

## A GYM OF THEIR OWN

WOMEN, SPORTS, AND PHYSICAL CULTURE<sup>1</sup> AT THE BERKELEY CAMPUS,  
1876-1976

Roberta J. Park

THE FIRST ISSUE of the *Blue and Gold* was published in 1874, when the University of California completed its first year in the “tiny and distant settlement” of Berkeley.<sup>2</sup> By 1876, three hundred and five students were enrolled, forty-five of whom were “ladies.”<sup>3</sup> That fall the *Besom*, a student newspaper intended to alternate with the weekly *Berkeleyan*, included in its September 22 edition the following notation: “We are glad to hear that members of the Y.L.C. [Young Ladies Club] are going to obtain a foot-ball and engage in that healthful and invigorating sport.”<sup>4</sup> Two months later, amongst repeated pleas for a gymnasium,<sup>5</sup> the *Besom* made another of its very few comments about women:

Is there not some spare room in either South or North Hall, where the young ladies could be permitted, after the daily recitations, to pursue a course of Calisthenic or Gymnastic exercises?...They would then have as much appetite for their dinners as their brothers, and their brains would be consequently invigorated for their wearisome evening studies.<sup>6</sup>

Thanks to the generosity of Mr. A. K. P. Harmon, a “neat and substantial structure” became available early in 1879. According to the 1880 *Blue and Gold*, young women were using the new gymnasium on Wednesday and Friday afternoons.<sup>7</sup>



1899 Basketball team. *University Archives*.

**“Young Ladies,” Sports, and Physical Culture, 1876-1914**

If the Young Ladies Club actually did obtain a “foot-ball” it is unlikely that they engaged in any spirited contest. For one thing, the rather nondescript soccer-like game of the 1870s called for teams of twenty.<sup>8</sup> Far more inhibiting would have been prevailing beliefs which held that athletic sports were far too physically and emotionally demanding for the delicate female constitution.<sup>9</sup> Different attitudes were emerging regarding physical education. In 1866, Vassar College announced the opening of a Calisthenium “placed under the direction of an experienced and successful lady instructor.”<sup>10</sup> When Wellesley College opened in 1874, calisthenics and genteel sports like tennis and boating were required. The purpose of these programs, and those that followed, was health and personal development not competition—and certainly not public display.

In the 1870s intercollegiate athletics had not yet attained a wide following. Although the University of California male students held their first Field Day on May 3, 1879, during the 1880s “interclass” not intercollegiate contests in baseball and other sports were the norm, with occasional games against local clubs, small colleges, and high schools.<sup>11</sup> Following the lead of eastern institutions like Harvard, Yale, and Princeton, by the 1890s elaborate and well-publicized contests for men in rowing, track, baseball, and especially football were fast becoming an integral part of the American college scene.<sup>12</sup> The December 17, 1892 California-Stanford University football game (played according to the evolving eleven-man rules) initiated a new era for Berkeley’s male students.<sup>13</sup> Female collegians, at Berkeley and elsewhere, would have to wait another eight decades for comparable opportunities.

This does not mean that “the fair sex” was wholly without opportunities for games-playing and other physical activities. When Vassar held its first Field Day on November 9, 1895 (track and basketball were featured) the *New York World* gave this novel event considerable coverage.<sup>14</sup> For the most part, however, women’s sports received scant attention. An article in *Cosmopolitan* in 1901 reflected prevailing sentiments. Although “the triumph of their class colors” might be “just as dear to them,” young women were expected to exhibit decorum in their games. Nonetheless, within their secluded precincts they often were extremely enthusiastic.<sup>15</sup>



WAA Crew, Lake Merritt, 1923–1924. *Hearst Gymnasium Historical Collections, University of California.*



WAA Riflery Team, probably 1926–1927. *Hearst Gymnasium Historical Collections.*

The *Blue and Gold* reports that a Young Ladies' Tennis Club was organized in October 1891.<sup>16</sup> They soon also had a boating and an archery club. It would be "basket-ball," the game invented in 1891 by James Naismith for young men at the Springfield, Massachusetts YMCA Training School, that became the most popular sport among college women. The game was introduced to students at nearby Smith College in 1892 by their young physical education instructor Senda Berenson, who modified the rules to make it less strenuous. Snatching the ball was prohibited; the court was divided into three equal parts; three players from each team were assigned (and confined) to each portion. These arrangements, Berenson maintained, eliminated undue physical exertion, encouraged team work, and did "away almost entirely with 'star' playing."<sup>17</sup> That same year Walter Magee, instructor of physical culture at Berkeley, introduced basketball to University of California coeds, who met Miss Head's School in a contest on November 18.<sup>18</sup>

The first women's intercollegiate basketball game on the West Coast took place on April 4, 1896 when Cal met Stanford at San Francisco's Page Street Armory. The San Francisco Examiner devoted several columns to the contest, which was won by Stanford by a score of 2-1 and witnessed by 500 women. No male spectators were allowed! To prepare for the game, Berkeley had played against Miss Lake's School and Miss West's School.<sup>19</sup> (During these early years the team was coached by Walter Magee and by Mrs. Genevra Magee.) In 1898, Berkeley defeated Mills College 13-2. When Stanford objected to playing indoors that contest was cancelled and a match with the University of Nevada was substituted.<sup>20</sup> Cal played both Mills and Nevada in 1899.<sup>21</sup> According to the 1901 *Woman's Occident*, players were anticipating a game with Stockton High School and another with the University of Nevada. (The latter was cancelled when President Wheeler objected to the overnight trip to Reno.) Sports-minded young women also looked forward to the new tennis court that Mrs. Hearst had promised.<sup>22</sup> Among members of the 1906 tennis team was Hazel Hotchkiss '09, who would capture the 1910 California State Tournament.<sup>23</sup> Paired with Helen Wills '27, Hazel Hotchkiss Wightman won the gold medal in women's doubles at the 1924 Olympics.<sup>24</sup>



Hearst Hall, 1904. *University Archives.*

The 1901 *Woman's Occident*, dedicated to Phoebe Apperson Hearst “in heartfelt love and gratitude,” noted with approval changes that had occurred since 1873. Whereas formerly the campus had been “a spot where women had to contest for standing room” they now engaged in their own debating, journalism, and musical organizations, and had their own “rooters club.” Additionally, the Associated Women Students (AWS) had created Sports and Pastimes, an association intended to foster social interaction as well as athletic opportunities. Thanks to the beneficence of Mrs. Hearst they also finally had their own gymnasium—“a source of real pleasure.”<sup>25</sup>

At the turn of the century medical societies as well as educational organizations were urging colleges to make physical culture part of the curriculum.<sup>26</sup> President William T. Reid reflected prevailing sentiments when he stated in his 1882-84 *Biennial Report*: “that physical education is of grave importance is becoming recognized by some of the best colleges in the country...the gymnasium is rapidly assuming an importance almost, if not quite, coordinate with many other branches of education.” The purpose of such a department, according to Reid and his contemporaries, was “not to make athletes, but to accompany the well balanced mental training...with an equally well balanced physical training.” Consequently, the director should have “a thorough medical education.”<sup>27</sup> In 1888 the board of regents appropriated \$3,000 for the establishment of a Department of Physical Culture. Dr. Frank H. Payne,<sup>28</sup> who was named director, gave advice on health and hygiene, examined each male student, and prescribed the “form and quality of exercise” he should take. Typically this was based upon one or more of the calisthenic and gymnastic systems then popular. The most highly regarded were: the Swedish (deemed the most scientifically informed and the best all-round exercise); the German (which included exercises on equipment such as the parallel bars); and the system devised by Dudley A. Sargent, M.D., Director of the Gymnasium at Harvard University.<sup>29</sup> Walter Magee was appointed to instruct the required daily men's exercise classes.

As early as 1889, a voluntary class for “young ladies wishing to share the same benefits” was offered by Mr. Magee on Wednesday and Friday afternoons.<sup>30</sup> Mrs. Genevra Magee, who would be named Associate in Physical Culture in 1896, participated and served as

chaperone. Not satisfied with their limited access to Harmon Gymnasium, 248 current and former students petitioned the board of regents in 1891:

A large number of young women in this University wish to take the course in physical culture, but are debarred by the want of a woman examiner [i.e. physician]. They thus suffer injustice, as members of the University, in being debarred from equal enjoyment of its advantage.<sup>31</sup>

The local chapter of the Association of Collegiate Alumnae gave the request its emphatic endorsement, setting forth reasons why such training was even more important for young women than it was for young men and urging the regents to appoint a woman physician in the same capacity as that of Dr. Payne. The Alumnae effort was headed by Milicent W. Shinn '80, Ph.D. '98, Emma Sutro Merritt, M.D. '81 and A.M. Vassar, and May L. Cheney '83.<sup>32</sup>

As with so many things that accrued to the benefit of women students, Mrs. Hearst rose to the occasion. Thanks to her financial support, in 1891 Dr. Mary Bennett Ritter (who already was serving on a voluntary basis) was appointed as medical examiner. In her autobiography Ritter noted that she also kept regular hours in the gymnasium "where girls could consult me about their ills of body or 'hearts.'" The young women thereupon petitioned for additional access to Harmon Gymnasium. In 1893 ten hours a week were set aside for their exclusive use. Three years later Dr. Ritter was giving them lectures on hygiene, functions of the body, healthful activity, prevention of disease, and how to care for the injured.<sup>33</sup>

Of the many contributions that Phoebe Apperson Hearst made to women of the University of California, none has been more extensive and enduring than those that have occurred in, and as a consequence of, Hearst Hall (which burned in 1922) and the Hearst Gymnasium for Women (a gift of her son William Randolph Hearst), which held its first classes in 1927. Together these have enriched the lives of tens of thousands of female students. In 1900 the *Daily Californian* announced that workmen were preparing Hearst Hall (which had been designed by Bernard Maybeck) for removal from its location adjacent to Mrs. Hearst's home on Channing Way to a site west of College Avenue that she had purchased. There it would be "remodelled to suit the purposes of a gymnasium" and fitted with the most



Class in Hearst Hall, ca. 1916. *University Archives*.



Tennis at Hearst Courts, 1920s.  
*Hearst Gymnasium Historical Collections.*

up-to-date apparatus. A condition of the gift was that two years of physical education would be required of all first and second year women.<sup>34</sup> When Hearst Hall was formally dedicated on February 9, 1901, President Benjamin Ide Wheeler commented on its filling “the great need of a strictly women’s building” and unveiled a plate inscribed: “Dedicated to the Women Students of the University by Ph[o]ebe Apperson Hearst.”<sup>35</sup>

From the late 1800s through the 1950s, a women’s gymnasium was more than a place for regular and prescribed exercise. It was an important social center where a variety of sports, dance, and club organizations offered opportunities for young women to work together and develop leadership skills. At coeducational institutions, where men entered only on carefully defined occasions,<sup>36</sup> the gymnasium also was a quiet retreat. Hearst Hall contained lounges where students might have lunch or make a cup of tea and rooms where the AWS and other groups could hold meetings. A week after the dedication ceremony the AWS held a Cushion Tea (decorated cushions were sold) to raise funds for their Sports and

Pastimes Association. Bows and arrows for the Archery Club were purchased from the proceeds. Efforts also were made to raise funds for a boat house at Lake Merritt for the Girls’ Boat Club.<sup>37</sup> An outdoor basketball court (another of Mrs. Hearst’s gifts) adjacent to Hearst Hall was soon added. Surrounded by a high fence “to prevent anyone from witnessing the game from the outside,” this was surfaced with the same type of crushed rock that had been used for the “girls” tennis court in “Co-ed Canyon.” By early 1902 the freshmen and the sophomores had formed basketball teams; and it was expected that a combined junior-senior team would be forthcoming.<sup>38</sup>

The initiation of a “requirement” and growing enrollments made it necessary to increase the teaching staff. In 1902 Della Place (who had completed the two-year Teacher’s Course in Physical Culture in 1899) was added to the department. A few years later she would be joined by Mary Shafter, and folk dancing joined gymnastics in the required curriculum. In addition to various “interclass” matches, the Women’s Basketball Club continued to arrange two or three “intercollegiate” games each season against local high schools, Mills College, and/or Stanford. In 1910 California defeated Stanford by a score of 13-9 at Hearst Court in a game that the *Daily Californian* described as notable for “brilliant individual play” but marred by repeated fouls by Berkeley players.<sup>39</sup>

When the California women met Stanford for a series of fencing bouts on April 17, 1914 male students for the “first time in the local history of the sport” witnessed such competitions.<sup>40</sup> The basketball team now traveled to Reno, where it defeated the University of Nevada, then won its game with Mills College by a score of 29-9.<sup>41</sup> In late fall 1914, the *Daily Californian* reported: “Women’s Athletics to Have New Start.” Each of the interclass crews was to be increased to fourteen members when larger boats arrived from the Yerba Buena training station. Interclass basketball practice would begin in early spring; swimming would

commence in the new pool; track would be featured at the women's Second Annual Field Day; and field hockey was to be added to the 1915 offerings.<sup>42</sup>

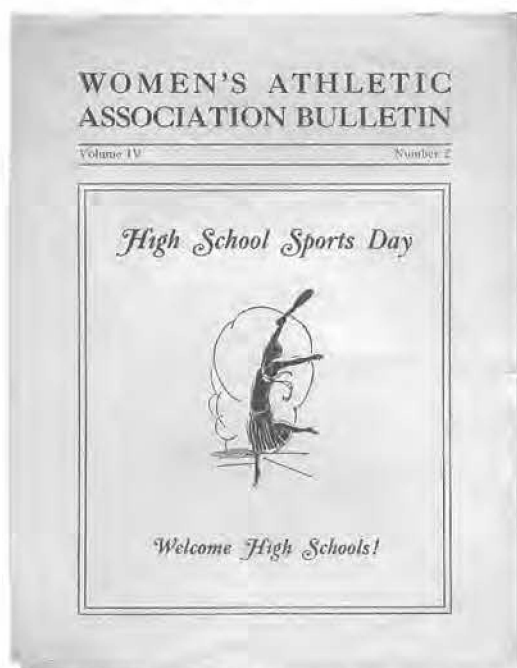
This "new start" and the addition of field hockey, a game that was popular in eastern women's colleges, was almost certainly a consequence of the restructuring of the Department of Physical Culture. When school opened in fall 1914, the single unit that had existed since 1889 had been replaced by separate departments for men and for women.<sup>43</sup> Maude Cleveland '09 was named Director of the Gymnasium and Assistant Professor in the newly created Department of Physical Education for Women. (Frank Kleeberger '08, M.A. '15, was named Director of the Department of Physical Education for Men.)<sup>44</sup> While a student, Cleveland had been a member of Kappa Alpha Theta, Mask and Dagger, the English Club, Prytanean Society, the *Blue and Gold* staff, the intercollegiate basketball team (three years), president of AWS, and general chairman of the Senior Ball. Upon graduation she served briefly as assistant to the dean of women before going on to study at Wellesley College (at the time the premier training school for female physical educators),<sup>45</sup> and to receive the M.A. from Stanford University.<sup>46</sup>



Field Hockey Teams, ca. 1926-27. *Hearst Gymnasium Historical Collections.*

Joining Cleveland in the newly created women's department were Ruth Elliott (A.B. Smith College), Mabel Ingraham Otis, and Marjorie John Armour.<sup>47</sup> Each entering student was given a medical examination by infirmary staff and a physical examination by staff of the Department of Physical Education for Women. The purpose of these examinations was to obtain health information, record height, weight, lung capacity, etc., ascertain any postural deformities (e.g., scoliosis, pronated ankles), and, if appropriate, assign the individual to a special "corrective" class. Over the years the women's department and physicians from the infirmary (later Student Health Services, Cowell Hospital) cooperated closely in matters relating to the health of young women. By 1939-40, 2,413 entering students were examined; in 1945-46, the number was 2,707.<sup>48</sup>

Vinnie Robinson '15 had informed fellow students at the fall 1914 meeting of the Associated Women Students that nine tennis courts and four outdoor basketball courts were nearing completion. To help raise money for equipment, Sports and Pastimes held a "Pencil Sale." The addition of an uncovered swimming pool surrounded by an eight foot fence (a gift of Mrs. Hearst and former Regent F. W. Dohrmann) made possible the further expansion of offerings.<sup>49</sup> All students who were not excused for medical reasons were required to demonstrate the ability to swim fifty yards. Additionally, greater numbers of upper



Hearst Gymnasium Historical Collections.

classwomen were electing physical education. By 1915-16, the addition of three other women brought the number of faculty to seven. The department now assisted with the annual Partheneia<sup>50</sup> pageant and taught folk and aesthetic dance to various other student organizations.<sup>51</sup>

### 1915–1960: The State Needs Teachers and A “Revision” of Women’s Sports

Cleveland and her colleagues lost no time articulating their goals. Because health and “educational value” were the “necessary justification” for college sports these were to be aligned more closely with the department as well as the university infirmary. Although the day-to-day management of extracurricular sports would remain with the students, the department would furnish the “coaches” thereby ensuring that such qualities as honesty, loyalty, and cooperation—not “turning out winning teams”—would prevail. The block “C” was to be awarded for observation

of rules of health,<sup>52</sup> “sportsman-like attitudes, participation in at least two sports, and success in making an interclass team.” Contests with local colleges henceforth would emphasize class—not intercollegiate—competition.<sup>53</sup> Such arrangements, with moderate liberalization, would remain abiding values at Berkeley and at most institutions of higher learning until social changes of the 1960s produced Title IX of the 1972 Education Amendments Act, which dramatically altered women’s college sports.

The new Department of Physical Education for Women also attended to other tasks. As colleges and public schools increasingly included physical education in the curriculum, the unrelenting demand for properly trained teachers increased. As early as 1890, Dr. Payne had informed President Horace Davis of a growing need for competent teachers of physical education and the importance of the state university in their preparation.<sup>54</sup> In 1897, the Academic Council approved the establishment of a two-year “Teacher’s Course in Physical Culture” open to students of both sexes.<sup>55</sup> The need for qualified professionals increased as cities across the United States (Berkeley, Oakland, and San Francisco were among the first) began to establish municipal playgrounds. As part of its 1910 summer offerings Berkeley’s Department of Education included courses in playground work.<sup>56</sup> Maude Cleveland noted in her 1915-16 report to the president that because students were requesting training in this specialty, as well as in the teaching of physical education and corrective work, appropriate courses were being added to the curriculum. By the 1920s, the men’s and women’s departments provided extensive summer session offerings that attracted public school teachers as well as undergraduate students. They also conducted a summer Demonstration School of Physical Education (later Children’s Recreation Service ) that enrolled local children.<sup>57</sup>

A group major in “Physical Education and Hygiene” was initiated in 1914.<sup>58</sup> Although practical work (e.g., classes in gymnastics, dancing, pedagogy) remained segregated, upper division courses in subjects like physiology of exercise (taught by the Department of Physical Education for Men) and theory and practice of physical therapy (taught by the Department of Physical Education for Women) were open to qualified students of either sex. Honor

students might apply to do research in such allied units as psychology or zoology and/or specialize in “corrective gymnastics” at the Medical School’s orthopedic clinic.<sup>59</sup> During the 1928-1930 biennium, seventy-one women completed the A.B. major and/or the Certificate of Completion for the State Teacher’s Credential in Physical Education. In 1930, the master of arts degree in physical education was approved by the Graduate Council.<sup>60</sup>

Among those faculty who had taken leaves of absence when the United States entered World War I was Maude Cleveland, who served with the Red Cross in France. As injured and maimed servicemen returned from the front, the need grew for “reconstruction aides” (a precursor to the physical therapist) who could be quickly trained in rehabilitative exercise. The Reconstruction Department of the United States Army urged physical educators, who were well-versed in Swedish gymnastics and “corrective” exercise, to help train women to meet the demand. By 1918, the Department of Physical Education for Women was participating in a university summer session program for training reconstruction aides.<sup>61</sup>

Cleveland did not return to the university following the armistice. As the campus grew, the program that had been initiated during her tenure was extended under the directorship of Ruth Elliott. In the early morning hours of June 20, 1922, a fire of undetermined origins burned Hearst Hall to the ground. All records and equipment were lost as were costumes and scenery used in the annual Partheneia.<sup>62</sup> Dean of Women Lucy Ward Stebbins immediately contacted Ruth Elliott expressing her desire to ensure that the women students who had been displaced would be cared for both temporarily and in the future.<sup>63</sup> Upon learning of the loss, William Randolph Hearst telegraphed President David P. Barrows indicating his intention to build a fireproof structure to replace the gymnasium “given by my mother for the benefit of the girl undergraduates.” Dean Stebbins sent the president a list of suggestions that she and Elliott had prepared in which she stipulated: “No service is suggested in the new Hearst Hall which has not been developed in the old building, although...we hope to have a better provision for these services.”<sup>64</sup>

Bernard Maybeck, the architect Mr. Hearst had selected, was interested in designing a monumental and aesthetically pleasing building, not a utilitarian gymnasium. Both Barrows and his successor William W. Campbell, who had assumed the presidency in July 1923, expressed objections to the sketches Maybeck submitted. Campbell’s particular displeasure was clear when he informed Maybeck:

I have examined the blue prints very carefully, I have shown them to the representatives of the women connected with the University and to the Grounds and Buildings and the Finance Committees of the Board of Regents. All of these persons have commented unfavorably as to their meeting the requirements of the situation.<sup>65</sup>

President Campbell asked Regent Mortimer Fleishhacker to intercede to help ensure that adequate provision would be made for the 4,000 or 5,000 young women who needed a building dedicated to their “athletic and social” needs. He also wrote to Hearst expressing his distress with Maybeck’s sketches, stating: “I feel confident that your mother’s ambition for Hearst Hall was to make it of utmost possible usefulness to the University women.”<sup>66</sup> The depth of Campbell’s displeasure is evident in a “memorandum” he drafted following a November 16, 1923 conference with Hearst in New York. The two had concluded that Julia Morgan ’94 (and École des Beaux-Arts) should be engaged “as the architect for the interior plans.” If these arrangements should prove unworkable, Campbell continued, “it would be our duty to relieve Mr. Maybeck in favor of another architect.” Following the meeting Campbell informed Dean Walter M. Hart that Mr. Hearst had pledged \$350,000, and hoped to pay \$500,000, for a building that would meet the women’s requirements.<sup>67</sup>

During the 1921-22 academic year, the Department of Physical Education for Women had taught 8,120 students (4,216 in “required” courses; 3,904 in “elective” courses). Following the destruction of Hearst Hall, the faculty adjusted the 1922-23 curriculum to emphasize outdoor activities that could be carried on at the pool, tennis courts, and playing fields. A fenced outdoor dancing platform was built as were some hastily constructed wooden “shacks” that served as offices and dressing rooms. With dogged determination in spite of these hardships, the faculty also continued an extensive extracurricular program. When construction of the new gymnasium came to an impasse Campbell wired Hearst expressing concern that twenty months had elapsed since Hearst Hall had burned.<sup>68</sup> It was with considerable relief that Dean Hart wrote to Julia Morgan in March 1924 expressing his “great personal satisfaction that you are to collaborate in the planning of this important University building.”<sup>69</sup> Morgan, thereupon, lost no time contacting Miss Elliott and Dean Stebbins.<sup>70</sup>

By spring 1925, Hearst expressed his pleasure that the building was finally under construction.<sup>71</sup> Faculty from engineering and other departments lent their expertise; the women students raised \$600; and the regents appropriated more than \$15,000 for the purchase of up-to-date gymnasium equipment. In late 1926 the department moved into its new facility, appropriately described as the finest such structure in the United States. In addition to spacious rooms for dance, indoor basketball, gymnastic exercises, and other physical activities, Phoebe A. Hearst Gymnasium for Women (the name that was ultimately chosen) included a thirty-three yard outdoor Italian marble pool where a variety of aquatics classes and activities could be held.

On the day preceding the April 8, 1927 dedication, Parthenia gave its annual performance, “Wings of Ranana”; the freshman men’s baseball team held the first of its three-game series against Stanford; and the opening performance of “The Trojan Women” was held at the Greek Theatre. The dedication ceremony the next evening began with music by the California Glee Club. Following a brief address by President Campbell and remarks by Mr. Hearst, ASUC Vice-President Miriam Collins accepted “in behalf of the women students of the present and future generations.” Violet Marshall (who had become director when Ruth Elliott



North Pool at Hearst Gymnasium nearing completion. *Hearst Gymnasium Historical Collections.*



One of the famous "Hearst Urns" during construction. *University Archives.*

left to pursue doctoral studies at Columbia University) commented upon the work the Department of Physical Education for Women now would commence.<sup>72</sup> Students were enthralled with their new building; and doubtless many were ecstatic that the heavy black gymnasium bloomer suit that had been obligatory attire was to be replaced with a light beige blouse of cotton broadcloth and a "knicker" of brown fabric.<sup>73</sup>

In 1926 Sports and Pastimes had become the Women's Athletic Association (WAA) of the Associated Students of the University of California. That same year Triangle Sports Day (a semiannual gathering involving Berkeley, Stanford, and Mills College) was initiated on an "interclass-intercollegiate" basis. With no gymnasium, the WAA featured activities such as field hockey, swimming, life saving, tennis, basketball, Crop & Saddle (riding), canoeing, and rifle practice.<sup>74</sup> With the exception of riflery (coached by Lt. Manning) all the "coaches" were members of the women's department.<sup>75</sup>

As soon as the new building was finished, fencing was resumed and golf, badminton, various types of dance (e.g., folk, modern, clog), exercise (both individual and general), tumbling, water safety instructor training, and much more were included in the required class curriculum. Every effort was made to ensure the experience was pleasurable, but never at the expense of "regular and sequenced instruction." As it was deemed important to instill "habits of exercise" and teach women a range of skills they could use in their free time, most of the classes were at the beginning and intermediate levels. (If an individual already possessed skills better than the level of the class she sought to enter she was directed to a more advanced class or to the WAA "interclass" program.) In addition to their academic courses, physical education majors who intended to pursue teaching as a career were expected to be (or become) proficient in aquatics, team sports, individual sports, dance, and gymnastics, and to demonstrate advanced skills in at least one area.<sup>76</sup> Upon completing the A.B. degree, such individuals typically applied to the School of Education's fifth year program leading to the teaching credential.

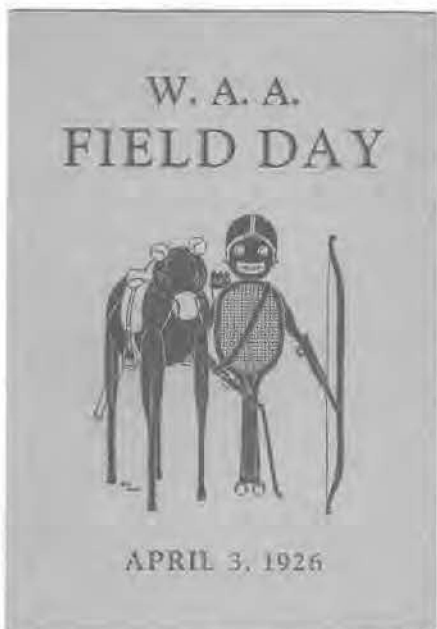
The 1925-26 WAA *Handbook* had promised "greater opportunities to the women of California than has any previous year"; Miss Marshall had declared that her faculty was "eager to help make college mean as much as possible to every woman"; Miss Stebbins had lent her support, observing that participation in the activities of the WAA was a way a college woman could develop "skill, grace and physical courage to supplement her mental awareness." These were the sentiments that defined the WAA program for more than three ensuing decades. By 1942, with the addition of such sports as sailing, table tennis, and volleyball, students could choose from sixteen "interclass" and eight "intramural" offerings.<sup>77</sup> They also might participate with the Outing Club or in the Sink or Swim Club's annual water pageant. The latter offered op-



Violet Marshall, Director of the Department of Physical Education for Women and honorary member of Women's "C" Society. *Hearst Gymnasium Historical Collections.*

portunities for costume design and program management as well as the development of synchronized swimming skills under the guidance of the club's adviser.

The term "adviser" (which had replaced "coach") was probably more accurate in that faculty were expected to help young women become well-rounded individuals, not athletic champions. Subject to the adviser's approval, each sport's president (later designated as manager), elected by her peers, did the organizational work. All managers met regularly as members of the Interclass (later Sports Club) Board or the Intramural Board. The WAA Council, headed by an elected president (who also was represented on the ASUC Executive Board), set general policies and guidelines.



Hearst Gymnasium Historical Collections.

By the 1930s, the biennial Field Day had been extended to a Field Week at which final games in all the semester's sports were contested. Winners were announced at a luncheon in the fall and a formal dinner<sup>78</sup> (later a dessert) in the spring. At these, the pennant "C" (based entirely upon participation) and the block "C" (which required service and "good posture and personal appearance" as well as athletic skill) were presented. Perpetual trophies inscribed with the names of the winning class ("interclass" program) or the winning living or social group ("intramural" program) also were awarded. The WAA held rallies to welcome new students, served as a co-sponsor of the ASUC Tea, held its own teas for transfer students, and organized hiking trips to Mt. Tamalpais and other local sites. The Women's "C" Society established a loan fund that was available to any graduate woman student interested in studying physical education.

As a service to local high schools the WAA and the Women's "C" Society began to invite students and their instructors to campus for a day of

sports and social activities. Nine schools attended in 1924, thirty in 1928.<sup>79</sup> By the 1960s, students from more than seventy northern California schools were attending the annual High School Sports Day.<sup>80</sup> The university students gave exhibitions in modern dance and sports like field hockey and fencing (rarely encountered in the high school curriculum). The visitors then engaged in "master lessons" of their choosing under the direction of members of the WAA and Orchesis. During lunch (which the Women's "C" Society had prepared in the early morning) there was folk dancing and other social events. The day closed with recreational swimming, volleyball, and tours of the campus.

The April 1927 *Newsletter of the Athletic Conference of American College Women*<sup>81</sup> reported on the High School Sports Day concept and a new form of competition that had been inaugurated at the 1926 Triangle Sports Day: "The characteristic feature of the day was that Mills, Stanford and California girls were divided up to make teams for the morning."<sup>82</sup> These arrangements were so markedly different from modern conceptions and practices that a few comments about how they came into being are in order. In 1924, student representatives from fifty-three of the member institutions had assembled at Berkeley for the third national meeting of the Athletic Conference of American College Women. Opening speaker Dr. Aurelia Reinhardt '98, president of Mills College, cautioned the young delegates against imitating those universities that stressed "high pitched excitement" and sought to "buy" ath-

letes.” Noting that women’s programs now offered almost as many sports as did men’s, she urged her audience to stress health, recreation, and originality. Berkeley’s WAA president made the following observation: “[The ACACW] has taken a stand against all intercollegiate competition and therefore we will gladly give up our interclass-intercollegiate meets.”<sup>83</sup> For the more athletically inclined college woman this was *not* welcome news. Those who wished high level competition would have to seek it elsewhere!

Several factors contributed to this decision. A power struggle was raging between the Amateur Athletic Union and the National Collegiate Athletic Association over the control of amateur athletics. College authorities—and now the Carnegie Foundation<sup>84</sup>—once again were expressing concerns about “excesses” (e.g. recruiting violations, commercialism) in men’s intercollegiate athletics. Efforts to include women’s track in Olympic competition engendered particular agitation.<sup>85</sup> A National Amateur Athletic Federation, whose purposes were to foster the highest ideals in amateur sport, improve the preparation of American athletes for the Olympic games, and promote physical education, had been formed in 1922. A Women’s Division of the NAAF, chaired by Mrs. Herbert Hoover, was created the following April.<sup>86</sup> The Women’s Division quickly formulated a platform that opposed elite competition. This was articulated in the slogan: “Every Girl in a Sport.” Although not all institutions subscribed to these values, most leading colleges and universities did. Broad-based programs for the many, not “varsity” sport for the few—and “play days,” not sports days—now were to be the norm.

According to the “play day” format, teams were created from individuals of each of the participating schools on the day of the event—a practice hardly conducive to teamwork or any real competition! As students began to object, “interclass” then “interclass-intercollegiate” competition was increasingly returned to Triangle Sports Day. In 1952, as other local institutions (e.g., San Jose State College, San Francisco State College, and Holy Names Col-



Crop and Saddle, late 1930s. *Hearst Gymnasium Historical Collections.*

lege) were included, this semiannual event became Bay Area Sports Day. The fall 1953 program, held at Stanford, featured field hockey, tennis, badminton, swimming, volleyball, fencing, riflery, riding, and modern dance. That same year the WAA revised its earlier decision prohibiting participation "in the same season in the same sport in WAA and on an outside team."<sup>87</sup>

Modern dance, which also had been added to the curriculum of the women's department shortly before World War I, grew in popularity during the 1920s. On April 20, 1928, eighty-seven students from the various composition classes presented an extensive evening program. The following spring, Margaret H'Doubler (who created the first college dance major at the University of Wisconsin) spent two weeks at Berkeley giving lectures to students and a two-week extension class which more than eighty local teachers attended.<sup>88</sup> Having graduated in biology from Wisconsin, H'Doubler enrolled at Teacher's College, Columbia University. In New York she became acquainted with "natural dance" and the work of individuals like Bird Larson and Alys Bentley. Finding various contemporary "systems" too confining, she set about developing an approach that would bring together creative expression and an understanding of the biological nature of movement. Wisconsin majors studied science, literature, history, philosophy, art, dramatics, and music. Asked to demonstrate their new form of dance at other institutions, H'Doubler and her students created an extra-curricular group and chose as its name "Orchesis."<sup>89</sup>



Orchesis, Greek Theatre, 1930s. *Hearst Gymnasium Historical Collections.*

Stimulated by Miss H'Doubler's visit, Berkeley students created their own Orchesis and soon were giving productions to which the entire university community was invited. As was the case with sports, advisers endeavored to ensure that broad participation was not overshadowed by "star performance." Orchesis performed at the High School Sports Day, the ASUC Tea, and other events. It cooperated with Mills, Stanford, College of the Pacific, San Jose State College, and other local schools to develop an annual Dance Symposium. Dance (both modern and folk) often was held in conjunction with Bay Area Sports Day. Among the artists whom Orchesis entertained were Mary Wigman, Harold Kreutzberg, and Martha Graham.<sup>90</sup>

Although not a separate major, students studying physical education at the University of California could emphasize dance. A few became professional dancers; most were sought



Elementary Modern Dance Class, Hearst Gymnasium in the 1940s. *Hearst Gymnasium Historical Collections.*

as teachers of dance by high schools and colleges. The major in physical education continued to attract considerable numbers of students. By nineteen sixty-five, 1,608 bachelor's degrees had been awarded.<sup>91</sup> For the majority of women graduates the degree led to successful and satisfying careers in teaching or to positions such as Assistant State Superintendent of Physical Education. A few pursued the major solely because it offered opportunities to study psychology and social sciences as well as the biological sciences. Some went on for further study in physical therapy or related fields. By the 1950s, a considerable number had earned the master's degree.

Berkeley undergraduates who went elsewhere for advanced study found that they were very well prepared. Pauline Hodgson '20 (A.B. in physical education) received the M.S. degree in physiological chemistry from the University of Michigan before returning to the University of California to earn the Ph.D. in physiology. She subsequently became a professor in the Department of Physical Education, and was named Associate Director of Physical Education for Women after the amalgamation of the two departments following the death of Frank Kleeberger in 1942. Anna Espenschade, who received the M.S. degree in hygiene and physical education from Wellesley College and the Ph.D. in psychology from Berkeley, served as vice chairman of the Department of Physical Education (in charge of the division for women) from 1959 to 1968. An authority in child growth and development, and an officer in numerous professional organizations, she was the first woman to be named to the editorial board of *Medicine and Science in Sports*, the journal of the American College of Sports Medicine.<sup>92</sup> By the 1960s, several of the department's faculty, and a rapidly growing number of graduate students, were engaged in basic as well as applied research in the physiological, psychological, and developmental dimensions of exercise and sports.

### **1960–1976: Women's Sports Seek Equity: Graduate Physical Education Programs Grow**

During the first six decades of the twentieth century small numbers of American women had attained outstanding achievements in sports. With few exceptions, they had developed



WAA Fencers, 1950s. *Hearst Gymnasium Historical Collections.*

their athletic skills outside the college setting. Helen Wills '27, twelve-time Wimbledon champion and winner of gold medals in women's singles and doubles at the 1924 Paris Olympics, had learned tennis at private clubs in northern California. Swimmer Ann Curtis (Cuneo) '48, gold medalist in the 400-meter freestyle at the London Olympic Games in 1948 and the first woman to win the Sullivan Award, had done likewise. The entry of the USSR into Olympic competition at Helsinki in 1952 set the stage for profound changes. As international sport became more politicized following the launch of Sputnik it was recognized that Soviet women contributed significantly to their country's athletic prowess. To improve the "depth of experience and expand opportunities"—and to increase the pool of athletes for international sport—the Women's Board of the U.S. Olympic Development Committee along with the Division for Girls and Women in Sports of the American Association for Health, Physical Education and Recreation held the first of several national institutes in 1963.<sup>93</sup> Wilma Rudolph's four gold medals at Rome in 1960, continuing victories by America's swimmers, and other outstanding performances by female athletes were witnessed by millions of television viewers. These offered graphic proof of what could be attained. Especially significant in bringing about changes were the "women's movement" of the 1960s and the 1964 Civil Rights Act. In 1971, Billie Jean King became the first female athlete to earn over \$100,000 in a single year.<sup>94</sup>

Responding to "the rapid changes taking place today in society and in campus life and institutions," the Division for Women, Department of Physical Education initiated efforts to articulate new policies for extracurricular sports for women at Berkeley. With the concurrence of Dr. Margaret Zeff (Student Health Services, Cowell Hospital), Dean of Women Katherine Towle, and other campus officials a formal statement was approved in October

1958. Although the new policies did extend opportunities (to an exceedingly modest degree by 1990s standards) for the more highly skilled student, they retained a fundamental—and primary—commitment to “the majority of students.” At its December 12, 1961 meeting, the WAA Council voted to add a third branch to its “club” and intramural offerings—an “extramural program” for those who desired a more highly skilled form of competition. The department thereupon invited faculty representatives from seven local colleges to a meeting at Berkeley; and it was decided to experiment with “extramural” tennis matches during spring 1962.<sup>95</sup> By 1967-68 the WAA extramural program offered competitions in several sports.

In an effort to provide guidance to intercollegiate programs across the United States, a Commission on Intercollegiate Athletics for Women had been established in 1966. The CIAW (re-



Diving Class, Hearst Pool, 1940s. *Hearst Gymnasium Historical Collections.*

placed by the Association of Intercollegiate Athletics for Women in 1971-72) labored to expand opportunities for the athletically talented woman yet avoid excesses that, critics continued to maintain, had damaged men’s intercollegiates.<sup>96</sup> In 1967, the CIWA announced the establishment of “national championships” for college women. Over the next decade an unequal struggle for control of competitive opportunities—and financial resources—was waged between the powerful National Collegiate Athletic Association (founded in 1906) and the fledgling AIAW. What had been an “evolution” quickly became “a revolution in women’s sports”<sup>97</sup> following the 1972 Education Amendments Act, whose Title IX specified:

No person in the United States shall on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal assistance.

Although there was considerable uncertainty regarding how best to implement Title IX, colleges and universities immediately began seeking ways to bring parity to programs that had differed in form and purpose for over three-quarters of a century. At Berkeley an Acting Coordinator of Women’s Intercollegiate Sports (WIS) was appointed in late 1973 and a Chancellor’s Advisory Committee on Intercollegiate Athletics for Women was formed. As one of many ASUC groups, the WAA rarely had received as much as \$5,000 per annum (usually \$2,500-3,000).<sup>98</sup> The WAA began the 1973-74 academic year with a budget of \$42,500. Although this was an increase of more than a hundred percent, it was quite small in com-



Women's Field Hockey Team, 1967. *Hearst Gymnasium Historical Collections.*

parison to the \$2,119,230 enjoyed by the Department of Intercollegiate Athletics for Men. (Of this, \$468,830 was from registration fees; the remainder from football gate receipts, "booster" donations, and other outside sources.) For the first time, female coaches received a small stipend for their services.<sup>99</sup>

When on February 27, 1974 the *Daily Californian* announced "women's tennis at Cal has never been better" it was reflecting the new trends. A women's track team (which included economics

major Marilyn Neufville, co-title holder of the world's 400-meter run) was one of several new sports that were organized. Later that year, several hundred spectators at Harmon Gymnasium watched the women's varsity play a touring national women's basketball delegation from the Republic of China.<sup>100</sup>

Across the United States, the growing controversy over women and athletics intensified. Conferences and reports proliferated. Commentators ranged from those whose primary interest was extending to women the same (or at least similar) opportunities to those that males enjoyed to those who knew little (or perhaps even cared) about athletics, but saw the female athlete as an icon for a host of political and gender issues.<sup>101</sup>



Women's Intercollegiate Basketball Team, 1974. *Hearst Gymnasium Historical Collections.*

Political and cultural ferments that were convulsing the larger society were hotly debated on the Berkeley campus, and the university was confronted by a number of academic challenges. During the spring of 1974 a few individuals questioned the entire future of intercollegiate sports.<sup>102</sup> Given the historical salience of athletics in American college life, abolition of *all* varsity athletics (which some individuals advocated) was not a likely event; but it was clear that monies would need to be deflected from the men's program to the growing women's program. It would take a while to resolve just how—and under what auspices—the latter would grow.

Barbara Hoepner, who had been named as Acting Coordinator of WIS, was in a somewhat anomalous situation in that the WAA retained control over various aspects of the program as did the Department of Physical Education, whose members still served as coaches ("adviser" was now *passé*). As the hours of practice and the number of competitive contests increased it became apparent that it would be impossible for a faculty member to continue to provide service to the athletic program and also carry out her commitments to the department, which now was firmly committed to graduate education, academic leadership at the national level, and research.

A Chancellor's Advisory Committee, which submitted its report on April 29, 1974, recommended that the Acting Coordinator of WIS be continued for a year while various issues were addressed at the national level.<sup>103</sup> Although there were several concerns, two received the greatest—and often most acrimonious—nationwide debate. Because NCAA teams were open to students of either sex, some individuals argued that there was no need for separate teams. Others insisted that females would be at a distinct disadvantage in several sports (e.g., basketball) and that in the absence of separate teams their numbers would decline. The second argument held that unless women had opportunities to enhance their coaching and administrative skills these positions quickly would be filled by men.<sup>104</sup> There also was a modest, if forlorn, hope that a more educationally oriented alternative intercollegiate model for all students might come into being.

In June 1974, the Office of Civil Rights of the Department of Health, Education, and Welfare published enforcement regulations which suggested that noncompliance with Title IX could jeopardize all federal funding.<sup>105</sup> Faced with the potential loss of millions of dollars, administrators moved quickly. Whereas most institutions merged their athletic programs (females became, at best, Associate Directors), Berkeley took a bold approach and created a separate unit. On March 1, 1976, all official connection with the Department of Physical Education was severed and an autonomous Department of Intercollegiate Athletics for Women with its own director, Luella Lilly (who reported directly to the Vice Chancellor, Administration), was created. A new era for the female athlete at Berkeley had begun!<sup>106</sup>



Women's JV Basketball Team 1974. *Hearst Gymnasium Historical Collections.*

ENDNOTES

- 1 By the early 1900s, "physical education" had become the preferred designation at the majority of American colleges and universities.
- 2 William Carey Jones, *Illustrated History of the University of California* (San Francisco: Frank H. Dukessmith, 1895), 82.
- 3 *Register of the University of California, 1876-77*, 24-25.
- 4 *Besom*, September 22, 1876, 2.
- 5 "A plea for a gymnasium," *Berkeleyan*, March 1874, 10. See also: "Young Plato and Tom Brown," *Besom*, November 22, 1876, 1; "Muscle," *Berkeleyan*, January 30, 1877, 2; "Gymnastic exercises and our gymnasium," *Berkeleyan*, August 18, 1877, 8-9.
- 6 "Dear Besom," *Besom*, November 22, 1876, 2.
- 7 *Register of the University of California, 1879-80*, 25; *1880 Blue and Gold*, 6 (1879), 106-107. The issue carried a less than flattering drawing of a young woman swinging on the rings (drawings of exercising males were equally unflattering) and a quiz asking the reader to identify various young women and men according to their exercise proclivities.
- 8 John A. Lucas and Ronald A. Smith, *Saga of American Sport* (Philadelphia: Lea and Febiger, 1978), 229-249.
- 9 See: Patricia Vertinsky, *The Eternally Wounded Woman: Women, Doctors, and Exercise in the Late Nineteenth Century* (Manchester: University of Manchester Press, 1990).
- 10 The 1867-68 *Annual Catalogue of the Officers and Students of Vassar College* stated: "...the health of the student is to be made the first object of attention.... those whom it educates shall become physically well-developed, vigorous, and graceful women....Calisthenics are thoroughly taught in the most approved forms....play-grounds are ample and pleasant," 26-27.
- 11 *1880 Blue and Gold*, 6 (1879), 26, 77-91.
- 12 The Yale-Princeton Game, held in New York City, attracted over 30,000 spectators in the early 1890s. See: Michael Oriard, *Reading Football: How the Popular Press Created an American Spectacle* (Chapel Hill, NC: The University of North Carolina Press, 1993), 91.
- 13 "Rah! Sturdy players are pitted," *Oakland Tribune*, December 17, 1892, 1: "Today will ever be memorable in the scholastic annals of the State...."; "Neither side won," *San Francisco Examiner*, December 18, 1892, 10-11. The March 21, 1892 game had aroused considerably less public interest.
- 14 "Vassar girls in games," *New York World*, November 10, 1895, 5.
- 15 Lavinia Hart, "A girl's college life," *Cosmopolitan*, 31 (June 1901), 188-195.
- 16 *1894 Blue and Gold*, 20 (1893), 115.
- 17 Senda Berenson, "The significance of basket-ball for women," *Basket Ball for Women, Spalding's Athletic Library* (New York: American Sports Publishing Co., 1901), 20-27.
- 18 "Used baskets as goals," *San Francisco Examiner*, November 19, 1892, 3.
- 19 "On the eve of battle," *San Francisco Examiner*, April 4, 1896, 16; "Waterloo for Berkeley girls," *San Francisco Examiner*, April 5, 1896, 11; "Basket-ball," *Berkeleyan*, April 6, 1896, 1; May Dornin, "Basketball at the University of California from its Beginning in 1892 Until its Acceptance as a Major Sport in 1916," 308if.ba.D72, University Archives, University of California, Berkeley; Walter Magee Scrapbooks, CU-285, vol. 2. University Archives.



Tumbling and Apparatus Class, early 1950s. *Hearst Gymnasium Historical Collections.*

- 20 "California girls victorious," *Daily Californian*, February 21, 1898, 1; "University girls win at basketball," *Berkeley Gazette*, February 24, 1898, 1; "Nevada easily defeated," *Daily Californian*, April 11, 1898, 1.
- 21 Walter Magee Scrapbooks, CU-285, vol. 2. University Archives.
- 22 *Occident* (Woman's Edition), February 22, 1901, 106; "Basket-ball team wins," *Daily Californian*, March 11, 1901, 1.
- 23 "State tennis tourney draws large gallery," *Daily Californian*, August 29, 1910, 1.
- 24 Eighteen-year old Helen Wills also won the women's singles at the 1924 Games and quickly replaced Suzanne Lenglen as the world's premiere female tennis star. During the 1920s and 1930s, Wills (Moody Roark) repeatedly won the U.S. women's and British women's singles titles as well as championships in France and Holland. See: Larry Engelmann, *The Goddess and the American Girl: The Story of Suzanne Lenglen and Helen Wills* (New York: Oxford University Press, 1988).
- 25 "We're one spoke in the athletic wheel," *Occident* (Woman's Edition), February 22, 1901, 99.
- 26 For example, Z.B. Adams, E.H. Bradford and C.F. Withington, "Report on physical culture in schools," *Boston Medical and Surgical Journal*, August 23, 1888, 179-182; "Boston conference on physical culture," *Boston Medical and Surgical Journal*, December 5, 1889, 566-567; A.H.P. Leuf, "Physical education in children," *Journal of the American Medical Association*, April 5, 1890, 495-496.
- 27 *Biennial Report of the President of the University of California on Behalf of the Board of Regents, 1882-84*, 34-35.
- 28 Short biography in *Alameda County Illustrated: The Eden of the Pacific* (Oakland: The Oakland Tribune, 1898), 78.
- 29 Initially Berkeley used the United States Army's seventeen setting-up exercises. These were replaced as exercises and equipment designed by Dudley Allen Sargent were incorporated into the men's offerings.
- 30 *Report of the President of the University of California on Behalf of the Board of Regents, 1888*, 6; *Register of the University of California, 1890-91*, 65.

- 31 "Communication: To the Honorable Board of Regents of the University of California," Regents' records, CU-1, 25:9. University Archives.
- 32 "Petition of College Alumnae in the Appointment of a Woman Physician," *ibid.*
- 33 Mary Bennett Ritter; *More Than Gold in California, 1849-1933* (Berkeley, 1933), 202-204; *Register of the University of California, 1891-92*, 71. Dr. Ritter's services were terminated in 1904. It appears that funds were exhausted in augmenting the salaries of Mr. Magee and Dr. George Reinhardt, who had replaced Dr. Payne, and hiring Miss Place. Concerned that the young women would no longer receive the proper attention, Dr. Ritter wrote to Mrs. Hearst indicating that she would "work for the rest of the year without pay if [President Wheeler] would provide for the [female physician's] position the future." She also expressed concern that plans were afoot to have the women examined by a man—an arrangement that surely offended early twentieth century sensibilities—and recommended as her successor Dr. Edith Brownsill, a Berkeley graduate and former member of the women's basketball team. Mary Bennett Ritter to Mrs. Hearst, Phoebe Apperson Hearst Papers, 72/204c. The Bancroft Library, University of California, Berkeley.
- 34 "Gym to be made compulsory for women students," *Daily Californian*, August 27, 1900, 1. "Modified" classes were instituted for students whose condition dictated a limited form of physical activity. Those with extraordinary restrictions were assigned to "rest" in a special room in the gymnasium. The requirement (for both sexes) was rescinded in 1933 although it had the support of several physicians from the medical school and a number of faculty on the Berkeley campus. Depression worries over financial resources were a significant factor in the decision. After a brief initial decline enrollments grew and soon exceeded resources. By the early 1960s, over 4,500 students were enrolling each semester in the elective physical education program; another 1,000 signed "waiting lists" in the hope of gaining admission.
- 35 "Hearst Hall dedicated," *Daily Californian*, February 11, 1901, 6.
- 36 The Cushion Tea was one such instance as were events like the military ball held in Hearst Hall on April 9, 1901. The committee in charge was the Prytanean Society. Mrs. Wheeler headed the



Archery Class, West Field, 1940s. *Hearst Gymnasium Historical Collections.*

- group that received before the dancing began. "Military ball," *Daily Californian*, April 10, 1901, 2. For many years after its completion the Hearst Gymnasium for Women was the locale of the President's Reception.
- 37 "Women students will receive," *Daily Californian*, February 15, 1901, 1; "Associated women students meet," *Daily Californian*, March 26, 1901, 1; "Girls' boat house to be built," *Daily Californian*, November 13, 1901, 1.
- 38 "Girls' court almost completed," *Daily Californian*, November 13, 1901, 3.
- 39 "California women win on basketball court," *Daily Californian*, March 14, 1910, 1.
- 40 "Fair fencers compete: Annual tourney is on," *Oakland Tribune*, April 18, 1914, 9.
- 41 *1915 Blue and Gold*, 41 (1914), 195-197.
- 42 "Women's athletics to have new start," *Daily Californian*, December 8, 1914, 1-2; *1918 Blue and Gold*, 44 (1917), 196-203.
- 43 The suggestion that "physical education" should replace "physical culture" had been raised by the dean. Minutes of the Committee on Courses of Instruction, April 29, 1914, CU-9, vol. 71, 50. University Archives.
- 44 Mrs. Magee left university service and Mr. Magee would soon go on an extended leave of absence.
- 45 The Boston Normal School of Gymnastics, founded in 1889, called upon faculty from Harvard University and M.I.T. to instruct such courses as physiology and psychology. Its graduates were eagerly sought to help fill the incessant demand for college teachers. In 1909, the BNSG became the Department of Hygiene and Physical Education of Wellesley College and carried on its tradition of leadership into the 1930s when graduate work was offered by an increasing number of state and private universities. See: Betty Spears, *Leading the Way: Amy Morris Homans and the Beginnings of Professional Education for Women* (New York: Greenwood Press, 1986).
- 46 At a time when faculty in many departments still held only the baccalaureate degree Cleveland's credentials were rather impressive.
- 47 *1910 Blue and Gold*, 35 (1909), 78; "Three professors added to faculty," *Berkeley Daily Gazette*, April 7, 1914, 1-2; "U of C makes many additions to its faculty," *San Francisco Examiner*, April 17, 1914, 7.
- 48 *Annual Report of the President of the University of California, 1917-18*, 78-79; "Report of the Interview of New Students, Department of Physical Education—Division for Women, Spring, 1946." (Tabular data appended). Hearst Gymnasium Historical Collections, Hearst Gymnasium, University of California.
- 49 "AWS mass meeting packs Hearst Hall," *Daily Californian*, August 26, 1914, 1; "Women's plunge to be world's largest," *Daily Californian*, August 21, 1914, 1. A booklet entitled *Swimming for Women* was printed by the University of California Press for the 1916 Summer Session.
- 50 A women's open air masque that had been initiated in 1911 by Dean of Women Lucy Sprague. The first pageant was held in April 1912; the last in 1931.
- 51 *Annual Report of the President of the University of California, 1915-16*, 62-63.
- 52 "Training Rules Adopted by the Sports and Pastimes Association of the University of California" specified: "Be in bed at or before 10:00 p.m....get at least eight hours sleep....Eat nothing between meals except fresh fruit....Refrain absolutely from eating candy, pastries and hot bread, and drinking coffee and tea. Avoid fried foods." It was expected that "all squads will consider that the honor system applies to the keeping of training rules as it does to other aspects of student government." Hearst Gymnasium Historical Collections.
- 53 *Annual Report of the President of the University of California, 1915-16*, 62-63.

- 54 *Biennial Report of the President of the University of California, 1890*, 99-101; Frank H. Payne, "Physical culture at the University of California," *Pacific Medical Journal*, 33 (December 1890), 705-710.
- 55 "Teachers' Course in Physical Culture," Regents' records, CU-1, 25:8. University Archives. The 1897-98 *Register of the University of California* indicated: "Special Teachers Recommendations in Physical Culture will be granted to graduates of any of the Colleges at Berkeley who complete, in addition to the regular four years' course, 16 units in the Theory of Physical Culture and 4 units of Anatomy."
- 56 The rapid interest in, and growth of, such work was reflected in a feature headed "At play in Oakland's playgrounds, where thousands of children find health," *Oakland Tribune*, April 19, 1914, 3.
- 57 *Register of the University of California, 1928-29*, 133-142; *Register of the University of California, 1932-33*, 98-105.
- 58 *Biennial Report of the President of the University of California, 1910-12*, 51-52; *Annual Report of the President of the University of California, 1915-16*, 63. The passage of California Senate Bill 559 in 1917, which made physical education compulsory in all high schools, further increased the need.
- 59 *Annual Report of the President of the University of California, 1917-18*, 78-79.
- 60 *Biennial Report of the President of the University of California, 1928-1930*, 89-90.
- 61 *University of California Register: Summer Session 1918*, 225; Mary McMillan, *Massage and Therapeutic Exercise* (Philadelphia: W. B. Saunders Co., 1931), 10. The first overseas unit of Reconstruction Aides was ordered to France in 1918.
- 62 "Hearst Hall burns; Loss over \$150,000," *Daily Californian*, June 22, 1922, 1, 10.
- 63 Lucy Ward Stebbins to Ruth Elliott, June 22, 1922. Hearst Gymnasium Historical Collections.
- 64 William Randolph Hearst to David P. Barrows, June 21, 1922. President's records, CU-5, 1922, 1281. University Archives; Lucy Ward Stebbins to David P. Barrows, November 29, 1922, *ibid.*; David P. Barrows to William Randolph Hearst, June 23, 1922, *ibid.*; "W.R. Hearst to Rebuild Women's Gymnasium Given By His Mother," *Summer Session Californian*, June 24, 1922, 6.
- 65 W. W. Campbell to Mr. Maybeck, October 27, 1923. President's records, CU-5, 1923, 259. University Archives.
- 66 W.W. Campbell to Mr. Hearst, October 2, 1923. President's records, CU-5, 1923, 259. University Archives.
- 67 "Memorandum on Conference Between Mr. William Randolph Hearst and President Campbell this Afternoon," November 16, 1923. Bernard Maybeck Papers (1951-1), Documents Collection, College of Environmental Design, University of California; W.W. Campbell to Dean Hart, November 18, 1923 [telegram], President's records, CU-5, 1923, 259. University Archives.
- 68 Ruth Elliott, "Suggestions for the New Hearst Hall: Department of Physical Education for Women," n.d. Bernard Maybeck Papers (1956-1), Documents Collection, College of Environmental Design; W.W. Campbell to William R. Hearst, February 2, 1924, President's records, CU-5, 1924, 319. University Archives.
- 69 Walter M. Hart to Julia Morgan, March 13, 1924. President's records, CU-5, 1924, 319. University Archives.
- 70 Julia Morgan to Walter Morris Hart, March 15, 1924, *ibid.*
- 71 William R. Hearst to W. W. Campbell, March 24, 1925. President's records, CU-5, 1925, 189. University Archives.

- 72 W. W. Campbell to Mr. Hearst, March 29, 1927, President's records, CU-5, 1927: 189. University Archives; "Annual University day celebration to include many colorful events," *Daily Californian*, April 8, 1927, 1; "Greek Theatre Silver Jubilee [and] Hearst Memorial Gymnasium, *ibid.*, Special Supplement, 1H-6H.
- 73 *Biennial Report of the President of the University, 1928-1930*, 89.
- 74 The purposes of physical education that Miss Marshall set forth in her 1928-30 report to the President were those of her colleagues across the United States: organic, neuromuscular, intellectual, and social development.
- 75 As late as the 1960s and 1970s, nonresearch faculty were assigned twenty-four hours of instructional work. Additionally, they served as an "advisor" to one of the branches of WAA, Orchesis, and/or the Physical Education Majors Club and its honor society, Nu Sigma Psi. They also had responsibilities for the maintenance of the foils, bows, and other equipment used in both the curricular and extracurricular programs. Many were officers in various of their profession's organizations.
- 76 "Activity Course Requirements for the Teaching Major." Hearst Gymnasium Historical Collections.
- 77 *1925-26 WAA Handbook*, 4-6, in WAA Scrapbooks, Hearst Gymnasium Historical Collections; *WAA Field Week*, April 14-21, 1942 (Program), in WAA Scrapbooks, *ibid.* Miss Stebbins spoke on many occasions such as the Ninth National Conference of the Athletic Federation of College Women, which was held on the Berkeley campus in spring 1939. Over the years, the department maintained cordial relations with the Office of the Dean of Women.
- 78 This was held at the Women's Clubrooms in Stephens Union, the International House, or other campus locations. Often the main portion of the meal was prepared by faculty and brought to campus while the students prepared other portions in the kitchen that was located on the second story of Hearst Gymnasium. Around 6:00 p.m. each group would retire to its separate dressing rooms in Hearst Gymnasium and return resplendent in long gowns for the feast and ceremonies.
- 79 "WAA plans high school sports day," *Daily Californian*, November 6, 1924, 3.
- 80 Report of the General Chairman of High School Sports Day, March 23, 1963; WAA Council Adviser's Report, June 1965. Hearst Gymnasium Historical Collections.
- 81 The ACACW had been founded at the University of Wisconsin in 1917 to bring together officers from WAAs across the nation. By 1927, one hundred and forty-one colleges and universities were members.
- 82 Lucille Di Vecchio, "Projects sponsored by the ACACW as worked out by the University of California," *Newsletter of the Athletic Conference of American College Women*, April 9, 1927, 7. "California, Stanford, Mills hold annual sports day," *ibid.*, 16; "High school sports day held annually at U.C.," *ibid.*, 26.
- 83 "Co-eds given warning by Mills head," *Oakland Tribune*, April 10, 1924, 7; "Women's athletic conference holds opening session today," *Daily Californian*, April 10, 1924, 1; "UC girls want men to see 'em swim," *Oakland Tribune*, April 12, 1924. The question of whether men should be permitted as spectators at women's athletic events engendered lively debate. Noting that men could, if they wished, use binoculars to view swimming meets from the Campanile, Berkeley decided to admit them. Delegates finally decided to leave the matter to the discretion of each college.
- 84 Howard J. Savage, *American College Athletics*. Bulletin No. 23 (New York: The Carnegie Foundation for the Advancement of Teaching, 1929).
- 85 Mary H. Leigh and Thérèse M. Bonin, "The pioneering work of Madame Alice Milliat and the FSFI in establishing international tra[ck] and field competition for women," *Journal of Sport History*, 4 (Spring 1977), 72-83.

- 86 See: Ellen Gerber, "The controlled development of collegiate sports for women, 1923-1936," *Journal of Sport History*, 2 (Spring 1975), 1-28; Alice A. Sefton, *The Women's Division National Amateur Athletic Federation: Sixteen Years of Progress in Athletics for Girls and Women, 1923-1939* (Stanford University, CA: Stanford University Press, 1941).
- 87 "The Olympic Year," *WAA Handbook, Spring 1952*; Takako Shinoda, Recording Secretary, October 29, 1953, in "Interclass-Sport Club Minute Book for Spring 1949-Fall 1953." Hearst Gymnasium Historical Collections.
- 88 "A Program of the Dances Presented by Classes in Dance Composition," April 20, 1928; Violet B. Marshall to Margaret M. H'Doubler, October 25, 1928; "Extension Course," January 24, 1929; "Miss H'Doubler's Extension Class—1929." Hearst Gymnasium Historical Collections.
- 89 Judith A. Gray and Dianne Howe, "Margaret H'Doubler: A profile of her formative years, 1898-1921," *Research Quarterly for Exercise and Sport* [Centennial Issue], 93-101. "Orchesis" was chosen as it was a classical term for dancing in a Greek chorus.
- 90 *University of California Weekly Calendar*, April 10, 1933; "Orchesis: Report of Dance Program," Spring 1934; "Orchesis, Spring 1934"; "Dance Symposium," University of California, Saturday, February 11, 1939 [Program]; "Orchesis: A Brief History." Hearst Gymnasium Historical Collections.
- 91 Verne A. Stadtman, ed. *The Centennial Record of the University of California* (Berkeley: University of California Printing Department, 1967), 97.
- 92 The American College of Sports Medicine was founded in 1954 by a small group of individuals from the fields of medicine, physiology, and physical education. By the 1990s, membership exceeded 15,000 and ACSM was recognized as the leading national organization of its kind in the world.
- 93 *Proceedings of the First National Institute on Girls Sports* held November 4-9, 1963 at the University of Oklahoma in Norman (Washington DC: American Association for Health, Physical Education, and Recreation, 1965).
- 94 See for example: Joan S. Hult and Roberta Park, "The role of women in sports," in William J. Baker and John M. Carroll, eds. *Sports in Modern America* (St. Louis: River City Publishers Ltd., 1981), 115-128; Susan K. Cahn, *Coming On Strong: Gender and Sexuality in Twentieth-Century Women's Sport* (Cambridge, MA: Harvard University Press, 1994).
- 95 "Policies for Extracurricular Sports for Women Students at the University of California, Berkeley," October 31, 1958; "Bay Area College and University Physical Education Staff Meeting on Extramural Sports," January 12, 1962; WAA Sports Club Board, Advisor's Report for 1962. Hearst Gymnasium Historical Collections.
- 96 An inquiry undertaken in the early 1970s by the American Council on Education came to similar conclusions as those of the Carnegie Commission a half century earlier. See: George H. Hanford, "A Report to the American Council on Education on an Inquiry into the Need for and Feasibility of a National Study of Intercollegiate Athletics," March 22, 1974. Unpublished. Photocopy of typescript in Hearst Gymnasium Historical Collections.
- 97 "Revolution in women's sports," *WomenSports*, 1 (September 1974). Special insert.
- 98 The Department of Physical Education had supplied much of the equipment, which was shared by the curricular and extracurricular programs. Funds from the ASUC were used for such things as printing semi-annual programs, inscribing perpetual trophies, purchasing inexpensive awards like "All-Cal" certificates, and renting from the University Garage the automobiles that transported players to local events.
- 99 Office of the President [of the University of California], "A Report to the Legislature on Women in Athletic Programs at the University of California," April 1974, 3, 9, Table C.

- 100 "Women's tennis season opens," *Daily Californian*, February 27, 1974, 5; "Women's track organized," *Daily Californian*, March 11, 1974, 5; "Cal's woman track star," *Daily Californian*, May 7, 1974, 11.
- 101 See for example: "Women and Sport: A National Research Conference," Dorothy V. Harris (ed.), Proceedings from the National Research Conference, Women and Sport held at The Pennsylvania State University, August 13-18, 1972; Marie Hart et al, "Sex Discrimination in Physical Education and Athletics Programs in California Higher Education," Interim Report Sponsored by the Institute for Change in Higher Education, March 1974. Additionally, the 691 pages of reports, articles, commentaries, extracts from legal proceedings, and the like that were assembled as a report from a 1976 meeting at the University of Southern California as "Conference on Women, Sports and the Law," Lionel S. Sobel (ed.) are indicative of the ferment.
- 102 For example: "Budget cuts—what can go," *Daily Californian*, May 14, 1974, 9; "Future of intercollegiate sports in doubt," *Daily Californian*, June 5, 1974, 7; "Women's athletics a rising force at Cal," *Daily Californian*, June 6, 1974, 9.
- 103 Roberta J. Park to Chancellor Albert H. Bowker, April 29, 1974; Final Report, Chancellor's Advisory Committee on Intercollegiate Athletics for Women. Copy in Hearst Gymnasium Historical Collections.
- 104 R. Vivian Acosta and Linda Jean Carpenter, "As the years go by—coaching opportunities in the 1990s," *Journal of Physical Education, Recreation and Dance*, 63:3 (March 1992), 36-40 reported that whereas in 1972 "over 90 percent of the coaches for women's collegiate teams were women, [i]n 1990 only 47.3 percent were women" (p. 36).
- 105 U.S. Department of Health, Education, and Welfare, Office of the Secretary [45 CFR Part 86], *Educational Programs and Activities Receiving or Benefiting from Federal Financial Assistance* [June 1974].
- 106 Albert H. Bowker, "To the Campus Community [Regarding Restructured Unit Intercollegiate Sports for Women]," March 1, 1976. Hearst Gymnasium Historical Collections. In 1978, WAA President Colleen Lim and Department of Women's Intercollegiate Athletics Director Luella Lilly summarized the changes that had occurred in two years. The budget now was \$450,000; competitions in twelve sports were conducted; varsity awards (now of modest tangible value) had been implemented; and a "Mama and Papa Bears" Booster group had been organized. To honor outstanding women athletes, a "Hall of Fame for Cal Women Athletes" had been established. Its first two inductees were tennis greats Hazel Hotchkiss Wightman and Helen Wills Moody Roark. Reported in: "Women's Athletic Association: Women's Intercollegiate Athletics Handbook," September 1978. Hearst Gymnasium Historical Collections.

### **Anna Scholl Espenschade (1903-1998)**

A graduate of Goucher College, Espenschade received the M.S. degree from the Department of Hygiene and Physical Training, Wellesley College, and the Ph.D. in psychology from Berkeley in 1939. Her dissertation was done under the guidance of Professor Harold Jones. For several years Espenschade was involved in the California Child Growth Study. An authority in the motor development of children, she contributed to a variety of scientific and professional journals. She was also the first woman to serve on the editorial board of *Medicine and Science in Sport*—the research journal of the American College of Sports Medicine. At Berkeley from 1928 to 1968, and a professor of physical education, she taught and advised both undergraduate and graduate students. She was especially dedicated to the work of the Women's Athletic Association and served as its faculty advisor for many years, as well as serving as an advisor to the Prytanean Society.

**Lucy Ward Stebbins (1880-1955)**

In 1912 Lucy Ward Stebbins succeeded Lucy Sprague Mitchell as dean of women, a post she held for twenty-nine years. In addition to serving as dean of women, Stebbins was a professor in social economics, and president of the Women's Faculty Club, of which she was a founder in 1919. She received two honorary degrees for her contributions to the university, the Litt.D. and LL.D., and the women's cooperative Stebbins Hall was named by the women students in her honor. Upon her death in 1955, the *California Monthly* said of her that "We were always proud of our Dean of Women, proud of her dignity, proud of her gentle humor, proud of her intelligence, proud of her sympathetic understanding of young people."



**Mary Blossom Davidson (1883-1968)**

A graduate of the class of 1906, Mary Blossom Davidson devoted her career to serving the university, and in particular its women students. In 1911 she became assistant to the dean of women, associate dean of women in 1931, and finally the university's third dean of women from 1940 to 1951. In 1932 the alumni magazine *California Monthly* said of her that "Mrs. Davidson has watched the enrollment of young women on the campus grow from scarcely two thousand to almost six thousand without losing interest in the problems and personality of the individual. She has played an important part in building up the reputation of the Dean's office as a place where aid in difficulties may always be obtained."

**Barbara Nachtrieb Armstrong (1890-1976)**

A graduate of the class of 1912, Barbara Nachtrieb Armstrong had starred in many productions in the Greek Theatre, played the Spirit of Light in the 1912 Partheneia and the role of Derdra in the 1914 Partheneia production. She remained associated with Berkeley for the rest of her education and career that followed. She graduated from Boalt Hall in 1915 and earned a Ph.D. in economics in 1921. In 1919 she was appointed a lecturer in law and social economics, becoming the first woman in the nation appointed to the faculty of a major law school. In 1928 she became a full-time member of the law faculty, was awarded tenure in 1929, and became a full professor in 1935. She was named to the Alexander F. and May T. Morrison Chair in Municipal Law in 1954 and retired in 1957. She specialized in social insurance, family law, and labor law. Her first book, *Insuring the Essentials*, was published in 1932. She helped draft the Social Security Act and published an authoritative two-volume treatise on California family law. In June 1961, the university conferred an honorary Doctor of Laws degree upon Professor Armstrong. Her portrait hangs in the second floor lobby at Boalt Hall.