

When I shot I might just as well have been in the Canadian Woods, such was the perfect solitude and silence. It fell short by inches. California rooters went wild with hilarity. There was still a chance for victory. The second shot balanced for a moment on the rim and fell off to the side. Vendt retrieved the ball, hook-passed it out to Hal Scifert who scored the winning basket for a 22 to 20 hard earned victory and the title for California.

I had earned in one short lesson a veritable fund of knowledge in the art of free throwing. Earned a lesson perhaps but at what a cost. For days, weeks, and even now I can never forget the poignant disappointment, pain, and feeling of despondency over losing that game. How much better it would have been if I had walked up to the line mentally and physically "in the game", confident and relaxed and shot before I had a chance to analyze the situation. In analyzing the situation, the feeling of importance of the shot made me tense, awkward, and afraid. Afraid that I might not come through. As in any athletic game, this made me "press" and you have just read the result.

It is not only the technique of the throw that counts; more important the physical and mental state of the shooter at the time of the shot. Waiting for the extra shot had produced a bad psychological and physiological effect. I was concerned with the outside interference which upset my mental state and emotional balance. The time elapsed had caused my muscles to become tense which resulted in poor coordination. At such a critical time it would have been wiser to have taken the throws, without waiting, in a cool, confident, and relaxed manner.

Editor's Note: Jack Gardner began his duties as head coach of basketball at Kansas State College this fall. He came from Modesto Junior College, California, where he coached several sports. His basketball teams at Modesto were unusually successful. Mr. Gardner was an outstanding basketball player at the University of Southern California.

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#### NEW ROUND TABLE CHAIRMEN

The following is a list of the Health and Physical Education Round Table chairmen elected at the various meetings held during

the State Teacher's Association Convention:

At Dodge City:

Kenneth Brecheisen of Garden City.

At Hays:

John Slavek of St. Francis, General Chairman.

Chairmen of Men's and Women's Sections to be appointed.

At Salina:

Carl Thurlow of Abilene, General Chairman of Men's Section.

Ruth Baker of Salina, Chairman of Women's Section.

At Topeka:

Orlis Cox of Ottawa, General Chairman.  
Sue Unruh of Kansas City, Women's Section.

John Beck of Emporia, Men's Section.  
Ann Griffith of Kansas City, Nurse's Section.

At Wichita:

Lawrence Rarick of Wichita University, General Chairman.

The editors have been unable, to date, to learn who were elected chairmen at the Pittsburg meeting.

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#### Worth Reading

Tests & Measurements in Health & Physical Education by C.H. McCloy, F. S. Crafts and Company.

This book is a complete resume of the tests and measurements field of health and physical education, including the previously published tests and in addition many unpublished tests worked out under the direction of the author.

An Experiment in Co-Recreation by Virginia Pettegrew. The Journal of Health and Physical, November 1939.

This article describes a comprehensive program of co-recreation for a high school and contains a list of the activities used as well as the plan of organization. It contains some excellent suggestions for this type of activity.

Basketball Methods by John Bunn. The MacMillan Company.

This new book by Mr. Bunn will be of interest to all basketball coaches. The book contains material on Basic Principles Individual Techniques and Team Play.

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