

"BASKET BALL BREVITIES"

By
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Seasonal Preparations

The old adage, "A thing well begun is half done" certainly holds true in the preparations for a strenuous competitive basketball season. Schedules carefully arranged, adequate playing equipment all in order, prospective players hardened for the early grind by religious adherence to their preliminary setting-up exercises and "early to bed and early to rise" childhood ideals, and the playing court with its lines and baskets and nets trim and expectant -- all combine to say to a returning coach, "The stage is set, and it's going to be a great season." Such studied and complete preparations send a coach home whistling -- if he can whistle -- or singing -- if he can sing. In whatever state of awareness he finds himself, he is trying to say, "God's in His heaven. All's right with the world."

So important does the writer deem these simple exercises that during the entire season he gives 5 minutes daily to their execution. Failure on the part of the men to execute these drills is regarded by the coach as a direct violation of the training schedule and is treated as such. If consistently followed, these exercises will so strengthen the ligamentous attachments of the fingers, wrists, ankles, and knees that few injuries will occur in scrimmage.

Push-up Dip. Get down on all fours with the body extended parallel to the floor and with fingers and toes supporting the body. Without letting the abdomen, chest, or thighs touch the floor, execute a full dip. Then push up and dig again. Without allowing the hips to sag, repeat this exercise 12 times.

Full Squat Dip. Stand in upright position. With arms extended laterally to perfect the body balance, extend the right leg to the front and sink slowly on the left foot to a full squat. Without touching the floor with the hands or with the extended leg, put entire weight on the left leg and thigh, and depend up-

on the strength of the knee and the hip joints to bring the body again to an upright position. Finish with a rising skip. Repeat this exercise, 3 times on each leg, twice daily.

All these setting-up exercises should be slowly stretched through, quite after the manner of a contented cat before a fire. Plenty of stretching keeps the spine supple and the body youthful.

If nothing else could be said to players about eating this should suffice: Eat slowly at mealtimes and eat nothing between meals. How rapidly a player eats is just as important as what he eats.

The three B's - Boiled, Broiled, and Baked Foods. - Boiled, broiled, and baked meats should constitute good dietetic fundamentals for a training menu; there should be no fried foods. The players should have their interests in body metabolism and the relative values of fats, proteins, and carbohydrates whetted to the point that they will thoroughly understand about tissue-building foods. If meats are eaten before games, the meal should be served three hours previously.

Oranges. This fruit is a pet hobby of the author for the training diet of all athletes. Through his long years of coaching, so important has the writer considered the use of oranges for conditioning players that he has never ceased to suggest a team orange fund to every "pep" organization with which he has come into contact. The sum-total results of this athletic orange-eating hobby have been without exception an orange a day for each and every athlete on the football and basketball squads throughout his coaching and administrative years.

In addition to the orange after practice, he has urged every athlete to eat another orange for breakfast and still another before going to bed--three oranges a day and more if possible. Oranges stimulate appetites and at the same time satisfy both thirst and hunger - thus preventing overeating.

The best way to eat an orange is to break up the cells and let the juice of