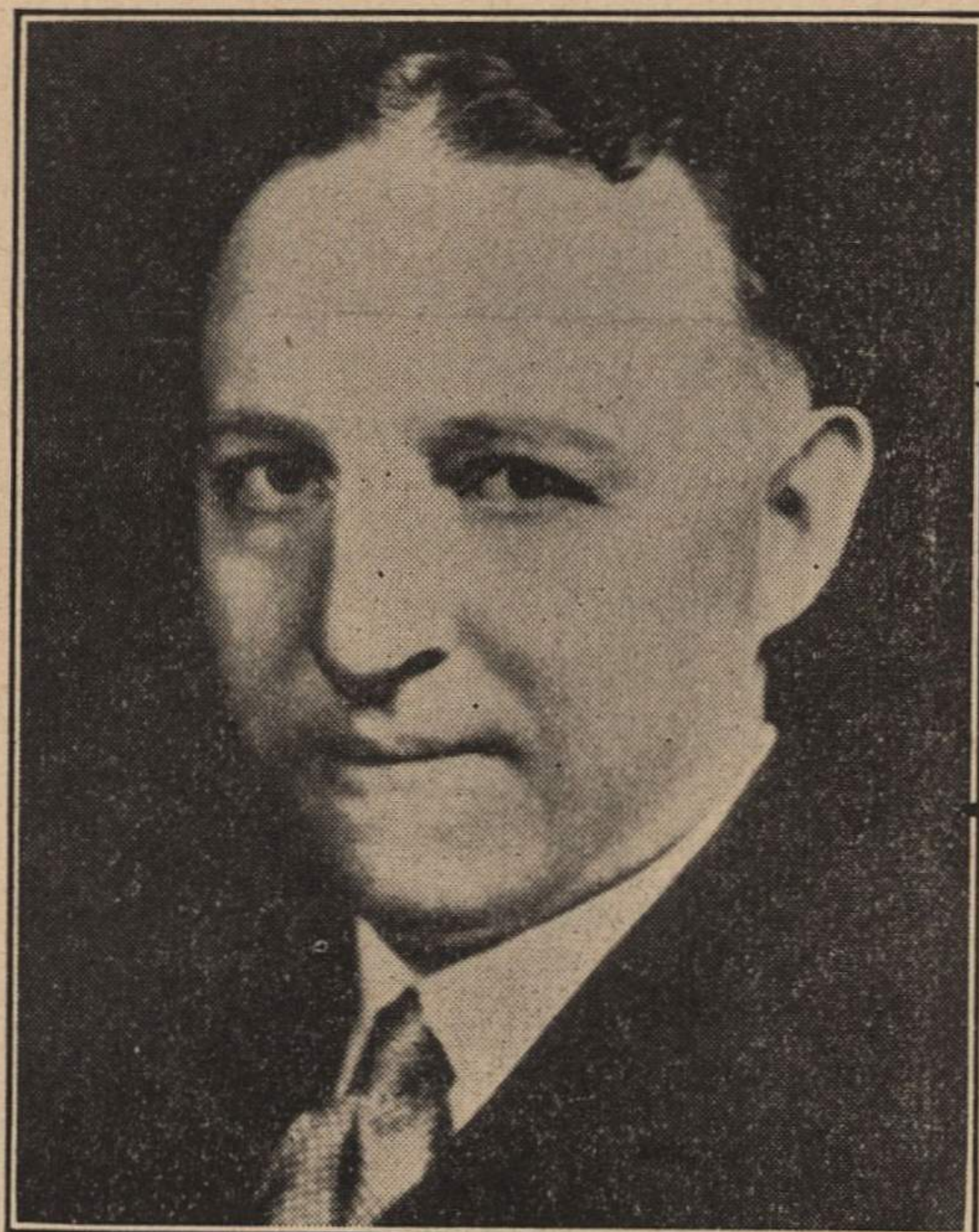


## Superior Condition Will Win Tough Games

By Lewis P. Andreas, Director of Athletics and Head Basketball Coach, University of Syracuse

In thirteen years as head basketball coach of Syracuse, Coach Andreas' teams have won 191 games and lost only 41. His short story on conditioning is well worth studying.



Lewis P. Andreas

That's the axiom impressed on all Syracuse University basketball candidates, in fact, upon all competitors in all lines of sport.

However, being head coach of basketball at Syracuse, I will confine myself to that field.

From the first call for practice, issued late in October or early November, the squad is warned that plenty of hard work lies ahead. But the certain reward is always held out that in the close hard-fought games, the team in better condition can invariably win in the "stretch" drive in the final 10 minutes of play.

Our early drills are largely confined to loosening up muscles and ball handling, aiming at coordination

Editor's note:—"Ye Ed" had the pleasure of spending a day with Mr. Andreas at the Hotel Pennsylvania in New York, at the time the north-east division of the National Basketball Coaches Association was organized. It was a day well spent—meeting this group of distinguished coaches from Cornell, Columbia, Fordham, Army, Harvard, Yale, etc.

of brain, hands and feet. As the tempo of workouts picks up, emphasis is placed on quick starts and stops. This is a drill we use almost daily. It strengthens the leg muscles and builds stamina in these all-important

appendages. Exact attention is paid to the technical methods, however, as the drill has its important features of play, such as proper position to shoot or pass, readiness for pivot, etc.

Scrimmages are progressively longer and more strenuous, aiming at building a team that can hit top speed for the entire 40 minutes of play. After mid-season, close attention must be paid to the physical results of these workouts to prevent the danger of "staleness." At times we resort to a 24-hour, sometimes 48, layoff if it is evident that a complete absence from the court will be beneficial. This is a matter that must be determined by a close observation of the squad's efficiency and improvement during the season.

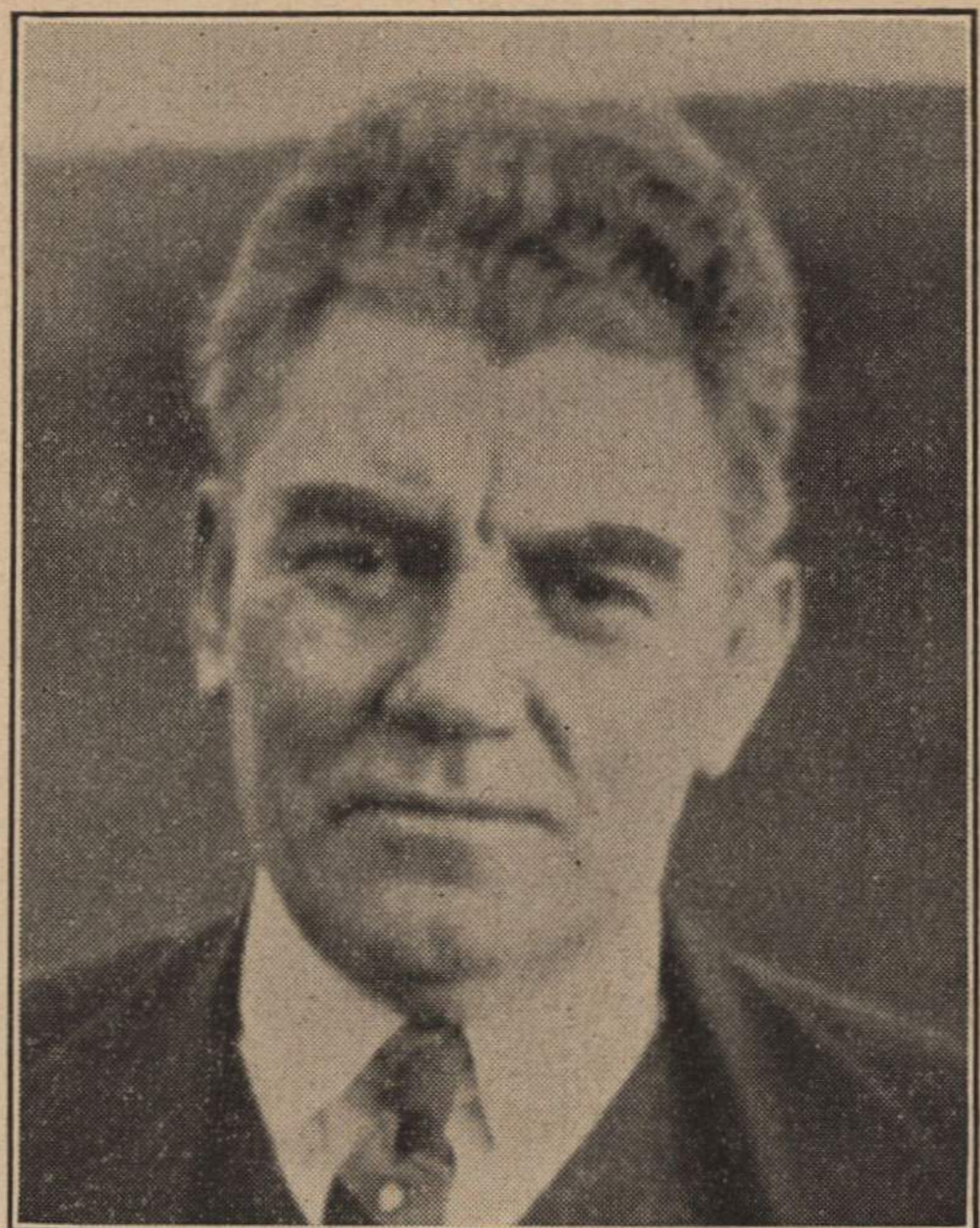
Needless to say, tobacco, liquor and heavy "social" engagements are out. We have no training table for this sport at Syracuse but every player is instructed to eat only plain, wholesome food, with heavy sweets taboo. We ask each man to live a normal, regular life, which calls for plenty of rest.

Every practice is attended by our veteran trainer, Frank Hugo, who also makes our trips. In addition to caring for actual physical needs he carefully watches for reactions of players that might be traced to fatigue and the like. Every candidate undergoes a strict medical examination before being allowed to participate and is subject to additional observations by our medical staff throughout the college year. We are equipped with a modern medical office in the gymnasium.

Speed, endurance, coordination—these are the things we work for in the conditioning field—vital needs necessary to success in practically every athletic endeavor.

The sense of equilibrium in the body, is located in the inner ear. When athletes stagger after a "play or pile up" it may be an indication of a blow on the head guard. Of course, it is possible that staggering comes from exhaustion, but this is a place where each individual case must be decided at the time.

A second string sub is better than an exhausted first line player.



Thomas F. Keane

Tom Keane, Track and Cross Country Coach at Syracuse University has an enviable record in his years of service.

He is a master of track strategy and always develops the utmost in his athletes. Mr. Keane has served as an Olympic coach.

### Foot Notes

The foot is one size larger while walking than it is while sitting.

Your toes pull you along—providing they are not cramped so they can't function.

Without shoes, your toes would separate and each would become a strong functioning unit.

Standing erect helps rest and strengthen the feet.

Walking with the head up and chest out, and the hips in (to the front), will assist the feet.

Carry yourself like you would when you step sideways through a very narrow space.

### Germs Don't Stop for Sunday—

—or any other day or even for a minute. Certain fundamental laws of nature are inflexible and realizing them, we plan accordingly.

We would not expect any special dispensation for one who should jump from a skyscraper. The same severe law of life governs the growth of harmful bacteria—for under ideal conditions, one single germ can grow to eight million over night.

This shows the vicious effect of neglect. Don't do it—sterilize every cut and scratch with Nitrophen—right now—germs don't give up without a fight.

Are you a good housekeeper? Is your training room in such condition that you would at any time welcome visitors.