

The Mind-Body Challenge

*Campaign for the Athletic Program at St. John's College in Annapolis
Case Statement*

Executive Summary

St. John's College is seeking to raise \$500,000 to establish an endowment fund for the repair and replacement of athletic equipment. Such a fund will benefit the students, staff, and faculty who participate in athletic activities that bring physical, social, and mental rewards to the St. John's College Community.

Athletics at St. John's College in Annapolis

St. John's College has a national reputation as a highly intellectual college with a serious student body, a fascinating "great books" program, and a tradition of vibrant discussion both in and out of the classroom. What is little known to outsiders but much loved by students and alumni is the college's thriving athletic program. An impressive 50% of students participate in athletics on a regular basis; 27% of staff and faculty use the gym on a regular basis. The result is a healthy community that benefits from the physical, social, and mental rewards that accompany athletic activities.

History of Athletics at St. John's College.

The success of the St. John's College athletics program is owed to many things, but the first is the visionary decision of New Program founder Stringfellow Barr to abolish intercollegiate sports in 1938, just one year after the New Program was inaugurated. "Intercollegiate athletics," said Barr, "involves substituting a spectator psychosis for student participation. And it meshes the college in with a semi-professional system in which scores are more important than pleasure and skill." Rather than excluding athletics from the college, however, Barr decided that St. John's would adopt a greatly expanded intramural program. That decision proved wise and essential in keeping St. John's College a thriving environment for healthy minds in healthy bodies.

The first athletic director under this new plan was Ned Lathrop, an alumnus of the class of 1938, who organized students into teams by seminars. While the system flourished at first, the effects of World War II on college enrollment and a lack of continuity in administrative oversight limited interest in intramurals. In 1958, Bryce Duval Jacobsen, class of 1942, became athletic director. Mr. Jacobsen replaced the seminar-team system with the system of captains, random assignation of freshmen, and sophomore draft that we still use today. In addition to developing the intramural system, Mr. Jacobsen encouraged participation in individual sports such as tennis, badminton, racket ball, squash, table tennis, and track and field events.

Mr. Jacobsen retired in 1986 and his shoes were temporarily filled by an interregnum that included Roberta Rusch (now Roberta Gable, the Associate Director of Admissions) and Michael Dink, currently the Dean of the Annapolis campus.

In 1988, Leo Pickens, class of 1978, became the Athletic Director, and the college entered its current era of athletic abundance. Under Mr. Pickens' leadership, intramural sports have remained strong and water sports have enjoyed a renaissance through the sailing and crew teams. Mr. Pickens supported the development of a strong fencing team and weight and cardio rooms are popular spots on campus. Fitness classes are enjoyed by students, faculty, and staff.

This year, we celebrate the 100th anniversary of the gym—officially named Iglehart Hall, but now affectionately known as Temple Iglehart. We look forward to the next 100 years.

What Activities are Part of the Athletic Program on the Annapolis Campus?

Intramurals

- flag football
- soccer
- ultimate frisbee
- basketball
- European team handball

- volleyball
- marathon relay
- pick up indoor soccer

Tournaments

- tennis
- ping pong
- basketball
- badminton

Classes

- aikido
- karate
- weight training
- yoga
- Pilates
- core strength
- dance

Extramurals

- fencing
- sailing
- rowing
- croquet

Unstructured Opportunities

- cardio room
- weight room
- canoes
- kayaks
- sailboats
- swimming at the Arundel Swim Center

How many students are involved?

Intramurals

In the most recent academic year of last year, 60% of the men showed up at least once to play in an intramural game; 42% of the women. The numbers for those who actively participate are roughly half of the above.

Regular Gym Use

49% of the undergraduates use the gym regularly.

Extramurals

We currently have 40 students involved in the rowing program; 23 students involved in the sailing program; 14 students involved in the fencing program; and 10 students on the croquet team. This means that 18% of St. John's College students are involved in some form of intercollegiate competition.

On the Water

Our water sports involve 13% of the undergraduate student body, a level of participation that compares favorably with our neighbor, the United States Naval Academy, as well as Washington College and St. Mary's—other schools on the Chesapeake Bay with active water sports programs.

What is the Importance of Athletics at St. John's College?

- The unity of the academic program builds community within each class. The intramural athletic program builds community across the classes.
- Athletic activity promotes well being through better health and fitness, enabling better performance in class.
- Sports are just plain fun and a good in and of themselves to be pursued for love and enjoyment only.
- Games provide another opportunity for students to experiment, be playful, take risks, and learn through making mistakes. This opportunity is similar to what is fostered in the classroom: having a go on the soccer field reinforces having a go with a translation, an idea, a demonstration at the board.
- There is a growing body of research that shows that exercise creates more pathways for intellectual development.
- Team sports provide opportunities for learning how to work on a team, develop self-confidence, take on leadership roles, and discover the virtues of sacrifice, courage, and discipline.

How much money does St. John's College currently spend on athletic equipment?

Budget for Academic Year 2008/2009

Gym & intramurals

Equipment	\$3,800
Supplies	\$6,250

Water sports

Rowing	\$5,000
Sailing	\$4,500
Safety Launches	\$3,750

What equipment do we currently have?

Equipment	Vintage
Gym	
Tennis Courts	last resurfacing 10 years ago
12 mats	1-15 years old
Ping Pong Table	home-made 10-15 years
Badminton stanchions	25 years old
Volleyball stanchions	25 years old
9 rowing machines	2-15 years old
Stationary Bike	10 years old
Elliptical Machine	5 years old
Cross Trainer Machine	10 years old
Recumbent Bike	10 years old
Elliptical #2	10 years old
Stair Mast	10-12 years old
Tread Mill	3-5 years old
Scoreboard	15 years old
Incline Bench Press	2 years old
Decline Bench	20+ years old
Lat Pull down machine	20+ years old
Bench press bench	20+ years old
Leg Press	3 years old
Hamstring press	2 years old
Squat Rack	5-7 years old
Crossover cable machine	10-12 years old
Various benches	20+ years old
Smith Machine	10 years old
Seated Row machine	15 years old
Weight Room floor	15 years old
Various dumbbells, plates, bars etc.	1-20+ years old
Sailing	
3 motor boats: engines from 1 to 4 years old.	from 1960, 1980s, 1990's
3 boat trailers	from 1960, 1980s, 1990's
7 FJs	5-15 years old
2 lasers	15-20 years old
Cape Dory Sloop	from the mid-80s
Rowing	
Rowing floating dock	10 years old
4 8s	1990, 1995, 2000, & 2008
3 4s	82,'90,'95, 2008
2 2xs	'70s, '95, '2008
7 Racing singles	dating from mid-80s to 2005.
5 rec singles	dating from late 80s to early 2000s
Canoes	20 years plus old
6 kayaks	dating from late 80s to early 2000s
45 Sweep Blades	dating from mid-80s to 2006
14 sets sculling blades	date from mid-80s to 2006
Shell Trailer	13 years old
Rowing Barge	13 years old

What are the goals of the campaign?

This campaign will establish an endowment fund for the repair and replacement of athletic equipment. While good safety and management practices call for the repair and replacement of exercise machines and weight-lifting equipment on a regular schedule, tight budgeting coupled with an overwhelming emphasis on mind rather than body, means that equipment is repaired or replaced only when it is broken.

On a smaller scale, financial constraints mean that the introduction of a new game ball is a cause for celebration, and students have recently taken it upon themselves to solicit sponsors to fund the purchase of team t-shirts in traditional St. John's College colors of red, blue, green, gold, and maroon.

This fund—financed in large part by those who most benefited from the athletic program as students—will provide a source of funds for the regular repair and replacement of athletic equipment.

The goal of the Mind-Body Challenge is to raise \$500,000 to provide a dedicated income stream of \$25,000 to the gym each year.

What are the naming opportunities for the Mind-Body Challenge?

- upper field
- lower field
- tennis courts
- basketball court
- the marina/dock area at the President's house
- fencing cage
- general equipment cage

Make a Gift and Join the Celebration

If you are or ever were a Greenwave, Kunai, Spartan, Amazon, Druid, Nymph, Maenad, Guardian, Fury, Hustler, rower, fencer, ping-pong player, weight room denizen, elevated track runner, or athlete of any kind, now is the time to join the 100th anniversary celebration of Iglehart Hall. Call your teammates, call your classmates, call your rivals, call your champions; make a gift to the Mind-Body Challenge.