

TOURNAMENT PLAY

Preparing a team and handling a team in tournament play is a highly specialized job even for a seasoned coach. A successful tournament team is necessarily one in which first class reserves are plentiful. I have seen league championship teams fall by the way-side in tournament play primarily on account of the lack of capable substitutes. Therefore, the coach must at all times conserve the strength of his entire squad.

Four important items stand out forcibly in handling a tournament team; namely, (1) conditioning, (2) diet, (3) rest and sleep, (4) play.

1. Conditioning. Only extremely light work-outs should be held for one week prior to the tournament. A complete heart check-up as well as a urinalysis should be made upon each man. For some time past accumulated evidence indicates that the giving of vitamin B₂ compound, glycine, and dextrose would aid in restoring cardiac reserve when it is lost through various types of disease. Experience has shown the wisdom in such practice. If this improvement can be brought about in exhausted hearts from disease, why would it not be possible to improve cardiac reserve in those who are under great physical and emotional strain? One capsule of betulin compound three times daily after meals is also indicated. A tablespoonful of dextrose sugar in a glass of lemonade ten minutes before game time and between halves will aid a fatigued athlete. And a tablespoonful of glycine three times daily will further reduce the cardiac strain of the competing player.