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# THE NATIONAL ATHLETIC

## TEN RULES FOR BASEBALL TRAINING

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**EDITOR'S NOTE:** Jack Heppinstall, trainer of athletic teams, Michigan State College is one of the nation's great trainers. Many years experience in handling great players plus his knowledge of training problems always makes this trainer's lectures "top copy".

### Pre-Seasonal Training

Pre-season training is essential in baseball just as much as any other sport. The condition of the individuals on a team often mean the difference between a good or poor season. All team candidates should have a physical examination before being issued any equipment or allowed to participate in any practice or game. Team candidates who start getting themselves into condition a few weeks before the regular practice starts will be in better condition during the playing season.

### Conditioning

Many young baseball player have failed as good players because they did not get into condition both physically and mentally. Condition affects the ability to play, mental attitude, determination, team work and fight. Young ball players can get into condition quickly and also get out of condition quickly.

The first week or ten days should be spent in getting the whole body into condition. Before each practice all team candidates should have at least

ten minutes of calisthenics which bring all the muscles of the body into play, especially the legs and arms. Also get lots of walking and jogging to build up the legs for quick starting and stopping. Quick stopping and starting are "musts" in baseball and well developed legs are essential.

Road work or running at a steady easy pace is the foundation of a strong healthy physical condition. Our average present day athlete does not get enough walking or running. Too much car riding instead of walking has a tendency to develop "automobile legs" instead of good strong healthy legs.

A good pre-seasonal conditioner is handball. It develops the arms, legs, and body as well as good co-ordination. The swinging of Indian clubs is very good to loosen up shoulder, elbow and wrist joints as well as developing the arm and shoulder muscles without injuring them. The swinging of Indian clubs should be advocated for a few minutes before each practice during early training. Pepper games are also advocated before each practice, provided they are taken easily at the start and the speed increased as the training season goes along.

### Care of Throwing Arm

The majority of young baseball pitchers do not realize the importance of taking proper care of their throwing arm. Many good young players have

ruined their chances of making the team by throwing too hard at the start. They try to impress the coaches the first few days they are out for the team. In other words, they try to make the team right at the start instead of taking thing gradually. This is a big mistake because an arm that gets sore and lame through overwork at the start of the season takes a lot of time and work to get it back into working condition, and many good pitchers have ruined their arms by starting to throw curve balls before their arms are in good condition.

### Warm-Up

The massaging of pitchers and catchers arms, backs, and chests with warm liniment before each practice is essential to stimulate circulation and keep them warm during practice as the weather during early baseball training is very changeable and teams in the northern part of the country have to work indoors in buildings that often are not too well regulated as far as temperatures are concerned, so extra care should be given to the arms and legs.

A good rule to follow is to warm up by throwing the ball with an easy overhead motion for a short distance, then gradually increase the distance and the speed. In other words, take plenty of time to get warmed up and to develop the arm muscles to the mo-





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# TRAINERS ASSOCIATION

tion of throwing before throwing the required distance and speed.

## Toughen Hands

To toughen the hands to prevent soreness and blisters on the finger ends, the use of Tannic Acid Compound is essential. Thin sponge rubber inside the gloves, especially for catchers, will prevent early season bruises in the hand. It is only natural that the catching hand should have this added protection at the start of the season.

## Proper Equipment

The uniforms or suits should be the best that your budget can afford and should consist of a complete outfit. Wool undershirts are necessary for all candidates as they keep the body warm and prevent colds after sweating and help to conserve the body heat. Good warm sweat coats are essential to be worn after a workout, and when going to and from the locker room to the building or field to practice. Wind breakers are essential to all candidates but more especially for battery candidates when working out in cold buildings or outdoors on cold windy days.

Sliding pads should be worn from the first day of practice. They should be long enough and wide enough to protect the outside of the leg and hip from the waist to the knees. If sliding pads are not available an ordinary bath towel folded double and fastened to the inside of the waist of the pants makes a good substitute.

Shoes should be the right style and size, not too large and loose or too small and tight as they cause blisters. Good feet are essential to all athletes. Have the candidates paint their feet before and after each practice with Tannic Acid Compound to toughen the skin. When the compound has dried, dust the feet with any good foot powder. Wear two pair of thin cotton sox

instead of one thick pair. The two pair will act similar to sliding pads and help eliminate blisters. In all sports we are striving to toughen the feet just as our hand without any blisters or soft spots. By the use of Tannic Acid Compound, white cotton sox, some foot spray outside the shower room door, we can eliminate a lot of athletes' foot trouble.

## Treatment—Sore Arm

Sore arm is usually caused by throwing too hard before the arm is in good condition. Whirlpool bath or moist heat treatments for 20 or 30 minutes twice a day, followed by a good massage and rest is one of the best cures for sore arms. It has been often said that you can pitch a sore arm into condition again, but aggravating any injury will not cure it.

## Treatment—Pulled Muscles

For pulled muscle or charley horse apply ice packs or cold applications for thirty minutes to retard the swelling. Then tape for support. Apply hot applications over night. The next day give two 20 to 30 minute diathermy or infra-red treatments. Keep up the treatments and hot applications until well. In many cases the taping has to be applied for quite a long time after the injury is well to prevent recurrence.

For bruised muscle, apply ice packs or cold applications for thirty minutes, then apply hot applications over night. The next day give two 20 to 30 minute whirlpool or moist heat treatments. Keep up the treatments and hot applications until well.

## Treatment—Strawberries or Abrasions

For strawberries or sliding burns, clean the wound with alcohol, then apply a thin coat of sulfa ointment or penicillin ointment covered with a sterile dressing. Repeat the ointment and dressing daily until well.

## Diet

Diet in baseball is just as essential as in any other sport. Feeding or the proper time to eat, is important. No meal should be eaten for at least three hours before a practice or game. Some athletes have to allow more time before competing. Nothing should be eaten between meals. A good policy to follow is to eat three times a day. Eat a good regular breakfast, a light lunch, and make the evening meal, after a workout or game, the largest meal.

Breakfast should consist of fruit or fruit juice; cereal, cooked or prepared; eggs; dry toast; butter and a drink, such as milk, tea or coffee.

Lunch should consist of fruit or vegetable salad; cold roast beef; chicken; fish; baked potato; toast or whole wheat or bran bread, and desert such as ice cream, custard, etc., one cup of tea one glass of water—avoid too much liquid.

Dinner should consist of soup; fruit or vegetable salad; roast beef; steak; lamb chops; fowl or fish; potatoes, mashed, baked or scalloped; vegetable; graham, bran or whole wheat bread; desert; tea, cocoa or milk.

Avoid eating too greasy food such as fat pork; also pie, cake and too much sugar. Avoid eating between meals.

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