

evening. They can also relax well before going to bed, while after evening practices players often find it impossible to relax. Every athlete as well as every normal person should get eight hours of sleep. However, some coaches advocate evening practices so that the players may accustom themselves to shooting under artificial light. Such practices may be made the exception but not the rule. Advantages gained are more than offset by the disadvantages previously named. The effects of the attendant irregular habits of eating and sleeping will soon show in the players' efficiency.