

Southern Illinois
University at Carbondale

CARBONDALE, ILLINOIS 62901

Intercollegiate Athletics

10 April 1973

Mr Tony Hanson
536 W Chestnut
Hinsdale, Illinois

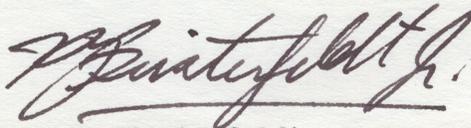
Dear Tony,

I today received your award form, and am very pleased that you have decided to be with us. You have already received copies of the ACT financial report form, which you no doubt have filed by now. Especially if summer works out as we hope, this is very important.

Just so that you may anticipate something of what we have in mind for summer, I am enclosing a copy of the program for AA men, indicating their interaction with specialists. Of course we will expect somewhat more work from the specialist than is indicated by the AA schedule. You may in particular want to keep in condition by running so that when you start here, you do not find the first few days too demanding.

I will keep you posted on progress here. Do not be insulted if this is in the form of ditto copies of information.

Welcome.



H. J. Biesterfeldt Jr.

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27 April

Dear Tony,

Tuition award is OK. I believe that is all you need to know.

The following men intend to be here in summer:
McFaul, Hallberg, Hanson, Shephard, Morava, Holthaus, Wall, of the
team candidates, as well as Butzman and a couple of others who are
here to train just for summer.



H. J. Biesterfeldt, Jr.

PS Fees for summer (separate from Tuition, and not covered) are \$58.00

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TENTATIVE GYMNASTICS TRAINING SCHEDULE

SPRING	SUMMER	
as convenient	8:00 a.m.	Run about 2 miles -- This is to be done before first class, and with others at the scheduled time if that time is free.
9:00- 11:00	8:30 a.m.- 10:30 a.m.	Clinical flexibility and corrective work in individual sessions of ½ hour in training room, as needed.
	10:30 a.m.	3 days a week, weight training, for about ¾ hour.
3:00	2:00 p.m.	Afternoon workout, as follows:
3:15	2:10	Group warm-up AA + Floor and Vaulters
3:30	2:30	Floor or Vaulting AA + Floor and Vaulters
4:15	3:30	Isometric Strength Session -- EVERYONE MUST PARTICIPATE
4:30	3:45	Pommel Horse AA + PH, floor men, Vaulters, to train on tramp or events.
5:00- 6:00	4:30 - 5:30	Rings, Parallel Bars, Horizontal bar. AA to work two of the three and specialists working their events, plus one other.
6:00	5:30	Optional Workout or Corrective Exercise and treatment. We recommend for all ringmen with shoulder troubles, at least 3 days a week, ½ hour of swimming, largely back-stroke. This helps to control shoulder problems.

Each day we will work first on the event not worked the previous day. Then we will go to the event worked first the previous day.