

Please cite the Published Version

Day, David (2017) The 'Human Training Stables' of Victorian America: Cultural Differences in Sports Coaching. *Staps, Revue Internationale des Sciences du Sport et de l'éducation Physique*, 38 (1:115). pp. 37-47. ISSN 0247-106X

DOI: <https://doi.org/10.3917/sta.115.0039>

Publisher: De Boeck Supérieur

Version: Supplemental Material

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Additional Information: This is an Open Access article which appeared in *Staps, Revue Internationale des Sciences du Sport et de l'éducation Physique*

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The 'Human Training Stables' of Victorian America: Cultural Differences in Sports Coaching

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Sports and Leisure History Cluster (SpLeishH)

In United States

- Commitment to competitive success in colleges/clubs
- Sports coaching became specialized profession
- Principles of scientific management to train athletes
- Emphasis on obedience to authority on and off the field



Amateurism and the Coach

In 1906 American Inter-collegiate Association defined an amateur as one who had never -

'taught, pursued, or assisted at athletic exercises for money, or for any valuable consideration'



THE RIGHT HON. SIR MONTAGUE SHEARMAN, P.C.
Founder of the Association ; Hon. Secretary, 1880-83 ; Vice-President, 1883-1915 ;
President, 1916-1930.



Charles E. Courtney



In 1895

- London Athletic Club thrashed by Americans

New York Athletic Club, 11 firsts, 6 seconds, 2 thirds

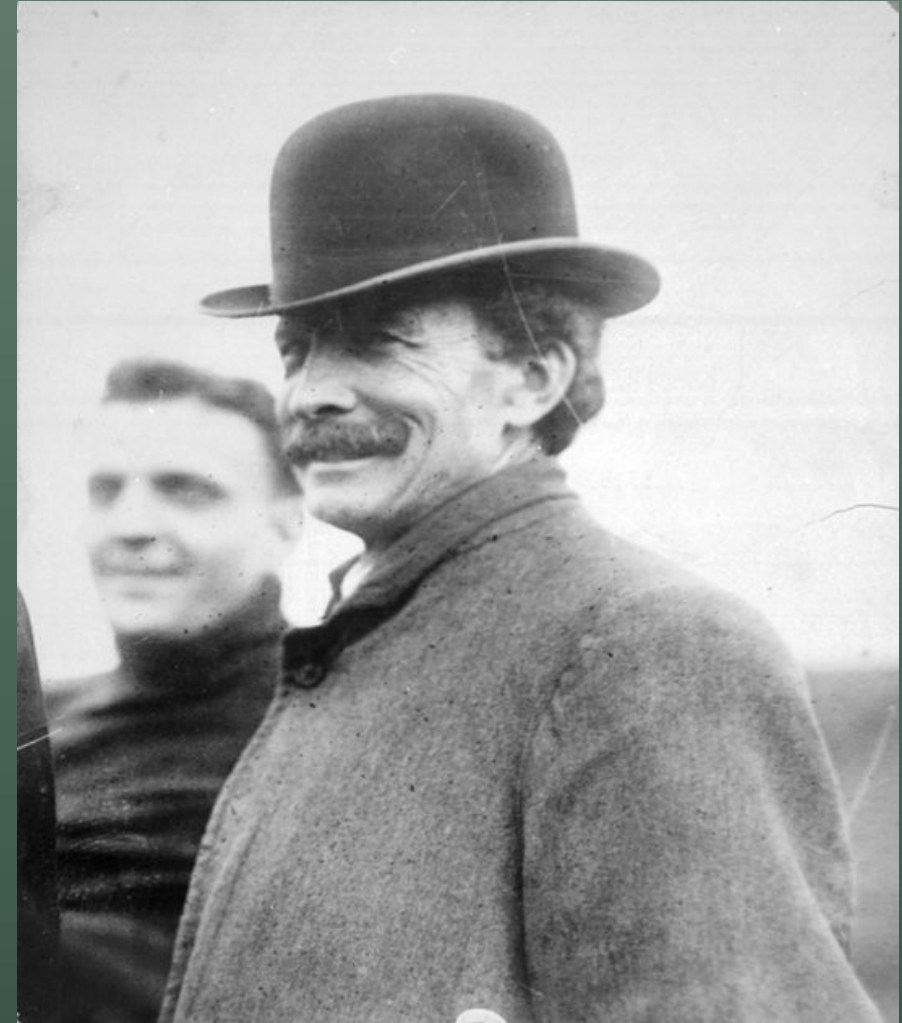
London Athletic Club, 0 firsts, 5 seconds and 6 thirds

- American magazine *Outing* regretted that ...

“...the performances of the Englishmen furnished so little food
for enthusiasm”



Mike Murphy



The Training Table - *Camp and Deland*

- Menu made college athlete 'an object of envy' to his classmates
- Garden vegetables and fruits
- Rice and bread puddings
- Cereals and potatoes
- Roast beef, lamb chops and broiled chicken
- Plenty of pure drinking water



Michigan Football Team's 'Training Table', 1896



Morning Post, July 14 1900, 4.

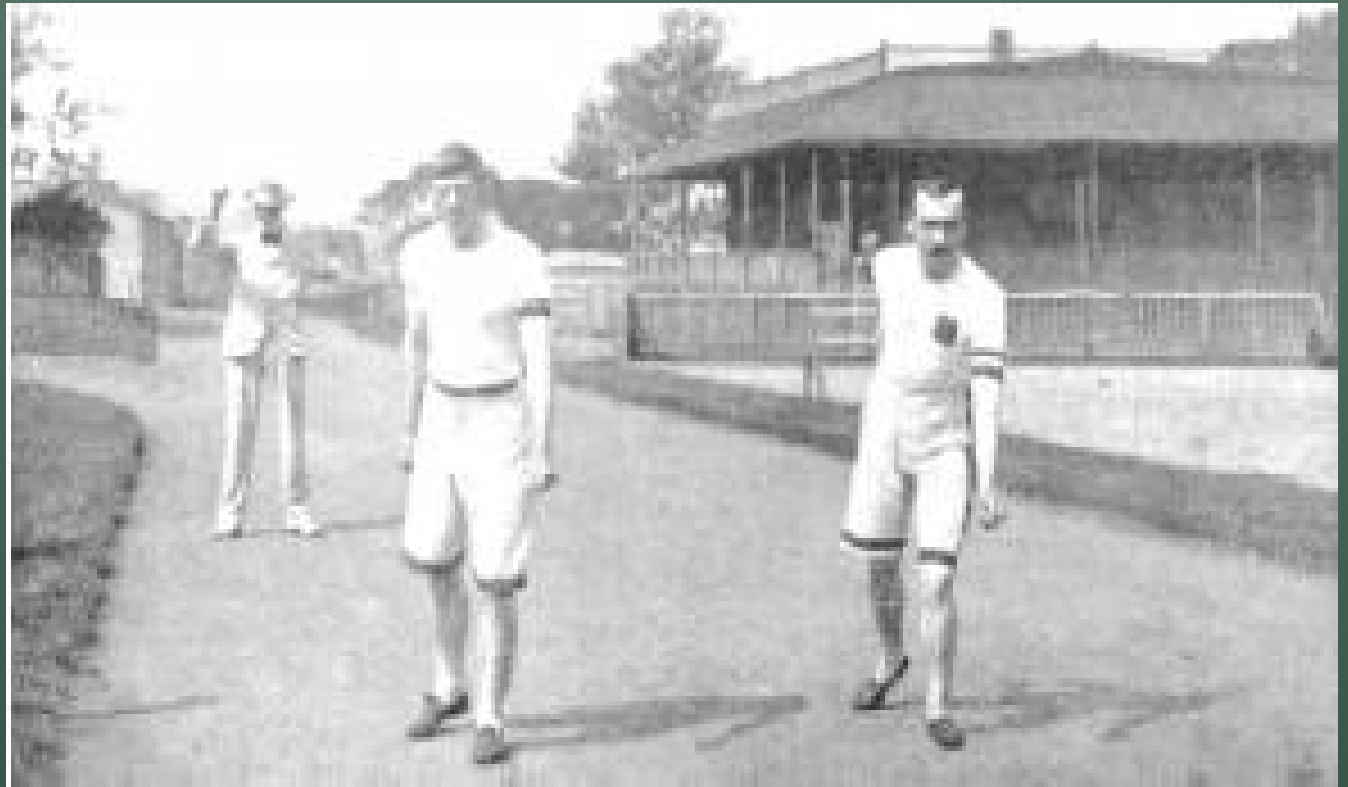
- American professional trainers able to devote their time and energies to studying 'human racing-machine and its imperfections'
- So their success was naturally greater than that of English amateur coach



'...the English athlete is born not made, the athlete from the United States is born and made'



MR. R. C. BREDIN.



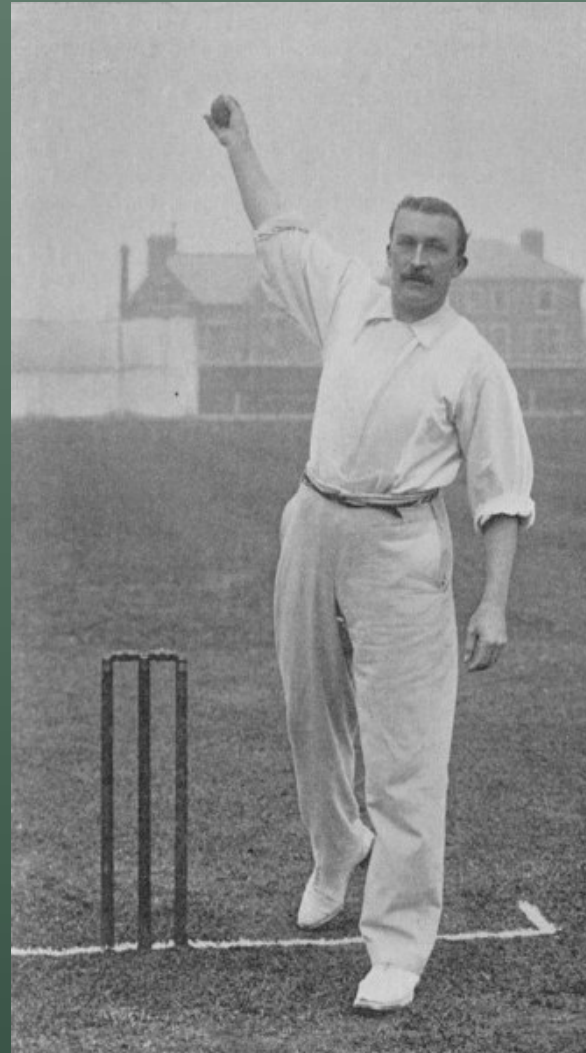
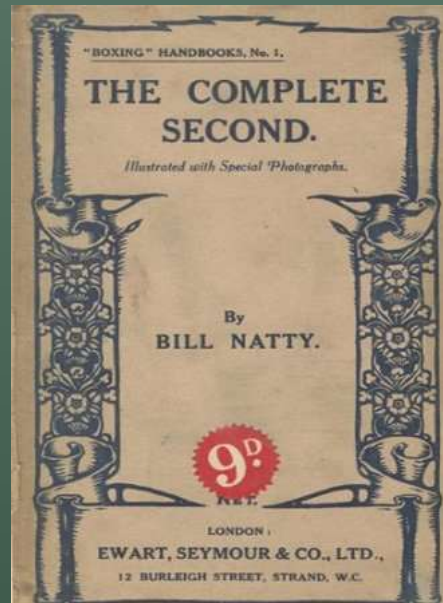
The 1895 Oxford Crew

- Rise about seven and then a short walk or run
- Breakfast at half-past eight included tea, underdone beef or mutton, crust of dry toast or bread
- No exercise taken in the morning
- Dinner at two with meat the same as breakfast, bread (crust), no vegetables, pint of beer
- Row twice over the course at five
- Cold meat, bread and a little jelly or water cresses for supper at half-past eight or nine
- Bed about ten

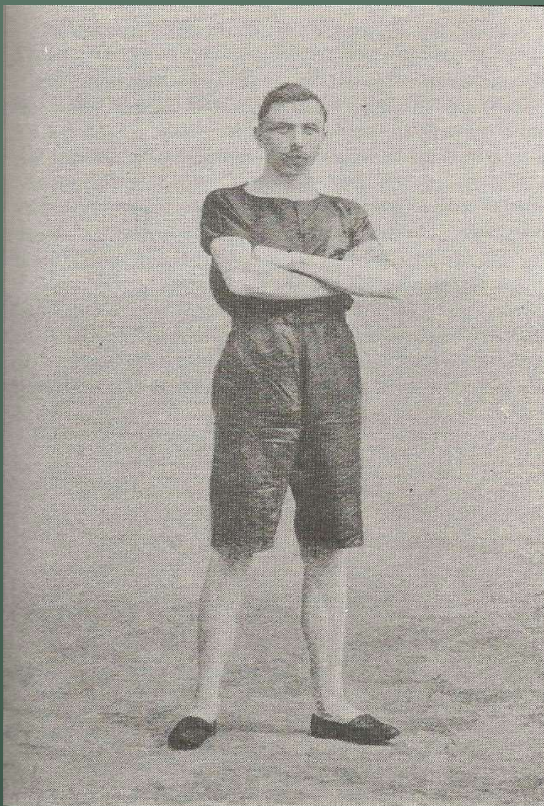
Edmund Warre – Eton Headmaster



Professional Coaches



Fred Bacon



F. E. BACON.

The First Man to Beat Deegfool's Long-Standing Record for One Hour by covering 11 miles, 1,243 yards.

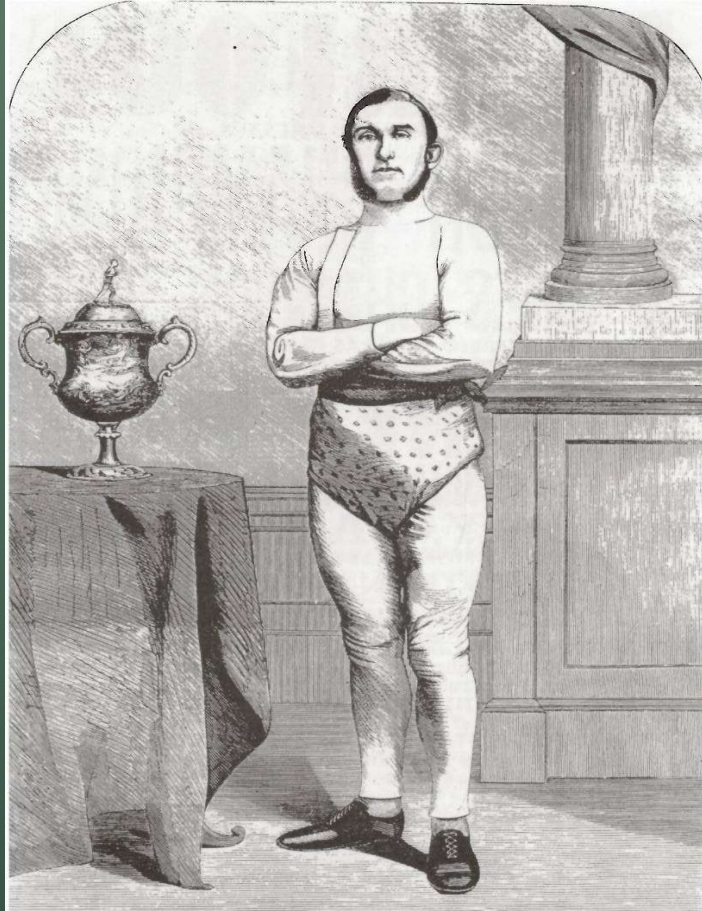


MANCHESTER UNITED FOOTBALL CLUB, 1908-09.

Alex. Downie, Burgess.
 Taylor (Director), J. Nuttall (Asst. Trainer), Harry Stafford (Director), H. Broomfield, G. Stacey, D. Duckworth, R. Holden, Alex. Bell, H. Moger,
 J. Picken, J. Bannister, J. Turnbull, Charlie Roberts (Captain), Fred Bacon (Trainer), J. E. Mangnall (Sec. Manager),
 Football Association Charity Shield, Billy Meredith, Championship Cup, George Wall, Manchester Cup.



Professional Coaches - Athletics



The Times, July 26 1910, 21.

- British approach to sport did not compel athletes to specialize, 'seating them at a "training table" and putting them under a paid professor of the dynamics of the human body'

If to avoid semi-professionalism was decadence, 'let us be decadents with a good heart'



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