

# TRAINERS JOURNAL

SECTION

The NATIONAL ATHLETIC TRAINERS ASSOCIATION

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No. 9

Official Publication  
Of the National Athletic  
Trainers Association

Training and Conditioning  
Practices of College and  
University Basketball  
Coaches and Trainers  
Dr. Wilbur Bohm

The Care of the Feet  
Jack Heppinstall

Bernie H. Moore, Football Coach  
Charles F. Striplin, Trainer  
Louisiana State University





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Officers National Athletic Trainers Association  
For 1941-1942

President, Lloyd Stein, University of Minnesota  
1st Vice-President, John Kelly, New York University  
2nd Vice-President, Henry Schmidt, Santa Clara University  
3rd Vice-President, Wilbur Bohm, Washington State College  
Executive Secretary and Editor of Trainers Journal, Bill Frey  
Office of Publication, Iowa City, Iowa

## Planning For Next Year

TO complete our first year of publication, we have one more issue, which will be devoted principally to the announcement of our new officers and reports of the two division meetings held at the Drake and Penn Relays.

Many of the plans that were inaugurated with our first issue have been carried out. Wherever the High School Student Trainer Plan was adopted, much enthusiasm was shown. With our conference chairmen ready to explain the working details of this plan and with the many coaches who have been getting information on it this year, ready to enroll their boys next year, we expect a big increase in this department.

As we look ahead to next year, we are faced with unusual conditions. We will need to have our members signify their intention, during this month, of subscribing for the Trainers Journal for next year. We will need to know approximately what new members we may count on. Conference chairmen should send in the reports of their spring meetings at an early date.

## Athletic Trainers in the Service

ALREADY many of our members have entered the service. Roland Logan of West Point is now stationed at Annapolis, assisting with the conditioning of the men to be assigned as instructors to the four Naval bases at St. Marys College, the universities of Iowa, Georgia and North Carolina; Lloyd Stein, 1941-42 President of the National Athletic Trainers Association is to be assigned to one of these bases.

There are several others in the various branches of the service. When we learn of their definite assignments, announcement will be made in these columns. Many of our members are heading up the Red Cross first aid groups in their communities. We are ably fitted for this work. Let us volunteer our services.

## UNDER THE SHOWERS



CHAIRMAN of the North Carolina State Intercollegiate Conference, Charles "Block" Smith is a very busy man from September through May each year at Guilford College located in the beautiful mountains of North Carolina.

Besides being head trainer, "Block" is the football coach, basketball coach, director of intramurals and athletic director. In appointing Mr. Smith to the new position representing the National Athletic Trainers Association, the officers of the association feel that they have picked a man who is not afraid of work. Block has worked up a great reputation in the deep South by his famous sore arm treatment for baseball arms and has promised to write an article for the Trainers Journal on that subject. Trainers of the North Carolina State Conference are urged to contact Mr. Smith in reference to becoming members of the Trainers Association.



HEAD trainer at George Washington University, George Lentz trained the New York-Pennsylvania Baseball League for ten years before going to Catholic University where he trained their teams for seven years. He is starting

his fifth year as head trainer in his present position.



IN 1933 when Fritz Crisler became football coach at Princeton University, Edward Zanfrini took up the duties as trainer, becoming head trainer in 1938. Previous to going to Princeton Mr. Zanfrini had been a trainer of professional boxers, including Christopher "Bat" Battalino, former world's featherweight champion.

During the summer, he spends his time in orthopedic clinics, gaining knowledge which is of great benefit in his work as trainer. His pet hobby is making protective braces and pads for injuries.



AT Abraham Lincoln High School in Brooklyn, Irving Cohen, fencing coach, is also head trainer. With the emphasis that is now being put upon training, conditioning, and care and prevention of injuries, the time will

come when all our high schools will have an athletic trainer on their staffs.

# Care of the Feet

By Jack Heppinstall

Athletic Trainer, Michigan State College

**T**HE old advice given by trainers to athletes to take care of their teeth, stomach and feet still holds true, because if your teeth are neglected your stomach will soon get out of order and get you down, and the average athlete will not get far in any type of athletics with poor feet. The only ones who can get along with poor feet are polo players, and they have horses to ride on.

The first object is to get the feet tough like the hands, without calluses or soft spots. To get this condition, paint the feet every day during early training with tannic acid compound before and after each practice, and check between the toes to see that they are dry, then when all the foot is dry after massaging, dust with a good foot powder.

The nails should be trimmed properly each week, that is, cut straight across and not into the corners, which has tendency to start ingrowing nails from the pressure of the shoes. Finger nails can be cut or filed into the corners, because normally there is not any pressure on them.

Socks and shoes should be the right size, not too short to cause pinching, nor too long to be sloppy, and if possible, heavy shoes should be worn for practice and light shoes for games. These shoes should be well broken in before the first game. I have found through experience that heavy white cotton socks are better for the feet than wool socks. Wool socks keep the feet too warm, which causes perspiring and then makes the feet soft. Try wearing woolen gloves every day and see how soft your hands will become. Socks should be changed every day or at least every other

## High School Trainers Lesson No. 9

day.

Because of the great amount of pivoting, quick starting and stopping on hard wooden floors, basketball players should wear two pairs of socks at a time. They form a better cushion for the feet and, at the same time, act as sliding pads on baseball players, helping to prevent blisters on the soles of the feet.

Some colleges are using cotton socks next to the feet and woolen socks over them for their basketball players. I have tried that, but somehow the two pairs of cotton socks seem to work better.

Rubber foot trays containing a 2 per cent hypo solution, placed in front of the shower room door so that all the athletes may step into the solution before and after each shower, painting their feet with tannic acid compound and the use of cotton socks certainly have cut down the foot troubles of our athletes.

Weak arches cause much trouble to athletes. The chief reason for that is that the present-day athlete does not get enough walking. In other words, "too many automobile legs."

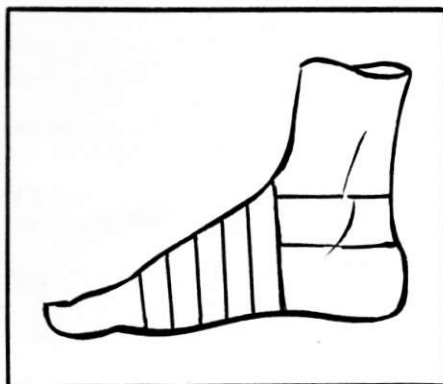
The difference in the height of the heels of ordinary shoes and athletic shoes causes a great deal of trouble with the arches at the start of the season or in early training, athletic shoes being lower in the heel. To offset this I tape a three-eighths inch sponge rubber heel pad into the heel of the shoe. In a week or ten days the pad has been crushed down so flat that its value is almost nothing, but in the meantime the arch has become used to the change and usually is set for the rest of the playing season.

For ordinary weak arches, I tape with inch and a half tape an ordinary figure

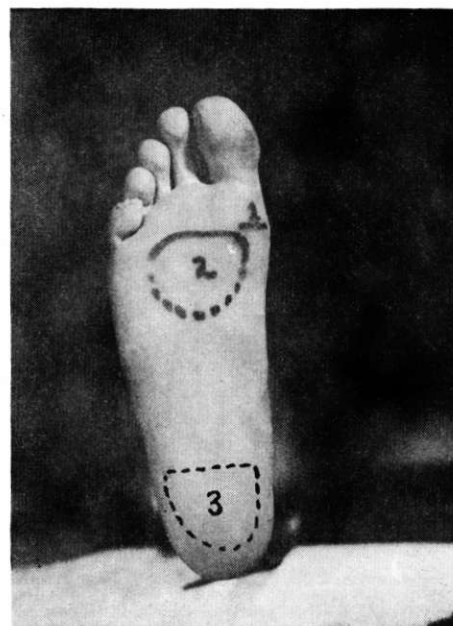
eight around the ankle joint, then extend circular pieces around the longitudinal arch, each overlapping the preceding one, the full length of the arch to the big toe joint. This taping should be applied each day before practice, until the arch is built up.

For the transverse arch I build up the arch with a daily massage of the foot and sponge rubber pads. The massage should have a great deal of stretching and toe bending to help strengthen the arch. The pads are one-fourth sponge rubber cut oval shaped, one and one-half inches by one inch, with the edges trimmed down. The pad on the back side or heel side of the fallen joint should be taped with one strip of tape that overlaps on the top of the arch, so that the tape and pad may be moved easily. The patient can tell when the pad is in the proper place; at first these pads may have to be moved forward or backward or sideways three or four times, before they are in the proper place. They should be applied every day after practice or game and kept on until the arch is built up.

One of the best exercises to strengthen and build up weak arches and feet is to stand erect with hands on hips, with both feet parallel to each other about two inches apart, and rock both feet at the same time from toe to heel, holding the rock momentarily on heels and toes. These exercises should be started with about six rocks a day, then increased to at least twelve rocks twice a day. This exercise is also very good for track men or for any athlete who does much running. It has a tendency to prevent shin splints.



Taping for Weak Longitudinal Arch



# Training and Conditioning Practices of College and University Basketball Coaches and Trainers

By Wilbur Bohm, D.O., BS., M.ED.  
Athletic Trainer, State College of Washington

THIS study was made by sending questionnaires to college and university coaches and trainers of basketball teams in the United States and Canada. The investigation was begun during the championship tournament of the National Collegiate Athletic Association, "The World's Series of Basketball," which was held March 21, 22, and 29, 1941, in the Municipal Auditorium, Kansas City, Missouri, and has just been completed. An excellent response was received. The replies to the various questions in each questionnaire as a whole, indicated that each questionnaire was completely answered with careful thought.

Table I shows the extent to which meat and eggs were recommended in the training diet as compiled from the questionnaires returned by the college and university basketball coaches and trainers.

The significant value of the chart is really brought forward when divided into two separate groups. Placing 0-1-2 into one column, as those not recommended, or negative, and columns 3-4-5 into another column, as those recommended, or positive, gives some decidedly comprehensive results.

From a thorough study of the results it will be noticed that beef, soft boiled eggs, poached and shirred eggs are more highly recommended than the other meats and eggs. They are ranked in the order given above, beef being distinctly favored.

Tables II and III, as follows, record the extent to which milk is recommended as a part of the training diet, and the quality preferred is given consideration.

Using the same method of grouping and scales of recording as in Table I, we find that ordinary whole milk is recommended most highly to be used as part of the regular training diet. Pasteurized milk is insisted upon by one coach.<sup>1</sup> This is especially interesting since it has not been so many years ago that many coaches and trainers were suspicious as to the value of milk in the diet of the athlete. The following remarks by one of the coaches prove interesting. "Milk is a heavy food and should be regarded as such. This would dissolve myths of short wind, etc."<sup>2</sup>

Table IV tabulates the extent to which

milk is included in the every-day diet of the college and university basketball players in training. Inspection of the chart shows that it is a very important food to

Scale for Reading Tables I-VII.

0—Never recommended. 1—Very seldom recommended. 2—Infrequently recommended. 3—Fairly regularly recommended. 4—Frequently recommended. 5—Habitually recommended.

TABLE I  
MEAT AND EGGS RECOMMENDED OR REJECTED IN TRAINING DIET

	0	1	2	3	4	5
Beef .....		2	11	35	20	8
Cold Meat .....	7	20	21	6	5	0
Lamb .....	1	13	27	12	11	1
Pork .....	20	22	12	5	1	0
Mutton .....	9	16	12	6	4	0
Ham .....	7	21	21	12	1	1
Bacon .....	3	11	22	28	5	3
Veal .....	5	14	27	10	4	0
Eggs, Soft Boiled .....	1	2	11	33	9	6
Eggs, Hard Boiled .....	20	12	4	4	0	0
Eggs, Scrambled .....	1	11	20	21	4	2
Eggs, Poached .....	1	4	15	30	6	8
Eggs, Fried .....	15	16	8	4	1	0
Eggs, Shirred .....	8	8	8	9	2	0
Eggs, Curried .....	9	10	6	7	0	0

TABLE II  
EXTENT TO WHICH MILK IS RECOMMENDED

	0	1	2	3	4	5
Milk .....	0	0	0	22	23	27

TABLE III  
QUALITY OF MILK RECOMMENDED

	0	1	2	3	4	5
Ordinary whole milk.....	2	2	1	18	13	26
High in fat content.....	2	2	2	4	5	3
Skimmed .....	6	2	3	3	0	1
Buttermilk .....	2	3	12	4	4	1

TABLE IV

	Time Preferred	Not Preferred
Drink milk every day at every meal.....	21	20
Drink milk at evening meal.....	7	15
Drink milk at morning and evening meals.....	29	9
Drink milk at morning meal only.....	7	12
Drink milk just before a contest.....	0	50
Drink milk last two meals before contest.....	6	33
Drink milk in week before a contest.....	27	9

TABLE V  
THE USE OF CHEESE AND BUTTER IN TRAINING DIET

	0	1	2	3	4	5
Cheese, any kind.....	5	18	11	7	2	4
Mild Yellow Cheese.....	5	13	14	9	3	1
Limburger Cheese .....	7	15	1	2	0	0
Cottage Cheese .....	1	10	16	17	7	3
Strong Cheese .....	7	11	3	3	1	1
Butter .....	0	2	2	12	11	41

<sup>1</sup> Henderson, Bill, Basketball Coach, Baylor University.

<sup>2</sup> Carlson, H. G., Basketball Coach, University of Pittsburgh.



TABLE VI  
THE TIME CHEESE IS USED IN DIET

	Time Preferred	Not Preferred
Eat cheese every meal every day.....	0	23
Eat cheese at morning and evening meals.....	2	19
Eat cheese at evening meal only.....	34	12
Eat cheese at morning meal only.....	2	19
Eat cheese just before a contest.....	0	37
Eat cheese meal before a contest.....	1	31
Eat cheese last two meals before a contest.....	2	30
Eat cheese the week before a contest.....	23	10

TABLE VII  
THE EXTENT OF BUTTER USED IN TRAINING DIET

0	1	2	3	4	5
0	1	2	13	11	43

Scale for Reading Responses in Table VIII Is as Follows:

- A—Especially preferred on the last meal before a contest.  
B—Especially preferred on next to last meal before a contest.  
C—Might be eaten in moderation at any time.  
D—Should not be eaten the meal before a contest.  
E—Should not be eaten on the day of a contest.  
F—Should not be eaten for two days preceding a contest.

TABLE VIII  
BREADS

	A	B	C	D	E	F
Biscuits .....	1	1	4	15	15	14
Toast .....	46	11	15	0	1	0
Crackers .....	6	7	22	8	8	3
Fresh loaf bread.....	2	2	8	16	14	12

CEREALS

	A	B	C	D	E	F
Corn Flakes .....	2	5	41	13	3	2
Post Toasties .....	3	4	40	12	4	1
Cream of Wheat.....	5	5	40	13	3	0
Grape Nuts .....	2	5	33	13	9	0
Rice Flakes .....	2	4	39	14	3	2
Wheat Krispies .....	2	6	39	13	3	2
Wheatena .....	3	7	34	13	5	1
Shredded Wheat .....	2	5	34	14	6	1
Oat Meal .....	6	9	39	13	2	0
Puffed Wheat .....	2	4	38	12	4	0
Puffed Rice .....	2	4	39	11	7	1
Ralston's Food .....	3	4	37	11	5	2

DESSERTS

	A	B	C	D	E	F
Pudding .....	1	6	24	9	10	6
Crackers (sweet) .....	2	4	19	8	4	7
Cake .....	0	0	10	16	16	12
Pie .....	0	0	3	15	18	15
Jello .....	19	11	24	5	0	1
Gelatin .....	17	6	28	4	0	1
Ice Cream .....	10	18	22	7	3	2

BEVERAGES

	A	B	C	D	E	F
Coffee .....	2	12	19	12	7	3
Tea .....	41	8	16	3	0	1
Soda water .....	1	1	5	9	11	25
Beer .....	0	0	1	7	6	43
Liquors .....	0	0	0	6	5	41

MEATS AND DAIRY PRODUCTS

	A	B	C	D	E	F
Bacon .....	1	5	22	15	7	2
Cheese .....	0	1	20	17	10	10
Nuts .....	0	0	5	15	15	17
Peanuts .....	0	0	4	15	13	30
Meat soup .....	7	8	25	7	1	5
Ham .....	0	2	19	19	10	8
Pork .....	0	0	10	17	11	16

be included in the diet; however it is just as important that the amount and time be watched. One coach stated: "May have milk as often as wanted within six hours of athletic endeavor."<sup>3</sup> Another says: "Drinking milk just before a contest is a practice never to be allowed."<sup>4</sup> Again one trainer has the following comment to make: "Some boys cannot drink milk so I would not force it on them."<sup>5</sup>

Table V presents the extent to which some important dairy products are used as a part of the training diet. Regarding the use of cheese in the training diet of the college and university basketball player, study of Table V reveals that cottage cheese is the most popular kind of cheese with the coaches and trainers. Mild yellow cheese ranks next in order. One of the trainers is decidedly opposed to the use of any kind of cheese.<sup>6</sup>

The time that is considered best for the serving of cheese to the basketball player is brought out in studying Table VI.

Eating cheese at the evening meal only is the meal which is generally considered the best for the serving of cheese according to the findings tabulated in the table. One of the trainers includes the following remarks in his questionnaire, "We eat cheese at noon and night about three or four times a week."<sup>7</sup> The opinion of the majority is brought out in the following reply of one coach. "Cheese should not be eaten just before, in the meal before, or in the last two meals before a contest."<sup>8</sup>

Table VII shows us that the serving of butter to the basketball player is especially highly recommended.

In studying Table VIII we see the opinions regarding which foods are best in the opinion of the coach or trainer to be eaten just before the contest. Table VIII presents all of the foods necessary for the basketball player to use from day to day in preparation for active competition, and some very distinct trends are noticed. By a great majority, the coaches and trainers favor the moderate use of almost any of the foods that are presented for consideration.

The varying responses of a few are especially noticeable, however, in the remarks that are quoted by some of those who are responsible for the diet of the basketball player.

"Never eat cereals at three meals preceding the contest."<sup>9</sup>

"As to cereals, we eat all of them."<sup>10</sup>

"Rice should not be eaten with other starches."<sup>11</sup>

<sup>3</sup> Barry Justin, Basketball Coach, University of Southern California.

<sup>4</sup> Cogdal, J. T., Basketball Coach, Illinois State Normal University.

<sup>5</sup> Bakke, Walter, Athletic Trainer, University of Wisconsin.

<sup>6</sup> Hutsell, Wilbur, Athletic Trainer and Track Coach, Alabama Polytechnic Institute.

<sup>7</sup> Logan, Roland, Head Trainer, United States Military Academy.

<sup>8</sup> Means, L. S., Basketball Coach, Beloit College.

<sup>9</sup> Taylor, Beryl S., Athletic Trainer, Iowa State College.

<sup>10</sup> Rupp, A. F., Basketball Coach, University of Kentucky.

<sup>11</sup> Scholze, S. E., Basketball Coach, University of Florida.

"Peanuts, once in a while."<sup>12</sup>

"Biscuits and fresh loaf bread, never."<sup>13</sup>

"We serve the cooked cereals on game day in the A.M."<sup>14</sup>

"Cereals, none."<sup>15</sup>

"Beer, some in special cases to add weight and strength."<sup>16</sup>

"No control over diet is attempted."<sup>17</sup>

"Potatoes, mashed."<sup>18</sup>

Table IX indicates the degree to which the particular item should be used in the training diet. The scale used is the same as that used in Tables I-VII inclusive.

Table X shows the preferences of the various coaches and trainers regarding the manner in which foods are prepared. The opinions vary, but nearly all are agreed that they do not consider fried foods as being food for the basketball player.

From the above tabulations it may be presumed that the great majority of the university and college basketball coaches and trainers held fried foods in great disfavor.

Some of the supplementary remarks accompanying the returned questionnaires are interesting from the standpoint of diet. One coach gave his diet as follows: "Our Diet: We give 50 per cent high protein diet the first two weeks of training, then cut down to 25 per cent protein. 75 per cent carbohydrates for the remainder of season. Like vitamin pills for early season."<sup>19</sup> Another included the following comment: "All these questions are O.K., but the trainer doesn't live that can supervise the diets of his teams unless he has a training table. We have it for football and the last weeks of crew. Here our chefs, waiters, etc., all co-operate with the trainer. A trainer can handle each boy individually. If he preaches too much as a body you know the answer, 'bunk.' Boys will be boys. A questionnaire of this kind is hard to answer. I believe a trainer should know each one of his athletes. If you have a training table, then the athlete can be supervised. Let common sense be your judge. To be too scientific is 'bunk.' Give them a good meal of baked, boiled, or broiled meats such as steak, lamb, including vegetables, nothing fried, no pork, no highly spiced meats, and always remember even if they have whiskers on their chins, they are always boys as long as they are in athletics. Some will crave the trainer's advice, some will forget it, some few will try to out-fox you. Therefore, know your boys. Personally, I am sure in a game of endurance if an athlete does not eat five hours before a contest he is in bet-

TABLE VIII—Continued

Lamb .....	17	8	19	6	2	3
Beef .....	31	17	13	1	0	3
Chicken .....	11	8	26	6	4	1
Turkey .....	9	8	23	8	5	1
Duck .....	4	4	20	9	10	3
Fish .....	4	5	32	8	10	3
Eggs .....	28	10	22	0	0	0

FRUITS

	A	B	C	D	E	F
Apples .....	6	12	32	7	0	1
Oranges .....	16	16	27	2	0	1
Pears .....	11	9	31	6	3	2
Strawberries .....	2	5	19	13	10	3
Bananas .....	2	4	14	14	10	11
Grapefruit .....	11	13	31	6	0	0
Tangerines .....	5	11	27	4	1	2
Apricots .....	3	5	30	7	3	3
Plums .....	3	3	24	7	6	5
Orange juice .....	26	14	25	1	1	0
Tomato juice .....	16	14	31	2	1	0
Raisins .....	2	9	29	9	8	2
Prunes .....	4	9	35	5	5	3
Pineapples .....	6	10	29	8	3	1
Pineapple juice .....	11	13	29	4	2	0
Grapes .....	3	5	29	7	6	4
Dates .....	3	5	22	8	8	6
Cherries .....	2	1	25	11	11	7
Peaches .....	15	7	31	4	4	1

VEGETABLES

	A	B	C	D	E	F
Carrots .....	12	11	36	5	2	1
Spinach .....	9	11	33	5	2	1
Cauliflower .....	1	4	15	17	13	2
Cabbage (boiled) .....	0	3	11	24	18	8
Turnips .....	0	3	13	15	16	7
Lima beans .....	1	7	21	16	14	2
Soy beans .....	0	2	17	14	11	5
Black-eyed peas .....	0	2	19	8	9	5
Lettuce .....	12	18	28	9	2	0
Squash .....	1	9	24	9	4	2
Irish potatoes .....	19	13	24	8	1	1
Sweet potatoes .....	0	9	23	18	5	2
Beets .....	2	12	32	10	4	0
Celery .....	6	15	35	4	3	0
Broccoli .....	3	7	22	9	9	4
Tomatoes .....	12	11	35	5	3	0
Green peas .....	13	20	27	5	0	1
Cucumbers .....	0	2	5	13	19	12
Green peppers .....	0	2	7	11	19	11
Onions .....	0	2	8	14	18	10
Asparagus .....	5	6	33	8	4	4
Red cabbage .....	0	3	10	13	13	11
Artichokes .....	0	2	11	14	14	9
Okra .....	1	2	12	13	13	10
Parsnips .....	0	2	17	16	14	5
String beans .....	5	11	38	6	2	1
Egg plant .....	0	3	22	14	9	6
Corn .....	1	6	18	19	9	5
Mushrooms .....	0	3	13	13	10	7
Vegetable soup .....	11	14	26	7	2	0
Rice .....	3	8	27	10	9	0

TABLE IX

CEREALS

	0	1	2	3	4	5
Corn Flakes .....	0	1	1	6	3	1
Post Toasties .....	0	1	1	6	2	1
Cream of Wheat .....	0	1	2	6	2	1
Grape Nuts .....	0	1	3	7	1	0
Rice Flakes .....	0	1	2	9	0	0
Wheat Krispies .....	0	1	3	8	0	0

<sup>12</sup> Rourke, John F., Trainer, Colgate University.

<sup>13</sup> Gill, A. T. "Slats," Basketball Coach, Oregon State College.

<sup>14</sup> Foster, H. E., Basketball Coach, University of Wisconsin.

<sup>15</sup> Hyatt, Chuck, Phillips 66, Bartlesville, Okla.

<sup>16</sup> Bond, Claude, Trainer, Georgia Tech.

<sup>17</sup> Frand, B., Basketball Coach, Arizona State College.

<sup>18</sup> Bee, Clair, Long Island University.

<sup>19</sup> Warren, Bob, Basketball Coach and Trainer, North Carolina State College.

TABLE IX—Continued

Wheatena .....	0	1	1	9	0	1
Shredded Wheat .....	0	2	2	6	3	1
Oat Meal .....	0	0	0	6	3	1
Puffed Wheat .....	0	2	1	8	1	0
Puffed Rice .....	0	2	2	7	0	0
Ralston's Food .....	0	0	4	8	0	0
BREADS						
Biscuits .....	0	1	2	3	4	5
Toast .....	5	5	6	7	1	0
Fresh loaf bread.....	0	0	0	9	8	7
Crackers .....	6	6	2	3	4	1
VEGETABLES						
Carrots .....	1	3	7	6	5	1
Spinach .....	0	1	2	3	4	5
Cauliflower .....	0	0	8	12	7	3
Cabbage (boiled) .....	0	0	8	13	6	2
Cabbage (green) .....	3	6	11	4	5	0
Turnips .....	6	11	6	3	2	0
Lima beans .....	5	7	11	4	2	0
Soy beans .....	5	4	10	6	3	0
Black-eyed peas .....	3	6	12	7	2	0
Lettuce .....	2	8	11	3	2	0
Squash .....	3	6	8	8	2	1
Irish potatoes .....	0	0	3	10	8	6
Sweet potatoes .....	3	6	6	7	4	1
Beets .....	0	0	4	10	8	5
Broccoli .....	2	3	12	6	4	1
Tomatoes .....	1	4	8	10	5	1
Green peas .....	2	5	10	6	3	3
Cucumbers .....	0	2	3	13	7	3
Green peppers .....	0	0	3	17	7	2
Onions .....	11	4	3	4	3	2
Asparagus .....	9	10	2	2	3	0
Red cabbage .....	9	7	10	4	2	0
Artichokes .....	2	6	5	11	4	1
Okra .....	7	6	8	5	1	0
Parsnips .....	5	8	8	2	1	1
String beans .....	4	8	5	4	2	0
Egg plant .....	6	5	7	7	3	0
Corn .....	0	4	7	10	7	1
Mushrooms .....	2	6	11	6	1	1
Celery .....	3	7	10	6	5	0
Vegetable soup .....	6	5	8	7	2	0
Rice .....	0	7	1	13	6	3
FRUITS						
Apples .....	0	1	2	3	4	5
Oranges .....	0	0	3	15	4	5
Pears .....	0	0	1	12	10	6
Strawberries .....	1	1	9	11	6	1
Bananas .....	3	6	14	5	2	0
Grapefruit .....	4	5	5	9	5	0
Tangerines .....	1	0	5	12	6	1
Apricots .....	1	3	4	10	6	1
Plums .....	2	5	5	9	5	2
Orange juice .....	5	4	6	6	5	2
Raisins .....	0	1	2	8	13	5
Prunes .....	1	2	4	12	5	2
Pineapples .....	1	2	6	10	7	3
Pineapple juice .....	1	3	5	12	4	4
Grapes .....	1	2	3	12	2	5
Dates .....	4	4	7	8	3	1
Cherries .....	4	1	10	8	3	2
Peaches .....	4	5	7	7	4	0
Tomato juice .....	1	4	4	11	6	2
MEATS AND DAIRY PRODUCTS						
Bacon .....	0	1	2	3	4	5
	0	4	7	16	1	1

ter shape, but if one boy goes bad he is looking for an alibi, and he will tell you he was weak from lack of food; therefore, I give them two poached eggs, one or two pieces of toast, tea, and a little marmalade. That overcomes that, and it isn't enough to harm."<sup>20</sup>

Regarding diet at one university, the coach of basketball gave the situation in his school as follows: "We have no training table in basketball and, therefore, the question of diet does not play an important part in our training program. The boys eat at their various fraternity houses, and it has been my belief for a period of some eighteen years of college basketball coaching that boys do better in athletics, if they eat a well-balanced meal and eat what they desire rather than that which may be prescribed. Each individual has certain food idiosyncrasies and it just does not make sense to require everyone to eat the same meals, when certain foods do not agree with some individuals."<sup>21</sup>

### Suggested Menus

#### BEFORE THE GAME

##### Two Hours

Fruit cup, tea, toast.  
Poached eggs or lamb chop, tea, toast, ice cream.  
Dry toast, tea.  
Fruit, baked potato, cold lamb or beef, toast, tea.  
None at all except for psychology. Small portion roast beef, small baked potato or fruit salad.  
Beef broth, lettuce, toast, lemonade.  
Orange juice, weak tea, toast, honey.  
Two poached eggs on toast, tea, marmalade.  
Small steak, 5 ounces, small baked potato, two pieces of buttered toast or dry toast, tea.  
Toast, honey, tea.  
No special pre-game meal prescribed.  
Tomato juice, two lamb chops, baked potato, green peas, dry toast, weak tea, ice cream.

##### Two to Three Hours

Any normal meal the boy is in the habit of eating.  
Melba toast, consomme, clear jelly, sherbet.  
Fruit juice, eggs, tea, toast.  
I prefer fruit juice, toast, scrambled eggs, small helping, tea.  
Two poached eggs, two slices dry whole wheat toast, tea, apple sauce, celery.  
Two pieces dry toast, choice of poached egg or 3 ounces of steak, one cup weak tea.  
Small slice of beef, baked potato, hot tea, toast.  
On game days only we prescribe diet. No training table, and all we ask is common sense eating habits. Fruit cup, toast, tea, and boy may have choice of baked apple or potato or two poached eggs.  
It is impossible to give an example you prefer since length of time before the game and number of games in one stretch makes a big difference. In general—baked potato (small), green beans, two eggs, or small steak, toast, tea, peaches, or pineapple.  
Try to vary from game to game. Two and one-half hour pre-game time. Sliced oranges, poached eggs on toast, dry toast on side, green tea. Vegetable soup, poached eggs on toast, dry toast on side, tea, sherbet.  
Peaches or pears, toast, tea.  
Small steak (5 ounces), small baked potato, two pieces of buttered toast or dry toast, tea.  
One cup weak tea, dry toast (three pieces), large fresh eggs, custard (freshly

<sup>20</sup> Hugo, Frank, Athletic Trainer, Syracuse University.

<sup>21</sup> Alexander, Louis A., Coach of Basketball, University of Rochester.



made), jam, jelly or honey (only), no butter, etc.

Four-ounce steak, one pat butter, three slices whole wheat toast, honey, small baked potato, one cup hot tea. No ice in water.

Eight-ounce broiled steak, one-half baked potato (small), dry toast, tea, apple sauce, or other fruit.

Very small cup beef broth, poached egg, two pieces of dry toast, no butter, one cup of tea.

We have no training table. Two slices toast, honey, celery, 3-ounce steak, tea.

Small steak or broiled lamb chops, green vegetables (small portion), toast, tea with cream.

Soft boiled or poached eggs, hot tea, toast and butter.

Medium roast beef, baked potato, cold chicken, two sliced tomatoes, tea, toast and honey.

Two lamb chops, one-half baked potato, green peas, one slice toast, butter, tea.

Roast beef, baked potato, toast, tea, custard.

Sliced oranges, poached eggs, two slices of toast, black tea, no butter.

### Three to Four Hours

Regular meals as usual. Athletes are asked to refrain from eating between meals, to keep away from anything that is hard to digest and to eat nothing heavy the day of the game. Small medium roast beef, baked potato, peas, two pieces dry toast, hot tea, lemon, apple sauce.

Lettuce and tomato salad, broiled steak, baked potato, toast, tea, baked custard.

Bouillon, one broiled lamb chop or roast beef, small baked potato, two pieces toast, tea.

Hard dry toast, sliced oranges, 6 ounces of steak (broiled), tea, honey.

Two slices dry toast and two scrambled eggs, tea.

Hot weak tea, plain lettuce salad, baked potato, green peas, carrots, six inch by four inch slice of roast beef.

Good steak, baked potato, toast, tea and possibly ice cream.

Vegetable soup, baked potato, peaches or figs, toast, tea or coffee.

Broth, small steak, baked potato, vegetable, toast, tea.

Orange juice, roast beef, well-done baked potato, toast and tea.

Small steak, baked potato, vegetable, tea, hard rolls.

Tea, toast and butter, small piece of meat (beef steak), two vegetables (peas and carrots, small potato, beans).

Toast (two slices), apple sauce, hot tea. If game is at night feed athletes at 2:30 P.M. Soup, steak, potatoes, custard, toast, butter, tea. I believe the light pre-game meal should be eaten two and one-half to three hours before the contest. I prefer an "empty stomach."

Steak or roast beef, soup (vegetable), cool milk, vegetables, pudding or ice cream.

Steak, baked potato, tea, peas.

Poached eggs, toast, baked potato, string beans or spinach or peas, sliced fruit, tea, coffee or water.

Broiled steak, fresh green peas, mashed potatoes, dry toast, tea with lemon, honey sherbet.

Beef broth, lamb chop, toast and honey, small baked potato, stewed tomatoes, custard, hot tea.

One-half grapefruit, broiled steak, baked potato, peas, boiled carrots, dry toast, coffee. For football at 2 P.M. pre-game meal as listed above should be served at 9:45 A.M.

Eggs or small steak, toast, tea, salad.

Fruit cocktail, 6 to 8-ounce steak, baked potato, green beans or spinach, two pieces of toast, two pats butter, coffee or tea, sherbet or ice cream.

Dry toast, small portion roast beef, vegetable salad, tea or poached eggs. Eggs may be substituted for meat and occasionally mashed potatoes may be served.

No special pre-game meal given.

Bouillon, one broiled lamb chop or roast beef, small baked potato, two pieces toast, tea.

Small piece of meat (beef or lamb) small baked potato, fruit, weak tea.

Buttered toast, small baked potato, small steak, fruit cup, tea.

Toast, tea, 4-ounce steak, half peach.

Fresh fruit, lamb chops, toast, tea.

Broth, tea, toast.

Poached egg, dry toast, one-half cup of tea or coffee.

Lamb chops, baked potato, toast, fruit cup.

Fresh fruit, lamb chops, toast, tea.

### Four to Five Hours

Fruit cup, 9-ounce broiled steak, me-

Cheese	2	11	9	6	2	0
Nuts	8	11	10	2	1	0
Peanuts	11	8	7	1	0	0
Meat soup	0	2	10	12	3	2
Ham	2	7	8	10	1	0
Pork	12	7	5	4	0	0
Lamb	0	7	9	9	3	1
Beef	0	0	6	9	8	4
Chicken	0	3	11	8	4	1
Turkey	0	7	8	9	4	0
Duck	4	5	8	7	2	0
Fish	1	8	9	6	2	1
Eggs	0	0	1	18	6	3

### DESSERTS

	0	1	2	3	4	5
Pudding	2	6	6	10	0	0
Crackers (sweet)	1	5	8	9	0	0
Cake	5	7	7	5	0	0
Pie	13	7	8	1	0	0
Jello	0	1	9	9	5	3
Gelatin	0	0	5	10	5	3
Ice Cream	0	0	4	9	7	6

### BEVERAGES

	0	1	2	3	4	5
Coffee	3	4	5	11	2	0
Tea	0	2	8	10	6	2
Soda water	15	6	2	2	0	1
Beer	19	5	1	0	0	0
Liquors	24	1	1	0	0	0
Lemonades	3	6	8	5	2	2
Limeades	4	6	7	5	3	1
Fruit juices	0	0	4	6	12	7

### TABLE X

#### OPINIONS REGARDING THE BEST WAY TO PREPARE FOODS

	0	1	2	3	4	5
Boiled	0	9	17	32	13	4
Baked	0	15	20	15	12	10
Fried	15	15	2	3	0	0
Broiled	1	24	12	6	14	15
Stewed	2	8	17	17	31	2

dium-sized baked potato, one-fourth head of lettuce, whole wheat toast, ice cream, hot tea, butter.

Beef, baked potato, toast, tea, fruit.

Tea, toast, spinach, carrots, peas, steak, baked potatoes, water, milk, ice cream, baked apple, butter, fruit juice.

Night game. Light breakfast at 10 A.M. Heavy steak and trimmings at 4 P.M.

Boys eat whatever they want. Usually small steak, baked potato, lettuce, tomato salad, tea and pudding.

Two eggs poached, orange juice.

Large glass of orange juice, medium baked potato, lean, broiled or roasted beef, two slices dry toast, plenty celery, drink they prefer. Butter on side.

No milk before a game. No special pre-game meal prescribed.

Some fruit, lamb chop, toast, one vegetable (boiled potato), jello, tea (lemon).

Soup, meat, toast, two vegetables, baked potato, tea, pudding, or jello.

Orange juice, broiled beef steak, baked potato, whole wheat bread toasted, butter and honey or jam, weak tea.

Soup or fruit juice, green salad, meat (steak), two vegetables, toast, hot tea, dessert (ice cream).

Four-ounce steak (broiled), one-half peach, one piece of toast, honey, two cups clear tea.

Eat four hours before game to allow for more complete digestion and for the physiological processes of the body. Beef, Irish potatoes, green peas, toast, tea, butter.

Broiled 8-ounce steak, lettuce salad, vegetable, baked potato, toast, tea, ice cream.

At least five hours before the game. Tomato or orange juice, 8 to 10-ounce steak, dinner salad, baked potato, vegetable, tea, ice cream.

Breakfast steak, carrots, green peas, biscuits or white bread, butter, coffee, tea or milk, chilled water.

### AFTER THE GAME

#### Under One Hour

Cereal, ice cream, milk, eggs, light food. Medium amount of choice.

Varies, usually bowl of vegetable soup, chicken sandwich, milk.

Salad or fruit, ice cream or milk shake, toasted sandwich.

Milk, graham crackers, apples, beef sandwiches.

Fruit juice, milk and a good sandwich or two.

Sandwiches, fruit salad, and milk shakes.

Sandwiches, salad, milk, limeade, or cocoa, ice cream.

Soup, sandwich and milk.

#### One to Two Hours

Any thing they want within reason.\* Fruit or fruit juices and a meat sandwich.

Whatever they wish, except coffee and food that is too heavy.

If traveling late, small steak and meal.

If team is at home, light meal of foods digested easily and quickly.

Fairly good meal. Soup, broiled chicken, salad, and ice cream.

Grapefruit, soup, chicken sandwich, hot chocolate.

Soup, sandwich and milk.

Steak, vegetable, drink, dessert.

Choice of general menu.

Orange juice, breakfast food (dry), bacon and tomato sandwich, milkshake.

Simple well-balanced training table meal.

Easily digested foods. Choice of three of following: soups, cereals, bacon, tomato or lettuce sandwich, hot chocolate, ice cream or fruit salad, custard.



Soup, toasted sandwich, milk, coffee, tea, ice cream, fruit.

\* A well-balanced meal.  
Steak sandwich, and a malted milk.  
Choice of small steak or sandwiches, fruit, salad and malted milk.  
Cereal, a light lunch with a drink.  
Good meal if there is no game the next day. Cereal or eggs, toast, milk if game next day.

Broiled steak, potatoes, peas, ice cream, salad (vegetable), soup.

Hot or cold beef sandwich, fruit, ice cream or malted milk.

Choice of cereals, fruits, soups, milk, toast, ice cream.

Light food. Easy to digest.

Malted milk, sandwich, dry cereal.

Ice cream, milk, regular meal.

Fruit salads, cereals, toast, ice cream, and milk.

Orange juice.

Cereals, milk, cream, ice cream, toast, and sometimes a sandwich.

Full meal if they ate lightly before the game.\*

Fruit salad, beef sandwich, hot chocolate or tea.

Small steak, fruit salad, toast, milk.

Grapefruit juice, chicken, steak, milk.

Light food, generally warm.

Cereals, ice cream, milk shakes, not much fried foods.

Light food easy to digest.

Baked potato, small medium roast beef, peas, two pieces of dry toast, hot tea, lemon only, and apple sauce.

Broiled steak, baked potato, toast, tea, coffee or milk, ice cream.

Roast beef, baked potato, vegetable, toast, tea and dessert, milk if desired.

Tomato juice, soup, steak, potato, green vegetable, bread, butter, ice cream sundae, tea, coffee or milk.

Buttermilk, chicken sandwich, apple.

Cereal, small steak or some milk drink.

Chicken sandwich (toasted), tomato soup, salad, with 1000 island dressing, cup custard.

Steak supper usually.

Usually steak, three vegetable, salad and milk.

Soup or fruit juice, steak, potatoes, vegetable, drink, dessert.

Milk or cocoa, salad, milk toast.

Meats, vegetables, milk, bread, butter, dessert, large quantity.

Light food, breakfast food, fruit juice, toasted sandwich. With game the next day this meal should be light.

## Two to Three Hours

A light meal.

Substantial meal.

Anything within reason.\*

A good meal eaten slowly.

Sandwiches or a dinner with dessert.

Regular dinner occasionally Dry cereal, milk, drink and ice cream.

Milkshake, sandwich—beef, egg and ham.

Small steak (5 ounces), one small baked potato, two pieces of buttered toast or dry toast, tea.

Milkshake, beef sandwich or egg and ham.

\* Steak dinner.

Fruit salad, or anything that is light.

Those starred were found on several replies.

Table XI indicates the number of weeks before the start of the season that university and college coaches and trainers feel that basketball practice should start.

In reply to the question, Do you believe in tapering off the work before the game? eighty-three replied in the affirmative, two only answered in the negative.

Do you believe in a full day's rest before the game? Forty-five replied Yes; 39 No.

Table XII shows us the length of time spent in preliminary season workouts.

Table XIII shows the number of workouts a week during the preliminary season. One trainer designated, "One workout per week."

Table XIV shows the opinions of the coaches as to length of time of workouts

after the regular schedule of games has started.

Immediately after the daily practice, do you have your players take their showers or have them cool off by practicing free throws until cooled off and then take their showers? To this question, 38 replied "Immediately after practice"; 47 an-

swered, "Practice free throws and then shower."

Do you have the players take calisthenics before each practice session? Yes, 38; No, 47.

What do you advise the players regarding length and temperature of showers? Three replied "Long"; 48, "Short."

TABLE XI  
THE NUMBER OF WEEKS BEFORE THE START OF THE SEASON THAT BASKETBALL PRACTICE SHOULD START

2 weeks	3 weeks	4 weeks	5 weeks	6 weeks	7 weeks	8 weeks
6	20	20	7	18	12	2

TABLE XII  
LENGTH OF WORKOUTS IN HOURS

1/2	1	1 1/4	1 1/2	2	2 1/2	3
1	6	1	34	24	4	1

TABLE XIII  
WORKOUTS PER WEEK

1	3	4	5	5-6	6
1	13	21	24	3	15

TABLE XIV  
LENGTH OF DAILY WORKOUT

3/4	1	1-1 1/2	1 1/2	1 3/4	2	2 1/2	2-3
1	14	41	2	6	17	1	1

TABLE XV  
TEMPERATURE OF SHOWERS

Tepid	Cold	Hot	Warm-Cold
42	0	1	17

TABLE XVI  
VALUE OF MASSAGE

0	1	2	3	4	5
5	18	14	20	6	6

TABLE XVII  
TIME MASSAGE SHOULD BE CONTINUED

0	5	10	10-15	15	20	30	45	50
1	17	22	2	8	3	0	1	0

TABLE XVIII  
RATING THE FOLLOWING FORMS OF TREATMENT FOR A PULLED MUSCLE OR OTHER SOFT TISSUE INJURY OF THE BASKETBALL PLAYERS  
(SCALE 1 TO 15)

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Short very hot pack.....	0	2	2	5	7	6	0	0	2	1	2	0	0	0	0	4
Long hot pack.....	0	6	5	8	4	5	2	0	3	0	3	0	1	0	0	2
Hot and cold alternately.....	0	5	4	6	6	3	0	0	8	0	12	0	1	0	0	5
Diathermy .....	2	12	4	6	5	6	2	0	0	0	3	0	2	1	0	14
Whirlpool .....	1	2	6	5	5	7	1	0	2	1	5	0	2	1	0	4
Cold pack .....	2	5	3	2	0	6	3	2	2	0	4	0	2	0	0	5

TABLE XIX  
LENGTH OF APPLICATION FOR THE FOLLOWING FORMS OF TREATMENT

	No.	3	6	7	10	15	18	20	25	30	1 hr.	2	7	All night
Short hot pack....	4	10	1	0	6	1	0	0	0	1	0	0	0	0
Long hot pack....	0	6	1	1	4	5	1	4	1	9	0	1	0	8
Hot and cold.....	0	9	1	0	4	4	1	6	1	9	2	0	0	2
Diathermy .....	0	0	0	1	4	9	2	11	3	3	0	0	0	0
Whirlpool .....	2	0	0	1	3	3	1	10	2	5	0	0	1	0
Cold pack .....	0	4	1	1	2	3	2	5	0	6	4	0	0	1

TABLE XX  
OPINION AS TO THE LENGTH OF TIME AFTER THE INITIAL INJURY THAT THE FOLLOWING FORMS OF TREATMENT WOULD BE APPLIED

	No.	Imm.	10	15	20	30	1	2	12	20	24	36	48	Days
Short hot pack.....	4	2	0	0	0	0	1	0	3	0	7	0	4	0
Long hot pack.....	1	1	0	0	0	0	2	3	3	0	10	2	0	1
Hot and cold .....	0	0	0	1	0	1	4	0	4	0	9	1	2	0
Diathermy .....	0	0	0	0	0	1	6	1	5	0	14	2	0	1
Whirlpool .....	0	2	1	0	0	0	1	0	3	2	15	0	3	0
Cold pack .....	0	49	2	3	0	0	0	0	1	0	3	0	0	0

Do you have spring practice? Yes, 34; No, 52.

Do you keep a weight chart from the beginning to the end of the basketball season? Yes, 63; No, 23.

Do you have the boys weigh before and after each daily workout and game? Fifty-eight replied Yes; 26 answered No.

Do you have all the players wear ankle supports for each practice session or game regardless of whether they have weak ankles or not? Yes, 35; No, 51.

If you use a support, what kind do you use: the roller bandage, in some form, or adhesive tape? Roller bandage, 28; Tape (adhesive), 24; Both, 25.

In the study of Table 20, the findings indicate that the cold pack applied immediately is the treatment par excellence in the opinions of the various coaches and trainers.

Regarding the use of massage and some other training practices, one coach comments as follows:

"As you see we do not believe in too much massage for basketball players. We believe in a regular diet directly before games. We do not let boys practice with colds. And it pleases me to have coaches, reporters and other players say our team is the best when it comes to condition. They call us the reindeer, the antelope, the fire-ballers; and finally the way to get into condition is to run, run some more and then keep running."<sup>22</sup>

What do you do to toughen the skin of the players' feet? Benzoin, 57; Tannic Acid, 8; Salt Solution, 4; Onox, 3; Powder, 3; Nothing, 3; Acetone, 1; Cold Cream, 1; Vaseline, 1; Sodium Hypo Chlorite, 1; Go barefoot occasionally, 1.

### Special Questions

	Yes	No
a. Do you give them an orange, apple, bottle of milk or something else after each period? .	55	62
b. Do you believe that sugar feeding before a game is good? . . .	34	36
c. Would you use sugar feeding between halves? . . . . .	31	32
d. Would you use sugar feeding as early as 24 hours before? . . .	19	44
e. Would you use sugar feeding as early as 48 hours before? . . .	15	44
f. Do you give the players salt tablets daily? . . . . .	12	70
g. Do you give the players a tablet composed of salt and dextrose? . . . . .	6	58
h. Do you give the players vitamin pills? . . . . .	29	46
i. Do you include various foods in your diet as a source of vitamins rather than use the vitamin pills? . . . . .	64	9
j. Do you give gelatin to your players? . . . . .	18	65

k. Do you allow the boys to smoke during the basketball season? .	9	75
l. Do you think the best policy is to pay no attention to smoking? . . . . .	4	59
m. Do you permit it in moderation? . . . . .	4	72
n. Do you believe in let-down periods in training during the regular season? . . . . .	46	27

In a study of the answers, it is found that a great majority of the coaches and trainers favored the giving of an orange to the basketball player after the workout. Next to oranges, a bottle of milk was favored quite highly. Others favored an apple, apple with a bottle of milk, bouillon (heavily salted), cod liver oil, honey, orange, milk shake and sandwiches.

b. Some of the coaches and trainers preferred giving dextrose rather than sugar before the game. Another always gave his players honey at that time. A few felt that the giving of sugar would help some players, and would be detrimental to others, while some were of the opinion the value of the practice was purely psychological.

c. In the replies, several of the coaches and trainers favored the substitution of dextrose for sugar to be given during half time. A few coaches were of the opinion that sugar feeding at the particular time had a psychological value, and questioned its virtue outside of that; while one held that, "Your body is not in condition to assimilate food at the time."<sup>23</sup>

In submitting his answer to Question d, one coach thought maltose or dextrose was of more value than sugar when given to the player twenty-four hours before the game.

As to the number of salt tablets given to the player, the replies to Question f revealed that most of the coaches and trainers gave two tablets. The numbers varied from one to three tablets, and some held that the number given should be governed by the condition of the player, and the amount he perspires; some believed that the tablets helped the player more during the first two or three weeks of practice, than later on in the season.

A few answers to Question g showed that some favored a tablet composed of salt and dextrose as it seemed to be more palatable to the player.

As to the giving of vitamin pills to the players the replies to Question h indicates that if they are prescribed, a vitamin pill composed of various vitamins is more popular with a majority of the coaches and trainers than a tablet composed of one particular vitamin.

Regarding vitamin B<sub>1</sub> tablets and their values, a number concluded that they were helpful, for the following reasons: Vi-

tamin B<sub>1</sub> serves as a stimulant to the appetite, and wards off colds. Others expressed their viewpoint by replies such as the following statements: "Very good in some cases"; "Have been unable to determine"; "Have no definite way to check"; "Depends on the individual"; "Okay"; "If needed, of value"; "Excellent"; "Seems to help some"; "Uncertain"; "Very doubtful"; "Do not use much on basketball men"; "Good"; "Exhaustive tests in our fatigue laboratory or department of physics show no value," according to one of the trainers.<sup>24</sup>

As to depending upon the foods in their diet as a source of obtaining their vitamins, fifty-six favored the practice, while nine did not, according to the answers to Question i.

As to the time which was thought best for the gelatin to be given the player, most of the coaches and trainers thought it best to give it after practice. A few differences in viewpoint were noticed, however, through such statements as the following: During the "A.M. and P.M."; "Noon"; "With night meals"; "Following the meal"; "Twice daily"; and "On trips."

The coaches and trainers in their response to Question j vary in their opinions as to the value of gelatin in the diet of the basketball players. Some extolled its virtues, while others seemed as strongly opposed. Among the replies, statements as the following: "Very good"; "Undecided"; "No particular advantage except psychological"; "Fair"; "Aids greatly"; "No, it's the bunk"; "Makes an athlete lazy"; "Yes and no"; is the reply of one of the basketball coaches.<sup>25</sup> "Okay"; "No way to check"; "Had no experience, depends on individual"; "Nil"; "Players believe it helps"; "Cannot say"; "No validity of good results"; and "Very good." "In case of need it is of definite value, etc."; <sup>26</sup> and "Just another source of protein." One of the oldest of conditioners of athletes had this to say regarding the subject of giving sugar, gelatin, etc., to the basketball player: "This sugar, gelatin, vitamin and salt tablets fad is only a great expense to the school, and worry and fussing for trainer and coach. The above should be taken care of by the regular training table meal, and regular meals of the player at his boarding place. I have trained many a championship team in my time, without all this modern streamlined frills, as vitamins, gelatin, etc. Players using salt tablets at a gymnasium, themselves usually are made sick. I also have seen this after practice and between halves."<sup>27</sup>

The replies to Questions k, l and m indicating the attitude of the various coaches and trainers toward smoking, showed that

<sup>24</sup> Cox, James M., Trainer, Harvard University.

<sup>25</sup> Cushman, Cecil, Basketball Coach, University of Redlands.

<sup>26</sup> Dean, Everett S., Basketball Coach, Stanford University.

<sup>27</sup> De Victor, Ollie J., Head Trainer, University of Missouri.

<sup>22</sup> Keany, Frank, Basketball Coach, Rhode Island State College.

<sup>23</sup> McKinnon, Archie, Physical Director, Y. M. C. A., Victoria, B. C., Canada.

smoking by the basketball player during the season was simply out.

By a majority of almost two to one they favored a let-down period in training during the regular season. We notice this in studying the results of the tabulation on replies to Question n. Among the affirmative replies, some felt that the let-down period was especially important during mid-semester examination week; during the holidays that occurred during the regular basketball season, or when a boy shows signs of staleness. One coach felt that the period "should not be too much of a break."<sup>28</sup> A trainer made the following statement in answering Question n, "Depends on mental and physical condition of players."<sup>29</sup> One trainer went on to say, "No, I do not believe in staleness."<sup>30</sup> Still another said, "If not overworked, let-down is mostly psychological."<sup>31</sup>

o. What drinks do you prefer between halves?

The drink that the coach gives the basketball player during the half of the game, and the number of supporters for the particular product of which the player partakes is indicated in the following summary:

<sup>28</sup> Wallace, Stanley M., Basketball Coach, University of Maine.

<sup>29</sup> Dees, Neal Elwyn, Trainer, University of Nebraska.

<sup>30</sup> Chambers, Michael C., Trainer, University of California at Los Angeles.

<sup>31</sup> Jahns, Wilbur, Basketball Coach, University of California at Los Angeles.

Name of Drink, Etc.	Number
Eating oranges .....	38
Give nothing between halves.	18
Orange juice .....	14
Water .....	9
Dextrose .....	4
Coffee .....	4
Lemon .....	3
Tea .....	3
Bouillon (salty) .....	2
Tea (cool) .....	1
Lump sugar .....	1
Hershey bar .....	1
Cocoa .....	1
Sugar .....	1
Lukewarm water .....	1
Wash out mouth with water.	1
One-half cup orange juice and honey .....	1

The coaches and trainers of the college and university basketball players of to-

#### Examination Questions for Student Trainers Course

*SPECIMEN test questions on the high school lessons as printed in the Trainers Section have appeared in earlier issues. Will those coaches and trainers who wish to have their student trainers take the final examination, please send the names of the boys to the home office of the National Athletic Trainers Association not later than May 20.—Bill Frey, Secretary.*

day recognize the individual requirements as to the diet and amount of practice that are necessary. There is a strong tendency toward allowing the basketball player to partake only of those foods that agree with him, and provide for his physical requirements. The opinions regarding the inquiries as to practice sessions indicate that they are controlled by common sense. The results of the compiled questionnaires show that moderate indulgence may be followed by the training of basketball players for the consistently best; that each basketball player is an individual and must be treated as such; and that various food fads are contra-indicated.

It seems to me that the results of this study will prove very helpful to coaches and trainers in high schools as well as in colleges and universities.

From the results compiled there are very definite and final conclusions drawn that can be applied not only to basketball players, but to the participants in the other sports as well.

The co-operation of the many university and college basketball coaches and trainers whose returned questionnaires made this study possible is greatly appreciated. I am equally grateful to two of my students, John Hooper and Robert Sheridan, who are majoring in physical education for their assistance in the compilation of the findings of this study.

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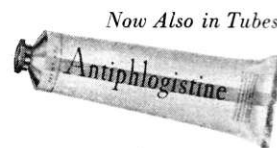


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# Financing Athletic Injuries

By R. C. Glass  
Athletic Director, Eaton, Ohio, High School

THE financing of athletics has long been a problem in the small high school, especially so in those schools sponsoring football. Two items of expense which cannot be anticipated with much accuracy are the medical and hospital bills. In most cases the parents expect the school to bear, at least, part of the bill. In order to keep athletics in good standing in the community, the school athletic fund is obliged to pay the bills often resulting in an unexpected deficit in the athletic budget for that year.

In the fall of 1940, we decided to make some special provision for meeting obligations, due to athletic injuries. We considered athletic insurance and found the cost too high for our resources. We then devised the following plan which is operating the second season with good results.

At the beginning of the athletic season each boy, who participates, pays into the medical fund one dollar. This dollar is matched by one, set aside by the athletic association. The fund, thus created, is set aside to meet the cost of treating athletic injuries incurred during the current season. Each boy contributes only one dollar per school year, regardless of the number of sports in which he may participate.

At the end of the school year all medical bills incurred during that year are totaled. If the fund is sufficient, all bills are paid in full. If the total bills are in excess of the fund, the bills are paid on a pro rata basis—the boy assuming responsibility for what ever balance may be left on his bills.

The first year we paid all bills in full and had a small balance to carry over to the second year. To this was added a small sum realized from the annual athletic banquet. With this balance in reserve for this, our second season, we have a fairly nice sum with which we expect to pay again all bills in full.

The first season is the most difficult to finance. After one good season a reserve is built up and it will more than take care of any ordinary medical bills. By pro rating the expenditures one boy does not get all the financial help in case of an unusually large bill.

Thus far the scheme has worked flawlessly and has had the unanimous support of the boys and parents. It has created a better feeling toward the school athletic program and has resulted in more boys being permitted to play football.

We have drawn a list of regulations which govern the operation of the fund. Each boy must read these when he pays his dollar. He is then given a copy to take to his parents along with the athletic card

which his parent or guardian must sign. This assures an understanding between the parents and the school. The following is a list of the rules governing the operation of our athletic injury fund:

### Regulations Governing Athletic Injury Fund

1. The purpose of this fund shall be, to provide some financial aid for injuries sustained by members of athletic squads of Eaton High School.

2. The fee for membership in this fund shall be determined by the athletic committee of Eaton High School, and shall not exceed \$1.00 for any one school year.

3. Upon payment of fee, a player shall receive financial aid for injuries received in any sport participated in during the current school year.

4. The Eaton High School Athletic Association shall contribute, to this fund, an amount equal to the total amount contributed by players for the current school year.

5. Any balance in this fund at the close of any school year shall constitute a continuing fund for the succeeding school year, and may not be used for any purpose other than that stated above.

6. Protection from this fund shall apply only to members of athletic squads who are at the time of injury, training for, or participating in, interscholastic sports, under the supervision of an authorized member of the school faculty.

7. The amount of financial assistance received by any one player shall be determined by the amount of money the fund has, and the total amount of medical bills incurred by athletic teams during the current school year, payable on a pro rata basis.

8. All claims for financial assistance must be presented in writing, and accompanied by itemized statements from an approved physician.

9. Eaton High School Athletic Association shall not be responsible for compensation for injuries received by players who have not contributed the fee for the current school year, or for an amount greater than the balance in the fund at the time the claim is presented.

10. To be eligible for financial aid, a player must report all injuries promptly to the faculty member in charge of the sport in which the injury was sustained.

11. No claims shall be paid for injuries received before or after the current school year.

12. Only one settlement shall be made by the Eaton High School Athletic Association.

ciation, for any one injury.

13. This fund shall be used for injuries only. No claims for medical service due to diseases shall be honored.

14. No player shall apply to a physician for medical aid, for injuries received on the athletic field or court, without the permission of the faculty member in charge of the sport.

15. The athletic committee shall consist of the high school principal, the athletic director, and the superintendent of schools.

16. It is understood that this is the only source of compensation for injuries and that no additional aid can be expected from any other school source.

17. I understand fully the provisions of this agreement and hereby make application for membership.

Signed .....  
Athlete

H. S. Principal .....  
Athletic Director .....

## Are Junior High Athletic Programs Worth While?

By Donald E. Potts

Coach Junior High School, Gering, Nebraska

IN the January, 1942, edition of The Nebraska Educational Journal an article entitled *Are Junior High Athletic Programs Worth While?* was published as a short introduction to a survey we were planning at Gering regarding the merits of a junior high athletic program. Following this article, a postal questionnaire was sent to 150 schools and school men interested in junior high athletic programs in Nebraska, Colorado, and Wyoming, with the bulk of the number going to Nebraska schools. One hundred and six cards were returned. Two were returned unchecked, stating no data was available, and some did not check certain individual questions either by mistake or intention. However, we felt a very fine response was made in almost every incident. Some added letters and additional information, which was very gratifying and helpful.

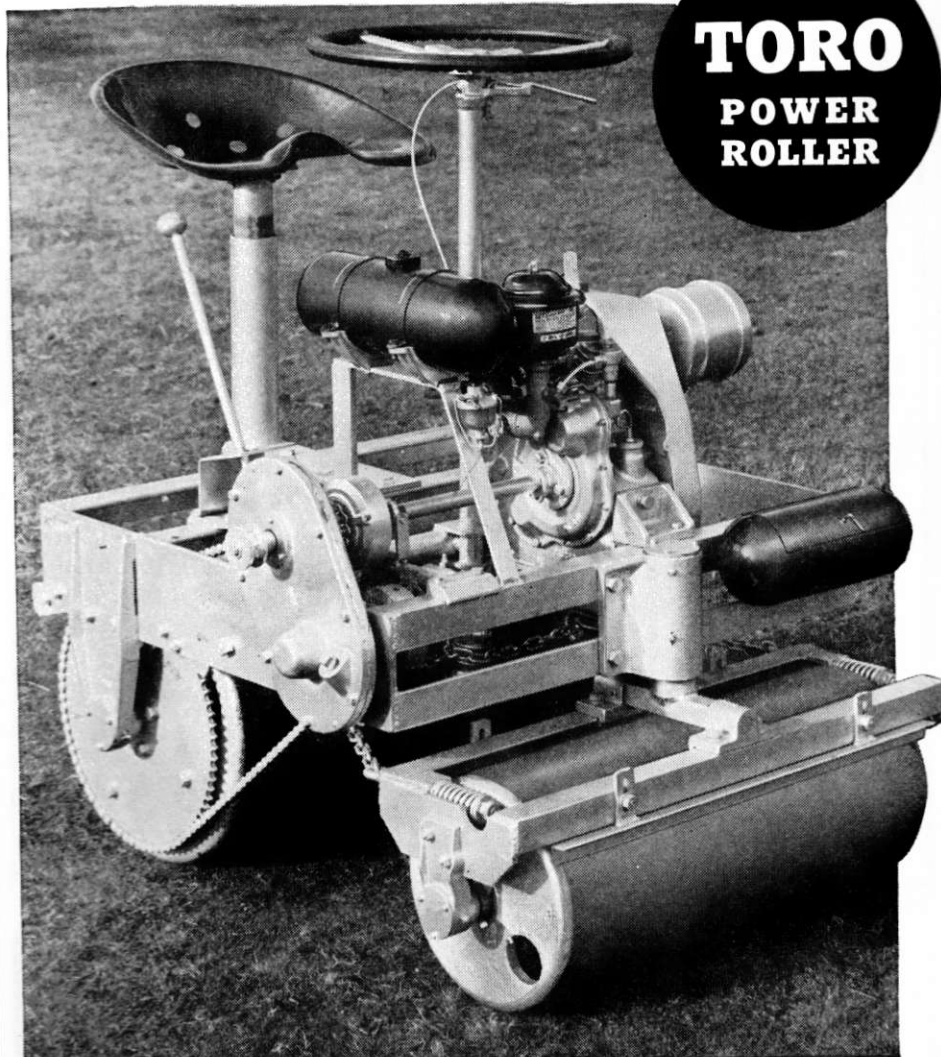
The following is an analysis of the 106 cards returned from the 150 mailed, and the manner in which the ten questions were checked. Numbers in parentheses indicate the number of schools favoring that part of the question.

1. What grades are included in your junior high program? 6 (26), 7 (90), 8 (96), 9 (41).

2. What sports are included in your junior high program? Basketball (86), Track (51), Football (47), Softball (19).

3. Length of practice period? 30 min. (6), 60 min. (59), 90 min. (29), 120 min. (1).

4. Number of practice periods per week? 2 periods (29), 3 periods (43), 4 periods (19), 5 periods (10).



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