

Assignment III.

Chapter V

Seasonal Preparations

- I. What in your opinion is the most satisfactory schedule?
- II. Do you think that all-star and all conference teams are good for the sport? Why?
- III. Outline the duties of the property man.
- IV. Give the days order of setting up exercises that the coach should employ to condition his squad.
- V. Discuss an ideal dressing room lay out with its hygienic environment emphasized.
- VI. Give your ideas on ^{the necessary} foods for the athlete in playing condition.
- VII. Discuss staleness, its causes and its possible eradication.
- VIII. Outline practice periods for the fall, winter and spring and state the time, ^{that should be} consumed for each.