

Smyrna School Sets Pace In Physical Fitness Race

By MELINDA BURBAGE

Keeping pace with the fitness craze which is sweeping the nation, Smyrna school has its own ideas. Lorenzo Lewis, senior at Smyrna, attended the Governor's Youth Fitness conference last June at State college, and from that got the idea to start such a program in his school.

"It's been rough, because we didn't have the proper equipment to work with," he said. "We (the committee) hope to be better organized soon."

The committee consists of two more seniors, Gay Styron, who is assistant chairman, and Alice Chadwick. There are six juniors, Joe Willis, Norris Nelson, Lenwood Parker, JoAnne Valentine, Trudy Gillikin, and Reed Sparks.

The group was chosen by Lorenzo and the principal, W. R. Futrell. All but one of the group, Reed, are members of the basketball teams and four are Beta club members. They are Lorenzo, Gay, Joe and Trudy.

Using a booklet entitled Youth Physical Fitness as their guide, the students, with full cooperation of the faculty, began giving the children exercises.

No class time was used. The work was done during activity periods and study halls.

"The younger group seemed to enjoy the class better than the older ones," Gay said.

For the past few weeks "screening tests" have been given to some

of the students. The girls seemed to make out better than the boys, though they seemed weak as far as abdominal strength went.

The boys fell down on their pull-ups where shoulder and arm strength was tested. The tests were not to prove how strong they were, but to show just how much work is needed to improve each one physically. The tests consist of three different categories, push ups, sit-ups, and the squat thrust. Those who failed the tests will be re-tested later on.

When asked what would happen next year, since he will be graduated, Lorenzo said he hoped someone would take over and develop the program further.

Lorenzo thinks the classes are a lot more effective with students teaching than it would be with an adult, because the students do the exercises along with the classes.

Lorenzo would like to go to the other schools, talk to the principals and explain the program. Maybe soon all the schools in the county will have such classes.