

DEDICATION

**Cyrus K. and Ann C. Rickel Building
for Health, Physical Education and Recreation**

TEXAS CHRISTIAN UNIVERSITY

The Cyrus K. and Ann C. Rickel Building for Health, Physical Education and Recreation

Dedication Week: Program of Events

Tuesday, October 10

Events of special interest to professional physical educators, and coaches; public invited.

6:30 p.m.—Tours

7:00 p.m.—Sports Movement Clinics

General Session: Address by Dr. Roswell D. Merrick, American Association for Health, Physical Education and Recreation (AAHPER) consultant in physical education; Room 226.

Elementary Schools Clinic: Movement Education for Elementary School Children, led by Dr. Joan Tillotson, author-editor of books and films on movement education, now a consultant; Room 231.

Women's Sports Clinic: Improvisations and Lead-ups, Individual and Team Sports, led by specialists from Fort Worth middle schools and high schools; Room 248.

Men's Sports Clinic: Tips from the Tops, chalk-talks by Charles Moser of Abilene, with a football coaching record of 141 wins and 29 losses; Walter Shublom of Kansas City, who won 10 Kansas state titles and has a 296-26 record as a high school basketball coach; Baylor Athletic Director Jack Patterson, whose track teams won conference titles at both Baylor and University of Texas; "Skip" Cox of NTSU, president-elect of Southwest Athletic Trainer's Assn.; Room 105.

8:30 p.m.—Coffee, discussion; Room 223.

Wednesday, October 11

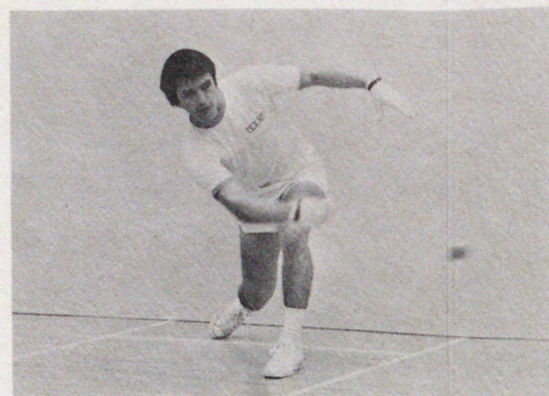
Events of special interest to TCU alumni; public invited.

6:30 p.m.—Tours

7:00 p.m.—Clinics and demonstrations

Opening remarks by Mr. Boyce Gatewood, Governor's Council on Physical Fitness; Room 226.

Judo and Self-Defense, Room 122, led by Shigeyuki "Ace" Sukigara, National Collegiate Judo Champion in 1964 and runner-up National AAU Champion.



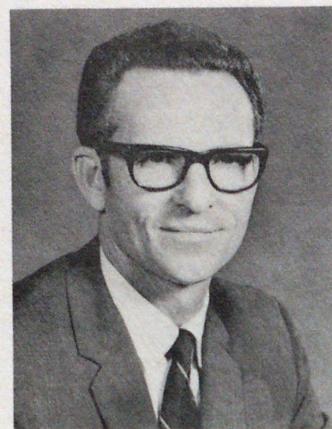
Mr. Pete Tyson
Thursday Evening



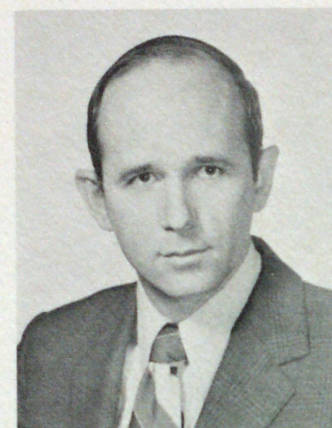
Dr. Roswell D. Merrick
Tuesday, Wednesday



Jerry Bywaters Cochran
Dedication, Thursday



Dr. Stanley Burnham
Dedication, Thursday



Kenneth Cooper, M.D.
Thursday Evening



Dr. Joan Tillotson
Tuesday Evening

Men's Conditioning and Weight Training, led by John Pettitt, AAU Regional Champion in Powerlifting; Room 139.

Women's Body Conditioning, led by Suzanne Paine, coordinator for Neiman-Marcus' Greenhouse; Room 108.

Fencing Exhibition, led by Dr. Emeric deGall of SMU, Champion fencer from Hungary; Room 248.

Swimming and Diving Exhibition, led by TCU swimming coach John "Rufe" Brewton; demonstrations by Doug Russell of UTA, 1968 Olympic Gold Medal winner; Bryan Dobbins of SMU, former NCAA All-American, and the SMU diving team; other swimmers, divers and synchronized teams; Aquatic Center.

8:30 p.m.—Coffee, discussions, brief tours; Room 223.

Thursday, October 12

Events of special interest to the general public; everyone welcome.

9:00 a.m.—Tours

11:00 a.m.—Dedication ceremonies, Room 226.

12:15 p.m.—Luncheon, Brown-Lupton Student Center (by invitation).

6:30 p.m.—Tours

7:00 p.m.—Clinics and demonstrations emphasizing life-time sports.

Opening remarks by Kenneth Cooper, M.D., developer of the aerobics exercise program, author of best-selling books on aerobics, director of the Cooper Clinic in Dallas; Room 226.

Men's Gymnastics, Room 136, led by Rusty Mitchell, U.S. high score in 1964 Olympics.

Handball and Paddleball, Room 134, led by Pete Tyson of UT Austin, past national handball champion.

Golf, Room 248, Ross Collins, Dallas.

Badminton-tennis, Room 248, led by Bernard "Tut" Bartzen, four-time winner of the National Clay Court Tournament, tennis director at Colonial Country Club.

Archery, Room 100, led by Mrs. Gay Avery Troutman, Texas and Southern Sectional champion in field archery for two consecutive years.

8:30 p.m.—Coffee, discussions, brief tours; Room 223.

Friday, October 13

Fitness and Fun Night

7:00 p.m.—Tours

7:30 p.m.—Square Dancing, Room 231, led by M. Luttrell. Swim Party, Aquatics Center, led by "Rufe" Brewton. Roller Skate Party, Room 120, led by George Harris.

Saturday, October 14

Events of interest to middle school and high school students.

9:00 a.m.—Middle School Play Day, sponsored by TCU Physical Education Professional Club, led by Dr. Betty Benison assisted by all TCU physical education faculty women; Room 226.

1:00 p.m.—Swimming, led by "Rufe" Brewton; Aquatic Center.

Other events

A Town and Gown Handball Tournament directed by Dr. Ben Procter, TCU professor of history, begins Monday, October 9, and continues each evening during the week before ending Saturday afternoon.

Dr. Roswell D. Merrick, AAHPER consultant in physical education, speaks on "What's In It for Me?" at 4 p.m. Wednesday, October 11, in Room 302; sponsored by TCU's Physical Education Professional Clubs.

A Collegiate Invitational Archery Tournament will be held Thursday, October 12, beginning at 4 p.m. in Room 100, directed by Mrs. Janet Murphy.

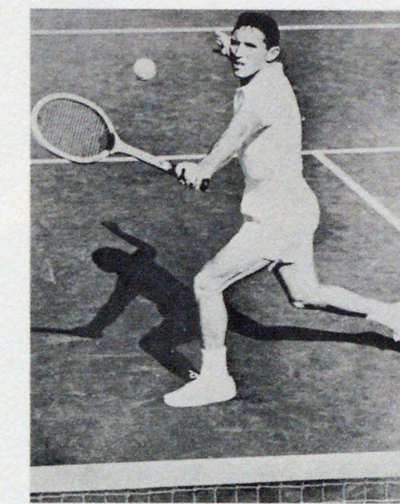
A co-educational badminton tournament is scheduled for October 10; a women's volleyball tournament is set for October 11; other intramural programs will be under way during the week.



Mr. John Pettit
Wednesday Evening



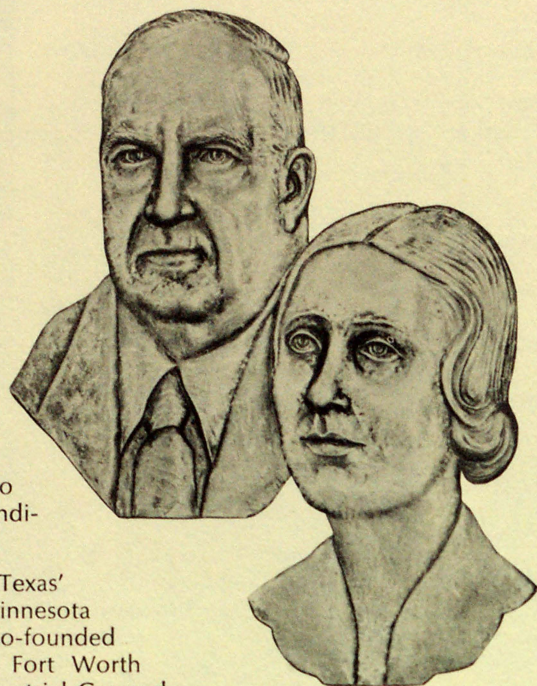
The Fantastics
Mr. Solomon Surles, Coach
Dedication, Thursday



Mr. Bernard "Tut" Bartzen
Thursday Evening

Cyrus K. and Ann C. Rickel

Almost without exception, their gifts to civic and benevolent organizations were made anonymously. Cyrus K. and Ann C. Rickel did not seek credit for their good deeds; only after strong urging by TCU officials did "Cy" Rickel and other trustees of The Rickel Foundation agree to be identified with the structure for which the foundation gave about \$1.5 million. This center for physical well-being symbolizes as well the anonymous philanthropies made to improve the well-being of many individuals.



Cyrus K. Rickel Sr. was one of Texas' pioneering industrialists. Born in Minnesota and educated there, in 1920 he co-founded a small welding supply firm in Fort Worth which grew into the Big Three Industrial Gas and Equipment Co., now a nationwide corporation. He was named "Engineer of the Year" by fellow professionals in Fort Worth in 1968. A director of the American Kennel Club, he judged dog shows over the world. His relationship with TCU began when Cyrus K. Rickel Jr. enrolled at the University; it grew through friendships with trustees and others, and he was elected a member of the Board of Trustees in 1968. His early financial support went particularly to the athletic program. He died in January, 1972, a few months after he took part in groundbreaking ceremonies for the new TCU building.

Ann Lawrence Criner met her future husband in Peoria, Illinois. That is where she attended Bradley University and where he, as a young U.S. Army officer, was in charge of the nation's first military welding training school. They were married there in August, 1919, shortly after his discharge from the Army. A year later, with a newborn son as part of the family, they began their Texas venture. Ann C. Rickel saw herself as a homemaker and friends remember her as a good cook. She involved herself in activities of young people while Cy Jr. was growing up and she shared her husband's hobby interest in show dogs. Outside the home, she was a member of the Etta Newby Club of The Woman's Club of Fort Worth, the Arlington Heights Chapter of Eastern Star, and Women of Rotary. She died in May, 1964.

The Cyrus K. and Ann C. Rickel Building for Health, Physical Education and Recreation testifies to their concern for others.

Trustees of The Rickel Foundation

Cyrus K. Rickel, Jr.
Milton J. Mehl

Vernon A. Foster
B. Preston Lockhart

Cyrus K. and Ann C. Rickel Building for Health, Physical Education and Recreation

The Rickel Building's aim is to help enrich the lives of students and faculty at TCU.

Here can be found the satisfaction of play, the zest of physical exercise, the friendliness of association with others, the thrills of achievement.

And for those who want it, here is serious study leading to a career in health, physical education and recreation; here is important learning in how to correct abnormal or delayed physical development.

A recent American Medical Association report supports TCU's longstanding belief that physical education should be a part of its curriculum. The medical group stated:

1. There is increasing evidence that proper exercise is significant in the maintenance of health and prevention of degenerative diseases;
2. Advancing automation has reduced the amount of physical activity in daily lives;
3. There is a growing need for young people to develop physical skills that can be applied throughout life in the use of leisure time; and
4. In an age of mounting tensions, enjoyable physical activity can be helpful in the relief of stress and strain.

Those who planned the Rickel Building believe it is one of the most attractive, comprehensive and compact collegiate centers of physical well-being in the country. Located near the campus residence halls, it is also near the athletic complex and its parking facilities. Architects have made it appear less massive than it is, blending it with other campus structures.

The Rickel Building meets many needs. It provides excellent facilities for the instruction of health and physical education teachers and recreation leaders. It allows students to develop physical skills — both through regular courses and "free-time" activities — which will aid their physical well-being the rest of their lives. It provides for some competitive sports at the inter-collegiate level.

It serves the learning community which is TCU by helping members of that community reach their potential physically, mentally and socially.



What's where on the Main Floor

The Aquatics Center includes two pools, an adjoining terrace, "wet" classrooms.

The 48-by-75-foot swimming pool ranges in depth from 4½ to 5½ feet, making possible many activities that cannot be handled in a traditional pool. Water can be lowered easily for children or handicapped persons.

The 48-by-40-foot diving pool is 22 feet deep to allow for scuba training as well as regular diving; it has one- and three-meter diving boards and a five-meter diving platform.

Both pools have underwater viewing windows to aid instruction, high-level lighting and sound systems. The stainless steel gutter is extra deep to prevent back pressure as a competitive swimmer approaches for a turn or finish. Rubber decking surrounds the pools. An outdoor terrace is on the south; "wet" classrooms, equipment rooms and stairs to lower-floor dressing rooms are on the north.

Both pools meet or exceed NCAA standards in every way. There is seating for 1050 spectators.

Two Games Areas, each 76 by 110 feet, convert into two regulation or four small basketball courts, or 12 badminton courts, or six volleyball courts, or two tennis

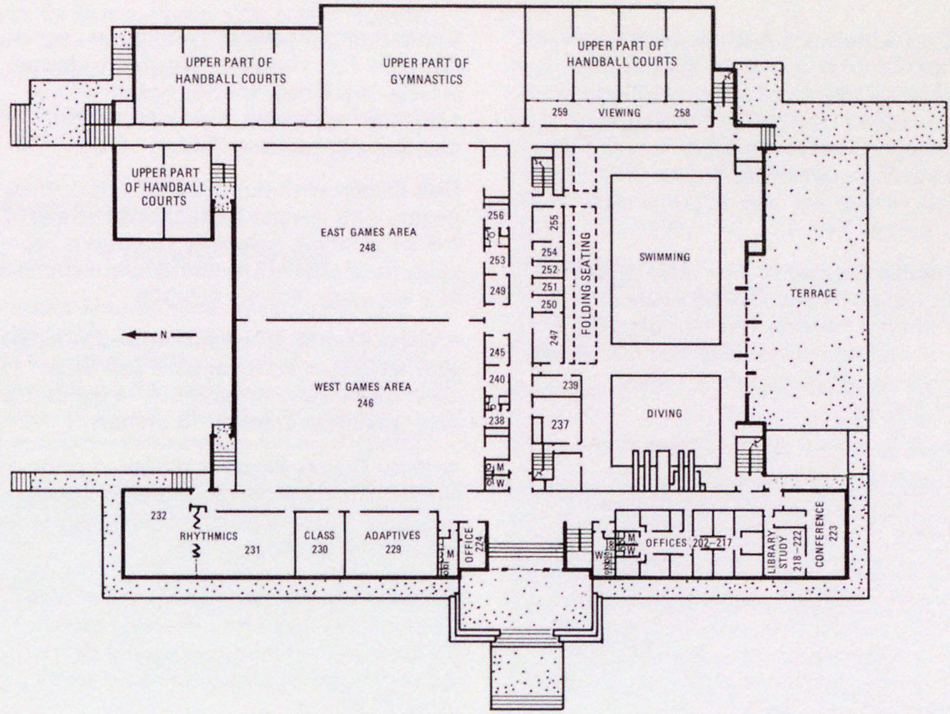
courts, all meeting competitive standards. With roll-up doors between the two areas opened, a regulation one-twelfth-mile track is available. Overlooking the games areas are facilities for limited viewing and instructional cameras. (West Games Area, Doors 226 and 246; East Games Area, Doors 248 and 260.)

Adaptives Room includes two whirlpools, special weight devices, massage table and other equipment for training students in corrective and therapeutic physical development. (Room 229)

Rhythmics Unit has two large instructional and practice rooms, primarily for dancing. With a folding door opened, a 74-foot-long area is available for runs and leaps. (Rooms 231, 232) Nearby stairs lead to another rhythmic unit on the upper floor.

Handball Viewing area allows spectators or instructors to watch activity on the tournament courts below. (Door 259) Gymnastics and other handball activity can be viewed through windows along the east corridor.

Classrooms are in several areas of the main floor. (Rooms 230, 237, 247, 255) A library-study is in Rooms 218-222; a semi-



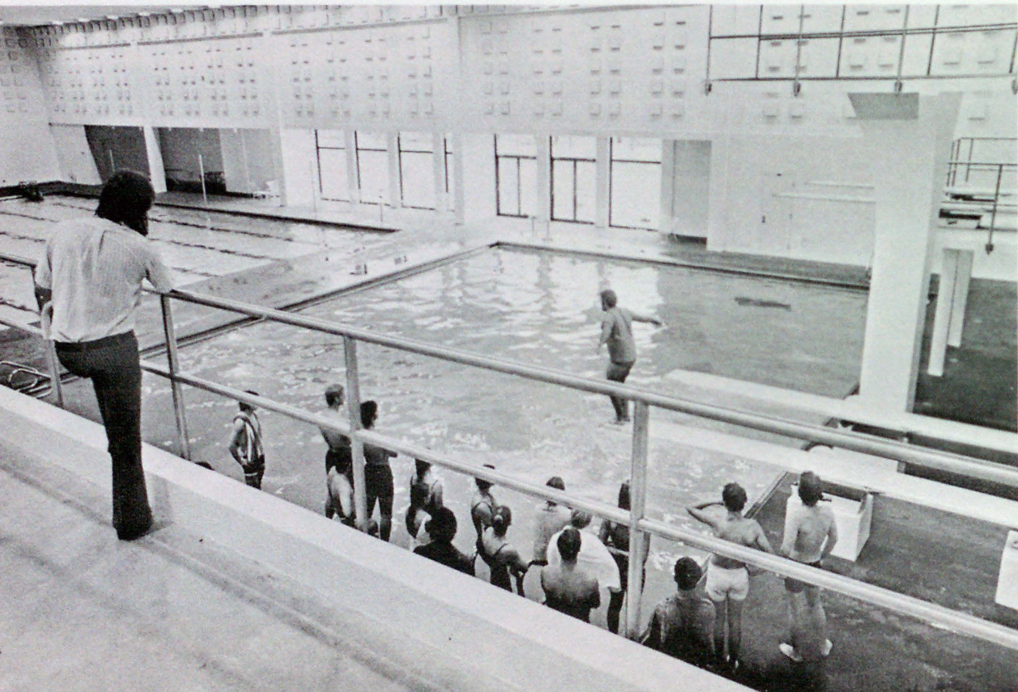
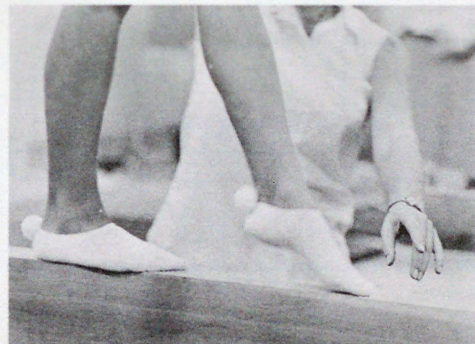
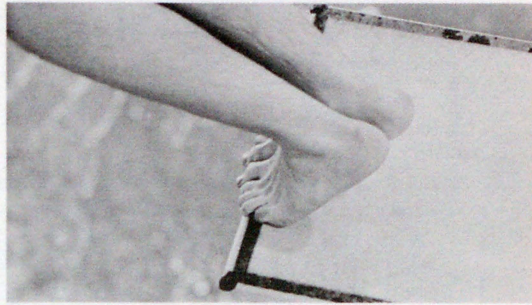
nar-conference room is next door in Room 223.

Faculty Offices are in a suite south of the main lobby (Rooms 203-217) and along the central east-west hallway.

Central Office for management and scheduling of the building and its activities is immediately north of the main entrance, in Room 224.

Ramp Entrance for persons in wheel chairs and others is near the southwest corner of the main floor.

Paved Area north of the building simulates the asphalt-topped playgrounds typical of many schools.



What's where on the Lower Floor

Handball Courts are near the northeast and southeast corner stairways. Four courts (Rooms 132-135) form a tournament center with plexiglass back walls and viewing for 200 spectators, with other viewing on the main floor. Six other courts, also regulation size, are near the northeast stairs, Rooms 140, 141, 143-146.

Gymnastics Room contains two 42-foot square exercise mats and all equipment needed by men and women gymnasts, including trampolines, horizontal and parallel bars, rings, climbing ropes. (Room 136)

Combatives Room, 80-by-40 feet, has wainscoting of special padding; it is designed for wrestling, judo, karate and combative sports. (Room 122)

Weight Training Room includes competitive weights, exercise and weight machines primarily for men. The floor is carpeted, adding esthetic, acoustical and maintenance benefits. (Room 139)

Conditioning Room has equipment for use primarily for women — treadmill, several bicycle machines, special weight-lifting and other apparatus — in a carpeted, pleasant atmosphere. (Room 108)

Golf Center includes artificial turf putting greens with special slopes for cups and a driving range. A nearby classroom provides for group instruction, demonstrations, film viewing. (Rooms 105-106)

Archery Center, to be developed in Room 100, will allow simultaneous use of a standard 60-foot competitive range and a short practice range by 18 archers.

Activity Games Room is designed primarily for instruction in leading outside youth activities, ranging from sidewalk games to roller-skating. (Room 120)

Dressing Rooms can provide more than 3000 lockers and other dressing facilities for men and women. Swimming dressing rooms have private stairways to the

Aquatic Center on the main floor; washers and dryers are in the linen rooms; hair dryers are in the women's dressing rooms. (Men's Dressing, Room 123; Men's Aquatic, Room 126; Women's Dressing, Room 115; Women's Aquatic, Room 111)

Classrooms on the lower floor are Rooms 104 and 105.

What's where on the Upper Floor

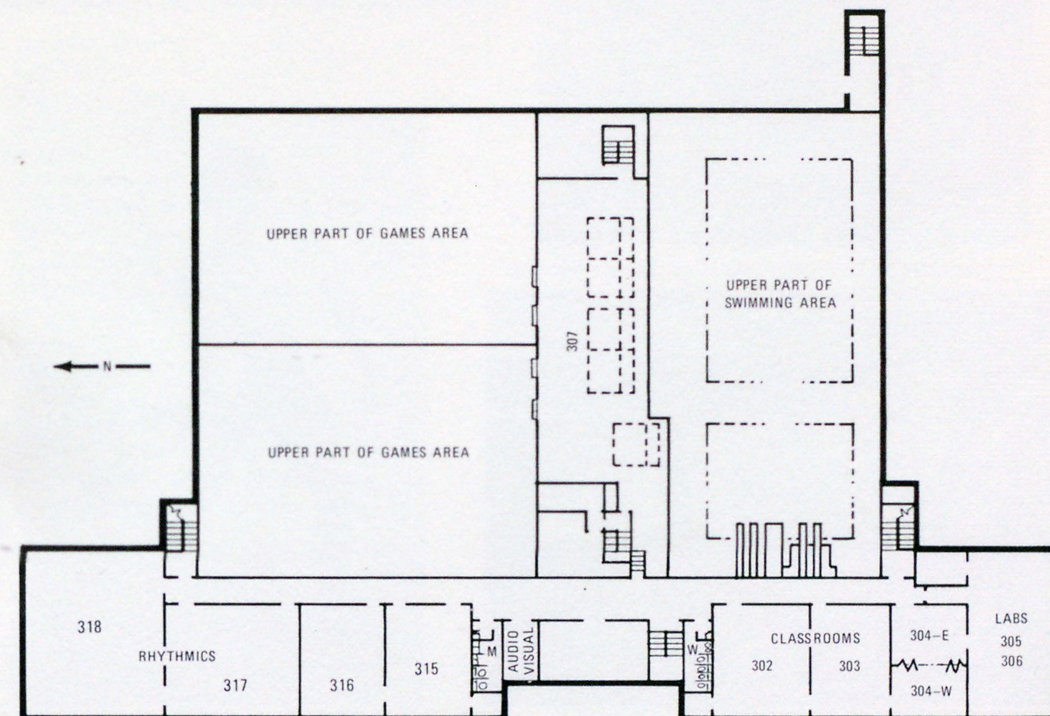
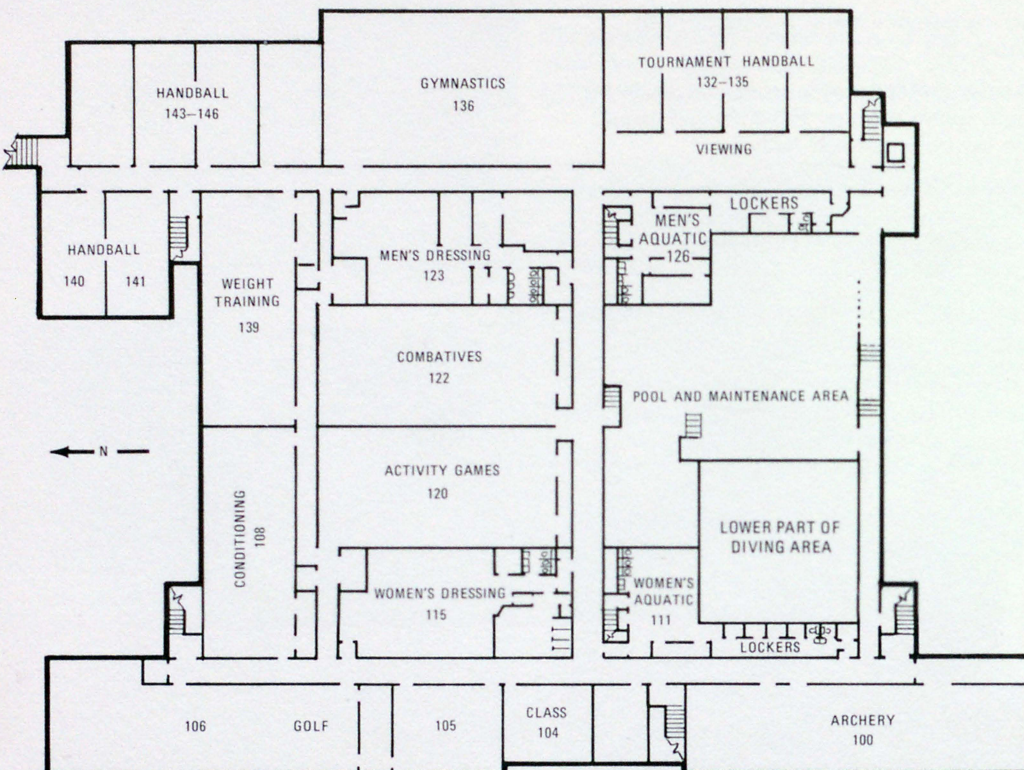
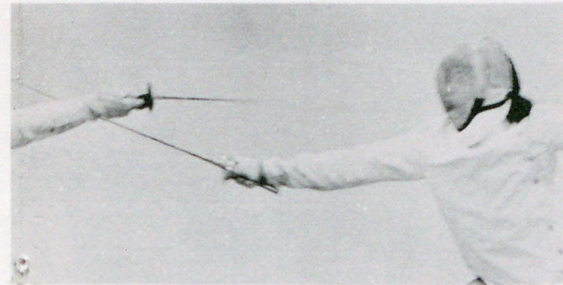
Rhythmic Unit includes a 48-by-53-foot unit primarily for folk dancing and a smaller room for other rhythmic activity. With the similar unit on the main floor, four different areas of dance—ballet, folk, creative and modern—can operate simultaneously.

Rhythmics units have wooden floors; sound systems are built into the ceilings. (Rooms 317, 318)

The Aquatics Center balcony holds bleacher seats which, when not used for spectators, fold forward to make space for table tennis, shuffleboard and similar games. Here also are windows looking down on the main floor games areas. (Room 307; entrance from main floor Doors 257, 236)

Classrooms are large enough for activity demonstrations; each is equipped for film projection and video playbacks. (Rooms 302, 303, 304, 315, 316)

Basic Research Laboratory for the study of the physiology and kinesiology of exercise is being developed in Rooms 305-306.



Varied Activity Courses

With growing recognition that physical activity, good health and a quick mind are intertwined, TCU requires students to take part in at least four activity courses. Most universities do the same. At TCU the choice is wide, meeting the needs of students ranging from the very athletic to those with only a mild interest. In most courses students are likely to find others as adept — or as inept — as they are when the semester begins.

Typical courses meet an hour at a time three days a week. They carry one semester hour of credit; four hours, usually taken the first two years at TCU, are required for a bachelor's degree.

Students are urged to become familiar with a variety of activities and include some which they can continue practicing throughout their lives. Though only four hours of activity credit can be applied toward a degree, many students take additional courses for their personal satisfaction. Some of the choices:

Dual sports and combatives

Handball
Paddleball
Squash
Judo — Beginner's, Intermediate
Karate Forms
Wrestling
Fencing — Beginner's, Intermediate

Team Sports

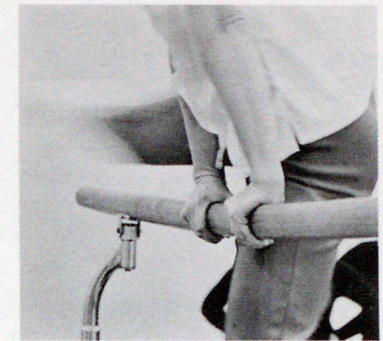
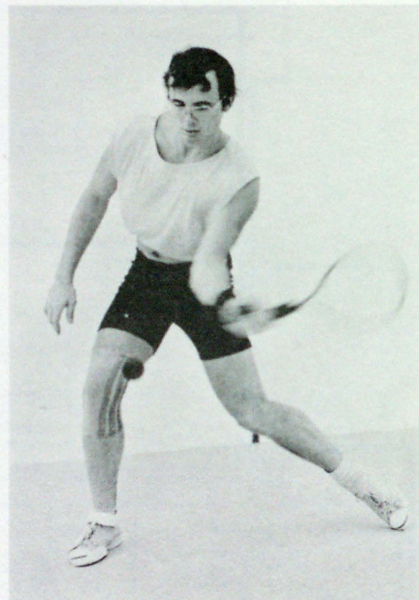
Touch Football and Soccer
Soccer and Softball
Volleyball and Touch Football
Field Hockey and Softball
Basketball and Volleyball

Body Conditioning and Gymnastics

Movement Fundamentals
Body Conditioning
Weight Training
Gymnastics — Beginner's, Intermediate
Tumbling
Trampoline

Dance

Folk Dance, American
Folk Dance, Other Countries
Modern Dance



Creative Dance
Tap Dance
Ballroom Dance
Ballet

Aquatics

Swimming — Beginners, Intermediate, Advanced, Synchronized, Competitive
Lifesaving
Scuba Diving
Recreational Water Sports
Water Polo
Diving

Lifetime Sports

Archery
Field Archery
Badminton — Beginner's, Intermediate
Tennis — Beginner's, Intermediate
Golf — Beginner's, Intermediate
Recreational Activities
Bowling Fundamentals
Rifle Marksmanship

Athletics (by invitation and try-outs)

Football
Track and Field
Golf

Tennis
Basketball
Baseball
Swimming
Gymnastics
Soccer

Some courses are for men only, some for women only, many are co-educational. Most are offered in several sections, giving the student a choice of times.

Some faculty members ask students for written comments when the course is over. A sampling:

"I feel healthier . . . more physically fit . . . more wide awake."

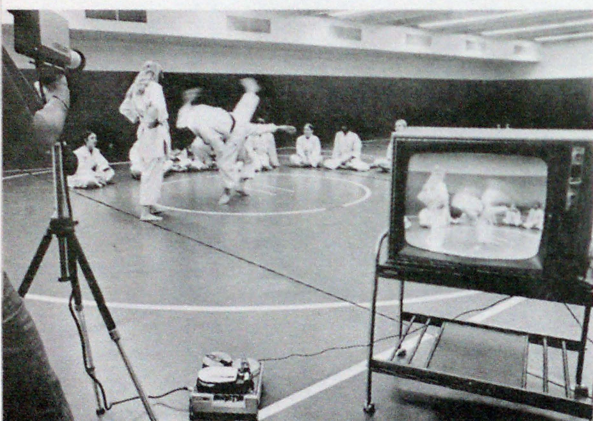
"Classes are small enough for individual instruction."

"I enjoy the folk dance parties . . . folk singing and listening to music from other countries was fun."

"Enjoyed learning self-defense tactics in judo."

"I feel more invigorated."

"The classes are fun."



Intramurals, Extramurals, Athletics

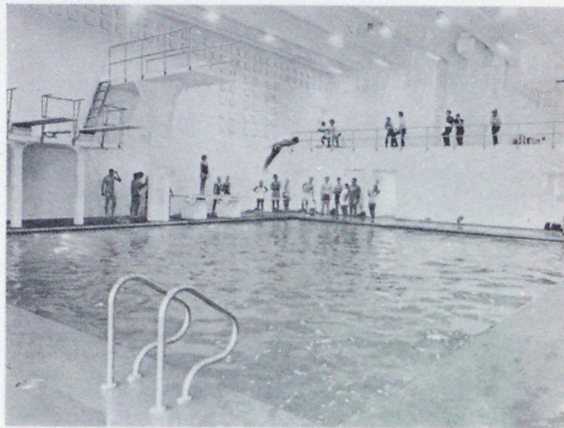
Beyond the instructional program, TCU offers opportunities for a variety of competitive and recreational sports activities on and off the campus.

Intramurals involve hundreds of students throughout the year. Sometimes they compete as individuals. Sometimes they represent a residence hall, fraternity, sorority, church group, special interest club, or even a class of students in the same academic course. Tournaments are scheduled in:

- Archery
- Badminton
- Basketball
- Basketball Free Throw
- Football (Men)
- Golf Putting
- Golf Pitching
- Roller Skating
- Softball
- Swimming
- Table Tennis
- Tennis
- Track and Field
- Volleyball

Extramural programs involve many students in competition with other schools or with recreational clubs in such sports as archery, badminton, basketball, soccer, golf, softball, judo, karate, swimming, track and field, fencing, rifle marksmanship, volleyball, weight lifting, gymnastics. Organized on a much less formal basis than the "big-name" sports, an enthusiastic team in almost any sport can usually find another team with which to compete.

Varsity Athletics — As a member of the Southwest Conference, TCU competes in football, basketball, baseball, tennis, track and field, golf and swimming.



Professional Physical Education

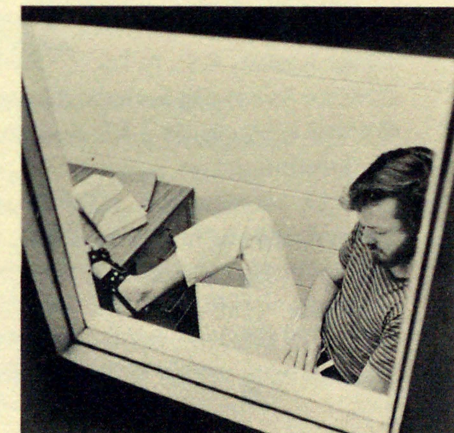
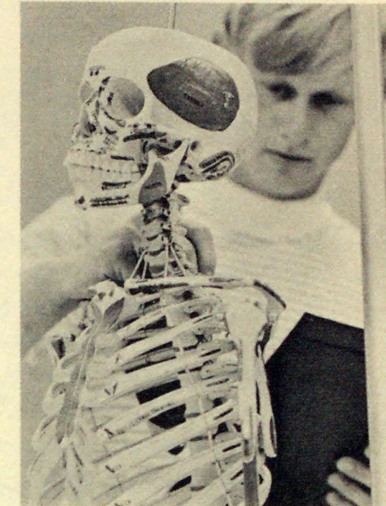
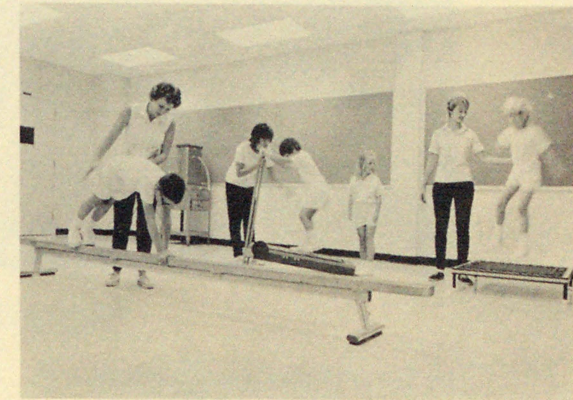
TCU's School of Education offers degree programs which can lead to varied careers.

Many professional physical educators work in elementary and secondary schools. They teach health and physical education, direct intramurals, coach sports and aquatics, direct recreation programs. Many professionals are recreation specialists with churches, scouting and other community youth groups, city recreation departments, private camps. Most athletic trainers have a background in physical education, as do many physical and occupational therapists.

The B.S. in Physical Education degree program provides a background of theory and skills ranging from gymnastics to officiating to first aid and kinesiology. Courses can vary to fit the goals of the individual student.

The B.S. in Education degree is available with physical education as one area of specialization in elementary education or as one of two teaching fields in secondary education.

Students can gain valuable skills through many on-campus extracurricular activities. Some are members of athletic teams or compete with other schools on a club basis. Many take part in the intramural program, sometimes as officials or directors. Some help faculty members as teaching assistants. P.E.P. (Physical Education Professional) Clubs for men and women are nationally affiliated and encourage increased professional interest. And all prospective teachers do some student teaching in Fort Worth or nearby schools before receiving certification.



DEDICATION

11 a.m. Thursday, October 12, 1972

Chancellor J. M. Moudy, Presiding

Invocation	The Rev. Roy S. Martin Minister to the University
We Worship With Movement	Jerry Bywaters Cochran Division of Ballet, School of Fine Arts
Remembrance	Dr. W. Earl Waldrop Senior Vice Chancellor
Presentation of the Building	Mr. Cyrus K. Rickel, Jr.
Responses:	
From the Trustees	Dr. M. J. Neeley, Chairman TCU Board of Trustees
From the Faculty and Staff	Dr. Thomas B. Brewer Vice Chancellor and Dean of the University
From the Students	Mr. Tom Lowe, President Student House of Representatives
Address	Dr. Stanley Burnham, Chairman Governor's Council on Physical Fitness
Gymnastic Demonstration	The Fantastics Nash Elementary School Mr. Solomon Surles, Coach
Remarks	Chancellor Moudy
Adjournment	Dr. Howard Wible Vice Chancellor and Provost

Dedication Planning Committee

Dr. Betty Benison, Chairman; Thomas Prouse, Co-Chairman

Billie Sue Anderson, Brad Beyer, Patsy Franzolino, Larry Gibson, George Harris, Jim McNerniey, John W. Murray, John Ohendalski, Dr. Ben Procter, Betty Jean Stocker, Dr. Maybelle Tinkle, Dr. William H. Watson, Dr. Leslie P. Evans, Tom Lowe, Dr. W. Earl Waldrop.

Architects: Joseph R. Pelich Associates; **General Contractors:** McCord, Condren and McDonald; **Mechanical and Electrical Contractors:** General Engineering Corporation.

