Up, down, one. Up, down, twoCalisthenics contribute to physical development.



Les Mock, astride "JR", heads for an obstacle in the ring at the Camden Hunt Stables.

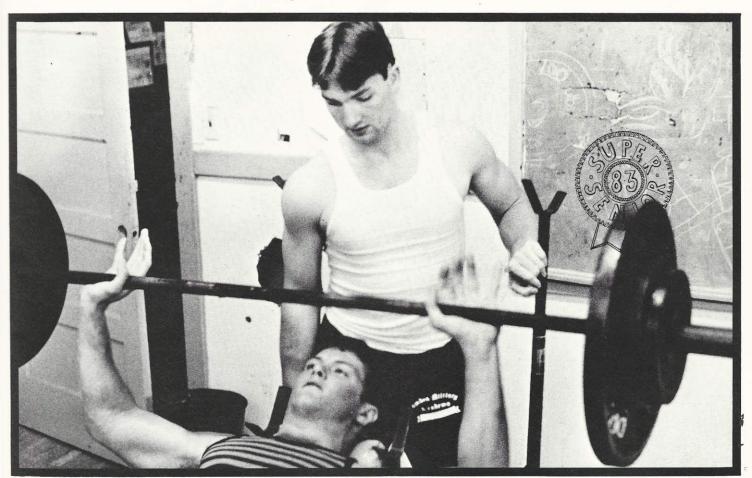
KEEPING IN SHAPE

Organized fitness sessions are semi-weekly.

Each Tuesday and Thursday afternoon after tutoring and military training classes, all cadets participate in physical training. Athletes currently engaged in an intramural sport are excepted.

Calisthenics start the period and touch football, volleyball, softball, and basketball games follow. Some cadets receive riding instruction at the Camden Hunt Stables.

Keeping in shape is one more facet of developing the whole man.



Jay Carter, who captured the title Most Athletic Cadet, vigorously works out "pumping iron" in the academy weight room, while Robert Dasher spots him.