

February 27, 1941

Mr. William V. Bryan  
Box 116  
Pierceton, Indiana

Dear Coach Bryan:

Congratulations on your tournament success.

I would certainly agree on the psychology you use. You cannot pep a team up for every game. I think you put your finger on the trouble--- the fact that the friends of the boys were so anxious for an undefeated season that they worried the boys unduly.

I would also agree with your menu. Tell the boys that they are not playing on the strength gained from the food that they eat the day of the game or that they ate a day before or a week before, but rather the glycogen that is stored in the liver. That great storehouse of energy will give off if the boys are in good and perfect training.

I feed my boys very lightly. I tell them that they have never seen a fat race horse in their life, and the boy who trains down to a fine edge and who keeps the training rules is the competitor that will win the game.

I hope that you were successful in your game on the 22nd and that you make a fine showing in the fifteen-team tournament the week of February 27-28 and March 1. We go to the University of Nebraska, Lincoln, on March 1 and to Ames where we meet Iowa State on March 3, and then we meet Oklahoma here in Lawrence on March 7. That will end our conference season and as our boys are very small I am afraid we will not be able to hold up.

You tell the boys that I said they are getting plenty to eat; in fact, if I were feeding them I would not give them a bit more. I think perhaps you read the article in the Saturday Evening Post which gave a menu on honey, celery, etc. We use Ovaltine instead of hot chocolate; it is much easier digested.

I am wondering if you know of my new book, Better Basketball, published by McGraw-Hill and Company. I am sending you a folder on the same so that you may look it over. This is a much superior book to my first text, My Basketball Bible.

Wishing you and your boys lots of good luck, I am,

Sincerely yours,

FCA:lg  
Enc.

Director of Physical Education and Recreation  
Varsity Basketball Coach