## The Guilfordian

VOL. XLII

GUILFORD COLLEGE, FRIDAY, OCTOBER 28, 1955

## **Guilford's Intramural Program Benefits Students**

## Heavy Participation Features Men's Intramural Program

Besides participating in intercollegiate sports, Guilford has an intramural program. This is an athletic program within the school which includes the following activities: tag football, basketball, softball, tennis, volley ball, and golf. The program is for both men and women students and is initiated, planned, and executed by the Athletic Association for Men and The Women's Athletic Association, respectively. All students are eligible for participation except persons involved in varisty sports. Teams are formed in the various dorns or sections to compete with each other. Trophies are given to the winning teams in each activity. This gives the students who participate a feeling of unity and also a feeling of pride in their section.

The purpose of the intramural program is to create interest in physical activity, to bring the students closer together, and to help students develop attitudes, standards, and ideals that will prove beneficial to them in later years by cooperating and conpeting with other students. On the campus, intramurals create an atmosphere of activity which makes a favorable impression on visitors and also creates friendly surroundings for the students.

Intramurals give students a chance to get better acquainted and to broaden their knowledge of people and human nature. It makes for better human relations and helps to bring about a climate of good will. It gives the shy student a chance to express himself and meet other people. The students who, for one reason or another, are unable to participate on teams which represent the school in intercollegiate sports, are given an opportunity to take part in competitive sports. Last of all, it helps the student to obtain a well-rounded college life, a chance to develop his personality, and an opportunity to find out about himself through self-expression. Yes, intramurals are an important part of a school's activities, and we are glad that Guilford recognizes this need.





## W. A. A. To Add Archery, Ping Pong Women's intramurals are spon-

Women's inframurals are sponsored by and under the jurisdiction of the Women's Athletic Association, rather than the dormicories although each class is represented by a member on the W. A. A. Council. The purpose of women's intramurals here at Guilford is to foster fair play, cooperation, and good sportsmanship.

Each year interest is shown in all major sports. Special emphasis is placed on tennis, field hockey, volleyball, basketball, badminton, and softball. With the added facilities and equipment this year tournaments in ping pong and archery are expected to be added The tournaments in these sports are open to all women students regardless of degree of ability.

Encouragement from Lucy Herin, president of the W. A. A. and Mrs. Salmon, director of women's physical education, is helpful in keeping the program active.

Participation in intramurals is partially the basis on which blazers and pins are awarded. Intercollegiate play days are an outgrowth of the intramural program.

The success of this type of program is completely and wholly dependent upon individual activity and interest.

