

learned to appraise situations quickly and act promptly. In an attack upon the enemy he threw a hand grenade which struck some vines and rebounded among a group of comrades. The habits of speedy response and desire for team welfare were so firmly fixed that the soldier threw himself on the ground and covered the missile with his body. The explosion killed him but saved all of his comrades. He had developed ability, was conditioned to act in emergencies, and had learned to give his best at all times. His sacrifice was dramatic proof that the training imparted by his coaches had transferred to another problem.

A series of fatigue curves for each team candidate, then, gives accurate pictures of the relative ability, condition, and application of each player. These measurements are objective and easily obtained. Careful study of the curves will tell the individual how he stands with respect to his teammates; will inform the coach accurately of the stage of Physical Fitness of any player or of the squad as a whole; and makes possible accurate predictions as to type of future performance by graphically showing the pattern of action.

Health and Happiness

Promoted by Basketball

The Coaches Creed states the belief that proper administration of basketball will promote desires for clean, healthful living among its participants. Health, then, is one of the essential outcomes. It is with regard to this topic that most opponents of vigorous or exhausting exercise concern themselves, and the early parts of this report devoted considerable emphasis on the fact that the game should be limited to those possessed of health. That each basketball coach must acquaint himself with, and utilize, knowledge of what constitutes clean, healthful living is imperative.

Too often the term health has been defined as absence of disease. This concept, though, is considered by experts in the field as being inadequate since it is negative in its approach and considers only the physical aspects. Expressions of more acceptable definitions vary in the words used, but all insist that health, though difficult to measure accurately, involves the mental, emotional, and social