

by a balanced program in which the coach is a trainer, a conditioner, and a stimulator.

Some of the detailed elements of the three factors are listed:

TRAINING	CONDITION	APPLICATION
Aided by:	Aided by:	Aided by:
Teaching	Learning	Practice
Vision	Courage	Enthusiasm
Interests	Faith	Inspiration
Desires	Perserverance	Incentive
Quality work	Quantity work	Rhythmic work
Initiative	Ambition	Tenacity
Habits	Reserve	Motivation
Experience	Reliability	Adventurous spirit
Specializations	Versatility	Adaptation
Morale	Achievement	Expression
Humility	Capability	Discipline
Imagination	Dependability	Good manners

### *Good and Bad Days*

A study of the Curves of Improvement in these tests shows a general tendency to swing upwards, but variations occur so that improvement is not uniform. In other words, each subject experienced times when performance was good, and other days when it was poor. This fluctuation is commonly noted by all athletes who refer to such performances as being "hot" or "cold".

Many times these variations may be charged to changes in the surroundings such as temperature, ventilation, lighting or equipment. Often, though, external conditions may not be altered and yet the performance is above or below the expected level. In these fatigue experiments, for instance, variations occur despite the fact that conditions remained practically identical at all times. If conditions remain uniform it is obvious that the search for causes of good and bad days most often must concern itself with the performer himself. That sets up the necessity for a complex analysis of the emotional drive or application possessed or developed by the subject. The three factors, training, conditioning, and application and the elements of which each is composed serve as a basis for this analysis of causes of fluctuations in performance.

### *Spurters and Pacers*

The consideration of good and bad days introduces the controversy over methods of reaching maximum production. Is it