

November 20, 1940

Mr. A. V. Isbell  
Azle, Texas

Dear Mr. Isbell:

Thank you very much for your letter of the sixteenth enclosing a check for \$4 in payment for Better Basketball. I have duly autographed the same and it has gone forward to you by parcel post.

In regard to exercises, I might state that we take no irregular exercises other than the calisthenics. We do the push-up on our fingers and toes twelve times and then we do the squats and bends for about ten minutes. We find this prescribed exercise is good to strengthen the ankles, wrists, and fingers.

I wish that you would read the special chapter about wrapping the ankles. Also, we have a chapter devoted to the treatment of athletic injuries, showing the manipulation of the back and legs which is very vital toward keeping the boys in fine physical condition.

I believe if you will read the book from cover to cover, you will find everything in there that will answer your questions. If not, I will appreciate it if you will write me again and I will be very happy to answer you promptly. I am very sure that you will be pleased with this text because I spent many years in preparation of it and the plays and diagrams set out in the book are prescribed exactly as I handle my own team.

With all good wishes I am,

Sincerely yours,

Director of Physical Education and Recreation  
Varsity Basketball Coach

FCA:me