

Ronald Reagan Presidential Library

Digital Library Collections

This is a PDF of a folder from our textual collections.

Collection: McManus, Michael A.: Files
Folder Title: President's Council on Physical Fitness
and Sports: Meetings (1 of 2)
Box: 6

To see more digitized collections visit:

<https://www.reaganlibrary.gov/archives/digitized-textual-material>

To see all Ronald Reagan Presidential Library Inventories, visit:

<https://www.reaganlibrary.gov/archives/white-house-inventories>

Contact a reference archivist at: **reagan.library@nara.gov**

Citation Guidelines: <https://reaganlibrary.gov/archives/research-support/citation-guide>

National Archives Catalogue: <https://catalog.archives.gov/>

Last Updated: 02/10/2025



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

November 23, 1983

*M. Mc
are you going?*

Dear Mike:

Our meeting in Annapolis, MD on December 2 at 9 a.m. will be historic. We have three or four presentations that will interest you and will be very productive for President Reagan. I urge you to attend. The meeting will be over by 2 p.m..

Warm regards.

Sincerely,

George

George Allen
Chairman

Michael Deaver
Deputy Chief of Staff
The White House
Washington, D.C. 20500

Accept _____
Regret _____



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

November 30, 1983

NOTE TO DONNA BLUME

Attached is the briefing paper which you requested. It was dictated by him this morning, so at his suggestion, I signed it for him.

A handwritten signature in cursive script, reading "Lorraine", is written over the typed name "Lorraine D. Polk".

Lorraine D. Polk
Assistant to Mr. George Allen
Chairman/PCPFS



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

November 30, 1983

BRIEFING PAPER

Occasion: December 2, 1983 meeting between Mike Deaver, Mike McManus and George Allen, Chairman of the President's Council on Physical Fitness and Sports (PCPFS)

Subject: Presidential and White House support of the President's Council on Physical Fitness and Sports (PCPFS)

When I accepted appointment as Chairman of the President's Council on Physical Fitness and Sports (PCPFS) I did so with the understanding that the Council would be given high visibility and strong support by the Administration. I was convinced then, as I am now, that such support is essential to successful operations by the Council, which does not have regulatory or program-funding authority.

After nearly two and one-half years as Chairman, I also am seriously concerned that the Council's progress is being hindered and the foundation of its past successes undermined by circumstances that could be corrected by forceful White House action. It is out of this concern that I urgently request your favorable consideration of these recommendations:

- * Relocation of the PCPFS in the Executive Office of the President, or in a Cabinet department other than Health and Human Services. The Council presently operates under severe bureaucratic constraints, and its activities get little understanding or support from the dominant medical-welfare establishment.

- * Assignment of an EOB office and a White House limousine (as needed) for the use of the Chairman. These prerequisites were provided for previous Chairmen and are useful in dealing with the corporate officers who provide financial support for many Council activities.

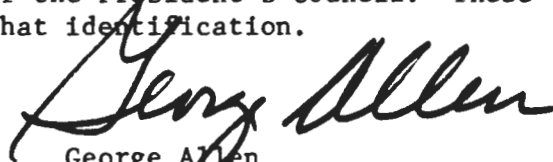
- * Authorization for the Chairman, a Presidential appointee, to use White House stationery for official correspondence. Such authorization was withdrawn on October 18, 1983, with the result that the effectiveness of Council appeals to the communications media and corporate sponsors has been greatly reduced.

* Presidential and/or Vice Presidential participation in high priority selected national events staged by the Council.

* Authorization for the 15-member Council to hold official meetings in White House or EOB space. Such meetings were routinely authorized by previous Administrations.

* Authorization for the Council to designate important national conferences, such as the upcoming Youth Fitness Conference, June 8-9, 1984, as "White House" conferences.

Identification with the President is the major factor lending authority to the pronouncements and programs of the President's Council. These actions are designed to strengthen that identification.

A handwritten signature in dark ink, appearing to read "George Allen", written in a cursive style.

George Allen
Chairman



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

November 9, 1983

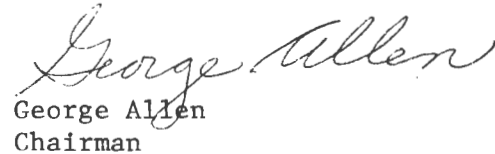
Dear Margie:

The 1983 White House Symposium on Physical Fitness and Sports Medicine will be at the Mayflower Hotel November 16-17, 1983. The final program for this meeting is enclosed. There will be a complimentary registration packet for you at the registration desk. I hope you can attend some, or all of the program.

You may be interested in the Wednesday night reception and program starting at 7:00 p.m. o'clock. The program will consist of a media presentation on the history of strength training and a live demonstration of competitive weight lifting. Feel free to bring a guest.

Sincerely yours,


C. Carson Conrad
Executive Director


George Allen
Chairman

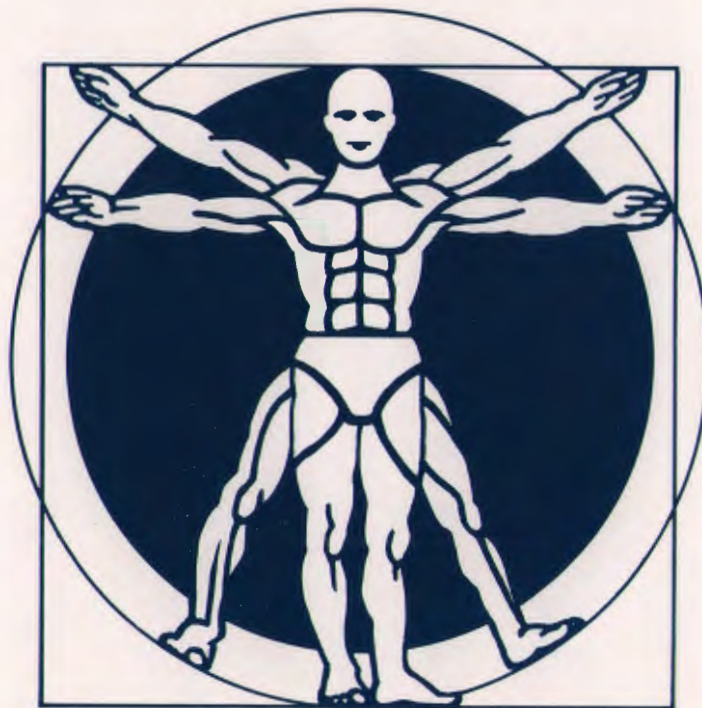
Enclosure

Ms. Margie Crawford
The White House
Washington, DC 20500



1983
WHITE HOUSE
SYMPOSIUM ON
PHYSICAL FITNESS
AND SPORTS
MEDICINE

November 16-17, 1983



The Mayflower Hotel
1127 Connecticut Avenue, N.W.
Washington, D.C. 20036

THE WHITE HOUSE

WASHINGTON

October 20, 1983

More than 30 million young Americans participate in organized competitive sports, and one of every two adult Americans exercises regularly. This activity has produced marked improvements in physical fitness and an increase in activity-related injuries. I am pleased to see that physicians, exercise scientists, coaches, trainers and others are making a concerted effort to extend the gains and reduce the problems.

One of the reasons for the success of the physical fitness movement is the determination of many Americans to accept greater responsibility for their own health. No longer satisfied to seek cures after illnesses develop, they are aggressively altering their personal habits in ways designed to prevent or delay the onset of health problems. We can already see the effect of this in the reduced incidence of heart disease, stroke, and other degenerative ailments.

As we learn more about physical activity and its effects and as we convey this information to the public, I am confident we will see even greater increases in exercise and sport participation. I am relying on you to help make that prediction a reality, so I have more than a passing interest in the proceedings here.

I am pleased to welcome you to your Capital City and to the 1983 White House Symposium on Physical Fitness and Sports. You have an outstanding faculty and an excellent program, and I invite you to make the most of this opportunity to advance both your own knowledge and the national fitness campaign.

Ronald Reagan

OFFICIAL SYMPOSIUM CO-SPONSORS

American College of Sports Medicine
American Medical Association
American Orthopaedic Society for Sports Medicine
Department of Health and Human Services
National Athletic Trainers Association
National Fitness Foundation
National Strength and Conditioning Association

United States Olympic Committee Sports Medicine Council
The President's Council on Physical Fitness and Sports

CORPORATE SPONSOR

Campbell Soup Company

COOPERATING AGENCIES

American Academy of Orthopaedic Surgeons
American Academy of Pediatrics
American Academy of Physical Medicine and Rehabilitation
American Academy of Sports Physicians
American Alliance for Health, Physical Education,
Recreation and Dance
American Association of Public Health Physicians
American Chiropractic Association
Association of Fitness Directors in Business and Industry
American Occupational Medical Association
American Osteopathic Academy of Sports Medicine
American Physical Therapy Association

American Psychiatric Association
Department of Defense
National Association of Governor's Councils
National Association of Sports for Cerebral Palsy
National High School Athletic Coaches Association
National Recreation and Parks Association
National Wheelchair Athletic Association
National Young Women's Christian Association
Paralyzed Veterans of America
Special Olympics, Inc.
Women's Sports Foundation
Young Men's Christian Association



1983
WHITE HOUSE
SYMPOSIUM ON
PHYSICAL FITNESS
AND SPORTS
MEDICINE

PROGRAM AND FACULTY

WEDNESDAY - NOVEMBER 16, 1983

7:40-8:30 a.m. Patriotic Music
United States Navy Band

8:00-8:30 a.m.

Colors Ceremony
United States Navy Band and
Armed Forces Color Guard

WELCOME

Bernard R. Cahill, M.D., Symposium Chairman, Member,
The President's Council on Physical Fitness and Sports
George H. Allen, Chairman,
The President's Council on Physical Fitness and Sports
C. Carson Conrad, Executive Director,
The President's Council on Physical Fitness and Sports
R. Gordon McGovern, President and
Chief Executive Officer, Campbell Soup Company

8:30 a.m. - 12:15 p.m.

SESSION ONE. Bernard R. Cahill, M.D., Moderator.

Basic Elements of Muscle Strength

-History:
Irving Dardik, M.D., USOC Sports Medicine Council
-Muscle Anatomy:
Charlotte Tate, Ph.D., Baylor College of Medicine
-Neuromuscular Aspects:
William E. Garrett, Jr., M.D., Duke University
Medical Center

Physiology of Strength

-Basic:
David R. Lamb, Ph.D., Purdue University

Break. Exercise Leader:
Susan Rosenthal, Washington, D.C.

SESSION TWO. Bertram Zarins, M.D., Massachusetts General
Hospital, Moderator.

Physiology of Strength (continued)

-Biochemistry:
Charlotte Tate, Ph.D.
-Biomechanics and Kinesiology:
Gideon B. Ariel, Ph.D., Coto Research Center
-Behavior of Contractile Proteins:
Charlotte Tate, Ph.D.

Muscular Pharmacology

-Nutritional State of Muscle:
David R. Lamb, Ph.D.

12:15-1:30 p.m. Lunch

1:30-5:30 p.m.

SESSION THREE. Allan J. Ryan, M.D., *The Physician and
Sportsmedicine*, Moderator.

Muscular Pharmacology (continued)

-Drugs:
David R. Lamb, Ph.D.
Reaction of Muscle to Injury or Disease
Bertram Zarins, M.D.
Goals of Muscular Development
Richard Berger, Ph.D., Temple University
Basic Training Principles
John J. Garhammer, Ph.D., International
Maxachievement Institute

Break. Exercise Leader:
Glenn V. Swengros, The President's Council
on Physical Fitness and Sports

SESSION FOUR. Donald L. Cooper, M.D., The President's
Council on Physical Fitness and Sports, Moderator.

Components of Strength Development

Richard Berger, Ph.D.
Electrical Stimulation
William D. Stanish, M.D., Halifax, Nova Scotia
Measurement of Strength
William J. Kraemer, M.S., University of Wyoming
Free Exercise and Plyometrics
Don Chu, RPT, Ph.D., ATC, California State University,
Hayward

7:00 - 8:00 p.m. Evening Reception and Program

THURSDAY - NOVEMBER 17, 1983

8:00 a.m.-12:15 p.m.

SESSION FIVE. Kenneth C. Clarke, Ph.D.,
U.S. Olympic Committee, Moderator.

Definitions, Training Methods

-Isometric:
Richard Berger, Ph.D.
-Isotonic/Variable Resistance:
John J. Garhammer, Ph.D.
-Isokinetic:
Fred L. Allman, Jr., M.D., FACSM, Atlanta Sports
Medicine Clinic

(Program continued on back cover)



THURSDAY – NOVEMBER 17, 1983 (continued)

Effects of Strength Training on Other Systems

- **Cardiopulmonary:**
Larry R. Gettman, Ph.D., Mesa Petroleum Co.
- **Connective Tissue and Weight Control:**
William E. Garrett, Jr., M.D.

Break. Exercise Leader:

Karen Rothman, Washington, D.C.

SESSION SIX. John A. Bergfeld, M.D.,
Cleveland Clinic, Moderator.

Safety and Health Concerns

- **Children/Adolescents:**
Bernard R. Cahill, M.D., Great Plains Sports Medicine Foundation
- **Women:**
Mona M. Shangold, M.D., Cornell Medical Center
- **Diseased and Injured:**
Larry R. Gettman, Ph.D.
- **Training Related Injuries:**
Fred L. Allman, Jr., M.D.

12:15-1:30 p.m. Lunch

1:30-5:30 p.m.

Program Applications of Scientific Principles

There will be concurrent sessions of 50 minutes each starting at 1:30, 2:30, 3:30 and 4:30 p.m.; sessions will be repeated based on interest.

Sports Applications

- **Endurance Sports:**
Ralph Mann, Ph.D., University of Kentucky
- **Collision Sports:**
William J. Kraemer, M.S.
- **Jumping Sports:**
Don Chu, RPT, Ph.D., ATC
- **Throwing Sports:**
John J. Garhammer, Ph.D.

- Competitive Weight Lifting:

Harvey Newton, B.A., U.S. Weight Lifting Federation;
Derrick Cross, Member, U.S. Weight Lifting Team
at 1982 World Championships

- Power Lifting:

Robert W. Crist, B.S., Hampton V.A. Medical Center

Particular Populations and Programs**- Disabled:**

Robert W. Crist, B.S.

- Hospital:

Robert P. Nirschl, M.S., M.D., Georgetown University
School of Medicine;
Janet Sobel, RPT, Virginia Sports Medicine Institute

- Children/Youth:

Richard O. Keelor, Ph.D., Campbell Soup Company Institute
for Health & Fitness

- Armed Forces, Section A:

John Butterfield, Capt., USN, Department of Defense
William Jackson, Capt., USN
James Hodgdon, LCDR, USN
Edward Marcink, Lt., USN
Bobbie Butler, Capt., U.S. Air Force
Loren G. Myhre, Ph.D., U.S. Air Force

- Armed Forces, Section B:

John Butterfield, Capt., USN
R.J. Hooten, Lt. Col., U.S. Marine Corps
Ronald Stevens, Major, U.S. Marine Corps
Fred Drews, Colonel, U.S. Army
Robert Tetu, Lt. Col., U.S. Army
Dennis Kowal, Major, U.S. Army

- Aging:

Everett L. Smith, Ph.D., University of Wisconsin

- Rehabilitation:

William D. Stanish, M.D.

OTHER INFORMATION

Continuing Education Credit

As an organization accredited for Continuing Education, the AMA Department of Environmental, Public and Occupational Health designates this activity as meeting the criteria for (16) credit hours in Category 1 for the Physician's Recognition Award of the American Medical Association.

The National Athletic Trainers Association is giving certification credit for this Symposium.

Registrants desiring 1.6 Continuing Education Units (CEUs) through George Mason University should apply to the Office of

Community Services, 4400 University Drive, Fairfax, VA 22030.

Information on these credits is available at the Credit Desk in the registration area. Symposium attendance verification may be picked up at the close of the Symposium on Thursday.

Meeting Evaluation Forms

We want your comments, so please take a few moments to fill out the Symposium Evaluation Form in your registration packet. It will be collected at the conclusion of Thursday's sessions.

Conference Management by:

Schweiker & Associates
2869 28th Street, N.W.
Washington, D.C. 20008
202/667-5739

**The President's Council
on Physical Fitness and Sports**
450 Fifth Street N.W. - Suite 7103
Washington, D.C. 20001

THE WHITE HOUSE
WASHINGTON

October 20, 1983

10/31/83
Mike's Deaver
out of town
11/14-18

MEMO FOR DONNA BLUME

FROM: MARGIE CRAWFORD *smc*

The attached correspondence is from George Allen requesting a meeting with Mike McManus and Mr. Deaver, or just Mike McManus.

I want to make you aware of this request. Usually Mike McM. meets with George Allen but if Mr. Deaver wants to be in the meeting just let me know. Because they will have just returned from the Far East Trip (Nov. 14), I thought the best day for McManus would be the 16th.

Just let me know if Mr. Deaver wants to be in the meeting and I will coordinate the time of the meeting with you. *m*

Thanks.

*would like to
attend*

Yes

No

~~_____~~



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

October 17, 1983

Dear Mike:

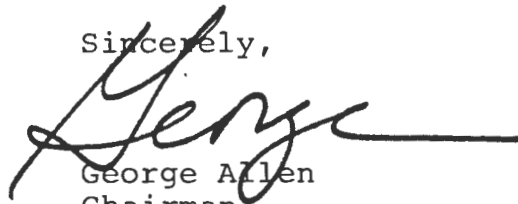
I am going to be in Washington, Wednesday, November 16 for a 2:00 p.m. meeting with General Vessey and the Joint Chiefs of Staff. Case Conrad called Marjorie Crawford about the possibility of getting together with you or you and Mike Deaver during the morning of the 16th or late afternoon of the 16th. Marjorie told Case that she would check it out but did not look promising.

We are appointing Robert "Bob" Mathias, Executive Director of the National Fitness Foundation and in that capacity he will serve for a spell as the Director of the U.S. Fitness Academy. A press conference announcing his appointment is being planned for 12 noon, November 15 at the Capitol. Bob's years in Congress seem to make that an appropriate place to hold it. I have been asked to be at the Press Conference on the 15th but my schedule is so tight that I hesitate accepting unless I can meet with you either in the morning of the 15th or that afternoon.

Would you be available for this meeting on the 15th in case the 16th is not suitable? My new telephone number in Phoenix is: 602-275-0227 or you may wish to call me at my residence on: 213-378-3643.

Warm regards.

Sincerely,


George Allen
Chairman

Mr. Michael A. McManus, Jr.
Deputy Assistant to the President
The White House
Washington, D.C. 20500



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

October 17, 1983

Dear Mike:

I am going to be in Washington, Wednesday, November 16 for a 2:00 p.m. meeting with General Vessey and the Joint Chiefs of Staff. Case Conrad called Marjorie Crawford about the possibility of getting together with you or you and Mike McManus during the morning of the 16th or late afternoon of the 16th. Marjorie told Case that she would check it out but did not look promising.

We are appointing Robert "Bob" Mathias, Executive Director of the National Fitness Foundation and in that capacity he will serve for a spell as the Director of the U.S. Fitness Academy. A press conference announcing his appointment is being planned for 12 noon, November 15th at the Capitol. Bob's years in Congress seem to make that an appropriate place to hold it. I have been asked to be at the Press Conference on the 15th but my schedule is so tight that I hesitate accepting unless I can meet with you either in the morning of the 15th or that afternoon.

Would you be available for this meeting on the 15th in case the 16th is not suitable? My new telephone number in Phoenix is: 602-275-0227 or you may wish to call me at my residence on: 213-378-3643.

Warm regards.

Sincerely,

A handwritten signature in black ink, which appears to read "George Allen", is written over the typed name and title.

George Allen
Chairman

Mr. Michael Deaver
Deputy Chief of Staff
The White House
Washington, D.C. 20500



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

October 17, 1983

Dear Mike:

I am going to be in Washington, Wednesday, November 16 for a 2:00 p.m. meeting with General Vessey and the Joint Chiefs of Staff. Case Conrad called Marjorie Crawford about the possibility of getting together with you or you and Mike Deaver during the morning of the 16th or late afternoon of the 16th. Marjorie told Case that she would check it out but did not look promising.

We are appointing Robert "Bob" Mathias, Executive Director of the National Fitness Foundation and in that capacity he will serve for a spell as the Director of the U.S. Fitness Academy. A press conference announcing his appointment is being planned for 12 noon, November 15 at the Capitol. Bob's years in Congress seem to make that an appropriate place to hold it. I have been asked to be at the Press Conference on the 15th but my schedule is so tight that I hesitate accepting unless I can meet with you either in the morning of the 15th or that afternoon.

Would you be available for this meeting on the 15th in case the 16th is not suitable? My new telephone number in Phoenix is: 602-275-0227 or you may wish to call me at my residence on: 213-378-3643.

Warm regards.

Sincerely,

A handwritten signature in dark ink, appearing to read "George Allen", is written over the typed name. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

George Allen
Chairman

Mr. Michael A. McManus, Jr.
Deputy Assistant to the President
The White House
Washington, D.C. 20500

THE WHITE HOUSE
WASHINGTON

October 20, 1983

MEMO FOR DONNA BLUME

FROM: MARGIE CRAWFORD

The attached correspondence is from George Allen requesting a meeting with Mike McManus and Mr. Deaver, or just Mike McManus.

I want to make you aware of this request. Usually Mike McM. meets with George Allen but if Mr. Deaver wants to be in the meeting just let me know. Because they will have just returned from the Far East Trip (Nov. 14), I thought the best day for McManus would be the 16th.

Just let me know if Mr. Deaver wants to be in the meeting and I will coordinate the time of the meeting with you.

Thanks.



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS
WASHINGTON, D.C. 20500

October 17, 1983

Dear Mike:

I am going to be in Washington, Wednesday, November 16 for a 2:00 p.m. meeting with General Vessey and the Joint Chiefs of Staff. Case Conrad called Marjorie Crawford about the possibility of getting together with you or you and Mike Deaver during the morning of the 16th or late afternoon of the 16th. Marjorie told Case that she would check it out but did not look promising.

We are appointing Robert "Bob" Mathias, Executive Director of the National Fitness Foundation and in that capacity he will serve for a spell as the Director of the U.S. Fitness Academy. A press conference announcing his appointment is being planned for 12 noon, November 15 at the Capitol. Bob's years in Congress seem to make that an appropriate place to hold it. I have been asked to be at the Press Conference on the 15th but my schedule is so tight that I hesitate accepting unless I can meet with you either in the morning of the 15th or that afternoon.

Would you be available for this meeting on the 15th in case the 16th is not suitable? My new telephone number in Phoenix is: 602-275-0227 or you may wish to call me at my residence on: 213-378-3643.

Warm regards.

Sincerely,

George Allen
George Allen
Chairman

Mr. Michael A. McManus, Jr.
Deputy Assistant to the President
The White House
Washington, D.C. 20500

*Mike - We have made great progress
I have some things to discuss,
/B.A.*

THE WHITE HOUSE

WASHINGTON

November 28, 1983

Dear Case:

Pursuant to your letter of November 21, the proposals for the Sports Council are fine with me. I would only ask that you keep me advised as to their progress with the proposals.

Thank you for keeping me informed.

Sincerely,


Michael A. McManus, Jr.
Assistant to the President

Mr. C. Carson Conrad
Executive Director
President's Council on
Physical Fitness and Sports
450 5th Street, N.W.
Washington, D.C. 20201



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

November 21, 1983

Dear Mike:

Our latest Executive Order stated that the PCPFS should organize a group to coordinate federal activity in the area of amateur sports. It was reported to you earlier that we did form the United States Federal Sports Council made up of volunteers from 15 Departments (Agriculture, Commerce, Defense, Education, H.H.S., H.U.D., Interior, Justice, Labor, State, Transportation and Treasury) and three other agencies (GSA, USIA and Veterans Administration). A roster of members is enclosed.

Amateur sport is so important to the American way, in terms such as fitness and health, maintaining the competitive spirit and dynamic life our people love and as a significant part of the economy, that the government must keep aware of what is happening and take its appropriate role. We have stressed that this role should be leadership, encouragement and support without federal funds.

With these thoughts in mind, the Sports Council has proposed the following purposes to direct its work:

1. Provide for information sharing and coordination of federal activities relative to amateur sports.
2. Prepare recommendations regarding amateur sports for consideration by various departments and branches of government.
3. Provide a clearinghouse for sports governing body inquiries, concerns and recommendations.

Unless you notify me otherwise, we will inform the Sports Council of your support and we will continue to give leadership to their attempts to fulfill these purposes.

Best regards,

A handwritten signature in black ink, reading "C. Carson Conrad". The signature is fluid and cursive, with a large initial "C" and a long, sweeping underline.

C. Carson Conrad
Executive Director

Enclosure

Mr. Michael A. McManus, Jr.
The White House
Washington, DC 20515

cc: George Allen



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

UNITED STATES FEDERAL SPORTS COUNCIL ROSTER

Richard Bradley
Assistant Manager
Occupational Health and
Employee Fitness Program
Department of Transportation
Cardiovascular Lab
400 Seventh Street., S.W.
Washington, D.C. 20590
(202) 755-1891
ALTERNATE: Ronald D. Keefer

Susan Rothenberger
Special Assistant to the Assistant
Secretary for Health
200 Independence Avenue, S.W.
Room 717H - Hubert H. Humphrey
Building
Washington, D.C. 20201
(202) 472-7928

C. Carson Conrad
Executive Director
President's Council on
Physical Fitness and Sports
450 5th Street. N.W.
Suite 7103
Washington, D.C. 20001
(202) 272-3421

Richard Douglas
Assistant Deputy Secretary
Office of the Secretary
U. S. Department of Agriculture
Room 200-A
Washington, D.C. 20250
(202) 447-7231

Heidi Eddy
Special Assistant to the Secretary
U. S. Department of Commerce
Constitution Ave., and
15th Sts., N.W.
Room 5854
Washington, D.C. 20230
(202) 377-2112

Ash E. Hayes, Ed.D.
Director, Sports Administration
President's Council on Physical
Fitness and Sports
450 5th St., N.W. - Suite 7103
Washington, D.C. 20001
(202) 272-3424

Robert E. Henderson
Office of Sports, Youth
and Non-Government Affairs
Office of International
Organizations
U. S. Department of State
New State - Room 1511
Washington, D.C. 20520
(202) 632-1120

John Kelly
Assistant Secretary for Public
Liaison and Consumer Affairs
Department of the Treasury
15th St., and Penn. Ave., N.W.
Room 3430
Washington, D.C. 20220
(202) 566-8191
ALTERNATE: Harold W. Noll

William Lawson
Assistant Deputy Commissioner for
Policy and Program Support
Public Buildings Service
General Services Administration
18th and F Sts., N.W. - Room 6340
Washington, D.C. 20405
(202) 566-0507

Thelma Leenhouts
Special Assistant
Community Planning and
Development
Department of Housing and Urban
Development
451 7th St., S.W. - Room 7208
Washington, D.C. 20410
(202) 755-5564

UNITED STATES FEDERAL SPORTS COUNCIL ROSTER -- Continued

Frank O'Malley
Director, Interservice Sports
Department of Defense
2461 Eisenhower Avenue
Suite 1416
Alexandria, VA 22331
(703) 325-8871
ALTERNATE: Charles P. Bennett

Susan Phillips
Director, Intergovernmental
Services
Department of Education
FOB #6 - Room 3073
400 Maryland Avenue, S.W.
Washington, D.C. 20202
(202) 472-5812

Steve Shipley
Executive Assistant to the
Secretary
Department of Interior
Room 6151
Washington, D.C. 20240
(202) 343-7351

Al Smith
Sports Officer
Office of Private Sector Programs
U. S. Information Agency
400 C St., S.W. - Room 224
Washington, D.C. 20547
(202) 485-7319

Ken Starr
Counselor to the Attorney General
Department of Justice
10th and Constitution Ave., N.W.
Room 5111
Washington, D.C. 20530
(202) 633-3892
ALTERNATE: Richard Clegg

John Stirrup
Special Assistant to the
Assistant Secretary
Department of Labor
200 Constitution Ave., N.W.
Suite S-1325
Washington, D.C. 20210
(202) 523-6141
ALTERNATE: James L. Pitts

David Worthen, M.D.
ACMD for Academic Affairs
Veterans Administration
810 Vermont Ave., N.W.
Washington, D.C. 20420
(202) 389-5093

THE WHITE HOUSE
WASHINGTON

November 28, 1983

MEMORANDUM FOR DONNA BLUME

FROM: MARGIE CRAWFORD
SUBJECT: Meeting with
Coach George Allen

Coach George Allen is requesting a meeting with Mike Deaver and Mike McManus.

Mike McManus thinks it would be a good idea to have the meeting in Mr. Deaver's office as it has been a long time since Mr. Deaver has meet with the Coach and because the Coach has specifically asked if he could see Mr. Deaver as well as Mr. McManus.

The Coach will be in Washington for a meeting with the Physical Fitness Council on Thursday and Friday, December 1st and 2nd. The Coach's meeting are in Annapolis. I have tentatively scheduled a meeting at 4pm on Friday, Dec. 2nd. If this meets with Mr. Deaver's approval I will call the Physical Fitness Council to confirm.

Thanks and WELCOME HOME!!



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

August 26, 1983

Dear Mike:

We are scheduling a meeting of the recently created United States Federal Sports Council for November 15, 1983 at 10:00 a.m. This is the inter-agency group made up of department representatives which is to coordinate federal government activities in amateur sport.

It would be most helpful if you could meet with the Sports Council for a few minutes on that day. If there would be a better time than 10:00 a.m., we can change the meeting time. We will give you a briefing on the Council before the meeting.

I am trying in everyway to keep the very successful work of the PCPFS tied with the White House. It would help this goal if we could have the meeting in the Roosevelt Room in the White House. Since the Sports Council is a government intramural group and we do not announce its meetings to the public, this would be easy to manage.

I look forward to seeing you on my return to Washington.

Best regards,

A handwritten signature in black ink, which appears to read "George", is written over the typed name "George Allen".

George Allen
Chairman

Mr. Michael McManus
Deputy Assistant to the President
The White House
Washington, DC 20500



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

August 29, 1983

Dear Mike:

Enclosed for your information is our latest poster to support the Presidential Physical Fitness Award. In September this poster will be sent to over 100,000 institutions including schools, quasi youth serving and voluntary agencies, recreation departments, YMCAs, etc.

Also enclosed is the program for the 1983 White House Symposium on Physical Fitness and Sports Medicine (reference my memo dated April 19, 1983). Our corporate sponsor is the Campbell Soup Company and eight national associations or agencies join us in official cosponsorship. We have an excellent faculty and this should be a very significant activity.

Sincerely,

A handwritten signature in blue ink, appearing to read "C. Carson Conrad".

C. Carson Conrad
Executive Director

Enclosures

Michael McManus, Jr.
Deputy Assistant to the President
The White House
Washington, D.C. 20500



OFFICIAL SYMPOSIUM CO-SPONSORS

American College of Sports Medicine
American Medical Association
American Orthopedic Society for Sports Medicine
Department of Health and Human Services
National Athletic Trainers Association
National Fitness Foundation
National Strength and Conditioning Association
United States Olympic Committee Sports Medicine Council
The President's Council on Physical Fitness and Sports

CORPORATE SPONSOR

Campbell Soup Company

COOPERATING AGENCIES

American Academy of Orthopedic Surgeons
American Academy of Pediatrics
American Academy of Physical Medicine and Rehabilitation
American Academy of Sports Physicians
American Alliance for Health, Physical Education,
Recreation and Dance
American Association of Public Health Physicians
American Chiropractic Association
Association of Fitness Directors in Business and Industry
American Occupational Medical Association
American Osteopathic Academy of Sports Medicine
American Physical Therapy Association
American Psychiatric Association
Department of Defense
National Association of Governor's Councils
National Association of Sports for Cerebral Palsy
National High School Athletic Coaches Association
National Recreation and Parks Association
National Wheelchair Athletic Association
National Young Women's Christian Association
Paralyzed Veterans of America
Special Olympics, Inc.
Women's Sports Foundation
Young Men's Christian Association

Conference Management by:

Schweiker & Associates
2869 28th Street, N.W.
Washington, D.C. 20008 202/667-5739

WHO SHOULD COME:

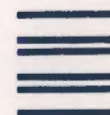
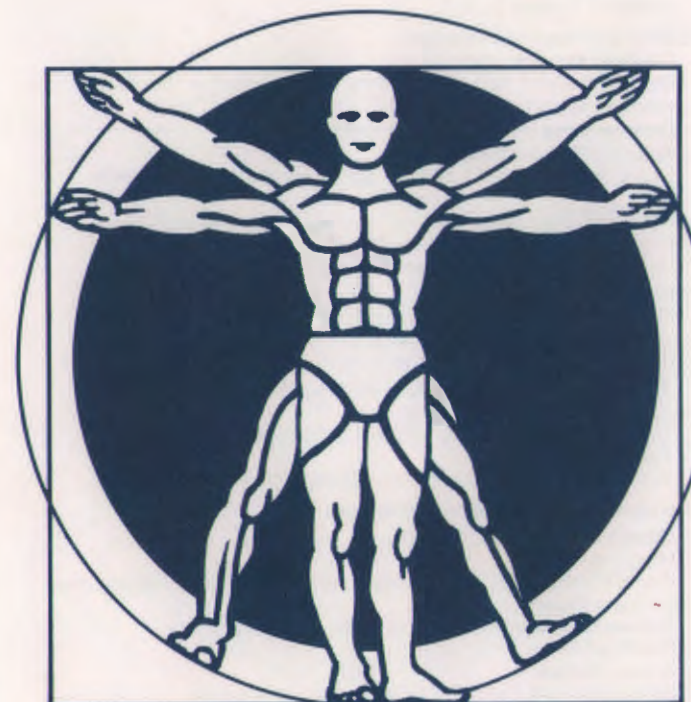
- primary care physicians
- coaches
- sports trainers
- research physiologists
- physical therapists
- nurses
- physical educators
- other professionals associated with fitness and/or athletic programs and sports medicine



1983 WHITE HOUSE SYMPOSIUM ON PHYSICAL FITNESS AND SPORTS MEDICINE

November 16-17, 1983

The Mayflower Hotel
1127 Connecticut Avenue, N.W.
Washington, D.C. 20036



Postage and Fees Paid
U.S. Dept. of H.H.S.
HHS 396

DEPARTMENT OF HEALTH & HUMAN SERVICES

The President's Council on
Physical Fitness and Sports
Washington DC 20001

Official Business
Penalty For Private Use \$300

THE MAYFLOWER HOTEL
1127 Connecticut Avenue, N.W.
Washington, D.C. 20036

Attention: Reservations Department

PLACE
STAMP
HERE



1983
WHITE HOUSE
SYMPOSIUM ON
PHYSICAL FITNESS
AND SPORTS
MEDICINE

PROGRAM AND FACULTY

Featured areas of emphasis will include (1) the current state of knowledge concerning muscle physiology and anatomy; (2) the research basis for muscular strength and endurance in physical fitness, sports performance, work, health, and rehabilitation; and (3) program applications of scientific principles.

Wednesday - November 16, 1983

8:00-8:30 a.m.

Introductions

8:30 a.m.- 12:15 p.m.

Basic Elements of Muscle Strength

- History: Irving Dardik, M.D., USOC Sports Medicine Council
- Muscle Anatomy: Philip D. Gollnick, M.D., Washington State University
- Neuromuscular Aspects: William E. Garrett, Jr., M.D., Duke University Medical Center

Physiology of Strength

- Basic: David R. Lamb, Ph.D., Purdue University
- Biochemistry: Philip D. Gollnick, M.D.
- Biomechanics and Kinesiology: Gideon B. Ariel, Ph.D., Coto Research Center
- Behavior of Contractile Proteins: Philip D. Gollnick, M.D.

Muscular Pharmacology

- Therapeutic: David L. Costill, Ph.D., Ball State University

1:30-5:30 p.m.

Muscular Pharmacology

- Drugs: David R. Lamb, Ph.D., Purdue University

Reaction of Muscle to Injury or Disease

Bertram Zarins, M.D., Massachusetts General Hospital

Goals of Muscular Development

Jack H. Wilmore, Ph.D., University of Arizona

Basic Training Principles

John J. Garhammer, Ph.D., International Maxachievement Institute, Long Beach, CA

Components of Strength Development

Jack H. Wilmore, Ph.D.

Electrical Stimulation

William D. Stanish, M.D., Halifax, Nova Scotia

Measurement of Strength

William J. Kraemer, M.S., University of Wyoming

Free Exercise and Plyometrics

Don Chu, RPT, Ph.D., ATC, California State University, Hayward

Evening Reception and Weight-Lifting Demonstration

REGISTER TODAY!

Complete meeting registration card and mail it with a check made out to the "1983 White House Symposium on Physical Fitness and Sports Medicine."

Mail to:

1983 White House Symposium
The President's Council on Physical Fitness and Sports
450 Fifth Street, N.W. - Suite 7103
Washington, D.C. 20001

Refunds of registration fees will be given only for cancellations received by November 11, 1983.

CONTINUING EDUCATION CREDIT:

Continuing education credit is to be arranged for medical doctors, trainers, nurses, teachers and coaches.

Thursday - November 17, 1983

8:00 a.m.-12:15 p.m.

Definitions, Training Methods

- Isometric: Jack H. Wilmore, Ph.D.
- Isotonic/Variable Resistance: John J. Garhammer, Ph.D.
- Isokinetic: David L. Costill, Ph.D.

Effects of Strength Training on Other Systems

- Cardiopulmonary: Larry R. Gettman, Ph.D., Mesa Petroleum Co.
- Connective Tissue and Weight Control: William E. Garrett, Jr., M.D.

Safety and Health Concerns

- Children/Adolescents: Bernard R. Cahill, M.D., Great Plains Sports Medicine Foundation
- Women: Mona M. Shangold, M.D., Cornell Medical Center
- Diseased and Injured: Larry R. Gettman, Ph.D.
- Training Related Injuries: Fred L. Allman, Jr., M.D., FACSM, Sports Medicine Clinic, Atlanta

1:30-5:30 p.m.

Program Applications of Scientific Principles
(Concurrent sessions with repetitions based on priority interest)

Sports Applications

- Endurance Sports: Ralph Mann, Ph.D., University of Kentucky
- Collision Sports: William J. Kraemer, M.S.
- Jumping Sports: Don Chu, RPT, Ph.D., ATC; Gideon B. Ariel, Ph.D.
- Throwing Sports: John J. Garhammer, Ph.D.
- Competitive Weight Lifting: Harvey Newton, B.A., U.S. Weight Lifting Federation
- Power Lifting: Robert W. Crist, B.S., V.A. Medical Center, Hampton, VA

Particular Populations and Programs

- Disabled: Robert W. Crist, B.S.
- Hospital: Robert P. Nirschl, M.S., M.D., Georgetown University School of Medicine
- Children/Youth: Richard O. Keeler, Ph.D., Campbell Soup Co. Institute For Health & Fitness
- Armed Forces: John Butterfield, Capt., USN, Department of Defense
- Aging: Everett L. Smith, Ph.D., University of Wisconsin
- Rehabilitation: William D. Stanish, M.D.



1983
WHITE HOUSE
SYMPOSIUM ON
PHYSICAL FITNESS
AND SPORTS
MEDICINE

November 16-17, 1983

The Mayflower Hotel
1127 Connecticut Avenue, N.W.
Washington, D.C. 20036

MEETING REGISTRATION CARD

Check appropriate category and note registration fee:

- ☐ Physician - \$175
- ☐ Other professional - \$90
- ☐ Full-time student - \$35

Name and Title (Please Print)

Organization

Address

Telephone

Please fill out and return this form, along with check for registration fee to:

1983 White House Symposium
The President's Council on Physical Fitness and Sports
450 Fifth Street, N.W. - Suite 7103
Washington, D.C. 20001

Make checks payable to:
1983 White House Symposium on
Physical Fitness and Sports Medicine

PLEASE HELP US PROMOTE THIS SYMPOSIUM:

If you are unable to attend the symposium, please pass this brochure along to others who may be interested. For additional brochures, call The President's Council on Physical Fitness and Sports, Washington, D.C. 202/272-3424.



1983
WHITE HOUSE
SYMPOSIUM ON
PHYSICAL FITNESS
AND SPORTS
MEDICINE

November 16-17, 1983

The Mayflower Hotel
1127 Connecticut Avenue, N.W.
Washington, D.C. 20036

HOTEL RESERVATION REQUEST

Please return this registration form directly to
The Mayflower Hotel.

INSTRUCTIONS: Please print all information. This reservation request must be accompanied by one night's deposit or credit card guarantee. Otherwise your reservation is subject to automatic cancellation after 6 p.m. on your stated arrival date. If necessary to cancel, please request and retain your cancellation number. For cancellations or changes, you may call toll-free (800) 321-6888; in Ohio (800) 362-6100.

Arrival Date _____ Time _____ Departure Date _____

Name

Telephone (Area Code)

Company/Address

Sharing room with _____

Signature

Credit Card (Circle) AX MC VISA DC CB

Account

No. _____

Expir.

Date _____

Interbank

No. (MC only) _____

OR Amount of check enclosed _____

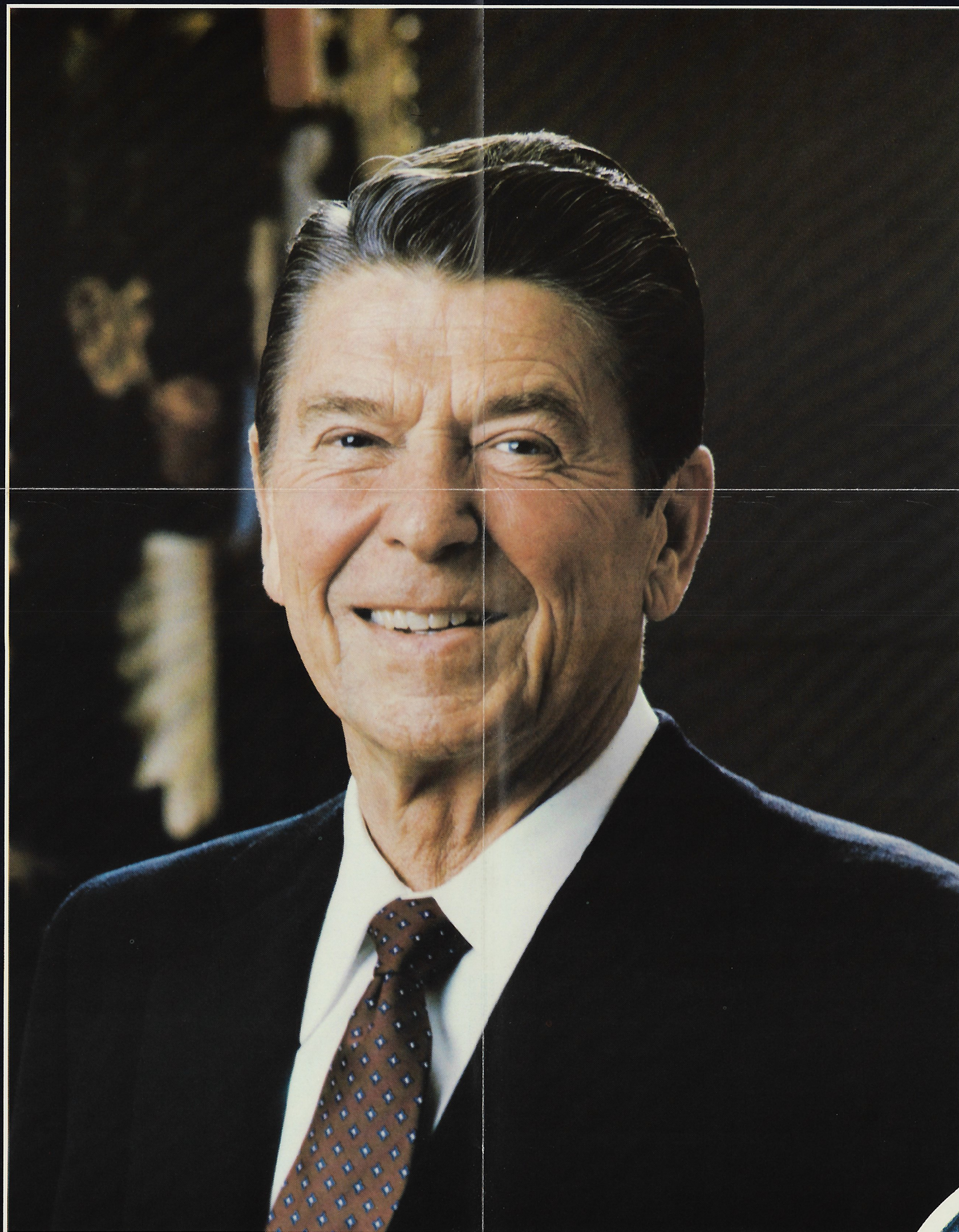
Please circle desired accommodations. If rate requested is not available, nearest rate will apply.

(Taxes Not Included)	Medium	Superior	Deluxe
Single	\$65	\$85	\$100
Double (2ppt, 1 bed)	\$75	\$95	\$110
Twin (2ppt, 2 beds)	\$75	\$95	\$110
Suites		\$150	\$200

Special Requirements _____

Note: Reservations received after October 24, 1983 will be accepted on a space available basis.

**"I'D LIKE TO SEE
EVERY YOUNG AMERICAN
WIN THE PRESIDENT'S
FITNESS AWARD."**



"WON'T YOU TRY?"

For information speak
to your teacher or write
Fitness, Washington, D.C. 20001.



AGENDA
PCPFS Special Advisors Meeting
January 26, 1983

I. Chairman's Remarks and Introduction of Members Attending
For the First Time

II. Deputy Assistant to the President

Michael McManus
The White House

III. Reports on Special Initiatives

National Fitness Foundation

Richard Kazmaier
Wellesley Hills, MA/
Jonathan Howe,
Chicago, IL

Press Conference, 1/25/83

Robert Guelich,
Chicago, IL

National Fitness Foundation Logo

Stanley Kreitman,
New York, NY/
Charles McCabe,
New York, NY

National Academy Banquet

David Werblin,
New York, NY

Honor Award

MCCabe

National Physical Fitness/Sports Academy

Chairman George Allen

James Morris
Eli Lilly Endowment, Inc
Indianapolis, IN

National Physical Fitness and Sports
for All Month

C. Carson Conrad

Physical Fitness Stamp

Ronald Walker,
Washington, D.C.

Physical Fitness for Law Enforcement
Personnel

Dr. Warren Giese,
Columbia, SC/
Dr. Mark Saginor,
Beverly Hills, CA

Corporate Fitness

Leon Weil,
New York, NY

Fitness Card

Charles Tornabene,
Battle Creek, MI

IV. New Business

Sports Medicine Proposal

Dr. Bernard Cahill,
Peoria, IL

The Potential of Regional Fitness Classics

Dr. Ernest Vandeweghe,
Inglewood, CA

V. Special Reports

1983 National Fitness Classic

Thomas Fatjo/Brenda Clark
Houston, TX

An AV Promo on the National Fitness Academy

The National Trim Campaign of the Federal
Republic of Germany

Jurgen Palm, Executive
Director
German Sports Federation
(Deutscher Sportbund)
Frankfurt, Germany

PCPFS Public Service Advertising Campaigns

Allen

Consistency Poster, a public service
of Atlas Van Lines

Allen

Summer Games of the XXIII Olympiad

Howard Fletcher,
Menlo Park, CA

Report on BIZ NET (U.S. Chamber of Commerce)

Report of the Executive Director