

# Girl Students Keep Fit In Torrance High Program

By RONNIE SAUNDERS  
Women's Editor

(Editor's Note: This is sixth in a series of articles dealing with what is taught in the high school classrooms of Torrance. Last week's story dealt with physical education for boys at North High. Today's story deals with physical education for girls at Torrance High.

Although beset by problems created by a building program which involves the girls' gymnasium, the girls physical education department at Torrance High School has adapted its program this year to provide students with opportunities set forth in its curriculum.

Although beset by problems created by a building program which involves the girls' gymnasium while the girls' building served as temporary administrative offices early this year proved expedient as did flexibility in scheduling field sports to take advantage of favorable weather.

Headed by Miss Shirley E. Ellerman, the girls physical education department provides a four-year program for all girl students. Emphasis in the freshman and sophomore year is on team sports such as volleyball, basketball, softball, hockey, soccer and touchdown.

Individual sports are stressed in the junior and senior year. Among the sports offered are: tennis, golf, archery, badminton and trampoline. Tumbling is taught on all levels. Folk and square dancing are available to underclassmen, and modern dance is instructed on junior and senior level.

Entering freshmen go through a three-week orientation program during which body mechanics is stressed. Demonstrations and activities relate to uses of various parts of the body. Team sports for underclassmen are in keeping with the season. In early fall, freshmen and sophomores usually devote a five or six week unit to volleyball. As the

weather gets colder, a more active sport, such as basketball or a field sport, is offered. Softball is usually scheduled for spring.

On all grade levels there are major and minor activities. Major activities involve six week sessions; minor activities are completed in a three - week span. Team sports and individual sports are included in the major category. Among the minor units are such things as trampoline, tumbling, dance and badminton. Four major and four minor units are completed each year.

All girl students are tested twice each year for physical fitness. Tests conform to standards of the state physical performance requirements. Among the areas tested are: standing broad jump, push ups, sit ups, shuttle race and softball throw for distance.

Adaptive physical education is offered for students who are unable to participate in the regular physical education program. Exercises are geared towards students' individual needs. Girls enrolled in adaptive classes engage in the less strenuous sports: archery, folk dance, paddle tennis, croquet, shuffleboard, bowling (with plastic pins), and table tennis.

Girls' physical education is similar to other courses offered in the academic program at Torrance High School in that written exams as well as performance tests are a regular part of the curriculum. In addition to Miss Ellerman, members of the department are Miss Jane Orr and Miss Vivian See.



AIMING AN ARROW at the target on the field of Torrance High School is Caren Williams, who began archery instruction last week. She is receiving tips from Miss Shirley Ellerman, department chairman of the girls' physical

education department at Torrance High. Field sports are scheduled to coincide with the various seasons of the year. Girls will study softball later this spring.

—PRESS photo

Perhaps the greatest tribute to the program itself is the carry-over of interest to after-school hours. Most popular of all extra-curricular activities for girls at Torrance High is the GAA (Girls Athletic Assn.) Membership is over 100—or bet-

## Babe Ruth Sets Tryouts March 9, 16

The spring tryouts of the North Torrance Babe Ruth League will be held on two Saturdays, March 9th and 16th, at the North High School main diamond. Tryouts start at 10 a.m. Those boys who have not been registered can sign up on those same days at 9:30 a.m.

Those who are registering should bring their birth certificate and a \$1 registration fee. To be eligible, boys must have been born before Aug. 1, 1950, and on, or after, Aug. 1, 1947.

The league reports that it is particularly short of 13-year-old players.

Work is needed on the field and stands. Fathers interested in helping can contact Bob Wilbanks, president, at DA 3-3772, or John M. O'Connell, at 370-2761.

Weekly meetings are held Tuesday nights, starting at 7:30 at the home of President Wilbank, at 2318 W. 175th St.

## Colt League Schedules Two Tryouts

The Torrance Colt Baseball League for boys of 15 and 16 years of age is having its tryouts at the North High field March 9 and 16 from 9 a.m. to noon.

It is still possible to register at the field. Boys must be accompanied by one parent, bring a birth certificate, and \$3 registration fee.

## Pony League Tryouts Set For March 9

Tryouts for West Torrance Pony League are scheduled for 9 a.m., March 9, at Ryan Field.

All boys 13 and 14 years of age and who reside within the league boundaries are eligible to play.

The league boundaries are Del Amo Blvd. on the north; west on Del Amo to Madrona Ave., south on Madrona to Sepulveda Blvd., east on Sepulveda to Crenshaw Blvd., south on Crenshaw to Lomita Blvd., west on Lomita to Hawthorne to Pacific Coast Hwy., west on Pacific Coast Hwy. to Henrietta, north on Henrietta to Del Amo.

Ryan Field can be reached by going to W. 247th and Crenshaw Blvd., and turning west on 247th, staying on that street until the field is reached. The field is located at the extreme west end of 247th St. behind Ryan Aircraft Co.

Boys who have not registered yet may do so at the tryouts on March 9th or contact Stan Sellers at FRonzier 1-1556, or Ralph Hogue at FR 1-1166.

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## WHY I LIKE BEING A BOY SCOUT . . .

By Rick Golightly  
23911 Huber Street  
I like being a Boy Scout for several reasons. Some of the most important reasons I can think of are the knowledge I gain and the fun I have during Scout activities.

Some of the most important things I have learned since becoming a Boy Scout are finding north without a compass; signalling; camping; measuring distances; first aid, and how to live off the land.

I have had fun doing such things as climbing hills and streams, having snow fights, and swimming.

We also play games. A few of them are "British Bulldog, Swat-um, and stalking Indian."  
All of this learning and fun is greatly due to our Scoutmaster, Pat Patterson, and our Asst. Scoutmaster, George Peabody. These are some of the reasons why I like being a Boy Scout in Troop 211.

By John Shachle  
23750 Pennsylvania Ave.  
I like being a Boy Scout because it is fun as well as useful.

I know that anything I learn in Scouts will be useful to me later in life. In the Boy Scouts, we learn simple everyday things, as well as knots and first aid.

In Scouting, we learn to be good citizens by doing useful things for our community.

The most exciting activity in Scouting is camping.

At camp, we test our skills at cooking, first aid, and other Scouting crafts.

As Scouts, we learn to get along and to work well with others.

I think a Scout feels the proudest at the Court of

Honor. It is a good feeling to get together and receive the awards you worked so hard for.

### Gov. Brown Invites Wilcox of the YMCA

Joseph Wilcox, executive secretary of the Torrance Family YMCA, has been invited to participate in the Governor's Conference on Delinquency Prevention, to be held in Sacramento March 13 and 14.

YMCA's efforts in strengthening family life, Wilcox will attend in order to share ideas and gain fresh ones to enhance local youth and family programs.

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