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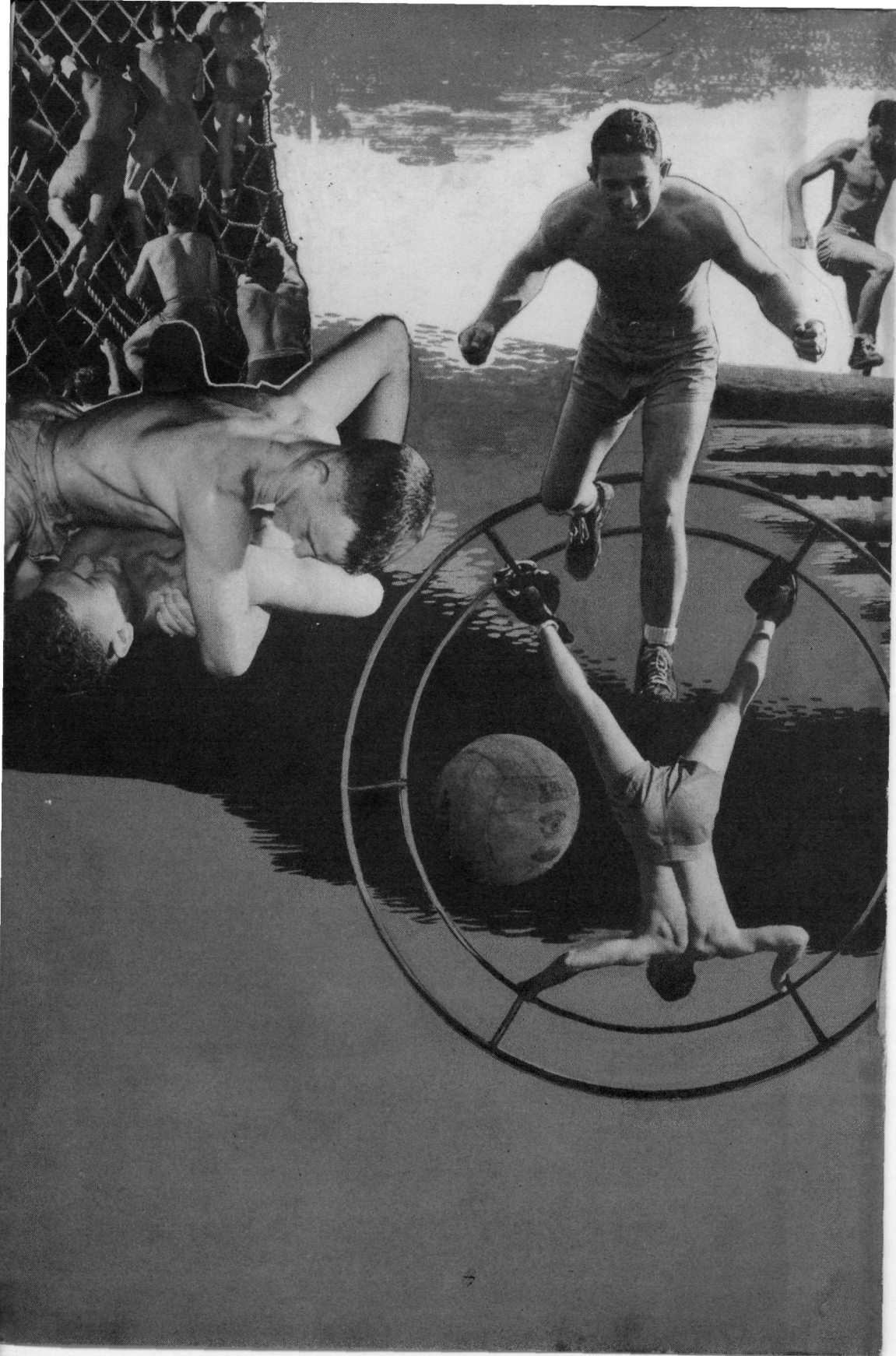
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TONS

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wrote the manuals now appear with the committees of revisions opposite the title page, and we deeply regret that space does not permit acknowledgment of the contribution of literally hundreds of others whose assistance was substantial. The original edition of these manuals was completed in 1943 under the direction of Commander Frank H. Wickhorst, USNR, Head of the Naval Aviation V-5 Physical Training Program at that time.

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T. J. HAMILTON  
Rear Admiral, USN (Ret.)  
Director of Athletics  
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