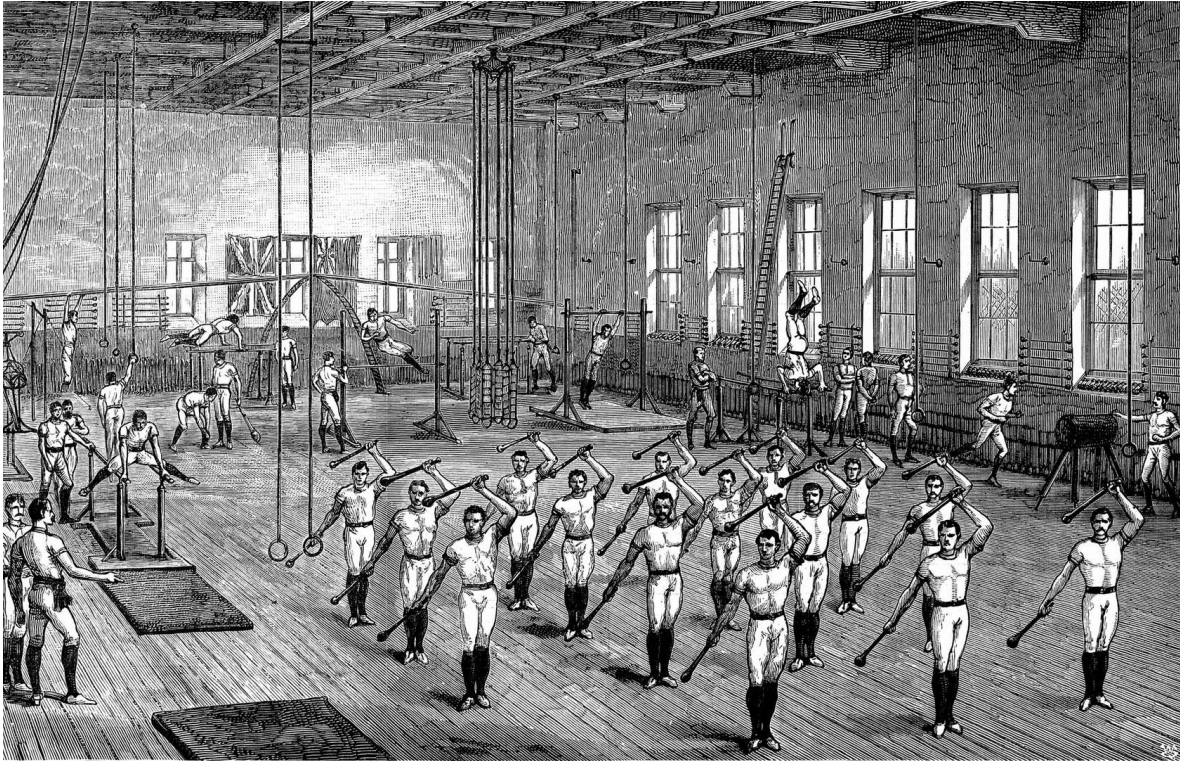


On December 29, 1918, General John J. Pershing, commander of the American Expeditionary Forces (AEF), issued the first General Order (#241) relating to sports in the U.S. Army.

This order encouraged the development of general and competitive athletics and entertainment to keep up the morale, foster and develop organization esprit de corps, and improve the Army's physical fitness.

In addition, the order directed competition in the AEF, leading to championships in track and field, baseball, football, basketball, tennis, boxing, and wrestling.

The YMCA and Army Sports



The publication of General Order #241 established a cooperative arrangement between the Army and the YMCA. On April 18, 1918, Mr. Elwood Brown, a director of the YMCA, was brought to France to promote athletics for relaxation among the troops resting near the front. He brought broad experience in organizing, full knowledge of sports psychology, and a vision of bringing people together in friendship through sport.

On becoming a field secretary, Mr. Brown began encouraging widespread and systematic athletic activity in the Army. There was no difficulty in arousing the interest of General Pershing and securing full cooperation from the Army and the YMCA headquarters.

The era between the World Wars

Inter-Allied Games of 1919

An invitation to men who served in the military for an allied nation was issued by General Pershing, commander-in-chief (CINC) of the AEF, for the Inter-Allied Games in Paris, France. Of the 24 separate events, the U.S. military won first place in twelve and second place in seven more.

General Pershing presented the medals during the concluding ceremony on July 6, and the allied flags were lowered. However, the French flag was left to float alone over Pershing Stadium; this was an enduring monument in athletic history.

Military Takes Over Morale and Entertainment Programs

The Military Services agreed that they should be responsible for their own morale and entertainment programs rather than rely on civilian organizations. At the request of the Army in 1923, Congress appropriated funds for libraries and “hostesses,” who were later known as service club personnel.



Army Oversight for Recreation Strengthens —

In 1930, the War Department, recognizing the problems associated with morale and recreation during World War I, published Mobilization Regulation 1-2, which stated: Welfare is essentially a function of command. The morale of troops is the responsibility of commanders. Based on these self-evident assertions, the Army will conduct its welfare activities. Recreation occupies a distinct and definite place in the Army curriculum. It is necessary.

This regulation brings to light the command responsibility in the MWR area.

Justification for Post Exchange and MWR Programs —

The 1932 Congress required the Secretary of War, General Douglas Mac Arthur, to report to Congress on the operation of exchanges. The MacArthur letter has become the first departmental justification for the post exchanges and the MWR program. The exchanges, at this point, were the War Department's MWR program. They provided the revenues for the activities and operated the programs for the community. According to Army Regulation 210-65, as changed on August 3, 1932, post exchange activities included:

- A neighborhood general store with meat and vegetable markets and limited gasoline filling stations
- A restaurant
- A barbershop, tailor shop, shoe repair shop, and laundry
- A gymnasium with equipment for outdoor athletics
- Recreation rooms were equipped with pool and billiard tables, bowling alleys, and other indoor games.
- A library
- A theater for movies and amateur dramatics

History of Army Sports from WWII to the Present

MG Michele Gallagher

Military and political leaders during WWII understood how sports helped to promote and maintain military efficiency and morale. When the Commissioner of Major League Baseball asked President Franklin Roosevelt whether baseball should continue during the war, he replied:



“I honestly feel that it would be best for the Country to keep baseball going. Everybody will work longer hours and harder than ever before. And that means that they ought to have a chance for

recreation and for taking their minds off their work even more than before.”

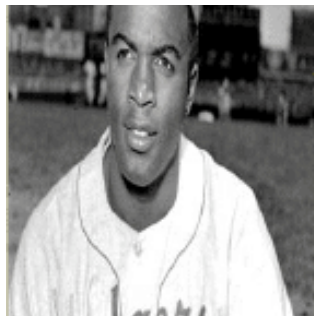
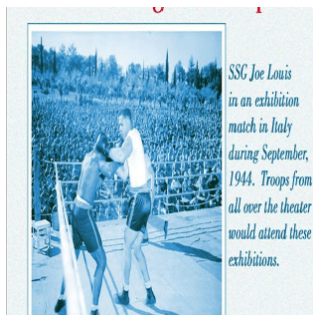
World War II Professional Management of Army Sports

On April 1, 1942, the Special Services branch school offered its first Recreation Officers' Course at Fort Meade. The primary emphasis was placed upon planning, organizing, and supervising practical recreation and welfare activities for troops in domestic and overseas theaters of operation. This course opened the door for professionals to run the Army Sports Program. The first individuals attending the Recreation Officers' Course were officers in the U.S. Army assigned to one of four military occupational specialties (MOS).

The military occupational specialties included:

- 03B (Entertainment Specialist)
- 03C (Physical Activities Specialist)
- 03D (Crafts Specialist)
- 03Z (Recreation Service Senior Sergeant)

Recreation services remained military until the U.S. Congress decided that those jobs could be performed better and at a lower cost by civilians than borrowing the military to perform duties. So, the Morale Support Directorate of the Adjutant General of the Army (TAG) started to use civilians in the Recreation Services Officers' and Sports Directors' jobs.



United Service Organizations (USO)
Since World War II, the United Service Organization s (USO) have been a bridge between the American people and the U.S. military. In times of peace and war, the USO has delivered a touch of "home" brand of

Sports Figures Go to War
In 1941, Jackie Robinson, the first African-American baseball player, joined the Los Angeles Bulldogs. He left baseball to serve in World War II, reaching the rank of lieutenant by the time he was discharged in 1945.

comfort, morale, and recreational services to service members and their families. A non- government al, nonprofit, congression ally- chartered private organization , the USO relies on the generosity of individuals, organization s, and corporations	Ted Williams was one of baseball's greatest natural hitters. In May 1942, he enlisted in the Naval Air Corps and became a fighter pilot, advancing up the ranks to an instructor. He never saw combat - the war ended as he was on his way to combat duty in the Pacific. "I
---	--

to support
USO
activities.

The
President of
the United
States, as the
Honorary
Chairman
and the
Department
of Defense,
endorse the
USO.

could never
resent the
three years I
spent in
World War
II," Williams
said. "I was
proud of
those years."

Post World War II

In the years following World War II, the Office of the Chief of Special Services offered a recreational athletics program sufficiently diversified to satisfy all Soldiers, regardless of age. As a result, they had an opportunity to engage in and watch the games they liked best: boxing, football, baseball, softball, tennis, golf, track and field, badminton, bowling, swimming, archery, and horseshoe pitching.

Never in Army history had there been such a wide-scale "Sports for All" program. Not only were sports assigned a place in the regular training program as a means of physical

conditioning, but they were also pursued with avid interest by troops in off-duty time.

EVOLUTION OF SPECIAL SERVICES	ITER-SERVICE SPORTS COUNCIL	INTERNATIONAL MILITARY SPORTS...	SR 10-305-1	TH TF S
Between 1946 and 1955, core recreation programs were established and staffed by active-duty military and civilians. Until the mid-1980s, active duty enlisted Soldiers and Officers held military occupational specialties in Special Services and were assigned at every command level. As those occupational specialties were discontinued, civilians continued to operate these programs with military oversight. As a result, special Services underwent many reorganizations and had many names before coming to its present configuration as Morale, Welfare and Recreation in the 1980s.				

EVOLUTION OF SPECIAL SERVICES	ITER-SERVICE SPORTS COUNCIL	INTERNATIONAL MILITARY SPORTS...	SR 10-305-1	TH TF S
On October 10, 1947, the Secretary of the Army approved establishing an Inter-Service Sports Council to conduct annual service-wide championships in various sports within the military services. The first meeting of the Council resulted in two significant events: • A joint Army-Navy-Air Force golf tournament was held during the 1948 calendar year. • Air Force inclusion in the annual Inter-Service Tennis Competition, conducted annually between the Army and the Navy since 1924. • These golf and tennis competitions kicked off the Armed Forces Championships as we know them today.				



EVOLUTION OF SPECIAL SERVICES	ITER-SERVICE SPORTS COUNCIL	INTERNATIONAL MILITARY SPORTS...	SR 10-305-1	TH TF S
----------------------------------	--------------------------------	--	-------------	---------------

In 1949, fewer than 20 allied nations formed the International Military Sports Council – Conseil International du Sports Militaire (CISM) – with the primary purpose of promoting worldwide goodwill through sports competition. Today, that number exceeds more than 100. By 1963, the U.S. Armed Forces teams entered all competitions sponsored by CISM and hosted boxing and volleyball.

EVOLUTION OF SPECIAL SERVICES	ITER-SERVICE SPORTS COUNCIL	INTERNATIONAL MILITARY SPORTS...	SR 10-305-1	TH TF S
----------------------------------	--------------------------------	-------------------------------------	-------------	---------------

In 1952, the TAG Department became the TAG Corps and issued regulation SR 10-305-1, which charged the TAGs with providing military personnel management to special services activities (recreation). For the first time, SR 10-305-1 defined Army sports and established responsibility for running them. Specifically, the regulation gave responsibility for planning and supervising the Army's participation in inter-service and international sports competitions to the Adjutant General's Corps.

EVOLUTION OF SPECIAL SERVICES	ITER-SERVICE SPORTS COUNCIL	INTERNATIONAL MILITARY SPORTS...	SR 10-305-1	THE TAG CORPS
In 1955, the 84th Congress authorized personnel of the Armed Forces to train for, attend, and participate in the Second Pan American Games, the seventh Olympic Winter Games, Games of the XVI Olympiad, future Pan American Games, and other international amateur sports competitions.				

Vietnam Era

The early seventies were a great time for the Army Sports Program at the installation and departmental levels. Because of the Vietnam War, troop strength was high and great emphasis was put on the intramural and unit-level programs.





The All-Army Trial Camp Support

Activity (AATCSA) was established in 1973 at Fort Indiantown Gap, PA, to support the competitive growth of All Army Sports Programs.

As the departmental level programs continued to grow, it also expanded the women's in basketball, softball, and volleyball.



The Army needed a **Standard Design** to improve sports facilities throughout the Army to accommodate the increased emphasis on sports. There were plenty of horror stories from the field that made a case for standardization. For example, football fields were being constructed 10 yards too short. The same thing



Running tracks were being built without the proper facilities.

The solution to this problem was a generic design that all could utilize in the Army.

So, in 1973, the Morale Support Directorate of TAG and the Huntsville District of the Corps of Engineers joined forces to produce definitive designs for outdoor playing fields and courts.

was happening
with softball
fields.

Late 20th Century

In 1976, the Army Sports Office issued definitive designs for every sports and fitness facility authorized by the construction criteria manual. This design guide was developed and released to the field in 1976 and reissued in June 1985. The only problem with design guides was the field didn't have to use them if they did not want to. Therefore, the Sports Office found that the definitive designs were not being used.

Army Participation In the 1976 Olympics

Before the abolition of the draft, the military would routinely have sixty plus members on the U.S. Olympic Teams (summer and winter) and win 15 or more medals.

Post Draft, in the 1976 Olympics, 31 military athletes won five gold and four silver medals.

At the Army Sports Office, we felt that we could have achieved higher success if our participants had been allowed to train properly. First, however, something had to be done.

Step 1

Birth of the World Class Athlete Program



The Army Sports Office developed the World Class Athlete Program (WCAP) in 1978. A program to assist aspiring and qualified Soldier-athletes in training and competing in national and international sports events leading to the Olympic Games. Although the WCAP had been approved, additional funding was not authorized.

The Army Sports Office initially funded the program out of its annual budget. Because of the shortage of funding, limited the number of selected.

Once selected for the WCAP, the Soldier was authorized to begin training two years before the Olympic Games on a full-time basis.

Step 2

General Maxwell Thurman

As Commanding General (GC) of the Training and Doctrine Command (TRADOC), General Maxwell Thurman was familiar with the Army's War Plan 2000 Air, Land, and Sea. Because he saw a relationship between this plan and the game of soccer, he promoted the addition of soccer to the Sports Program.

In 1981, the Armed Forces Sports calendar added soccer, and the Army won the first Armed Forces Soccer Championship. The All-Army coach was the only active-duty military person with an A-level license from the U.S. Soccer Federation (the highest-level license the USSF awards).

In 1983, General Maxwell Thurman became Vice Chief of Staff, Army. He foresaw that, in the out years, funding for military construction was going to become scarce and directed the Army to standardize designs for as many facilities as possible. Physical fitness centers were one of the facilities targeted for standardization.

Step 3

The 1996 Olympics

The Army was disappointed to find a sharp decline in Soldier won medals between 1985 and 1989. There was a problem within the Army Sports Program affecting a Soldier-athlete's desire to reach the highest levels of amateur athletics.

Officers and enlisted Soldiers started to feel the pinch when the Olympic glory was over, and they returned to their duty stations. They found they had fallen behind their peers and the only option for them was to leave the service.

The Army Chief of Staff, recognizing that the 1996 Olympics would be held in the USA, said, "We will do better at home." The Army was energized to come up with a better way to support our Soldier-athletes.

Formal World Class Athlete Program

The Army Sports Office, and LTC Willie Davenport, developed safeguards to allow national guard personnel, reservist, and active-duty personnel to participate in the WCAP to keep up with their peers as they trained for the Olympics. As a result, a formal WCAP office, separate from the Army Sports Office, was created, staffed, and funded.

The first Olympics for the WCAP office was the 1996 Olympics. The WCAP remains a necessary and highly viable program for the Army's soldier athletes.

LTC Willie Davenport is a five-time Olympian who won the gold medal in the 110-meter hurdles at Mexico City in 1968. Davenport concluded his Olympic career as a bobsledder during the 1980 Winter Games at Lake Placid, NY. He has since been an advocate for a U.S. Army program intended to level the international playing field.

Army Sports Today



The growth and development of military sports have been important to both the readiness and well-being of Soldiers. Perhaps no one captured it better than General Douglas MacArthur when he spoke about the fields of play:

“Upon the fields of friendly strife, are sown the seeds, that upon other fields on other days, will bear the fruits of victory.”

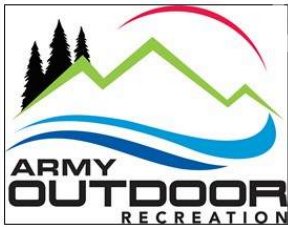
The role of sports is directly linked to the readiness and well-being of America’s Army. Rather than detract, Army sports are designed to complement the commander’s mission of combat readiness. Along with developing esprit de corps and raising morale, Army sports are a living example of the slogan, “Army Strong.”

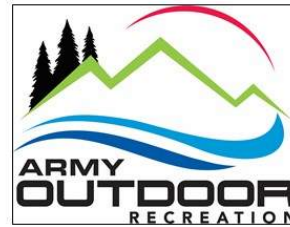
The mission of Army Recreation Programs

Congress authorizes recreation programs to provide diversions from the rigors of military service and reduce the stress of daily living. These programs benefit Soldiers and their families by offering the widest possible opportunity for life skills development, self-expression, leisure and social activities, and physical fitness.

Recreation programs assist commanders in maintaining morale, esprit de corps, and the mental and physical fitness of the Soldiers. In addition, recreation programs promote a positive image of the Army and positive interaction with the off-post community.

Click on each (+) for more information.





Automotive Skills

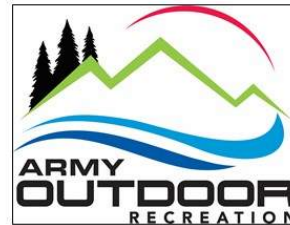
The Automotive Skills Program provides Soldiers and family members the opportunity to save money on the cost of vehicle repairs and maintenance and learn new skills.



Outdoor Recreation

The purpose of the Army Outdoor Recreation program is to conserve, develop, and use outdoor recreation resources for the benefit and enjoyment of the military community by providing opportunities for military personnel and their families to participate in healthy outdoor recreation activities.

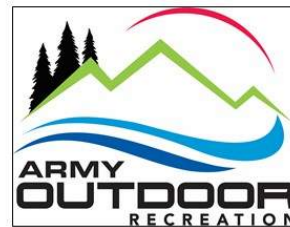
Additionally, outdoor recreation provides learning opportunities to acquire new lifetime skills, develop existing skills, and progress to advanced levels in fishing, whitewater kayaking, mountain biking, in-line skating, and skiing.



Recreation Centers

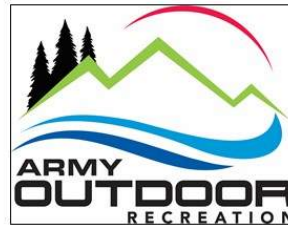
There are Community Recreation Centers (CRC) at most Army posts around the world. The CRC is a central place to come for on- and off-post recreation information and services.

Each CRC is unique and set up to serve Soldiers and families at that location with services such as trip and tour information, outdoor recreation equipment rental, and discount ticket sales to amusement parks, attractions, sports events, and concerts.



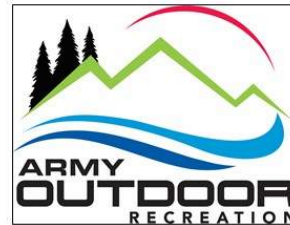
Arts & Crafts

Arts and Crafts In addition to finding an outlet for creativity and a way to learn a new skill for life, Soldiers and their families come to the post Arts and Crafts centers for lots of reasons. With the assistance of skilled professional staff, they build and repair furniture, frame art, make ceramic chess sets or mugs, and tool leather. Family members weave, weld, and whittle; children learn life skills and develop life-long interests.



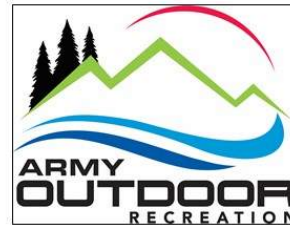
Libraries

Soldiers use libraries to pursue the vocational and academic studies they need to get promoted or transition to a civilian career. Soldiers and spouses rate Army libraries in the top three MWR programs in terms of importance and use. The most commonly reported reasons for using Army libraries are educational studies, references, and research.



Entertainment

The Entertainment program is a diverse and demand-driven program that promotes the well-being of Soldiers and their families. In addition to providing opportunities for creative expression and skill development, it provides logistical, technical, and artistic support for business operations, ethnic celebrations, Soldier activities, special events, and public relations activities within the civilian community.



Better Opportunities for Single Soldiers

The BOSS program gives single Soldiers a voice in how they live, how they recreate, and how they can affect the everyday circumstances of their lives in the Army.

Targeting adults 18–25, including unaccompanied Soldiers (stationed overseas) and single parents, BOSS representatives serve on many installation councils, such as the Army and Air Force Exchange Service, commissary, barracks, and MWR.

Sports and Fitness Programs

There are sports programs at every post and range from team to individual sports at all skill levels. In a typical year, thousands of Soldiers participate around the world in local Army Sports Programs. There are opportunities to enhance individual morale and unit esprit de corps, promote teamwork and cooperation, engage in competitive recreation, and encourage individuals to attain and sustain high fitness levels.

Fitness centers are part of the Army Sports Program. Because soldiers must meet physical fitness standards as part of their military duty (readiness), providing the best equipment and

facilities to train and exercise is considered an important part of Army MWR.



Sports Programs

Sports programs offer diversion from the rigors of military service and the stresses of daily living. This program also complements other commanders' efforts to build morale and esprit de corps and promote physical fitness.

Individuals engaged in wholesome sports activities develop abilities, change and modify opinions and beliefs, gain self-confidence, and benefit from improved physical and mental health and social adjustment.

Individual and Team Sports – Army sports activities encompass both individual and team sports for men and women and self-directed sports and fitness activities.

Facilities – The Army operates fields, gymnasiums, fitness centers, and swimming pools supporting sports and self-directed activities.

Intramural and Extramural Programs – Instruction, practice, and competition are planned for all skill levels. The Army currently conducts trial camps and championships in boxing, wrestling, tae kwon do, cross country, basketball, track and field, volleyball, bowling, racquetball, triathlon, tennis, softball, golf, soccer, rugby, and marathons.

Armed Forces Competition – In a typical year, thousands of Soldiers participate worldwide in local Army Sports Programs. Nine hundred men and women advance to All Army or Armed Forces tournaments and championships in 16 sports. As a result, army teams consistently win nationally and internationally.

Fitness Programs

Fitness centers are part of the Army Sports Program. At some locations, fitness centers are right in the gymnasiums. At other locations, fitness facilities are in separate buildings. Because soldiers must meet physical fitness standards as part of their military duty (readiness), providing the best equipment and facilities to train and exercise is considered an important part of Army MWR. Since there is a direct link between fitness and readiness, admission to fitness centers is free. As a result, fitness is ranked among the highest MWR programs both in use and customer satisfaction.

Fitness programs provide opportunities for patrons to develop cardiovascular fitness, strength conditioning, and flexibility that contributes directly to the well-being of the Army. Additionally, these programs support the Army goal of readiness and retention by providing an installation focal point for fitness activities that foster unit camaraderie, esprit de corps, and physical fitness itself.

Program Concepts of Army Sports



The importance of sports in society is mirrored in the Army. Military forces throughout the world share its importance as a vehicle for camaraderie. The Army sports arena is where athletic performance, military bearing, and the human spirit combine to bring people together. The impacts are immeasurable.

The Army Sports Program emphasizes mass participation at the lowest practical level conducted for the sake of participation and fun. Individual participants can advance to higher rounds or levels of competition by winning contests.



West Point DFMWR Sports Ultimate Frisbee Champions Department of Mathematics

Program Concept

Program Concept Army sports are structured to provide opportunities for participation depending on the interest and skill of each Soldier.

Because of the linkage between sports and readiness, the program emphasizes mass participation at the lowest practical level with opportunities for those with the interest and skill to advance to more highly selective events. Generally, advancement is determined through competition.

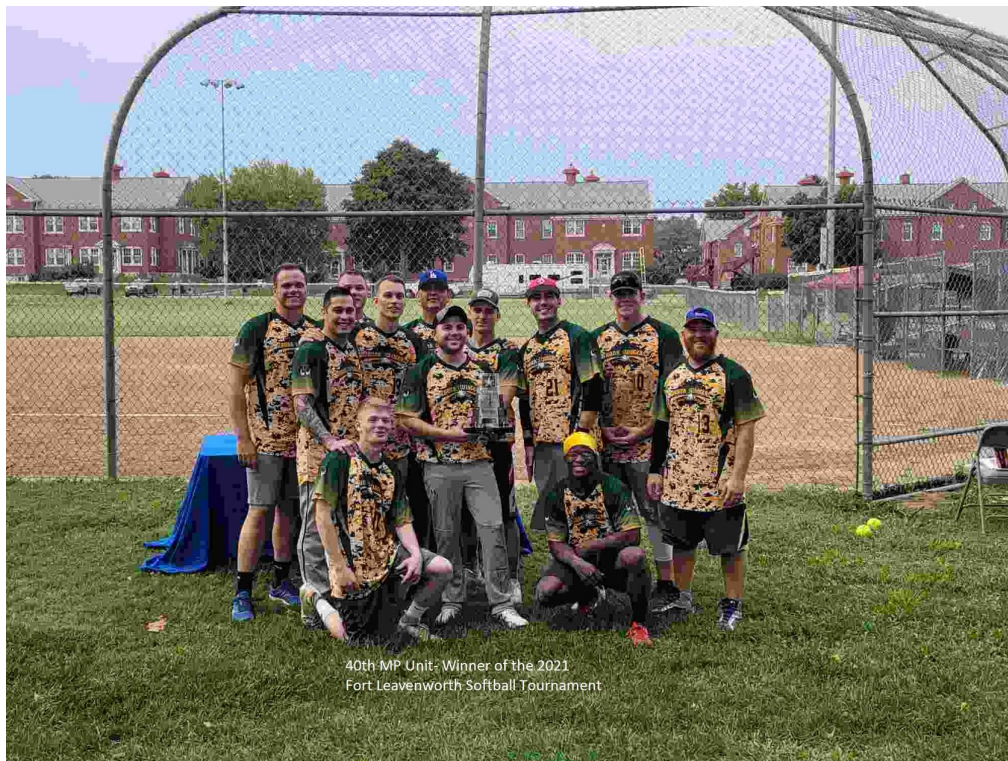
The concept of Army sports is built on a pyramid structure with the broadest participation at the base or unit level and progressively less participation as Soldiers advance to the highest level of Olympic or international competition.

BRIGADE, BATTALION, AND COMPA...	INTRAMURAL SPORTS	IMCOM DIRECTORATES, INSTALLAT...	THE DEPARTMENTAL PROGRAM	WC / P
Army Sports Programs at the unit levels provide Soldiers an opportunity to participate in a full range of individual and team sports. Emphasis is placed on mass participation in intramural events with instruction, practice, and competition for all skill levels, starting with the beginner. Through interesting, challenging, and enjoyable individual and team sports, Army Sports Programs enhance group morale and develop a high mental and physical well-being. The development of the vital assets of teamwork and the will to win confidence and aggressiveness, and compliment the required physical training program.				

BRIGADE, BATTALION, AND COMPA...	INTRAMURAL SPORTS	IMCOM DIRECTORATES, INSTALLAT...	THE DEPARTMENTAL PROGRAM	WC / P
The term “intramural” means “within the walls.” Traditionally, the term refers to a team and dual/individual activities, tournaments, meets, or special events limited to participants and teams from within a specific unit or organization—intramural sports range in the organizational structure from informal to formal. Games are played in an informal intramural event for reasons other than keeping score and deciding a winner. In a formal event, scores are recorded, and winners are announced. Whether informal or formal, intramural sports promote fitness, build morale, and create esprit de corps. • Comprised of structured contests, tournaments, or leagues with unit eligibility requirements • Normally conducted off-duty between teams on the same installation • Provide opportunities for the greatest number of personnel to participate • Participation includes command recognition of players and spectator involvement				

Sporting events to determine IMCOM directorate, installation, and community championships also include command recognition and spectator involvement. Championship awards are often presented at a recognition ceremony on behalf of the Community Commander. Characteristics of Installation and Community Championships apply to:

- Team and individual sports
- Identify the best teams or individuals from all eligible units
- Often serve as culminating competition
- Provide grounds for recommending Soldier-athletes for All Army Trial Camps



40th MP Unit: Winner of the 2021
Fort Leavenworth Softball Tournament

Army personnel, including active duty, National Guard, and Reserve Component Soldiers, are eligible (with their commander's concurrence) to participate in the Army's Departmental Sports Program. This program, conducted by the Family & Morale Welfare and Recreation Command (FMWRC), provides an opportunity for Soldiers to train and compete at the highest level their athletic skills allow. The Soldier applies to AR 215-1 and, if accepted, attends an Army Trial Camp.

The Army currently conducts trial camps and championships in the following sports for both men and women: Basketball• Bowling• Golf• Racquetball• Softball• Tae Kwon do• Tennis• Track and field• Volleyball• Wrestling• Boxing• Soccer.

Successful completion of a trial camp leads directly to Armed Forces, national, and international sports competitions, including international military competition in the Conseil Internationale du Sport Militaire (CISM) and the Pan American and Olympic Games.

BRIGADE, BATTALION, AND COMPA...	INTRAMURAL SPORTS	IMCOM DIRECTORATES, INSTALLAT...	THE DEPARTMENTAL PROGRAM	WC P
--	----------------------	--	--------------------------------	---------

The World Class Athlete Program (WCAP) provides outstanding Soldier-athletes with the support and training to compete and succeed in national and international competitions, including the Olympic Games, while maintaining a professional military career. WCAP offers all members of the Army (Active, Reserve, and National Guard) the same opportunity for selection. All Soldiers must be in good military standing. In addition, soldiers applying for the program must demonstrate the ability to maintain a high national ranking in their specific sport and be recognized by their respective national governing body.

All Army Trial Camps and All-Army Championships Soldiers are nominated to participate in the All-Army Trial Camps (AATC) and All-Army Championships based on IMCOM Directorates or local championships. Individual applicants must complete DA Form 4762-R (Athlete's Application) and DA Form 4763-R (Athlete's Amateurism Certificate). Trial camp selection is based on:

- Performance in the current military and civilian competitions
- Records and reports of the national governing body
- Recommendations of sports directors or coaches
- Statements provided by the athlete

Except for marathons, rugby, triathlon, cross-country, and bowling, AATCs are conducted to determine the best Soldier-athletes to represent the Army in the Armed Forces Championships.

BRIGADE, BATTALION, AND COMPA...	INTRAMURAL SPORTS	IMCOM DIRECTORATES, INSTALLAT...	THE DEPARTMENTAL PROGRAM	WC / P
--	----------------------	--	--------------------------------	-----------

Conducted under the auspices of the Armed Forces Sports Office, Armed Forces Championship competitions feature the best individuals and teams representing the Army, Air Force, Marines, and Navy. Armed Forces Championships are held annually for boxing, wrestling, tae kwon do, cross-country, basketball, volleyball, track and field, bowling, triathlon, tennis, golf, softball, marathon, and rugby.

Military athletes winning individual titles in Armed Forces Championships qualify to represent the United States Armed Forces in CISM competitions. Additionally, the Armed Forces teams in CISM Championships may select outstanding performers in team sports from the Armed Forces Championships.

National Championships and Competitions

Following the conclusion of the Armed Forces Championships, the national governing bodies conduct annual championships in the Olympic sports. Therefore, soldier-athletes may participate in the national championships for their respective sports based on their performances at the Armed Forces Championships. Often, the national championships are used to determine national rankings and identify individuals capable of representing the United States at various international competitions.

All national championships are conducted with the general oversight of the United States Olympic Committee. During the year, various competitions are organized throughout the United

States involving national-caliber athletes. These competitions help prepare the Soldier-athlete for participation in the national championships.

The Olympics, Conseil Internationale du Sport Militaire, and International Competitions

The Olympic Games and other international events are at the highest level of the Army Sports Program pyramid. The CISM is an international military competition where Soldiers participate as representatives of the United States Military. The Olympics and other international competitions are civilian events where Soldiers participate as representatives of the United States.

The Olympic Games

In 1948, Congress enacted Public Law 84-11, which set forth the principle that no outstanding athlete should be denied the opportunity to represent the United States in the Olympic Games and other major international sports events simply because the athlete was in the military service. The law also stated that every qualified individual must be allowed to try out for national teams and, if selected, be permitted to participate in the competition.

Since that time, 549 Army Soldier-athletes have been selected to either an American summer or winter team, earning 132 Olympic medals overall in various sports. In 2004, Soldier-athletes won 162 medals in national and international championships.

Winter Games Highlights – A total of 155 Soldiers have been selected for U.S. Winter Olympic teams. In 2002, Spc. Jill Bakken and her civilian teammate Vonetta Flowers won gold in the first-ever Olympic women's bobsled event. In the men's 4-man race, Army Reservist 2nd Lt. Garrett Hines won silver in the USA I bobsled, and four Soldiers in the USA II bobsled driven by Brian Shimer took the bronze, breaking a 46-year medal drought for America in that sport.

Until 2002, the only medals Soldiers won at the Winter Olympics were in ice hockey: silver in 1956, gold in 1960, and silver in 1972. In 1994, five Soldiers were on the men's and women's biathlon teams that competed at the Winter Olympics in Lillehammer, Norway. At the 1998

Winter Olympic Games in Nagano, Japan, eight Army World Class Athletes competed: three bobsledders and five biathletes. While there were no medalists, the 4-man bobsled team missed a bronze medal by .02 of a second.

Summer Games Highlights Of the 77 Soldiers who trained for the 2004 Olympics, 54 (72 percent) qualified for Olympic trials. Eight Soldiers made the U.S. team; five were alternates. At these Olympics, MAJ Mike Anti won the silver medal in Men's Three-Position Rifle. Army coaches played an important role as well in 2004.

- Staff Sgt. Basheer Abdullah was selected as the U.S. Army's boxing team's head coach.
- Staff Sgt. Shon Lewis was selected as U.S. Wrestling's Greco-Roman coach.
- MAJ Dave Johnson was selected as the U.S. Rifle coach.

Conseil Internationale du Sport Militaire

The World Military Sports Council conducts World Military Sports Championships in over 20 sports annually. The CISM is comprised of over 100 member nations whose theme is "Friendship Through Sports." Competitions for each sport are hosted annually by countries throughout the world. Every four years, in the year prior to the Summer Olympic Games, the member nations gather at a central site in a multi-sport event to replicate the Olympic experience for military athletes. Competition is conducted at the highest levels of athleticism and technical proficiency.

International Competitions

In non-Olympic years, the International Federations conduct World Championships in their respective sports. Soldier-athletes may qualify to represent the United States through their respective national governing bodies. Most national governing bodies follow the same procedures to select athletes for the World Championships as they do for the Olympic team. Other international competitions include the Pan American Games.

**THIS CONCLUDES THE OVERVIEW OF SPORTS HISTORY
AND THEORY. THANK YOU!**