

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 B₁, 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. _____