ods than any of the other track events. Professional sprinting was popular long before the other track events seemed to take the headlines. These men made a

study of sprinting and most of our early track coaches were graduates from the ranks of the professional sprinters. Naturally, they were better versed in the art

of sprinting than they were in the other track events; hence no really drastic changes in coaching sprinters are noticeable, as in many of the other events.

Alfred Blozis, the Present Champion Shot-Putter

By Elmer P. Hardell Track Coach, Georgetown University

HE shot put is an event for big men. It requires strength and weight. This was especially true of the old-timers such as Ralph Rose of Michigan, Arlie Mucks of Wisconsin, Hill of Princeton, and others. They were all big and strong. The taller the athlete, as a rule, the better the shot putter he will be.

Louisiana, Hackney of Kansas, who possessed not only the strength and weight of the shot putters previously mentioned but speed as well.

Alfred Blozis of Georgetown, the present champion, is fast. He has high-jumped over 5 feet 11 inches. He is 6 feet 6 inches tall and weighs 245 pounds. He is relaxed in traveling across the circle. Ed Beetem of Pennsylvania is taller and heavier than Blozis, but does not have the speed.

One of the greatest shot putters for his size, that it has been the writer's privilege to see, was Clarence "Bud" Houser of Southern California. He really had marvelous form and a wonderful kick with his forearm and wrist at the end of his put. He was a small man in comparison with his competitors.

What we are trying to do in the shot put is to get maximum distance. Whether the athlete, using the 16-pound ball, should use the large iron shot or the small bronze is up to the individual. Whether he should curl his index finger is a matter for the putter to decide. He should not grip the shot but lay it high on his fingers. That is, he should not keep it down in the palm of the hand, but keep it near the center joint of the fingers.

In the seven-foot circle the putter should start from the rear of the circle and must generate as much speed across the circle as he can control, get all his weight, strength, and power behind his put. He must move in a straight line releasing the shot at the right time with the proper elevation. When he releases the shot, he should let it roll off his fingers in such a way that it gives him the feeling that he is losing it.

After the release the momentum must be so controlled that the athlete does not foul. During all this time these movements must be co-ordinated and the individual must be relaxed. Then, and only

then, will he get his maximum put. One or more faults will be detrimental to his performing to his maximum efficiency.

This good form that the putter must continually strive for will require study on his part and also on the part of his coach. It takes time. He should correct one fault at a time. He should observe other shot putters in action, look at photographs and More recently we have had Torrance of moving pictures of the good putters, but he should not be hasty to change and copy others. No two individuals are alike. If a putter happens to notice good points in others and he can fit them in with his style, he should adopt them, otherwise he should not. When performances bring results—then he may take the advice of "Steve" Farrell, my former track coach, who used to say, "Form is all right but remember, performances get the watches."

> A putter must get his weight and power behind the shot. There should be no hesitation from the start to the finish. He should work for a smooth performance, going across the ring with all the speed that he can handle and staying relaxed. He must not release the shot too soon. He must continually work for speed, smoothness, relaxation and co-ordination; must pay attention to his foot marks; give himself sufficient room in which to reverse, work for a good push-off from the toe of the rear leg and get all his power into the the final delivery.

> Leo Sexton, a former Georgetown shot putter and, after graduation, the world's champion shot putter, laid the foundation for his success by developing his legs as a high jumper and pole vaulter while at college. So, in training, I would suggest some sprinting, thirty to forty yards; some high jumping, standing broad jumps, and work over a few low hurdles.

Position in the Ring

The putter should stand, relaxed and at ease, as far to the rear of the circle, as he can without standing on the circle. The Californian, Herbert Michaels, is a picture of relaxation at this initial stage of his put. Some hold the shot in the hollow of the neck. Michaels holds his away from the shoulder. Blozis places his shot right against his chin. Several preliminary movements here get the putter on his way. The fewer these movements the better.

"Dink" Templeton, a great weight coach, uses the very appropriate expression of working for body drive and body swing. The putter should remember to keep his body behind the weight and under it.

The Glide—The Reverse—The Wrist Snap

The putter must not pause in the put after landing from the hop or glide. Some men land with their right foot in the middle of the circle, others behind it. A few may land ahead of the center but that cuts down the room for the reverse. He must let his elbow pass close to his body and on a line with the direction of the put. He should practice with and without the shot. He must not let his left shoulder drop as he goes across the ring. In gliding he should stay close to the ground. He must go forward, not upward, he must go across the circle in a straight line. He should not start too fast but should pick up speed and momentum as he goes.

The shot putter should work on the reverse. He should not be afraid of fouling in the beginning. He should keep his feet close to the ground.

He should develop a good wrist snap or flip which will add to the distance of his put.

It is necessary that the shot putter always warm up well before putting. He should do some running to limber up his legs. Whenever his arm feels a bit sore in practice, he should stop. He is putting too much or improperly. Shot putters should not become discouraged when they seem to make no progress. Plateaus of learning are natural.

Common Faults

1. Starting too fast across the ring at the beginning; 2. Too tense; 3. Undue leg motion at the beginning; 4. Releasing the shot too soon; 5. Dropping the left shoulder; 6. Pausing in the center of the ring; 7. Lack of good hip motion.

The accompanying action pictures are of "Al" Blozis. He delivers in a straight line. In meets, he generally puts his sweat shirt out as a target, at which to aim. He is a good competitor, a fine fellow who takes his honors well. It is a real pleasure to work with him.