

A PROGRAM OF ATHLETICS AND RECREATION
FOR ARMY CORRECTIONAL TRAINING FACILITIES

by

RONALD EDWARD BOEHME

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Approved by:

R. W. Anthony

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TABLE OF CONTENTS

	Page
ACKNOWLEDGMENTS	ii
INTRODUCTION	1
PURPOSE OF PAPER	2
PURPOSE OF RECREATION	2
HISTORY AND ROLE OF ARMY RECREATION	3
OBJECTIVES OF RECREATION	8
EDUCATIONAL VALUES OF RECREATION	11
GENERAL PROGRAM CONCEPT	12
GENERAL RECREATION PLAN	14
CONDUCT OF PROGRAM	16
TROPHIES AND AWARDS	17
ORGANIZATION AND PERSONNEL	18
ORGANIZATIONAL STRUCTURE (FIGURE 1)	20
EQUIPMENT AND FACILITIES	21
SUMMARY AND CONCLUSION	22
RECOMMENDATIONS	26
APPENDIX A (CTF REGULATION 28-52)	27
APPENDIX B (FLAG-FOOTBALL RULES)	31
APPENDIX C (BASKETBALL RULES)	47
APPENDIX D (VOLLEYBALL RULES)	50
APPENDIX E (SOFTBALL RULES)	56
BIBLIOGRAPHY	64

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INTRODUCTION

The pressures of complex modern life make it imperative for all to have an escape from the rigorous demands they experience daily. Military leaders have long known that the effectiveness of any unit is largely dependent upon the morale of its troops. In our educational system one of the cardinal principles is to prepare people with skills for "worthy use of leisure time". Army commanders have always been aware that troops with high morale make a more effective fighting force, but they have not always been in accord as to the best method to achieve high morale, Aside from food, shelter, clothing, pay and mail, commanders have varied greatly in their opinion as to what other things are essential to morale. It seems that a balance between the use of man's leisure and the worthiness of the activities in which he indulges during this free time will of necessity become not only the nature but the function of recreation. (1) We thus need to "recreat" beyond the limits and the bounds of modern society. Recreation in its nature is closely related to the mental hygiene approach to living, and its function lies in recognizing the needs for such an approach and their satisfying that need. We must be prompt to recognize a prisoner's needs for the services of recreation when these same individuals are not likely to recognize the need and satisfy it themselves. We must

be alert to recognize change and be willing to adjust to meet the needs so that our troops can live a balanced life in an ever changing environment.

PURPOSE

The primary objective of this paper is to establish the needs for a challenging and meaningful program of athletics and recreation for prisoners of the United States Army Correctional Training Command. (Note: The Correctional Training Facility will be referred to as CTF henceforth in this report.)

It is also the concern of this paper to provide a sound program that will satisfy the recognized and defined needs of the prisoners. In accomplishing this task the program will contribute greatly to the overall mission; that of "returning military prisoners to duty as well-trained soldiers with improved attitudes and motivation". Recommendations for implementation of this program will be included.

THE PURPOSE OF RECREATION

Recreation is a fundamental human need and contributes to such essentials as mental, physical, emotional and social health; community solidarity; economy; character development; and democratic living. The benefits are derived from a program of activities which includes not only athletics and physical education activities, but also such things as gardening, music, drama, arts and crafts, outings, photography, fine arts, and all sorts of hobbies. The program of activities caters to the entire population. Programs are organized in respect to the needs and interests of those they serve. (2,p.22)