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# The Kentucky High School Athlete, November 1968

Kentucky High School Athletic Association

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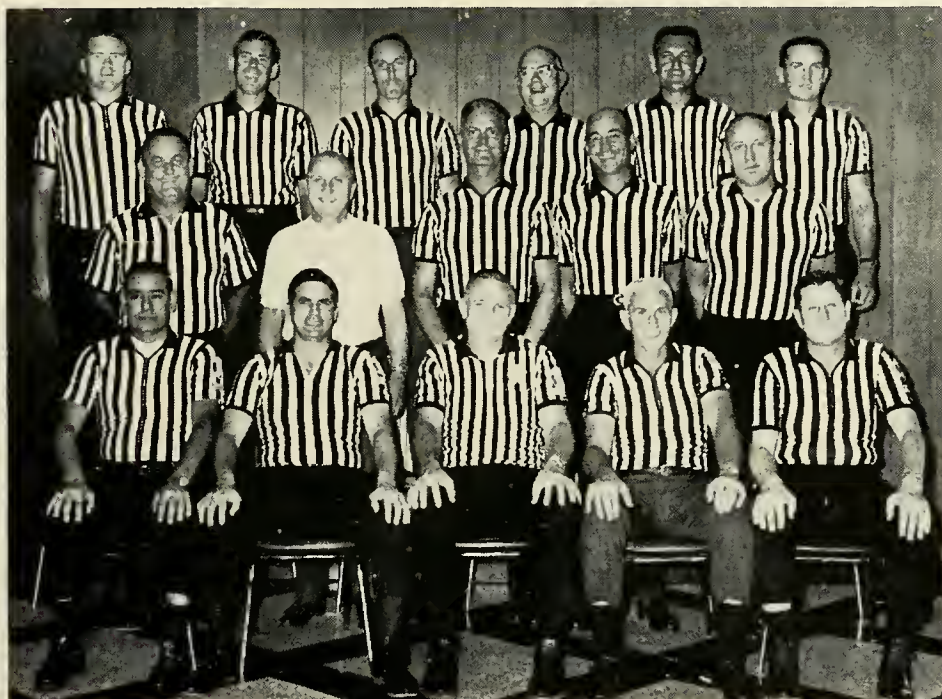
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# THE KENTUCKY



# High School Athlete

K.H.S.A. AREA BASKETBALL REPRESENTATIVES



(Left to Right) Front Row: Jerry Kimmel, Beechmont; Roy Winchester, Bethlehem; Goebel Ritter, Whitesburg; Charlie Irwin, Hopkinsville; Howard Gardner, Elizabethtown. Second Row: Bob Miller, Fort Thomas; School Director Charlie Vettiner, Louisville; Claude Ricketts, Louisville; Rex Alexander, Murray; Hubert Loudon, Louisville. Third Row: Bill Wise, Lexington; Bob Foster, Science Hill; E. B. May, Jr., Prestonsburg; Ernie Cbattin, Asbland; Howard Rogers, Winchester; Joe Golden, Lynch.

Official Organ of the  
**KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION**

November, 1968

# FILMS

The films listed below are in the Film Library of the University of Kentucky College of Education. The code letters "e, j, s, c, a" refer to elementary, junior high, senior high, college and adult audiences who may enjoy the particular film listed. The rental prices shown do not apply to schools which use one of the special subscription service plans offered by the Bureau of Audio-Visual Material.

## Basketball

ASHLAND VS. ST. XAVIER (1962 K.H.S. BASKETBALL TOURNAMENT FINALS), e-j-s-c-a, 3 reels, silent, \$1.00

The Ashland Tomcats gave a valiant performance in trying to capture their second consecutive championship but the Tigers of St. Xavier were the winners in the final game by 62-53. The Tigers were led by Mike Silliman and the Tomcats by Larry Conley.

BALL HANDLING IN BASKETBALL, j-s-c, 1 reel, \$2.00

Teaches fundamentals of basketball handling including stance, grip, control, adjustment, before shooting, catching the ball, and other points. Presents game shots, using special photographic techniques to illustrate principles.

BASKETBALL BY RUPP, j-s-c-a, 2 reels, \$3.00

Animated play diagrams, slow motion photography, and action shot are combined in this new film prepared under the personal direction of Mr. Rupp especially for coaching use. Among the drills and plays covered in this film are: pivot man's slide into the basket; Play No. 6, the famous Kentucky basket maker; legal screening; penetration zone defense; and the Kentucky fast break.

BASKETBALL FUNDAMENTALS — INDIVIDUAL TECHNIQUES, j-s-c-a, 1¼ reels, \$2.50

Branch McCracken, Indiana University basketball coach, used his team to demonstrate the fundamentals of basketball. Slow motion photography is used to break the various court techniques down into easily grasped essentials.

BASKETBALL KENTUCKY STYLE, j-s-c-a, 2 reels, \$3.00 (in state), \$5.00 (out of state)

This is the revised edition of the film "Basketball by Rupp" prepared under the personal direction of Mr. Rupp especially for coaching use.

BASKETBALL STRATEGY FOR GIRLS, j-s-c-a, 1 reel, \$2.00

The basic strategy of offense play (fakes, rolls, cutting, screening, varying pace) and defense play (player to player, basic zone, shifting zone, triangle, and diagonal) is demonstrated and explained in this film.

BASKETBALL TECHNIQUES FOR GIRLS, j-s-c-a, 1 reel, \$2.00

Basic movement skills (running, starting, stopping, turning) passing (finger control, movement with the pass, leading the receiver, choice of the right pass), catching (side pass, high pass), shooting (finger control, arm extension, wrist flip, choice of the right shot), dribbling, faking, and pivoting are demonstrated and explained in this film.

BRECKINRIDGE COUNTY VS. COVINGTON HOLY CROSS (1965 Basketball Finals), e-j-s-c-a, 3 reels, (40 min.), color, silent, \$1.00

The Breckinridge County High School team which reached the finals in 1964, returned to take the state championship title in 1965. Led by Butch Beard, they defeated Covington Holy Cross 95-73.

CHAMPIONSHIP BASKETBALL — TEAM TECHNIQUES, j-s, 1 reel, \$2.00

Man-to-man defense is shown, with the means best used under varying conditions.

COVINGTON CATHOLIC VS. EARLINGTON (1967 Basketball Finals), e-j-s-c-a, 3 reels, (30 min.), color, silent, \$1.00

Earlington High School team won the tournament by defeating the Covington Catholic Colonels 54-53, by scoring a field goal in the last second of the final game. The winners eliminated Russell, Atherton, and Breathitt County to reach the finals.

DEFENSIVE FOOTWORK IN BASKETBALL, j-s-c-a, 1 reel, \$2.00

Striding with an opponent, checking, maneuvering him out of position and other basic skills are illustrated, using special photography to demonstrate points. Rebounding, pivoting, and correlated arm action are taught also.

KNOW YOUR BASKETBALL, j-s-c-a, 3 reels (33 min.), color, \$1.00

Provides a thorough examination of the rules and present guidelines that will aid the fans as well as officials, coaches and players in a better understanding of those difficult judgment decisions that are constantly occurring on the basketball court.

LOUISVILLE MALE VS. SHELBY COUNTY (1966 Basketball Finals), e-j-s-c-a, 3 reels (30 min.), color, silent, \$1.00

In the action-packed final game of the state high school tournament the Rockets of Shelby County won the state championship as the Bulldogs of Louisville Male were defeated by the score of 62-57 in Freedom Hall at Louisville.

MONTICELLO VS. FLAGET (1960 K.H.S.A.A. STATE BASKETBALL TOURNAMENT FINALS), e-j-s-c-a, 2 reels, color, silent, \$1.00

Flaget High School of Louisville defeated Monticello High School in the final game of the tournament to win the championship. The Braves came from behind in the last half to overtake the Trojans and win by a score of 65-56.

NORTH MARSHALL VS. DUPONT MANUAL (1959) K.H.S. BASKETBALL TOURNAMENT FINALS, e-j-s-c-a, 3 reels, silent, \$1.00

The Indians of North Marshall High School proved too much for the Reds of duPont Manual in the final game, winning by a score of 64-63. All-State players Doyle and Lampley were best for the winners, while Melear and Siers let the Reds.

OFFICIAL BASKETBALL, e-j-s-c-a, 4 reels (40 min.), color, \$1.00

Demonstrates the official rules interpretations covering screening, traveling, jump ball, front and back court throw-ins, free throws, personal and technical fouls, rebounding, and unusual and often misunderstood play situations.

RUPP'S FUNDAMENTALS OF BASKETBALL, j-s-c-a, 1 reel (11 mins.), silent, \$1.25

Coach Rupp's University of Kentucky Wildcats (1949-50) demonstrate ten different plays.

RUPP'S PARADE TO THE NATIONAL CHAMPIONSHIP OF 1958, j-s-c-a, 4 reels, \$4.50

This film presents the highlights of all the games, both regular season and tournament games, which led up to the U of K's Wildcats winning the NCAA basketball crown.

SENECA VS. BRECKINRIDGE COUNTY (1964 Basketball Finals), e-j-s-c-a, 3 reels (40 mins.), color, silent, \$1.00

Seneca High School won the state championship for the second straight year by defeating Breckinridge County by the score of 66-56.

SENECA VS. GLASGOW (1968 Basketball Finals), e-j-s-c-a, 3 reels, (33 min.), color, silent, \$1.00

The Scotties were not to be denied the championship as they eliminated three of the strongest teams in the tournament for the right to meet Seneca in the final game. The Indians lost to Glasgow by a score of 77-68.

(Continued on Page Nine)

# *The Kentucky High School Athlete*

*Official Organ of the  
Kentucky High School Athletic Association*

VOL. XXXI—NO. 4

NOVEMBER, 1968

\$1.00 Per Year

## **The Coach in Time of Crisis**

**By Supt. Frank Dick  
Toledo (Ohio) Public Schools**

In present day society, life becomes more complicated and competitive every day. Therefore, it is difficult for the young person to find his niche.

The high school coach has an excellent opportunity to influence the young people under his jurisdiction, to guide them toward finding goals and being able to compete in life's work.

To be competitive in today's world, one must be self-controlled in a crisis. What better way can a young man learn this lesson than in the spirit of varsity competition where he learns to play the game as it should be played?

Nothing teaches alertness and discipline as well as the actual competition of the game on the athletic field. Young athletes learn how to compete. They come to know that every game in life has rules which must be followed. They learn to give all they have to win, and to take defeat with the same grace with which they earn victory.

All this, in competition, comes under the scrutiny of an audience which sometimes can be critical and even hostile.

It is the actual staging of the game which gives the coach his shining hour. All the preparation that goes into the game plan, no matter how carefully detailed, can be useless if the boys are not disciplined on the field.

Even discipline on the bench is important. The coach should have his squad so well organized that he knows instantly where each one of his men is placed. Substitutes, who go into and out of the game, should be in one section of the bench; specialists should be in another section; and first line substitutes or replacements in still another section. Even the team doctor with the trainer should be assigned a definite area.

Discipline on the bench goes hand-in-hand with the coach's own example of self-control at the game. No matter how well organized a coach may be during the week, if he is not well organized at critical moments during the game, not only may he lose the game by not being prepared for a split-second decision, but his demonstration of crowd control can become a foolish travesty.

He is responsible for the attitude of his team on the bench, the discipline of his squad on the field, his players' reactions to the referees, and the immediate post-game control of those under his jurisdiction.

Managers and assistant coaches also must play a key role in overall control. This becomes doubly important in today's society, where a disciplined team can be a great lesson for both students and adults.

The responsibility for much of the student body's attitude, in our opinion, lies with the high school principal, while the athletic director should be well schooled in principles of crowd control. The athletic director must know how to discipline the student body, how to keep students in their places in the stands and prevented from running all over the stadium.

The athletic director should not necessarily have a get-tough attitude, but he must be able to secure ample police control, have the police follow crowds from the stadium, and be able to dispatch police to trouble spots in and around the stadium before, during, and at the end of the game.

Spectators should definitely be kept off the sidelines. Booster club members, wearing arm bands or other identification to bolster the police and school officials, are helping in overall crowd control.

The school principal should teach sportsmanship, be responsible for the student body's attitude at assemblies, and build up good student behavior at games. The school public address system should be used, not abused. Whenever possible, the principal should secure speakers from among community leaders to teach good sportsmanship to the entire student body.

In a time of crisis, the coach is definitely coaching more than his team. He has a responsibility not only to his athletes, but to the student body, to his administration, and to the entire community in which he lives.

The spirit of varsity competition is one of the great things in our American society. While physical facilities at a given institution may be the greatest, it is the man who is honored with the name of coach who ties the whole thing together. A well-controlled coach in a cow pasture is better for society than a dubiously dedicated coach with the greatest college team in the country.

—Athletic Journal and Ohio H. S. Athlete

## **National Federation Basketball Test**

Part II of the National Federation basketball examination will be given all over Kentucky on Monday, December 2, to officials who wish to work for the Approved and Certified ratings. Officials registered with the K.H.S.A.A. for the first time this year and who have not been registered previously in any other state association, are not eligible to take the test. Those interested should advise the State Office immediately in order that necessary arrangements can be made with the school administrators who will supervise the taking of the exam. Officials living in Kentucky need not suggest the name of an examiner. The Approved rating does not carry forward from year to year, but must be earned each year.

## **Football Hall of Fame**

George E. Mercker, 803 Republic Building, Louisville, heads a committee which will select the outstanding scholar athletes for Kentucky. The winner of the 1968 contest will be presented an appropriate award given by the National Football Foundation. Mr. Mercker writes: "Since this is to be a candidate who is both a student and an athlete, a boy's academic record and his performance on specified college board tests will be some of the factors considered by the panel for its selection. The fact that he also must be considered an outstanding football player is automatically understood. Of course, awards won as a football player will be considered also. Other factors taken into consideration will be good moral character, leadership ability and other school related activities in which the boy participates." Administrators and coaches should send their nominations to Mr. Mercker.

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Lexington, Ky.

**BOARD OF CONTROL**

President ----- Preston Holland (1965-69), Murray  
Vice-President ----- Ralph C. Dorsey (1966-70), Horse Cave  
Directors—W. H. Crowdus (1968-71), Franklin; Morton Combs (1968-72), Carr Creek; Don Davis (1967-71), Independence; James T. Dotson (1968-72), Johns Creek; Don R. Rawlings (1965-69), Danville; Fester J. Sanders (1966-70), Louisville.  
Subscription Rate ----- \$1.00 per Year

*From the Commissioner's Office***REPORTS SOON DUE**

1. 1968 Football Participation List
2. School's Report on Football Officials
3. Official's Report on Schools (Football)

**Approved and Certified Officials**

Clyde E. Allen, Jr., has qualified as an Approved official. James H. Mooneyhan and Thomas R. Norwood have qualified as Certified officials.

**Future Football Districts and Regions**

The future football districts and regions for 1969 and 1970 in Classes AA and A are as follows:

**Class AAA****REGION I**

Atherton, Bishop David, Central, DeSales, duPont Manual, Flaget, Iroquois, Male, Shawnee, St. Xavier, Trinity

**REGION II**

District 1—  
Butler, Doss, Fairdale, Pleasure Ridge Park, Southern, Valley, Western

District 2—  
Durrett, Eastern, Fern Creek, Jeffersontown, Seneca, Thomas Jefferson, Waggener, Westport

**Class AA****REGION I**

District 1—  
Bowling Green, Caldwell County, Christian County, Franklin-Simpson, Hopkinsville, Lone Oak, Mayfield, Paducah

District 2—  
Davies County, Henderson, Henderson County, Madisonville, Ohio County, Owensboro, Owensboro Catholic, Union County

**REGION II**

District 1—  
Breckinridge County, Elizabethtown, Fort Knox, LaRue County, Meade County, North Hardin, Oldham County, Old Kentucky Home, Shelby County, Shepherdsville

District 2—  
Danville, Henry Clay, Jessamine County, Lafayette, Somerset, Woodford County

**REGION III**

District 1—  
Boone County, Boyd County, Campbell County, Covington Catholic, Dixie Heights, Highlands, Holmes, Lloyd Memorial, Newport, Newport Catholic, Paul G. Blazer, Russell, Simon-Kenton

District 2—  
Bourbon County, Bryan Station, Franklin County, George Rogers Clark, Harrison County, Madison Central, Tates Creek

**REGION IV**

District 1—  
Bell County, Corbin, Cumberland, Evarts, James A. Cawood, Knox Central, Middlesboro, Russell County, Wayne County, Whitley County

District 2—  
Belfry, Hazard, Leslie County, M. C. Napier, Prestonsburg, Whitesburg

**Class A  
REGION I****District 1—**

Crittenden County, Fort Campbell, Fulton, Fulton County, Murray, North Marshall, Russellville, Todd Central, Trigg County

**District 2—**

Allen County, Butler County, Campbellsville, Caverna, Cumberland County, Glasgow, Greensburg, Metcalfe County, North Warren, Tompkinsville, Warren Central

**REGION II****District 1—**

Bardstown, Eminence, Henry County, Kentucky Military Institute, Lebanon, Louisville Country Day, Shelbyville, Washington County

**District 2—**

Anderson, Berea, Boyle County, Burgin, Frankfort, Garrard County, Georgetown, Harrodsburg, Kentucky School for the Deaf, Madison, Mercer County, Sayre, Scott County, Stanford

**REGION III****District 1—**

Beechwood, Bellevue, Carroll County, Catlettsburg, Dayton, Ludlow, McKell, Owen County, Raceland, Wurtland

**District 2—**

Bath County, Fleming County, Lewis County, Maysville, Millersburg Military Institute, Montgomery County, Mt. Sterling, Nicholas County, Paris, Rowan County

**REGION IV****District 1—**

Harlan, Hazel Green Lily, London, Lynch, Lynn Camp, Mt. Vernon, Pineville, Williamsburg

**District 2—**

Elkhorn City, Fleming-Neon, Jenkins, Johns Creek, Louisa, Morgan County, Mullins, Paintsville, Pikeville, Virgie, Wheelwright

**Minutes of Board Meeting**

The Board of Control of the Kentucky High School Athletic Association met at the Ramada Inn, Lexington, on Saturday morning, October 12, 1968. The meeting was called to order by Vice-President Ralph C. Dorsey at 11:00, with Morton Combs, Don Davis, James T. Dotson, Don R. Rawlings, and Foster J. Sanders; Commissioner Theo. A. Sanford and Assistant Commissioner J. B. Mansfield present. The invocation was given by James T. Dotson.

Don R. Rawlings moved, seconded by James T. Dotson, that the reading of the minutes of the August 10th meeting be waived, since the members of the Board had received copies of these minutes. The motion was carried unanimously.

Ralph C. Dorsey announced the appointment of the following committees for 1968-69, which had been made by President Holland:

Personnel and Policy—Chairman Ralph C. Dorsey, Don R. Rawlings, Foster J. Sanders. (The President and the Commissioner are ex-officio members of this committee.)

Building—Chairman Morton Combs, Don Davis, James T. Dotson. (The President and the Commissioner are ex-officio members of this committee.)

Trophy—Chairman Alvin Almond, Theo. A. Sanford, J. B. Mansfield. (The President is an ex-officio member of this committee.)

Swimming—Chairman Alfred M. Reece (Lexington), Mrs. Wilbur Bell (Cynthiana), Greg Bobrow (Louisville), E. W. Craik (Louisville), Don Davis (Independence), Miss Sheila Gilreath (Ashland), Rev. Richard Grenough (Louisville), Edgar McNabb (Fort Mitchell), Jack Thompson (Louisville), Miss Dot Kirkpatrick (Richmond).

Wrestling—Chairman Orville Williams (Louisville), Jerry Abney (Alexandria), Jerry Boyd (Danville), Will D. Evans (Louisville), Marshall Patterson (Fort Campbell), Vince Semary (Louisville), Robert Weenolsen (Louisville), Bro. Joseph Wilhelm (Newport).

Gymnastics—Chairman Bernard Johnson (Lexington), Dr. Barney Groves (Richmond), George Jefferson (Louisville), Herb Lewis (Louisville), Thomas E.

Mahanes (Lexington), Mrs. Bonnie Rowe (Louisville), Bob Wason (Louisville).

The Commissioner reported the referendum results on the two proposals which had been submitted recently to principals of K.H.S.A.A. member schools. They were as follows:

Proposal I, making certain changes in the possible terms of appointments for Association executives, including an optional retirement plan, 223 YES, 14 NO.

Proposal II, giving the Board of Control authority to amend the playing rules for any sport sponsored by the Association, 201 YES, 36 NO.

The Commissioner, with the Board now having authority given in Proposal II, recommended that Basketball Rule 1-14 be deleted and that the following be substituted:

"It is recommended that both players' benches be placed along that side of the court on which the scorers' table is located. Placing the players' benches outside the end lines should be discouraged." Don R. Rawlings moved, seconded by Don Davis, that the recommendation of the Commissioner be accepted and that the rule mentioned be changed accordingly. The motion was carried unanimously.

There was a discussion concerning certain needed changes in the Football Playoffs regulations.

The Commissioner recommended that, for the football seasons of 1969 and 1970, 485 be substituted for 475 in I-A-2 and I-A-3; that I-C be amended accordingly, with enrollments based on the 1967-68 figures. He asked Assistant Commissioner Mansfield to present the recommended classes, districts, and regions for 1969 and 1970, based on the enrollment figure mentioned. Morton Combs moved, seconded by Don R. Rawlings, that the recommendations of the Commissioner and Assistant Commissioner be accepted and made a part of the football regulations. The motion was carried unanimously.

The Commissioner stated that he had scheduled tentatively the Class AAA Football Finals to be played in Louisville on November 22, and the Classes A and AA Football Finals to be played in Lexington on November 29. Don Davis moved, seconded by James T. Dotson, that the schedule of the football playoff games, made by the Commissioner, be approved by the Board. The motion was carried unanimously.

The Commissioner stated that it is also probable that he will have two sections of the State Golf Tournament in 1969, one a team tournament and the other a tournament for individuals. The members of the Board thought that the plan had merit.

The Commissioner stated that interest in Girls' Track is now great enough for him to assign teams in this sport to two classes in 1969, AAA and AA.

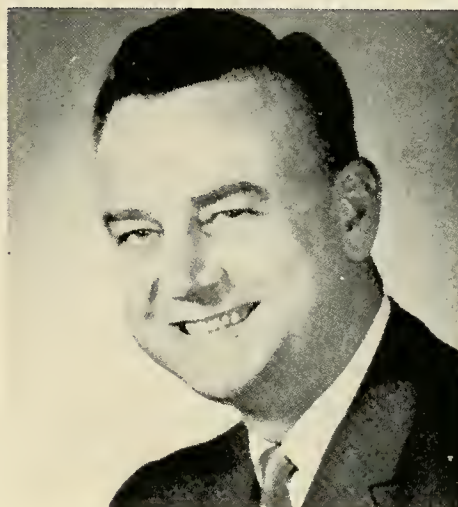
The Commissioner stated that two school men are currently in the race to represent Section 2 for membership on the Board of Control. They are Supt. Darrell Carter of the Monroe County Schools and Prin. W. H. "Johnnie" Crowdus of the Franklin-Simpson Junior High School.

The Board set the date of December 21, 1968, for its next meeting.

Foster J. Sanders moved, seconded by James T. Dotson, that all bills of the Association beginning August 1, 1968, and ending September 30, 1968, be allowed. The motion was carried unanimously.

There being no further business, the meeting adjourned.

## In Memoriam



**Lewis Baker**

Lewis Baker, 42, Superintendent of Union County Schools, died on September 28, 1968, at the Community Methodist Hospital in Henderson where he had been a patient for two weeks.

Mr. Baker was born in Clay, Kentucky, the son of Mr. and Mrs. Robert Baker of Pride. He was a 1944 graduate of the Clay High School, entering the Navy under the officer training program in July of that year. He attended Miami and Oberlin colleges in Ohio where he took part in varsity basketball and track. He received degrees from Western State University and George Peabody College.

A coach and athletic director and an assistant principal in the Henderson County school system from 1951 to 1955, Mr. Baker was a former president of the Henderson County Teachers' Association. He was Superintendent of Scottsville City Schools during the 1955-60 period. He had been Superintendent of Union County Schools since 1960.

Mr. Baker was a member of the First Baptist Church of Morganfield, the Masonic Lodge at Scottsville, the Union County Fish and Game Club of which he was a former president, the American Legion, and the Veterans of Foreign Wars. His name appeared in the 1967 edition of Outstanding Personalities of the South.

Survivors are his wife, Mrs. Marianne Baker; daughters, Debbie and Terri Lou, and son, Daniel Clay, all at home; his parents, of Pride; a sister, Mrs. Ruby Jean Heady of Pride; and brothers, James of Tecumseh, Mich., Luther of Allen Park, Mich., and Robert of Kingsport, Tenn.

Radio Station WMSK gave a moving tribute to Mr. Baker on September 30. Excerpts are:

It is not this station's policy to eulogize anyone. To do this would in a sense be showing favoritism, but in this particular instance we feel that all the residents of Union County will share with us the heartfelt loss we have this morning. Saturday the Death Angel took from our midst a man; a family man; a well educated man; a man who loved life, who worshiped his family, and a man who was truly interested in all the children in this county. . . . He worked day and night. He talked to his friends. He toured the county talking to voters and he accomplished what some said would never happen, he

consolidated the Morganfield and Sturgis high schools and built a three and half million dollar plant on Highway 60. . . . The many trips to areas to push for help in the county, the trips to the State capitol to argue a point with a particular department, the hours spent at his desk at the courthouse, we will never know how many. But this we do know, Lewis Baker was a school man. He leaves behind a school system that did not just happen. Lewis Baker made it happen. He planned it that way. He made up his mind and he worked until he saw his dream come true. . . . Lewis was a young man, a family man, and we again go through all the reasons Lewis Baker should have lived, but we can not question the reason he died. We can only be thankful that he lived. And this morning we would like to say to all of you, "Give thanks because Lewis Baker did pass this way."

## KAPOS NEWS

### 1968 Scholarship Awarded

Miss Robina M. Becker, daughter of Mr. and Mrs. John H. Becker, Jr., has won the 1968 \$500 educational scholarship awarded by the Kentucky Association of Pep Organization Sponsors. "Robin" is a graduate of duPont Manual High School where she was a member of the National Honor Society, Student Council, Great Books Club, Advanced Honor Roll Club and the Drama Club. Some of her honors include selection to the Stewart's Teen Board, Most Popular Girl in her Senior Class, a Miss Manual Finalist, a member of the Homecoming Queen Court, and the Courier-Journal "Sweetheart of the Week." The selection is based on: scholarship, citizenship and need for financial assistance. "Robin" had an academic ranking of 16 in a class of 393. She has enrolled at the University of Kentucky where she plans to major in social work.

Mrs. Joanna Conover, Robin's high school cheerleader sponsor, predicts a very successful college career for Robin. Our first report on Robin's college activities is in the area of cheerleading. While she did not make it as one of four freshman cheerleaders selected, she was one of the ten finalists. Since the tryouts I have talked with Robin twice and she is enthusiastic about every phase of her first month of being a college freshman. As I receive news of any of our scholarship recipients, you will be informed through this magazine or the K.A.P.O.S. newsletters.

### Your Dues Make Scholarships Possible

To date K.A.P.O.S. has given \$2,500 for scholarships. Our main sources of revenue are your \$2 membership fee and the one-day cheerleader clinics. Because there are so many summer clinics available and we have had such difficulty in obtaining a teaching staff, it was felt that we could eliminate this year's one-day clinics. However, this means that we will need 100 percent paid-up membership if we hope to continue our scholarship program, etc.

### State-at-Large and State-Tournament Championships

With the enthusiastic response given to the State-at-Large Championship, it is reasonable to assume that we will have greater participation this second year. And, while this reminder is not to be construed as a "threat," you are entitled to be reminded that the school must be a paid-up member of KAPOs in order to be eligible for competition in either of the two events, State-at-Large and State Tournament! DUES MUST BE PAID BY DISTRICT TOURNAMENT DATE. . . . Your revised constitution states that the fiscal year shall be from September 1 through August 31. This means that all dues should be paid in September and by district tournament time if you plan on entering the competition for outstanding cheerleader squad. However, your membership is welcomed at any month of the fiscal year.



**SCHOLARSHIP WINNER**—Miss Robin Becker (front) receives a \$500 scholarship award from KAPOs. Attending the award luncheon were (left to right) Mrs. Joanna Conover sponsor duPont Manual High School, Louisville; Miss Jane Meyer, KAPOs, president; and Mrs. John Becker, mother of the scholarship recipient.

### Summer Sponsors Meeting

Those sponsors attending the summer cheerleading clinic met on August 8, 1968, on the University of Kentucky campus. Miss Jane Meyer, Shelbyville High School, presided over the meeting. Mr. Bob Wason, representing the Nissen Company, distributed materials on tumbling mats and trampolines. We appreciate the time that Mr. Wason gave in remaining until the end of our meeting so that he could give individual attention to each sponsor.

The beautiful silver bowl that was presented to Mrs. Stella S. Gilb at the state tournament was on display, and Mrs. Gloria Compton read a letter from Mrs. Gilb thanking the association for the honor bestowed upon her.

Within the next few days you should receive the Newsletter and the membership card. Some of the recommendations and details of the summer meeting will be covered in the Newsletter. Also, you will find the list of names of those sponsors who paid their dues at the summer meeting.

### Three New Board Members to Be Elected

A ballot will be sent to you along with the Newsletter. If you know of someone whose name does not appear here that you feel would make a good board member, won't you drop Jane Meyer a card so that she can contact this person. The following names have been submitted for consideration as new board members:

Jane Graham (Bourbon County), Bobbie Branimer (Fairdale), Joanna Conover (duPont Manual), Pat Eubank (Owensboro), Deane Gaunce (Lewis County), Ann Holland (Henry County), Nancy Carr (Central City), Cheryl Thomas (Pleasure Ridge), Leah Tackett (Mullins), Mary Ann Powell (Boyle County), Ann Walker (Paducah), Joanne Fox (Greenville), Opal Patterson (Middlesboro), Pat Scott (Woodford County), Sally Meng (Bellevue High).

Stella S. Gilb  
Secretary-Treasurer, KAPOs

## SUPPLEMENTARY LIST OF REGISTERED BASKETBALL OFFICIALS (List Compiled October 25)

If one telephone number is given for an official listed, it is the home phone unless otherwise designated. If two numbers are given, the first number is that of the home phone.

- Abney, Bob, 342 Stratford Drive, Lexington, 277-4706, 266-0115  
 Adams, Richard W., 20 Bartlett Ave., Madisonville, 821-1381, 821-5246  
 Adams, William M., Letcher, 633-7787, 633-7787  
 Adair, Lewis C., 5307 Lost Trail, Louisville, 361-2775, 774-7434  
 Alderson, Edward Lee, Route 5, Franklin, 586-3231 (Bus.)  
 Allen, James Franklin, Garden Street, Harlan, 573-1595, 573-4510  
 Allen, J. Mack, Route 1, Box 4, Ashland, 325-8328, Huntington, W. Va., 525-7788  
 Allen, Nelson Robert, 113 Gesling Road, Kenwood, Russell, 836-5352  
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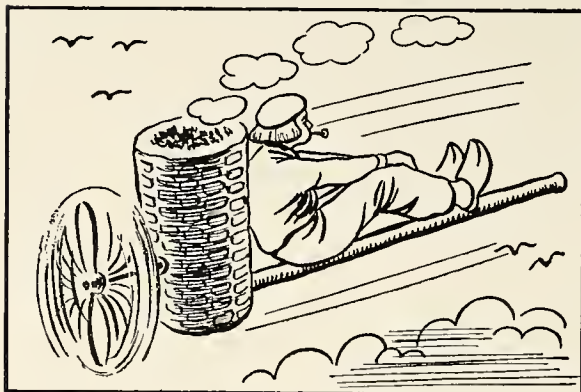


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- Singer, Tony, Route 1, Cecilia, 862-4358, 769-2311
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- Taylor, Norman H., Route 1, Box 5-26, Crestwood, 241-4425, Louisville 582-5341
- Teague, Donald Alan, P. O. Box 192, Nortonville, 676-3206
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- Thomas, Frank M., 629 1/2 S. 44th St., Louisville, 774-2624
- Thomas, Paul E., P. O. Box 435A, Franklin Furnace, Ohio, 574-5111, 574-5111
- Thompson, Jack, 2347 Saratoga Drive, Louisville, 452-4255, 454-4585
- Thompson, Larry, P. O. Box 36, Mt. Sterling, 498-3346, 498-2660
- Thompson, Tom D., 97 Carran Drive, Fort Mitchell, 341-1809, 581-1322, ext. 211
- Tillery, James C., 205 Forest St., Berea, 986-8523, 623-1340
- Tisdale, John H., 1626 "C" Moore Court, Louisville, 634-1511, ext. 259 (Bus.)
- Troutman, David, Route 1, Hawesville, 927-3111, 927-2201
- Troutman, Doyle, P. O. Box 304, Harlan, 573-1349, 837-2502
- Tuttle, Quinton, Route 1, Box 494, Pikeville, 432-3566
- Tyre, Donald C., 316 Senate Drive, Frankfort, 223-3668, Lexington 564-6612, ext. 244
- Urlage, Richard, 822 Highland Ave., Fort Thomas, 441-5513, 471-8120
- Vaden, James M., 2125 Harrison, Paducah, 442-1575, 443-6404
- Vance, Hunter, Jr., 214 Robin, Bowling Green, 842-3595, 842-6511
- Vanhook, Samuel, Route 3, Cynthiana, 234-2336, 234-4313
- VanHoose, James, Route 1, Box 218-B, Catlettsburg, 928-8966, 928-8600
- VanMeter, Charles, Jr., Asbury College, Wilmore, 259-3322, 858-9987
- VanMeter, McNeill, Bee Spring, 597-2000
- Vanover, J. W., Jackhoru, 855-7730, 633-2168
- Vanover, Wiley G., Jackhorn, Neon 855-2441
- VanZant, Jim, P. O. Box 602, Williamson, W. Va.
- Varner, Ray G., 737 Kingston Road, Lexington, 299-4145
- Vaughn, Ronald B., Route 1, Providence, 667-2702
- Vaughan, Teddy Ray, Box 701, Pineville
- Vermillion, C. D., 1402 Roosevelt, Corbin, 528-2942
- Vescovi, Raymond B., 3525 Laurel Ave., Evansville, Ind., 423-8144, 963-3366
- Vettiner, Charlie, Colonial Manor, Jeffersontown
- Vickery, Dan D., 108 H.gh St., Monticello, 348-5574
- Vinciguerra, Phillip, Matewan, W. Va.
- Vipperman, Albert E., Ransom, 427-2810, 353-7362
- Voorhis, Kenneth, 8308 Pandorea, Louisville, 937-9831
- Vories, Dick, 1211 Wilson Road, Bellevue, 781-1391, 541-0728
- Wagner, Marvin Rudy, Route 1, Box 445, Pikeville, 437-4611
- Waldrige, Charles Robert, 1109 State St., Bowling Green, 843-3231, 842-0111, ext. 34
- Walker, James C., Route 1, Clinton, 653-4149, 653-2451
- Walker, Myron C., 5501 Childs Ave., Cincinnati, Ohio, 662-0155, 421-4722
- Wallace, Curt, Route 2, Box 458-A, Somerset, 678-4080, 679-1574
- Wallace, Theodore J., 12 Osage Ave., Crestview, 441-3668, 921-8100
- Wallen, Howard W., Williamsport, 789-3066, 789-4890
- Waller, Bobbie E., 309 Stratamore, Lexington, 299-6123
- Walsh, Bernard N., Box 35, Warsaw, 567-5521, 567-5521
- Walters, Darwin, Route 1, Box 4A3, Georgetown, Ohio, 378-3363, 379-2781
- Walters, Wayne, Tinsley, 337-5016, 337-2435
- Walton, Roy, 3842 Northampton, Lexington, 277-2241, 266-0532
- Ward, Bob, 2040 Washington, Henderson, VA 7-3805, VA 7-3522
- Ward, Donald E., Milo, 298-3502, 298-3471
- Ward, Willis, Route 3, Clinton, OL 3-6835
- Watkins, James R., 1607 Thornberry, Louisville, 368-4032, 361-1231
- Watts, Frank Cooper, P. O. Box 145, Bardstown, 348-3977, 348-3363
- Watts, Leon, P. O. Box 727, Hazard, 436-5035
- Wayne, Bill T., Route 1, Box 501, Henderson, 826-9441
- Weaver, Clyde Ivan, P. O. Box 254, Williamson, W. Va.
- Weaver, Ray, 3117 Bernard Drive, Fort Mitchell, 341-2610, 341-8066
- Webb, James Douglas, Route 6, Box 14, Richmond, 623-9267, 623-9778
- Webb, James Otis, 133 Main St., Horse Cave, 786-2869, 786-2869
- Webb, Ralph Dudley, 1646 Maywick, Lexington, 278-2904
- Weber, Thomas C., 3707 St. Germaine, Louisville, 896-4298
- Weiner, Richard, 8 Poplar Ridge Road, Alexandria, 635-5083, 761-4130, ext. 264
- Welch, Donald G., Route 2, Worthville, 732-5575
- Wells, Glenn, 515 Erianger Road, Erlanger, 341-0481, 872-5764
- Wesche, James A., 1704 Chickasaw, Lexington, 299-8058
- Westerfield, James C., Route 1, Box 312, Manchester, 598-2693, 598-3138
- Westerfield, Thomas W., 104 Loftus, Hopkinsville, 886-2882, 885-3384
- Wetzel, Don, 2906 Cheyenne Drive, Owensboro, 685-1071, 684-9419
- Weyer, James G., 42 Scenic View Drive, Fort Thomas, 781-2220, 341-5800
- Whalen, William C., Route 1, Maysville, 564-3942, 564-3461
- Wheat, Buell, 403 N. 6th, Scottsville, 237-3057
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- Wheeler, Joe H., P. O. Box 8, Ferguson, 679-2903, 561-9493
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- Whitley, James R., 208 Cranewood Drive, Trenton, Ohio, 988-6740, 771-8200
- Whitt, Hobert, Jr., 158 Robin Road, Russell, 836-3575, 836-4212
- Whitt, Jimmy, Sandy Hook, 738-5474
- Whittaker, Kenneth Earl, 669 Nelson Place, Newport, 581-9775, 431-8976
- Whittemore, Paul F., 2153A Swift Road, Fort Bliss, Texas
- Wickham, James, Jr., 311 Cathedral Manor, Bardstown, 348-5282, 833-4611
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- Wilbert, Louis, 3504 Terrier Lane, Louisville, 458-4092, 368-2559
- Wilcher, Jerry, P. O. Box 177, McKinney
- Wilcox, Ursal Ray, Auxier, 886-3329, 886-2703
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- Williams, Larry H., 5055 Poplar Level Road, Louisville, 968-1518
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- Williams, Roger, 404 Bond St., Richmond, 623-3126
- Williams, S. Jack, 323 Steele St., Frankfort, 223-5078, 564-5594
- Williams, Tom G., Transylvania College, Henry Clay Hall, Lexington, 233-8507 (Bus.)
- Williamson, Fred, 1059 N. Cir. Road, No. 133, Lexington, 255-4939, 252-5555
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- Wilson, Jim, P. O. Box 24, Tateville, Burnside, 561-4203, Ferguson 678-5229
- Wilson, Phillip, Staff Haw Sea Fron. FPO, San Francisco
- Winchester, Roy L., Bethlehem, 878-4102, New Castle 346-8761
- Winfrey, Shelby, 315 Sharon Drive, Campbellsville, 465-8392

(Continued on Page Ten)

## The Flying Dutchman



Colonels Phil Eskew and Herman Keller of the Indiana High School Athletic Association surprised the Dutchman with an honor luncheon in the Marrott Hotel in Indianapolis on September 28. The occasion was the fourteen-h and final basketball clinic which the Flying Dutchman would conduct for Indiana's officials. It was an occasion when the Dutchman's cup ran over with human friendship, kindness and appreciation. That Indiana plaque hangs on the wall of my office at Colonial Manor.

The cup continued to spill over on the clinic tour across Kentucky. At Somerset Bill Clark presented a country ham; at Elizabethtown Howard Gardner's officials association held an honor luncheon and that statuette keeps the Indiana plaque company. Hardin McLane, public relations director of the Kentucky Colonels, had one of those red, white and blue basketballs for the Dutchman, and Brad Mutchler had a magnificent country ham as a gift waiting in Paducah. The basketball is in my office at the zoo but that ham went fast, Brad. Two more hams were sent to my room at Gabe's in Owensboro and somebody else supplied another at Bowling Green. I don't know who sent them.

That Bowling Green clinic will always stand out in my memory because my old coach, Ed Diddle, came to the clinic to present me a plaque with the remark, "I started you out as a basketball official back in 1930 and I wanted to be with you here in Bowling Green when you finished up after a thirty-eight year sports career as an official interpreter and member of the National Rules Committee." I wake up at night yet with a lump in my throat as my ruminating mind recalls all the things that Coach Ed Diddle, the greatest of them all, did for me and many others.

Nostalgia takes me back to the Year of 1928 when I first reported for football practice down on the Russellville Pike and Coach Diddle taught me with one short lecture how to fight—"Charlie," he said, "you're a little guy and you're going to get knocked down a lot but always keep getting up and when that other guy gets tired of hitting you then you slap the fire out of him." Coach Diddle recalled that lecture at the Bowling Green Clinic with the remark, "You know that little Dutchman took my advice. I've watched him now for thirty-eight years and he keeps getting back up—now mind you, he's never whipped anybody but he's still getting back up." That was a great lesson you taught that day, Coach, because a bloody head which is unbowed is still a proud one. That plaque you gave me on behalf of those Bowling Green officials hangs on the wall of my Louisville office in Central Park.

Now this Dutchman looks back and remembers fondly this last Kentucky Clinic tour when every session brought new and friendly gestures. Commissioner Ted Sanford's speech at Lexington and his taking the lead to produce a standing farewell ovation brings a grateful tear even now as this article is penned. It's tough to give up these annual friendly trips but nothing lasts forever—not even that Horse Cave cheese which Ralph Dorsey brought to the honor dinner in "Diddle Town" and which my hungry Jeffersontown friend, Bill Neill, devoured at one sitting.

While nothing lasts forever, new doors open as Louisville and Jefferson County set up a model, merged park and recreation program which is one of the largest in the world. Another door opens as this Dutchman packs his bags to fly to Indianapolis to speak to the Indiana Education Association. There's always work to do, and God put you and me here to do it—so let's get with it.

Each year a "Mr. Recreation of Kentucky" is proclaimed. He is the man who is judged to have done the most for parks and recreation in Kentucky and he must have done these deeds most unselfishly. There have been some very illustrious men win this title, among them being former Governor Lawrence Wetherby, Marlow Cook, Henry Ward, Ernie Chattin, Max Sanders and Ted Sanford. For the Year of 1968 the Flying Dutchman proclaims Charles Unseld of Newburg "Mr. Recreation of Kentucky."

Charles Unseld is a big man in so many ways. First he is a giant in physical stature, next he is big because his family reflects credit on him as a parent, and finally he is big because he loves his community. When vandals burned down the Newburg recreation building he had worked so hard to help build, he personally went to work immediately to rebuild it into a bigger and better building for the boys, girls, men and women whom he loves. Kentucky salutes "Big Charles" for this.

At the Kentucky State Fair people rallied from all over the state to back "Big Charles" Unseld. People contributed money while volunteer help of all kind came from many sources. So it is that on the ruins of a burned building our "Mr. Recreation of Kentucky" has again demonstrated that old Coach Diddle philosophy—"If they knock you down, keep getting back up."

The Dutchman tips his hat to "Big Charles" Unseld and repeats for him:

### A GAME GUY'S PRAYER

"DEAR GOD: Help me to be a sport in this little game of life. I don't ask for any place in the lineup; play me where you need me. I only ask for the stuff to give you a hundred per cent of what I've got. If all the hard drives come my way I thank you for the compliment. Help me to remember that You won't let anything come that You and I together can't handle. And help me to take the bad breaks as part of the game. Help make me thankful for them.

"And, God, help me always to play on the square, no matter what the other players do. Help me to come clean. Help me to see that often the best part of the game is helping the other guys. Help me to be a 'regular fellow' with the other players.

"Finally, God, if fate seems to uppercut me with both hands and I'm laid up on the shelf in sickness or old age, help me to take that as part of the game also. Help me not to whimper or squeal that the game was a frameup or that I had a raw deal. When in the dusk I get the final bell, I ask for no lying, complimentary stones. I'd only like to know that You feel I've been a good guy."—Chaplain's Digest.

## FILMS

(Continued from Inside Front Cover)

**SENECA VS. LEXINGTON DUNBAR (1963 BASKETBALL FINALS)**, j-s-c-a, 4 reels, silent, color, \$1.00

The Seneca Indians defeated the Lexington Dunbar Bearcats by the score of 72-66 to win the forty-sixth annual state championship. Redd and Unseld led Seneca while Wilson and Smith were best for Dunbar.

**SHOOTING IN BASKETBALL**, j-s-c-a, 1 reel, \$2.00

Concentrating on the set shot, this film pictures the action of the throw, stance, aim, trajectory, and fingertip control. Special attention is given total body coordination, especially inward rotation of the hand and arm making the throw.

**ST. XAVIER VS. DAVIESS COUNTY (1958) K.H.S. BASKETBALL TOURNAMENT FINALS**, e-j-s-c-a, 3 reels, \$1.00

St. Xavier High School of Louisville won the 1958 State Basketball Tournament by defeating Daviess County of Owensboro, 60-49, in the final game of the tournament at the University of Kentucky Coliseum. **THIS IS BASKETBALL**, e-j-s-c-a, 3 reels (33 min.), color, \$1.00

Interpretation of play situations goes beyond the letter of the rule and gives guidelines to better understanding of blocking charging, baskets interference, goal tending, screening, and play violations of the free throw, jump and boundary lines.

### Golf

**BUILDING YOUR SWING-UNIT II**, j-s-c-a, 3 reels (27 min.), color, \$7.50

Shows how the swing is developed. Stance, rhythm, movements of upper and lower body explained with unusual movie techniques. Students will identify themselves clearly with examples on the screen as they build controls into their natural swings.

**PITCHING, PITCH AND RUN AND SAND SHOTS-UNIT III**, j-s-c-a, 1½ reels (12 min.), color, \$4.50

Teaches fundamentals of pitching, pitch and run and explosion shots out of sand traps. Carefully demonstrates the important differences in arm and wrist action for approach shots.

**PUTTING-UNIT IV**, j-s-c-a, 1 reel (10 min.), color, \$4.00

Demonstrates and teaches several approved techniques. Wrist and firm wrist swings, tap and stroke methods of applying momentum to the ball and how to play uneven greens.

**SAVING STROKES WITH SAM SNEAD**, s-c-a, 1 reel, \$2.00

Golf champion Sam Snead illustrates his grip, his stance, his swing on each of several types of golf situation. Slow motion and "freeze" shots help to clarify the instruction. Shots and driver, brassie, and various irons for difficult lies are illustrated and finally his putting technique is shown.

**WELCOME TO GOLF-UNIT I**, j-s-c-a, 1½ reels (13 min.) color, \$4.50

Motivates the student to want to play golf. Shows him how to learn and what is expected of him. Helps him understand the game, the golf course and the equipment.

### Swimming

**BEGINNING SWIMMING**, e-j-s-c-a, 1 reel, \$2.00

Through scenes photographed both above and beneath the surface of the water, basic techniques of swimming for beginners are demonstrated. Land and water drills involving kicking, breathing, floating, paddling and stroking and pulling with the arm practiced separately, then coordinated as the swimmer learns the American crawl. The back float, back stroke, and breast stroke are also illustrated and explained.

**BREAST STROKE, SIDE STROKE AND UNDERWATER SWIMMING**, e-j-s-c-a, \$2.00

This film presents the conventional breast stroke, timing and strokes, and the kick.

**CHAMPIONSHIP SWIMMING: PERFECTING TECHNIQUE**, e-j-s-c-a, 2 reels, (19 min.), color, \$5.50

Outlines briefly the program and training methods used by the Santa Clara Swim Club that may be used by anyone to train swimmers. The techniques illustrated, such as weight, training, circle training, pace clocks, bench and stroke work, and interval training, when properly applied in the appropriate circumstances, will all prove beneficial in perfecting swimming style.

**CRAWL STROKE**, e-j-s-c-a, 1 reel, \$2.00

The basic principles of the stroke are presented in this film. The arm stroke, the kick, and the breathing are demonstrated. This film also includes slow motion shots under water.

**DIVING FUNDAMENTALS**, j-s-c-a, 1 reel, \$2.00

After a brief history of the sport of diving, the following points are explained and demonstrated: the hurdle jump, determining the correct distance, proper arm action, correct way of landing on the feet, proper take-off and lift, correct entry into the water. The backward dive is also taught, including lift, arching the body, and entry into the water. The motion is stopped at various points to enable detailed study of form.

**DOLPHIN KICK**, e-j-s-c-a, 1 reel, \$2.00

An excellent swimmer, an underwater camera and carefully devised teaching demonstrations introduce the new swimming techniques known as the dolphin or fishtail kick. Analyzing the body movements used in the dolphin kick, the film stresses the importance of practice for mastery of this efficient speedy kick.

**I'M NO FOOL IN WATER**, p-e-j-a, 1 reel (8 min.), color, \$3.00

Jimmy Cricket illustrates the "do's" and "don'ts" of water safety precautions. Points out the basic rules: wait at least two hours after eating, stay out when water is too cold, never swim alone, and dive only when you know the water is deep enough.

**SWIM AND LIVE**, j-s-c-a, 2 reels, \$1.00

Men of the Army Air Force at Miami are taught to swim from floating to swimming through burning oil. The film is useful for pre-induction instruction and for safety classes as well as for general programs.

### Tennis

**ADVANCED TENNIS**, e-j-s-c-a, 1 reel, \$2.00

While working with a tennis pupil, Bill Tilden narrates and demonstrates, showing advanced techniques of tennis.

**BEGINNING TENNIS**, e-j-s-c-a, 1½ reels (14 min.), \$2.50

Shows how the tennis instructor teaches tennis to beginning and advanced students. Includes an analysis of the basic fundamentals of tennis—serving, forehand and backhand drive, forehand and backhand volley, and the smash. Shows actual play situations in which these fundamentals are emphasized, and also includes individual demonstration and analysis.

### Track

**THE BROAD JUMP**, j-s-c-a, 1 reel, \$2.00

Controlled speed-timing and coordination—development of legs and torso—mobility of pelvis and hips, one, two, three style—footroll—single and triple air stride—soft versus hard take off—arm position.

**DISCUS**, j-s-c-a, 1 reel, \$2.00

Principle of centrifugal force—muscle development for side arm throw—grips—finger roll—heel of thumb pressure—finger exercise—clockwise spin—hip snap—reverse and non-reverse styles.

**DISTANCE RACES, s-c-a, 1 reel, \$2.00**

Races from 1,000 to 10,000 meters and steeple chase are demonstrated. Style of distance runner is contrasted with that of dash man. Difference in typical physiques are shown. Slow motion photography is used to analyze movements.

**DISTANCES, j-s-c-a, 1 reel, \$2.00**

Style — developing stamina — calisthenics — avoiding shin splint—controlled tension—forward knee reflex—straight line running—automatic stride.

**THE HIGH JUMP, j-s-c-a, 1 reel, \$2.00**

Belly roll or straddle and improved Western style—body lean and reverse—approach—body tension—coordination of arm and leg action.

**THE HURDLES, j-s-c-a, 1 reel, \$2.00**

Basic hurdling styles—rear hip and leg action—rhythmic running—hurdling, calisthenics, body balance—correct clearance—circular stepover action—adapting styles of physiques.

**THE JAVELIN, j-s-c-a, 1 reel, \$2.00**

Four stage catapult throw—preliminary run—concluding stride—throwing stance—throwing and reverse—alternative hand and finger grips—facing position—balance of stomach and back muscle tension—throwing angle—body and leg coordination drills—flexibility exercises.

**JUMPS AND POLE VAULT, s-c-a, 1 reel, \$2.00**

Demonstrations from actual competition are shown for running high-jump; running broad-jump; hop, step and jump; and pole vault. Slow motion photography is used for detailed study of form.

**MIDDLE DISTANCES, j-s-c-a, 1 reel, \$2.00**

Sprinting techniques—ball of foot running—automatic stride—pendulum and bicycle stride—exercise—counter-balanced arm action—push drive—jockeying for position.

**POLE VAULT, j-s-c-a, 1 reel, \$2.00**

Basic vaulting principles—importance of exercises—running action—grip—selecting the pole—take-off—Western and Eastern style—slotting—novice training.

**THE RELAYS, j-s-c-a, 1 reel, \$2.00**

Passing—visual pass—blind pass—right and left exchange—merging of runners speed—baton grips—relay starts, underhand action—cup style—overhead sprint pass—fly scoop—practice and team work.

**THE SPRINTS, j-s-c-a, 2 reels, \$3.00**

Fundamentals of 100 yard and 200 yard dash—impact style and natural stretch stride—synchronizing leg and arm action—conditioning exercises—starting techniques—slow motion of muscular utilization and coordination.

**SHOT PUT, j-s-c-a, 1 reel, \$2.00**

Fitting styles to physiques—tension control—one, two, three rhythm—exercises—finger and hand grip—finger and wrist snap—foot positions—progressive tension and effort—explosive hip snap.

**THIS IS TRACK AND FIELD, e-j-s-c-a, 3 reels, color, \$1.00**

Uses the Olympic motto "Citius-Altius-Fortius," "Swifter-Higher-Stronger," to introduce a variety of track and field situations. Helps officials, coaches, participants and fans to better understand the basic rules of running, jumping, vaulting and throwing.

**Gymnastics****BEGINNING TUMBLING, j-s-c-a, 1 reel (11 min.), \$2.00**

Presents the two basic progressions in tumbling—the inverted balance and roll progressions. Accompanying demonstrations of flips, rolls, and stands (singly and in combination) emphasize skillful execution.

**GYMNASTICS, PART 1, j-s-c-a, 1½ reels (17 min.), \$3.00**

Introduces the basic principles of gymnastics and follows the routines developed by polished performers on the parallel bars, the rope climb, and the long horse.

Attention is given to the rolls, handstands, and hand-springs, twists, and somersaults that are basic to tumbling. (Hoefler.)

**GYMNASTICS, PART II, j-s-c-a, 1½ reels (17 min.), \$3.00**

Introduces the gymnast to the fundamentals of free exercise routines. Stresses the importance of smooth action as well as strength, form, balance, and ability to develop the difficult routines. Demonstrates rings, side horse, and the high bar. (Hoefler.)

**INTERMEDIATE TUMBLING, j-s-c-a, 1 reel (11 min.), \$2.00**

Demonstrates twenty stunts in handspring, balance, and somersault progressions and safety precautions are given to prevent accidents or injuries while teaching technique and form.

**SIMPLE STUNTS, e-j-s-c-a, 1 reel (11 min.), \$2.00**

Provides instructions in healthful group activities that require little or no equipment. Demonstrates simple stunts for strength and skill and emphasizes safety precautions.

**TUMBLING FOR PHYSICAL FITNESS: COMPANION STUNTS, j-s-c-a, 2 reels (20 min.), \$1.00**

Seventeen stunts are demonstrated and the importance of coordination and timing is emphasized.

**Wrestling****WRESTLING OFFICIATING ILLUSTRATED, j-s-c-a, 2 reels, color, \$1.00**

Interpretations given in Wrestling Officiating Illustrated have been made by the National Federation members of the Joint Rules Committee. The film covers takedowns, reversals, escapes, leaving the mat, stalling, scoring and illegal holds such as body slam, bar arm, full nelson and chicken wing. Guidelines for officiating and interpreting the rules are provided. In all there are sixty separate scenes of wrestling. This film will provide the much needed guidance and proper interpretations for interscholastic competition.

**JIU JITSU, j-s-c-a, 1 reel (13 min.), \$1.00**

Demonstrates the effective, dangerous Jiu Jitsu defenses against knife, gun, club and mugging attacks.

**BASKETBALL OFFICIALS**

(Continued from Page Seven)

- Wingfield, Felix G., 1132 E. Parkway, Louisville, 636-2282, 636-2282  
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 Wise, Jack, 209 Pocahontas, Georgetown, 863-3948, 863-1393  
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 Witten, Clifford, Wurtland Avenue, Wurtland, 836-8806  
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 Witten, James Richard, Wurtland Avenue, Wurtland 836-8806  
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 Wolfe, Paul A., 510 Beech St., Falmouth, 654-5341, 441-9992  
 Wood, Ellsworth, 332 Tenth, Dayton, 261-5256  
 Wood, James Randall, Route No. 5, Falmouth, 654-8426, 581-7700  
 Woods, Gene B., Route 4, Murray, 753-8718, 395-4180  
 Woolsley, James R., II, Caneyville, 879-3375  
 Wooten, Chester, RR 1, Box 534, Hazard, 436-2603, 436-5771  
 Wooten, George B., 96 Rosemont, Providence, 667-2932 667-2613  
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 Wray, Robert F., 29 Belle Monte, Ft. Mitchell, 341-1778, 431-3200, Ext. 76  
 Wright, H. W., Jr., 1404 Hobart Drive, Louisville, 368-2797, 587-1151, Ext. 416  
 Wright, James L., 121 Showalter Drive, Georgetown, 863-3628, 233-2000, Ext. 3280  
 Wright, Raleigh F., Broad Bottom, 432-3507  
 Wulfeck, James, 111 Burdsall Avenue, Ft. Mitchell, 331-3599, 341-5800  
 Wurtz, Emil, 18 E. 4th St., Cincinnati, Ohio, 471-0526, 381-1232  
 Wyatt, William T., 112 Bellvue, Bowling Green, 843-8098, 842-9431

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Zlamal, Raymond K., 541 Johnson Ave., Lynch, 848-5966

## Postscripts on Athletics

By Dr. Rhea H. Williams

One of the most useful purposes for athletics or any type of play is that it gives opportunities for the emotions to be expressed and to be directed in the proper channels. It is a proven psychological fact that every person has to have some opportunity to vent his emotions, and athletics and play are among the best ways.

Psychologists call any method which allows a person to express his emotions in a manner which avoids harmful mental or physical "explosions" the "safety valve" theory. Thus, athletics and play are excellent "safety valve" laboratories for the emotions.

We all know from personal experience that human beings are emotional and that they must have opportunities to express them or else they will "explode".

Emotions which are not allowed to be expressed in desirable fashions will be displayed in undesirable fashions. One of every 15 Americans today will enter a mental hospital sometime during his life, and many other neurotic people not included in the above are found in society. There must be some activities which give a person an opportunity for wholesome and desirable pouring out of emotions. If they are bottled up and not allowed to "come out" then that person will become neurotic and will display abnormal mental and social traits.

### Emotions

Athletics and play provide perhaps one of the better means of allowing the expression of emotions by school-age children. Through play and games boys and girls run the gamut of expressions from tension to relaxation, from sorrow to gladness, from silence to exultation and from tears to laughter. There is no greater opportunity to train the emotions, while at the same time allowing them to be expressed than in athletics and play. The emotions, if allowed complete freedom without proper guidance, will not always be directed in the

right fashion. The ability to control emotions is best guided on the playing field under the proper direction of a coach or teacher.

In the average classroom, such as English, Social Science or Physical Science, there is little opportunity for a person to train his emotions as seldom is he given a chance to express them. This writer has never yet seen tears or laughter in a science experiment unless sulfuric acid escaped.

### Outlet for Tensions

Each high school student needs an opportunity to express his emotions in some wholesome situation. Every high school child should be brought into some extra curricular activity. The band, by marching and playing, the pep squad and the drill team and the entire student body have an opportunity to let off pent up "steam" and tension at athletic activities. There must be proper direction for the emotions. They are much like atomic power. They can be good or evil, depending upon direction.

It is the responsibility of administrators and teachers to see that emotions are guided into proper channels. If left unbridled they can do as much harm as good. All activity programs have some essence of emotional outlet in them, but those which have the greatest free outlets for emotions, by far and large are athletics and play.

The adults in the community who go to athletic events also find these activities excellent outlets for emotions and tensions. The person who works in a store, a bank or other business establishment during the week and has to control his emotions finds the week end athletic events a fine opportunity to "yell" and "whoop" and rid himself of tensions. Many psychologists say that "booing" and other methods of "riding" officials usually come from a person who has to submit to authority all week and resents this submission so much that he expresses his resentment at someone else in authority when he has the opportunity. He feels much better after getting it off his "chest."

### Train Emotions

People must have opportunities to let tensions go, whether by playing the piano, working in a hobby shop or participating in/or viewing an athletic event. For both youth and adults, one of the greatest opportunities for the wholesome outlet of emotions and tension is to be found in high school athletic and play programs. The important thing is to see that administrators and teachers use these activities properly so that the emotions are directed into the proper channels.

If we do this our citizens should be healthier, both mentally and physically, because they have the opportunity to express their emotions and tensions in a desirable way.

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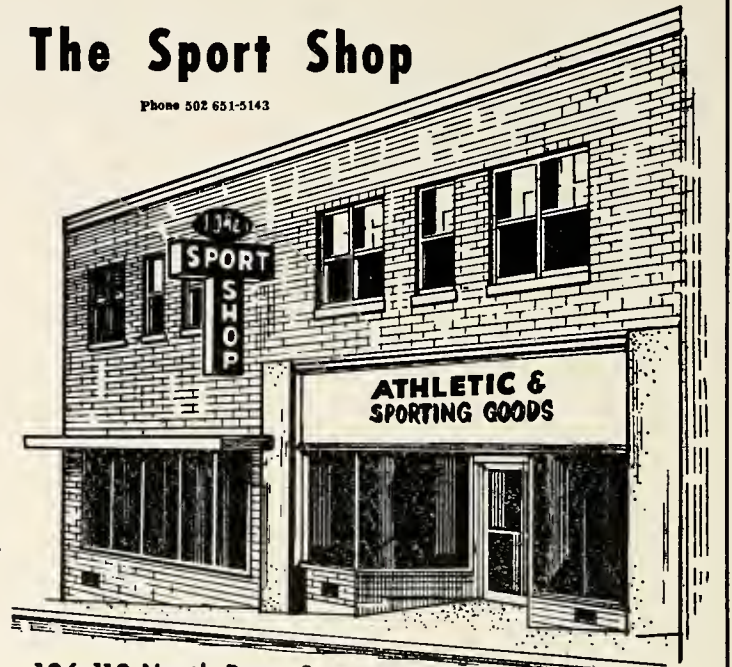
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## 1968-69 Swimming Rules Changes

Rule II, Section 1a—The water temperature should be between 76 and 80 degrees Fahrenheit for competition.

Rule II, Section 3b—Firm starting grips flush with the end of the pool no higher than 30" must be provided for backstroke starts.

Rule II, Section 4b—Some type of overhead pennants must be provided 15 feet from each end of the pool and seven feet above the water surface for the benefit of the backstroke contestants.

Rule III, Section 1c4—At the starter's discretion, he may order the contestants to "stand up" any time prior to the discharge of the pistol. This allows the contestant to stand up or step off the block. Any contestant entering the water shall be charged with a false start.

Rule VII, Section 3c—A new method of seeding and lane assignment has been adopted.

Rule IX, Section 1—Record times will be recognized for performances by the contestant who swims the first leg of a relay race which is a regular part of such an approved meet only if the coach makes arrangements in advance with the referee.

Rule XI, Section 1—For each championship contest there shall be a diving referee, not more than ten judges and a secretary. In dual competition one diving referee and three judges are required.

Rule XII, Section 1e—It shall be considered a failed dive if the diver falls into the water prior to assuming the starting position.

Diagrams and dimensions for recommended diving facilities are to appear in the Swimming Guide immediately following the Springboard Diving Table.

## SUPPLEMENTARY LIST OF REGISTERED FOOTBALL OFFICIALS (List Compiled October 25)

If the telephone number is given for an official listed, it is the home phone number unless otherwise designated. If two numbers are given the first number is that of the home phone.

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Balou, Robert, Route 3, Williamsburg, 549-1156  
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Brooks, Michael, 115 Liberty St., Hopkinsville, 885-5192  
Callahan, Gary, 401 Skyline Park Drive, Hopkinsville, 886-5026  
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Chiles, Marion, Clover Lane, Hopkinsville  
Dixon, Joseph Knight, Route 1, Oak Grove, 439-3970  
Downs, Ronald, 840 Burkhardt Road, Paducah, 443-3098, 443-6961  
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Hamilton, Walter F., 3404 Bryan Way, Louisville, 459-5432, 587-1121, ext. 265  
Higgins, Edward H., 1530 E. 7th St., Hopkinsville, 886-2864  
Holton, Glenn H., 121 Nelson Court, Barbourville, W. Va., 736-6656, 529-4173, ext. 9  
Huffine, Gary L., 241 Iroquois Drive, Paducah, 442-4125, 443-8471  
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Peck, Kenneth R., 404 Caramel, Hopkinsville, 886-3487, 886-3734  
Primm, James T., Route 1, Lafayette Road, Hopkinsville, 885-9483  
Pyle, John Wayne, 104 Wayside, Hopkinsville, 886-8197  
Roberts, James E., 318 Park Lane, Elizabethtown, 765-4739, 769-2311  
Rupp, Larry D., 3309 Wellingmoor Ave., Louisville, 451-3350, 454-7511  
Shadle, Clark, P. O. Box 136, Barbourville, 546-4746, 546-3920  
Stewart, Roy Edward, 1872 Dunkirk Drive, Ltxington, 255-0448, 255-0448, 255-6812, ext. 311  
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