

January 19, 1946

Mr. Paul G. Wurtz
P. O. Box 66
Paxico, Kansas

Dear Coach Wurtz:

Answering your recent communication, I am happy to answer your query.

I agree with you, sir, that the boy should not sit or lie on the floor. If they sit, the abdomen muscles are cramped and there is interference in breathing due to a cramping of the diaphragm. If they lie down, they are subject to drafts on the cold floor. If they lie on their abdomen, there is a stretching of the neck muscles of the upper thoracic area, which does not permit free breathing. If they lie on their back, the blood rushes to their head, unless they prop their head up somewhat. I do not permit them to stand, but have them rest on one knee, with an arm on the bended knee, which rests the entire body and permits free breathing. By having one knee on the floor and the foot of the other leg in the bended-knee position it is an easy matter to rest the muscular structure because the bony framework, which supports the body, is resting firmly on the floor.

I can appreciate your motive in not permitting the boys to lie down because many of them have an emotional tendency and they "flop" on the floor as if they are ready to pass out. This leads to the detriment of the whole teams' emotions and the lesser of the two evils, I would say, would be in the standing position.

Henry Iba has all of his men lie flat on their abdomens with their heads facing into each other as a five-point star, which looks pretty, but it is a poor position for a hard breathing athlete. I have my men on one knee, either knee, and facing each other. The idea is to rest the framework of the boy and still develop the militancy of an aggressive, up and coming fellow.

I trust this gives you the desired information.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:MF