

September 9, 1941.

Mr. L. J. Bond,  
El Dorado National Bank Bldg.,  
El Dorado, Kansas.

Dear Jack:

I was sorry that I was out of town when your letter arrived. I had finished a coaching school with Clark Shaughnessy and Bernie Bierman in Iowa, and upon my return from there, there were many duties that Mrs. Allen had awaiting me due to the marriage last Saturday night of our daughter Jane to Elwood Mons, of Chicago.

On last Thursday I had the experience of taking a young alcoholic addict from Kansas City, Mo., to the State Hospital for the Insane at St. Joseph, Missouri. This required one full day.

Then the groom's father and mother together with other relatives came in on Friday, and I did not go to the office on Friday or Saturday. In fact, my mail for the last two weeks has accumulated, and as this was my vacation time there were some out of town details that I had to take care of before the wedding. No letters were written, and I am sorry that I did not get to your problem any sooner.

I saw Fred Ellsworth yesterday at Rotary Club and he mentioned that your wife had stated I failed to answer your good letter. I told him that your letter was the first order of business upon my return to the office, that I had been besieged with no less than a dozen out of town people during the morning and had not gotten to dictate the letters which I had hoped would receive my first attention on coming to the office. All day Sunday we were entertaining wedding guests from out of town.

I started to call you but even that was impossible because the previous accumulation of details simply overpowered me.

I am on the faculty deferment board. Professor Brewster is chairman, and Mr. Hitt, the registrar, is the executive secretary. I felt that all I could do would be to refer this matter to the executive branch of the board. I have two sons in the draft. Bob Allen is a medic at the University of Pennsylvania this fall, and has been put in A1 classification. I, like you, am taking no part in this feeling that my son is not entitled to any better deal than millions of other boys similarly situated. The local draft board, of course, is the sole determiner of the disposition of Bob Bond's



case. They asked us for our recommendation, but it is the local board that makes the decision.

Bob Allen is studying medicine, but all medical students are in the Class A1 listing. There are just some of those things that we can do little about, Jack, and I am leaving it to the board and the breaks of the game to determine Bob Allen's future.

Fred Ellsworth told me that Bob is here, so I take it that you did the very best thing to keep Bob in school until he knows the final disposition of the matter. The school authorities are making certain arrangements for a partial refund of the money or an extension of credit should any students be called before the semester is over. Our deferment committee is expecting to appeal to the respective boards if there is a likelihood of a student being called before his semester is finished.

Regretting that I could not be more prompt, and with best wishes to you and Mrs. Bond, I am

Very sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball and Baseball Coach.

FCA:AH



LAW OFFICES OF  
**L. J. BOND**  
EL DORADO NATIONAL BANK BUILDING  
EL DORADO, KANSAS

September 1, 1941

Mr. Forrest C. Allen  
University of Kansas  
Lawrence, Kansas

Dear Phog:

Bob, who has been up at the University for three years, is in doubt at this time whether he should enroll for his senior year. He will probably be called in the draft some time within the next three or four months, if he passes his physical examination, as he will probably do. He had a letter from the University in which you were named as one of the committee to assist boys in securing deferment until they can secure their college education.

The local draft board, who are friendly as far as I know, inform me that they can not grant deferment for students even for the purpose of finishing their last year in college, unless they are taking certain courses that are on the deferred list. I would like very much to have Bob finish his college this year, and he could then go into the army and take his law work after his army training. He is seriously considering going into the air corp in preference to the draft, unless he can have some assurance that he will be permitted to finish this year at the University.

If you have any suggestions I would be glad if you would write me. Please understand that I do not expect or desire any special preference for Bob as he is not entitled to any better treatment than any other boys similarly situated. It does seem, however, that he should be privileged to finish his four years' course. I will appreciate hearing from you by return mail, as the time is growing short.

With kind personal regards I remain,

Very truly yours

  
L. J. Bond

LJB:BB



Sept. 10, 1941

Miss Alta Bingham  
Corbin Hall  
Lawrence, Kansas

Dear Miss Bingham,

Saturday morning Sept. 13 at 9:30 the freshmen enrolling in physical education will meet in the lecture room of Blake Hall.

I would be very happy if you would be present at that time to greet these new students as they come to the door of the lecture room. A smile and friendly word will make them feel more at home.

I will count on you being there.

Cordially,

Director of Physical Education and Recreation  
Varsity Basketball Coach

FCA/pg



LAW OFFICES OF  
**L. J. BOND**  
EL DORADO NATIONAL BANK BUILDING  
EL DORADO, KANSAS

September 10, 1941

Mr. Forrest C. Allen  
Department of Physical Education  
University of Kansas  
Lawrence, Kansas

Dear "Phog":

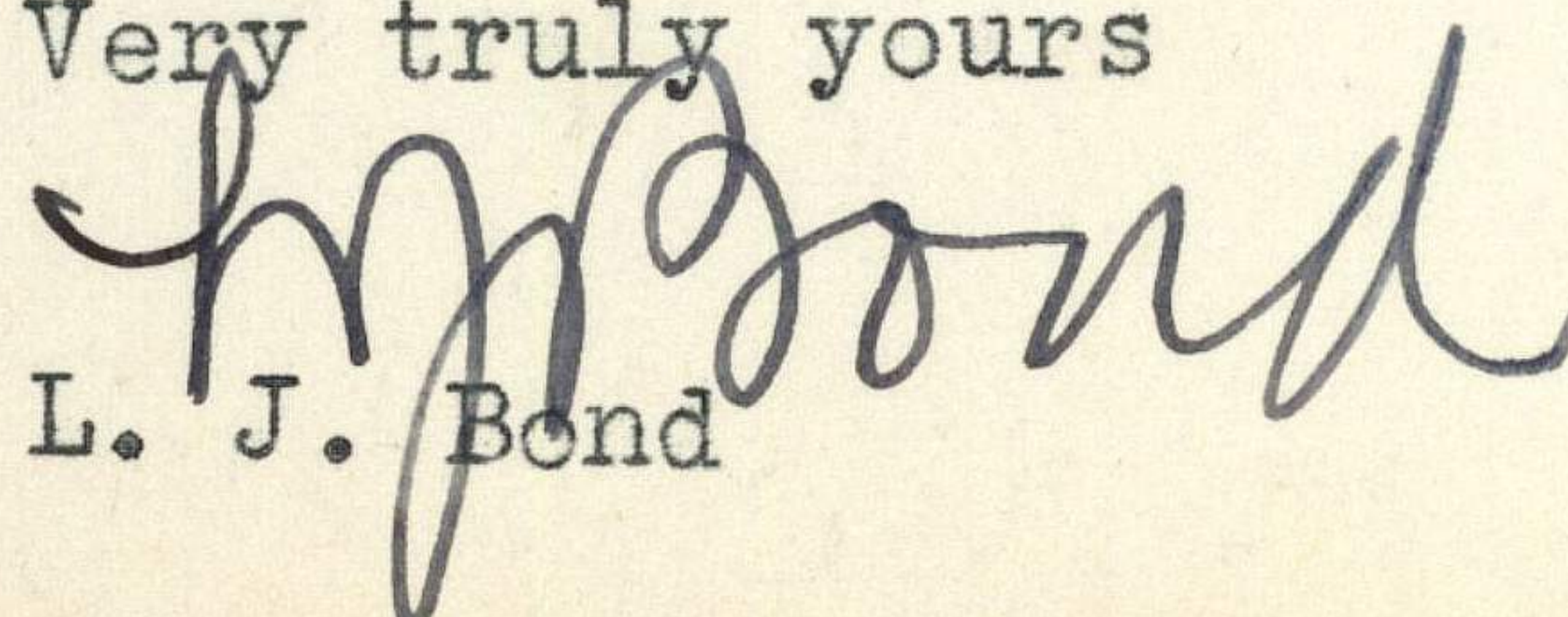
I am glad to have your letter of September 9 in regard to my son Bob in relation to the draft law. I knew you were busy and unable to answer my letter sooner and that is perfectly all right.

I wrote you because I was informed you were on the committee representing the University to try to iron out some of the problems involved in drafting University students. I certainly would not want any special privileges extended to Bob, but it does seem to me that these young men who are about to finish a college course should be privileged to do so, particularly where they only have one year before they will complete their course. They would be more valuable to the country with a college degree than they would be without it, but if the authorities do not see the matter in this light we will only make the best of it. I do not know what the local draft board will do in Bob's case. I thought possibly your committee would have some information that might be helpful. In any case, I appreciate very much your kind letter and it may be that Bob will see you sometime in the near future.

"Sparky" McSpadden has entered the University and I hope he will develop into a basket ball player because he is an A-1 student and is a very fine young man. His parents have moved to Lawrence, as his father is in the oil business, and I doubt if he will need any job or assistance.

With kind regards, I remain,

Very truly yours

  
L. J. Bond

LJB/vc



Sept. 22, 1941

Mr. Ramie Beims  
Cottage Hotel  
Ellis, Kansas

Dear Ramie,

Thank you for your kind letter of the 9th instant. I am very glad to know that you have the position at Ellis, Kansas, and I trust that you will have a most successful year.

Sincerely yours,

FCA/pe

Director of Physical Education and Recreation  
Varsity Basketball and Baseball Coach



Cottage Hotel  
Ellis, Kansas  
Sept. 9, 1941

Dr. Forrest C. Allen  
Robinson Gymnasium  
University of Kansas  
Lawrence, Kansas.

Dear Dr. Allen:

I am writing to thank you for the call from your office today. I know now that I should have written to you personally when I accepted a position and I apologize for not doing so. I did let Mr. Chandler know and surmised that he would tell you.

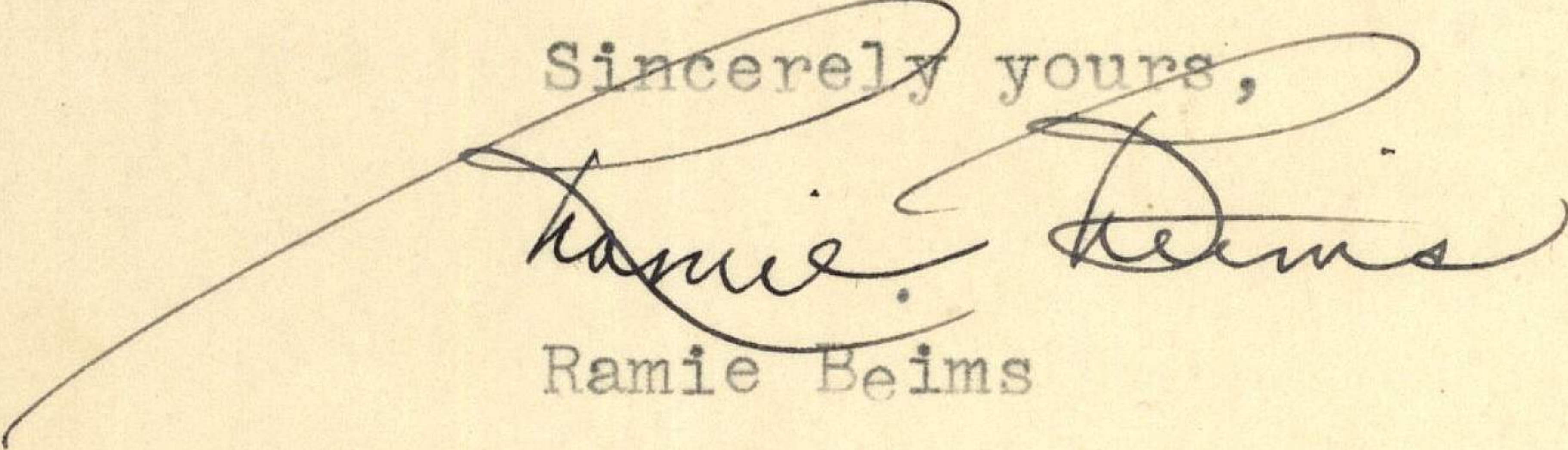
I am teaching physical education in the Ellis, Kansas school system. I spend the first two hours of the day in the grade school and junior high. I have the third grade one period, the fourth grade one period, the fifth and sixth grades together four periods, the seventh grade two periods, and the eighth grade two periods, weekly.

The rest of the day I spend at the high school. I have one physical education class for freshmen. The physical education program to this level is all compulsory. The school has a fairly good set-up and has an adequate amount of equipment. Besides physical education in the high school, I teach one class in physiology, have one study hall, and am assistant coach of all sports.

I turned down a contract at Lansing as head coach and so forth. I think I was to do everything but be janitor. The position there paid a little better but the work that I do here at Ellis is what I really want.

Thank you again for your interest.

Sincerely yours,

  
Ramie Beims



Sept. 22, 1941

Miss Ruth Baker  
Lakeview Consolidated School  
Battle Creek, Mich.

Dear Miss Baker,

We have just finished the rush of enrollment and things are looking fine in the department of physical education.

I am glad to know that you have just completed a profitable summer, but I am sorry that we were unable to see you when you were in Kansas.

Miss Hoover and Miss Stapelton have returned to take on their duties in the women's department and Miss Melba Schilling, a graduate of the University of Illinois, has been engaged to handle the dance classes. She comes very highly recommended by Miss Freer, the head of the women's department of the University of Illinois.

On the men's side, Doctor Elbel and I are back and we have Mr. Henry Shenk of Junction City who has replaced Mr. DeGroot to handle the practise teaching for boys and for courses that Mr. DeGroot had charge of.

We also have Mr. Bob Raugh of Colby who is here on a scholarship working on his master's degree.

In answer to your inquiry about Bill Hargiss, he is able to walk with the aid of a cane and we hope by spring he will be well enough to take care of most of his track duties.

I am enclosing a schedule of the football games which I am sure will interest you.

With best wishes for another successful year at Battle Creek,  
I am

Sincerely yours,

Director of Physical Education and Recreation  
Varsity Basketball Coach

FCA/pg



Battle Creek, Mich  
Sept. 13, 1941

Dr. F. C. Allen  
Lawrence, Kansas

Dear Dr. Allen.

Your letter of Aug. 29 finally caught up with me in Battle Creek. All indications prove you had a busy summer.

I'm sorry I didn't get to see you during my short visit in Kans. Alice Paden & I stopped at the gym Aug. 16 hoping to renew our acquaintance there, but all in vain. All we found was an empty gym, not a soul in sight inside or out.

I'm glad to be back in Battle Creek after an enjoyable summer in the East. After 2 weeks of school we're moving along very well. With a new co-worker were anticipating a good year with much progress in our dept. We're hoping to put physical education on a par at least with other subjects. With such a splendid Supt who is willing to cooperate, our program should be "tops" within a few years. The school board is allotting us a goodly amount of money for equipment. "on the reputation you made last year and will continue this year," says the school board to me which inflates my head beyond hat sizes. They go on to say, "It's the only dept in school run by



100% Master Degree teachers:--- So you see we have them on our side & they're expecting a lot & are willing to give a lot to build up physical education which has been the "underdog" here in the past.

I spent a wonderful summer at N.Y.U. Camp. Now that I have my Masters, I'll have to start figuring out an excuse to get to return to camp another summer. I'll really miss going there. It's such a grand place for people of our profession. (It would help most of our academic teachers if they could attend a summer or two) I really think Drs Nash, Deaver & Lawton are tops & am happy to have been able to study under them.

Alice & I spent a few days in the city after summer school. Visited Elizabeth & her husband just before we left N.Y. She's really happy & I'm happy for her. She still is an inspiration bomb. I wish I could talk with her more often.

We traveled through the New Eng. States, Niagara Falls, Canada, etc enroute to Kane. During that trip we figured out a way for Alice to receive her M.A. next summer. I hope she doesn't let the opportunity get away & I don't believe she will. She seems quite enthused.

I read in tonight's paper that a suggestion has been made that all P.E. men be deferred since there's such a demand. A suggestion was also made that teachers of other subjects who are unable to get jobs, transfer to P.E. I hope that doesn't mean we'll get a



lot of "Dubs" in our P.E. organization. I think the P.E. Depts of colleges & teacher training institutions had better have rules & regulations and be able to pick prospective P.E. teachers thus keep our organization on a high level or we'll soon be defeating our purpose.

I guess I had better say Amen before my sermon gets too involved.

How are things lining up at K.U. this fall? Is Bill Hargiss able to carry on his duties again?

Trainer Logan from West Point gave an enlightening demonstration lecture at camp this summer after which the K.U. grade had a good reunion.

I was home 11 days. Only visited the red-roof town once, that was enough. No one recognizes me there anymore & there has been such a change in inhabitants there that I don't know them either. It's a great place to be from.

Give my regards to the rest of the staff. I'll be eager to hear any news or gossip from K.U. Best wish for a happy year & successful B.B. team

yours sincerely,

Ruth Baker,  
Lakewood Consolidated Sch  
Battle Creek, Mich.



Sept. 30, 1941

Mr. C. O. Burnside  
Carpenter Paper Company  
Oklahoma City, Okla.

Dear "Cob",

Your letter of September 2 has been on my desk for some time, but in the rush of enrollment and the beginning of classes I have found myself overwhelmed with multitudinous duties.

I am enclosing a copy of our basketball schedule and you will notice that we are playing Oklahoma A. and M. on Feb. 20 here at Lawrence and on Feb. 25 at Stillwater. Mr. Iba has agreed to our terms which are the same that we have with all the Big Six teams. He is to get one-half of what we make at each game.

When I was at the Iowa State High School Coaching Clinic at Boone Iowa in August at one of our sessions I mentioned the fact that Mr. Iba and I were not scouting each other because we were not playing this year. Apparently Mr. Iba realized then that we meant business, because after I returned to the office he wrote agreeing to our terms. I am very happy about it because I like good competition and we are giving him a square deal.

With kindest regards to the Burnside I am

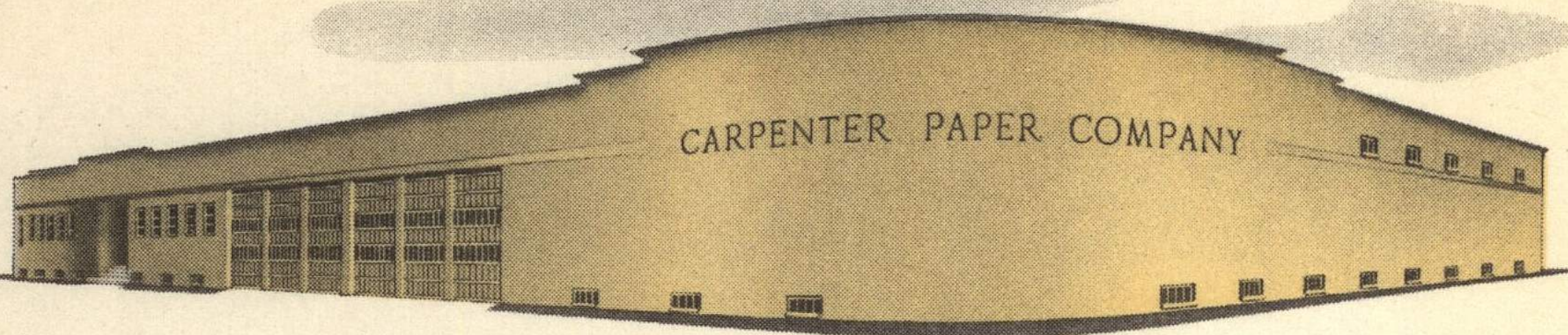
Sincerely yours,

Director of Physical Education and Recreation  
Varsity Basketball Coach

FCA/pg



# Carpenter



## PAPER COMPANY

DISTRIBUTORS OF PRINTING AND WRAPPING PAPERS

860-880 N.W. SECOND, OKLAHOMA CITY, OKLAHOMA

September 2, 1941.

Dr. F. C. Allen,  
Head Basketball Coach,  
University of Kansas,  
Lawrence, Kansas.

Dear Dr. Allen:

I had a call from Henry Iba who suggested a luncheon engagement and I dined with the young man and learned that the series of games is on again--all of which is very, very good news.

I am glad we liked him and brought him to your terms and I am very happy that we are going to play them for I believe in the long run we will have the bulge in this series.

He is a very ambitious chap and gets out of line occasionally, but all in all he is not a bad boy, and I'll back on my great and good friend, F. C. Allen, to cuff his ears from time to time.

The Burnside's are all greatly interested in learning that your younger children are going back to Penn U. It is a great institution and I know they are going to enjoy this experience. It strikes us that the Allen household will look like someone had shot a cannon through it with all of the children gone.

With kindest personal regards to you and yours, we are

Sincerely yours,

C. "Cob"

COB:MB





# The State College of Washington

PULLMAN, WASHINGTON

☞ ☞

DEPARTMENT OF  
PHYSICAL EDUCATION AND ATHLETICS

October 3, 1941

Dr. Forrest C. Allen, Director  
Physical Education and Recreation  
University of Kansas  
Laurence, Kansas

Dear Dr. Allen:

I have just received your letter, and  
in reply will say that I will appreciate it very  
much if you will fill out the questionnaire and  
forward it to me at your earliest convenience.

*attached*

Sincerely,

*Wilbur Bohn*  
Dr. Wilbur Bohn



September 29, 1941.

Mr. Wilbur Bohm,  
Washington State College,  
Pullman, Washington.

Dear Mr. Bohm:

In the mass of correspondence on my desk your questionnaire on training and conditioning of college basketball players became detached from your self-addressed, stamped envelope, and I was unable to determine from whom the questionnaire came.

Recently I came across your envelope, and immediately I remembered that this particular questionnaire came from you. I ask your pardon for this delay, and I am wondering if you still want me to fill out the questionnaire. It will be a pleasure for me to do this if you so desire.

Very sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball and Baseball Club.



QUESTIONNAIRE ON TRAINING AND CONDITIONING OF COLLEGE

BASKETBALL PLAYERS

EXPLANATION: I am anxious to obtain information regarding the training and conditioning of basketball players representing the various college and university basketball teams. I am submitting the following questionnaire, which will permit a more systematic collection of opinions and put the responses in form for statistical tabulation. Filling out this questionnaire may be a contribution to the advancement of sport because there is a dearth of such studies. If cooperation can be gained of a sufficiently large number of coaches and trainers, present practice can be defined from the responses obtained. I am sending copies to the coach and trainer. Enclosed find self-addressed, stamped envelope for return of the questionnaire.

INSTRUCTIONS: Please read each question carefully as a whole before answering any part of it. Then respond as indicated in the question.

1. Indicate the extent to which you recommend meats and eggs in your training diet by placing the appropriate number from the following scale opposite each of the items included. If items are not included at all, leave them blank.

SCALE FOR RECORDING RESPONSES:

- 0 - never recommended \_\_\_\_\_ never eat.
- 1 = very seldom recommended \_\_\_\_\_ no more than once per week.
- 2 = infrequently recommended \_\_\_\_\_ no more than 2-3 times week.
- 3 = fairly regularly \_\_\_\_\_ as much as once per day.
- 4 = frequently \_\_\_\_\_ as much as twice per day.
- 5 = habitually \_\_\_\_\_ nearly every meal.

Put a circle around the most appropriate number:

|                         |   |   |   |   |   |
|-------------------------|---|---|---|---|---|
| Beef _____              | 1 | 2 | 3 | 4 | 5 |
| Cold meats _____        | 1 | 2 | 3 | 4 | 5 |
| Lamb _____              | 1 | 2 | 3 | 4 | 5 |
| Pork _____              | 1 | 2 | 3 | 4 | 5 |
| Mutton _____            | 1 | 2 | 3 | 4 | 5 |
| Ham _____               | 1 | 2 | 3 | 4 | 5 |
| Bacon _____             | 1 | 2 | 3 | 4 | 5 |
| Veal _____              | 1 | 2 | 3 | 4 | 5 |
| Eggs, soft boiled _____ | 1 | 2 | 3 | 4 | 5 |
| Eggs, hard boiled _____ | 1 | 2 | 3 | 4 | 5 |
| Eggs, scrambled _____   | 1 | 2 | 3 | 4 | 5 |
| Eggs, poached _____     | 1 | 2 | 3 | 4 | 5 |
| Eggs, fried _____       | 1 | 2 | 3 | 4 | 5 |
| Eggs, shirred _____     | 1 | 2 | 3 | 4 | 5 |
| Eggs, curried _____     | 1 | 2 | 3 | 4 | 5 |

2. Using the same scale indicate relatively how often milk is recommended in the training diet:

0 1 2 3 4 5

Note: It is to be assumed that the milk is from healthy cows and is of the usual dairy quality.

If you prescribe any particular kind of milk, would you indicate the extent to which you recommend it.



3. If you prescribe any particular kind of milk would you indicate the extent to which you recommend it:

|                     |   |   |   |   |   |   |
|---------------------|---|---|---|---|---|---|
| Ordinary whole milk | 0 | 1 | 2 | 3 | 4 | 5 |
| High in fat content | 0 | 1 | 2 | 3 | 4 | 5 |
| Skimmed             | 0 | 1 | 2 | 3 | 4 | 5 |
| Buttermilk          | 0 | 1 | 2 | 3 | 4 | 5 |

4. If you prescribe milk as a part of the training diet, place a check mark ( ) opposite the time you prefer to have it drunk and another check mark ( X ) opposite the time you do not wish it drunk:

- Drink milk every day at every meal \_\_\_\_\_
- Drink milk at evening meal only \_\_\_\_\_
- Drink milk at morning and evening meals \_\_\_\_\_
- Drink milk at morning meal only \_\_\_\_\_
- Drink milk just before a contest \_\_\_\_\_
- Drink milk the last two meals before a contest \_\_\_\_\_
- Drink milk in the week before a contest \_\_\_\_\_

5. Using the same scale as that employed in question No. 1, rate the following dairy products with relationship to their relative value in the training diet:

|                    |   |   |   |   |   |
|--------------------|---|---|---|---|---|
| Cheese (any kind)  | 1 | 2 | 3 | 4 | 5 |
| Mild yellow cheese | 1 | 2 | 3 | 4 | 5 |
| Limberger cheese   | 1 | 2 | 3 | 4 | 5 |
| Cottage cheese     | 1 | 2 | 3 | 4 | 5 |
| Strong cheese      | 1 | 2 | 3 | 4 | 5 |
| Butter             | 1 | 2 | 3 | 4 | 5 |

6. If you prescribe cheese in the training diet, place a check mark ( ) opposite the time you prefer to have it eaten and another check mark ( X ) opposite the time you do not want it eaten:

- Eat cheese every day at every meal \_\_\_\_\_
- Eat cheese at morning and evening meals \_\_\_\_\_
- Eat cheese at evening meal only \_\_\_\_\_
- Eat cheese at morning meal only \_\_\_\_\_
- Eat cheese just before a contest \_\_\_\_\_
- Eat cheese the meal before the contest \_\_\_\_\_
- Eat cheese the last two meals before a contest \_\_\_\_\_
- Eat cheese in the week before the contest \_\_\_\_\_

7. Using the scale in question No. 1, ring the number corresponding to the extent which butter is recommended in the training diet:

0      1      2      3      4      5

8. It is desirable to know which foods are best in your opinion to be eaten just before a contest. Note the ratings which correspond to the letters below:

- A \_\_\_\_\_ especially preferred on the last meal before contest.
- B \_\_\_\_\_ especially preferred on next to last meal before a contest.
- C \_\_\_\_\_ might be eaten in moderation any time.
- D \_\_\_\_\_ should not be eaten the meal before a contest.
- E \_\_\_\_\_ should not be eaten on the day of the contest.
- F \_\_\_\_\_ should not be eaten for two days preceding a contest.

Place one of the above letters opposite each of the foods in the following list:  
Cereals

- |                      |                      |
|----------------------|----------------------|
| Corn flakes _____    | Wheat krispies _____ |
| Post toasties _____  | Wheatena _____       |
| Cream of Wheat _____ | Shredded wheat _____ |
| Grape nuts _____     | Oat meal _____       |
| Rice flakes _____    | Puffed wheat _____   |



Training and Conditioning Questionnaire

Cereals (continued)

Puffed rice \_\_\_\_\_  
Ralston's food \_\_\_\_\_

Vegetables

Carrots \_\_\_\_\_  
Spinach \_\_\_\_\_  
Cauliflower \_\_\_\_\_  
Cabbage (boiled) \_\_\_\_\_  
Cabbage (green) \_\_\_\_\_  
Turnips \_\_\_\_\_  
Lima beans \_\_\_\_\_  
Soy beans \_\_\_\_\_  
Black-eyed peas \_\_\_\_\_  
Lettuce \_\_\_\_\_  
Squash \_\_\_\_\_  
Irish potatoes \_\_\_\_\_  
Sweet potatoes \_\_\_\_\_  
Beets \_\_\_\_\_  
Celery \_\_\_\_\_  
Broccoli \_\_\_\_\_  
Tomatoes \_\_\_\_\_  
Green peas \_\_\_\_\_  
Cucumbers \_\_\_\_\_  
Green peppers \_\_\_\_\_  
Onions \_\_\_\_\_  
Asparagus \_\_\_\_\_  
Red cabbage \_\_\_\_\_  
Artichokes \_\_\_\_\_  
Okra \_\_\_\_\_  
Parsnips \_\_\_\_\_  
String beans \_\_\_\_\_  
Egg plants \_\_\_\_\_  
Corn \_\_\_\_\_  
Mushrooms \_\_\_\_\_  
Vegetable soup \_\_\_\_\_  
Rice \_\_\_\_\_

Fruits

Apples \_\_\_\_\_  
Oranges \_\_\_\_\_  
Pears \_\_\_\_\_  
Strawberries \_\_\_\_\_  
Bananas \_\_\_\_\_  
Grapefruit \_\_\_\_\_  
Tangerines \_\_\_\_\_  
Apricots \_\_\_\_\_  
Plums \_\_\_\_\_  
Orange juice \_\_\_\_\_  
Tomato juice \_\_\_\_\_  
Raisins \_\_\_\_\_  
Prunes \_\_\_\_\_  
Pineapples \_\_\_\_\_  
Pineapple juico \_\_\_\_\_  
Grapes \_\_\_\_\_  
Dates \_\_\_\_\_  
Cherries \_\_\_\_\_  
Peaches \_\_\_\_\_

Breads

Biscuits \_\_\_\_\_  
Toast \_\_\_\_\_  
Fresh loaf bread \_\_\_\_\_  
Crackers \_\_\_\_\_

Meats and Dairy Products

Bacon \_\_\_\_\_  
Cheese \_\_\_\_\_  
Nuts \_\_\_\_\_  
Peanuts \_\_\_\_\_  
Meat soup \_\_\_\_\_  
Ham \_\_\_\_\_  
Pork \_\_\_\_\_  
Lamb \_\_\_\_\_  
Beef \_\_\_\_\_  
Chicken \_\_\_\_\_  
Turkey \_\_\_\_\_  
Duck \_\_\_\_\_  
Fish \_\_\_\_\_  
Eggs \_\_\_\_\_

Desserts

Pudding \_\_\_\_\_  
Crackers (sweet) \_\_\_\_\_  
Cake \_\_\_\_\_  
Pie \_\_\_\_\_  
Jello \_\_\_\_\_  
Gelatine \_\_\_\_\_  
Ice cream \_\_\_\_\_

Beverages

Coffee \_\_\_\_\_  
Tea \_\_\_\_\_  
Soda water \_\_\_\_\_  
Beer \_\_\_\_\_  
Liquors \_\_\_\_\_  
Lemonades \_\_\_\_\_  
Limeades \_\_\_\_\_  
Fruit juices \_\_\_\_\_

Other foods

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Training and Conditioning Questionnaire

9. Using the scale on page 1, place a number opposite each of the food items on the previous page to indicate the degree to which you think it should be used in the training diet.

10. Check the one method of cooking foods which is preferred and rate each one relatively by placing a number from one to five opposite each method:

- Boiled \_\_\_\_\_
- Baked \_\_\_\_\_
- Fried \_\_\_\_\_
- Broiled \_\_\_\_\_
- Stewed \_\_\_\_\_

11. Give an example of the pregame meal you prefer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. How long before the game do you feel it should be eaten? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. How long after the game do you feed the team? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. What do you give them? \_\_\_\_\_  
\_\_\_\_\_

15. Do you give them an orange, apple, bottle of milk, or something else after each practice period? \_\_\_\_\_  
\_\_\_\_\_

16. (a) Do you believe that sugar feeding before a game is good? \_\_\_\_\_  
(b) Would you use sugar feeding between halves? \_\_\_\_\_  
(c) Would you use sugar feeding as early as 24 hours before? \_\_\_\_\_  
(d) Would you use sugar feeding as early as 48 hours before? \_\_\_\_\_  
(e) Do you give the players salt tablets daily? \_\_\_\_\_ If so, how many? \_\_\_\_\_  
(f) Do you give the players a tablet composed of salt and dextrose? \_\_\_\_\_  
(g) Do you give the players vitamin pills? \_\_\_\_\_. If so, a pill composed of various vitamins, or of one particular vitamin? \_\_\_\_\_  
If you give vitamin B<sub>1</sub>, what is your opinion as to its value? \_\_\_\_\_  
(h) Do you include various foods in your diet as a source of vitamins rather than by using the vitamin pills? \_\_\_\_\_  
(i) Do you give gelatin to your players? \_\_\_\_\_  
If so, when do you do so? \_\_\_\_\_  
What is your opinion as to its value? \_\_\_\_\_  
(j) Do you allow the boys to smoke during the basketball season? \_\_\_\_\_  
(k) Do you think the best policy is to pay no attention? \_\_\_\_\_  
(l) Do you permit it in moderation? \_\_\_\_\_  
(m) Do you believe in let-down periods in training during the regular season? \_\_\_\_\_  
(n) What drink do you prefer between halves? orange juice, tea, coffee, etc., or eating oranges, etc. \_\_\_\_\_



Training and Conditioning Questionnaire

16. (con't.)

- (o) How long before the start of the season do you start practice? \_\_\_\_\_
- (p) Do you believe in tapering off the work before the game? \_\_\_\_\_
- (q) Do you believe in a full day's rest before a game? \_\_\_\_\_
- (r) As a rule, what is the length in time of your preliminary season workout? \_\_\_\_\_
- (s) How many workouts do you have per week during your preliminary season period? \_\_\_\_\_
- (t) 1. After your schedule of games begins, what is the length of your daily workout? \_\_\_\_\_
- 2. Immediately after the daily practice period, do you have the players take their showers, or have them cool off by practicing free throws until cooled off, and then take their showers? \_\_\_\_\_
- 3. Do you have the players take calisthenics before each practice session \_\_\_\_\_
- 4. What do you advise the players regarding length and temperature of shower? \_\_\_\_\_
- (u) Do you have spring practice? \_\_\_\_\_
- (v) Do you keep a weight chart from the beginning to the end of basketball season? \_\_\_\_\_
- (w) Do you have the boys weigh before and after each daily workout and the game? \_\_\_\_\_
- (x) 1. Do you have all players wear ankle supports for each practice session or game regardless of whether they have weak ankles or not? \_\_\_\_\_
- 2. If you use a support, what support do you use: the roller bandage in some form, or adhesive support? \_\_\_\_\_
- 3. Do you use cotton or woolen socks? \_\_\_\_\_  
How many pair? \_\_\_\_\_
- 4. What do you do to toughen the skin of the players' feet? \_\_\_\_\_

17. Rate the value of massage according to the scale on page 1.

0    1    2    3    4    5

18. Ring the length of time that you believe massage should be continued.

5    10    15    20    30    45    50    minutes

19. Rate the following forms of therapy for treating a pulled muscle or other soft tissue injury of the basketball athlete. (Scale 1-15).

- Short very hot pack \_\_\_\_\_
- Long hot pack \_\_\_\_\_
- Hot and cold alternately \_\_\_\_\_
- Diathermy \_\_\_\_\_
- Whirlpool bath \_\_\_\_\_
- Cold pack \_\_\_\_\_



Training and Conditioning Questionnaire

20. How long do you apply the following in your treatment of any soft tissue injury? Indicate by placing the number of minutes after each form of treatment:

Short very hot pack \_\_\_\_\_  
Long hot pack \_\_\_\_\_  
Hot and cold alternately \_\_\_\_\_  
Diathermy \_\_\_\_\_  
Whirlpool \_\_\_\_\_  
Cold pack \_\_\_\_\_

21. How long after the initial injury do you apply any of the above? Indicate by placing the number of hours or minutes after each form of treatment:

Short very hot pack \_\_\_\_\_  
Long hot pack \_\_\_\_\_  
Hot and cold alternately \_\_\_\_\_  
Diathermy \_\_\_\_\_  
Whirlpool \_\_\_\_\_  
Cold pack \_\_\_\_\_

Any supplementary remarks that you might make on the backs of pages will be appreciated.

If the response to this questionnaire is sufficient to make it of value, I will mail you a copy of the findings. Kindly write your name and the name of your college or university on your filled-out questionnaire.

*I thank you. Doctor Allen*



October 14, 1941

Mr. Joe A. Bradley  
Circulation Manager  
Topeka State Journal  
Topeka, Kansas

Dear Mr. Bradley,

I am enclosing a check for \$3.00 for which please send me a year's subscription to the Topeka State Journal. I have read the Journal for a number of years but never have been a regular subscriber before.

I am very happy to subscribe for I am a personal friend of Mr. Stouffer, my children and Mr. Stouffer's children are very good friends, and also I have heard that Mr. Don Pierce is doing splendid work with a sports column in the paper.

Looking forward to receiving the Journal I am

Sincerely,

Director of Physical Education and Recreation  
Varsity Basketball Coach



October 18, 1941

Mr. Bob Busby  
Sports Editor  
Lawrence Journal-World  
Lawrence, Kansas

Dear Bob,

I am sending you a carbon copy of several letters that passed between Brownie and me. If you're interested in any part of them you're welcome to them.

I read your column in last night's Journal-World and thought this might amplify your findings.

Sincerely yours,

FC<sup>A</sup>/PE

Director of Physical Education and Recreation  
Varsity Basketball Coach



October 20, 1941

Burgess Publishing Co.  
426 So. Sixth Street  
Minneapolis, Minn.

Gentlemen,

Mr. James Naismith, Mr. Jay Plumley, Mr. Ralph Conger, Dr.  
V.W. Lapp, are no longer with our department.

We thought you might like to know so that you can discontinue  
sending them communications here.

Sincerely,

PMG/E

Secretary to the Department of Physical Education  
University of Kansas



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TOPEKA, KANSAS

OFFICE OF SECRETARY  
SUITE 624

NATIONAL BANK OF TOPEKA BUILDING

March 2, 1942.

Dr. F. C. Allen,  
University of Kansas,  
Lawrence, Kansas.

Dear Phog:

Please accept my expression of appreciation for your kindness to me in connection with the Oklahoma game last Friday night. It was a treat to me to really get back into the College atmosphere for which I am greatly indebted to you.

Your boys didn't quit for a minute. It was just a case of cycle occurrence wherein one team can't miss and the other team isn't quite up to its usual par. It would be hard for a team to remain 100% on par when the latter is as high as in the case of your squad.

The thing that impressed me most was the fine bunch of boys which you have, evidenced in a large measure through your wonderful training and guidance.

Sincerely yours,

Fred M. Bowman,  
Secretary.

FMB-R  
cc-M.L.Breidenthal



March 6, 1942.

Mr. Maurice L. Breidenthal,  
Security National Bank,  
Kansas City, Kansas.

Dear Maurice:

I am enclosing a letter I have just received from  
C. A. Clingenpeel, the athletic coach at Central College.

I want to be sure that this fellow Adams told you  
Central College. I am still going to call his bluff, but  
I want you to write me and tell me if you remember anything  
else. Cling doesn't even remember Adams.

I think Dean Adams is a four-flusher just like a  
lot of other fellows down Oklahoma way, but I am going to  
cool my heels before I write him. I'll wait until I hear  
again from you. Please return Cling's letter when you  
write.

Hope to see you tomorrow night.

Sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball and Baseball Coach.

FCA:AH  
Enc.