

## 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 \_\_\_\_\_