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# The Kentucky High School Athlete, October 1942

Kentucky High School Athletic Association

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# THE KENTUCKY



# High School Athlete



**PROTECT** *American* **HOMES**



Official Organ of the KENTUCKY HIGH SCHOOL ATHLETIC ASSN.

OCTOBER - 1942





# Well Done! NAVY

## Through The Years - 1775-1942

We salute you—U. S. Navy—in whose magnificent history the story of America is so closely interwoven. In recognition of your glorious contribution to our Freedom in the past . . . in tribute to your gallant fighting today . . . we say "Well Done!" The heritage of Jones and Farragut and Dewey is your heritage. You have accepted it proudly, with the same courage and determination that gave us Victory in other wars. The history of America is your history. For if there had been no man like John Paul Jones to shout "I have just begun to fight!" . . . if there had been no Dewey at Manila Bay . . . if there were no men like the Navy flier who reported "Sighted Sub, Sank Same" . . . if these men had never lived and fought in the U. S. Navy, there might be no freedom for Americans today.



"I have not yet begun to fight!"—John Paul Jones, 1775.



"Scratch one flat top!"  
—Battle of Coral Sea, 1942.

Today, to the Navy heroes of all our wars, we add the names of the brave officers and men who are fighting at this very moment on the far seas of the world for our Freedom and the flag we live under. Now, as in 1775, America has a war to win. Our fighting men and ships are engaged in a battle greater than anything John Paul Jones could have envisioned. Battleships, cruisers, destroyers and submarines are fighting the good fight on two oceans . . . and from the broad decks of carriers, fighting planes are carrying the glorious Navy tradition to the skies. Ships have changed a lot since the days of the "Bonhomme Richard" . . . even as you read this, new discoveries in ship-building are charting the course of tomorrow's Victories on the high seas. The only thing that remains unchanged is the courage of the Navy's fighting men. This is the spirit that will repeat again and again the Victories of Manila Bay and the Coral Sea, and preserve forever those precious Freedoms that are America.



"Damn the torpedoes—full speed ahead!"—Farragut at Mobile Bay.



"Send us more Japs!"—U. S. Marines at Wake Island.



"You may fire when ready, Gridley!"—Dewey at Manila Bay.



"Sighted sub, sank same!"—Ensign Mason after a Patrol Flight.

And so, on Navy Day, October 27th, we pause to pay tribute to the officers and men of the U. S. Navy who are daily fulfilling the glorious tradition handed down by the Naval heroes of long ago. Those of us who are not in the Navy pledge today to do everything in our power to help them get the Victory job done . . . to speed the day when the light of Freedom will shine again from sea to sea.



# The Kentucky High School Athlete

Official Organ of the  
Kentucky High School Athletic Association

Vol. V - No. 3

OCTOBER, 1942

\$1.00 Per Year

## How May The Athletic Program Be Intergrated With The War Effort?

By Warner M. Willey, Ph. D., State Teachers College, Bowling Green, Ky.

In order to answer the above question it is necessary for us to take a **telic** or long range view of our Athletic program and picture our Commonwealth and Nation **after** as well as **during** the war. This is only another way of saying that our Athletic program first of all should be forward-looking.

We have all been terribly shocked over the high percentage of rejections of men recently appearing for military service. In all probability, percentages of rejections of women would be even higher if figures were available along comparable lines. This leads us to this idea: **OUR ATHLETIC PROGRAMS DESERVE TO BE REMEDIAL AND CORRECTIVE AS FAR AS POSSIBLE.**

With shortages developing in coaching staffs, officials and even on teams, we are faced with the problems of replacement and recruiting before these shortages disrupt the entire Athletic program. Unfortunately we have a few people who would entirely discontinue all athletic programs for the duration. It seems to me that such action would be most **unfortunate, unwise** and even **undemocratic.**

Following the war we shall be facing a new order with a multiplicity of challenging situations the smallest of which shall certainly NOT be a worthy use of leisure time. **OUR FIGHTING FORCES MUST BE KEPT FIT FOR THE NEXT GENERATION OR TWO IN ORDER THAT THIS PEACE SHALL BE LASTING THIS TIME.**  
**THE PLACE OF THE FEMININE**

When women play such an important



place in society as they are at present, we must streamline our Athletic programs to include the feminine as well as the masculine. Many people regret the passing of girls' basketball in Kentucky when practically nothing was inserted to take its place. **OUR GIRLS SHOULD BE AS PRECIOUS TO US AS OUR BOYS AND THEIR PHYSICAL DEVELOPMENT SAFEGUARDED. CRITICISM OF VARSITY ATHLETICS**

One of the warranted critics of varsity Athletics is that men as they grow older cease to participate in their once loved sports such as football and baseball, turning to the less rigorous activities, such as fishing, horse back riding and motor boating. We should probably include in our new integrated programs of Athletics more of the lasting sports which might have lifelong interests for both sexes—swimming might be used as illustrative. The old adage, "If you want to kill time try working it to death," might be revised to read, "IF YOU WANT TO KILL A SPORT, TRY WORKING IT TO DEATH." Let's have Athletic programs which are enjoyable. You don't grow old from play, but you grow old when you stop play.

### **NORWEGIANS LACK PROPER DIET AND SICKNESS MOUNTS AS RESULT**

Out of Sweden comes a story in regard to the distressing food shortage in Norway. Scurvy has not broken out there as yet but due to a lack of vitamin C a type of latent scurvy is observable. The symptoms consist of being continually tired and a serious



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Horse Cave, Kentucky

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retarding of the will to work. Men who, when in normal physical condition, were alert and full of energy, find themselves dragged out after comparatively little effort. Due to ill treatment by the Nazis there has developed an outbreak of diphtheria, jaundice and measles among the people of Norway. As high as **ONE-FOURTH** of the population have been the victims of jaundice, but through vaccination, the number of cases of diphtheria has been considerably reduced. Tuberculosis has been steadily increasing in Norway. This has been expected because of lack of proper food for a balanced diet. The adjoining seas and oceans have been sown with mines to such an extent that even fishing has become all but impossible. The situation in Norway is related to bring out the fact that in this country we should make the prevention of such conditions a major part of our Physical Education training program for everyone. **OUR BOYS AND GIRLS MUST BE STRONGER THAN ANY GENERATION IN THE PAST IN ORDER TO COPE WITH THE CHALLENGING PROBLEMS OF THE FUTURE. WE MUST ALL MAKE AMERICA STRONG TO SURVIVE.**

**UNDAUNTED CZECHOSLOVAKIA**

Decidedly the Czech spirit of resistance is more than alive and shall remain unbroken under the German yoke. Their high morale often causes this heroic people to compose jokes and circulate them at the expense of the German oppressors. Here is a sample of their undaunted humor: "Do you know why Hitler has not invaded England yet? Because the German officers could not manage to learn in time all English irregular verbs." At long last the Gestapo found a Czech truly loyal to the Germans. He was an old man walking up and down the street and speaking seriously to himself aloud: "Adolf Hitler is the greatest leader.

The Germans are a noble nation. I would rather work for ten Germans than one Czech." When the Gestapo agent asked what was his occupation, the Czech admirer of Naziism reluctantly confessed that he was a grave digger.

In a village the Gestapo men found a hanged hen with the following inscription fastened to her neck: "I would rather commit suicide than lay eggs for Hitler." Thus we return to our thesis—we must retain and foster our fine, wholesome sense of good humor and all coaches and principals know how much better a good athlete is if he can smile thru adversity and see the point of a joke even when the joke is on himself. Some of the best coaches make it a point to cultivate deliberately good humor in their teams and communities. Your writer knows intimately and well a former student of his who for the past ten years and more has been a successful coach in one of our best county seat towns and his chief claim to success remains his broad smile and genial disposition which makes him welcome company in any group. **LET US KEEP OUR TEAMS SMILING AND HAPPY DURING WAR TIMES.**

**HEALTH AND PHYSICAL FITNESS EMPHASIZED TO AID WAR EFFORT**

The old adage of "a sound mind in a sound body" is again to the fore. This time the Office of Defense Health and Welfare Services has set up a Division of Physical Fitness.

If this is consummated as at present expected, there will be coordination of effort between the U. S. Office of Education, state departments of education, colleges and local schools.

The general objective is to improve the health and physical fitness of men and women of all ages, as well as the youth of the land, so as to enable them the more effectively to aid in the war effort.

**FINALLY, LET US INTEGRATE OUR ATHLETIC PROGRAM BY CUTTING THE GOODS TO FIT THE PATTERN. THANK GOD THAT WE HAVE HARD JOBS TO DO AND LET US ALL PRAY THAT OUR STRENGTH WILL BE SUFFICIENT TO MEET ANY EMERGENCIES WHICH MAY COME OUR WAY.**



## From the Secretary's Office

### Supplementary List Of Registered Football Officials

These officials have registered since the September report was made. Officials registered after October 5th may present their registration cards as evidence of membership until the November report is made.

Alcorn, M. H., Jr., 723 Oakhurst Ave., Hazard  
 Bacon, J. R., 223 Knox, Barbourville  
 Beazley, James Allen, 3119 University Station,  
 Lexington  
 Bolger, Cy, 6629 Murray, Mariemont, Ohio  
 Buchanan, William H., Court Sq. Barbourville  
 Cain, Paul O., 1010 Crest Circle, Cincinnati, Ohio  
 Carlson, David A., 1401 Broadway, Paducah  
 Clark, Fred, Marion  
 Cochran, Elmer, 2814 Clark, Paducah  
 Combs, Travis, Loyall  
 Covington, Will Ed, 2655 Virginia Ave., Ashland  
 Cronin, Chas. Wm., Gardner Pl., Cincinnati, Ohio  
 Cunningham, Julian, 116 Belmont, Winchester  
 Currie, Thomas E. "Pap", 346 Etna, Russell  
 Davis, W. E. (Es), Box 203, Benham  
 Drennan, Robert M., Lancaster  
 Edney, V. J., 515 Estill Ct., Georgetown  
 Ernst, Ray C., Hebron  
 Fleming, James, Fleming  
 Frank, L. P., 928 Howland Ave., Louisville  
 Funkhouser, Gene, 1426 Park, Paducah  
 Goranflo, Emmett, 123 Barberry, Lexington  
 Grigsby, Lee W., 209 S. Third, Bardstown  
 Hardy, Allard C., City Hall, Paducah  
 Hatcher, C. B. (Cack), High, Pikeville  
 Head, Elmo C., Irvin  
 Head, John W., 4136 Larkwood, Louisville  
 Heinold, Fred W., 101 W. 70th St., Cincinnati, Ohio  
 Hickey, Robert, 573 Woodland, Lexington  
 Kemerer, J. Paul, 1206 1-2 S. 7th St., Ironton, Ohio  
 Kennedy, Joe R., 20 Chestnut, Berea  
 Lebow, George R., 3020 McCalla Ave., Knoxville, Tenn.  
 McClaskey, Booker, Jr., Chaplin  
 Maddox, C. L. "Cap", P. O. 156, Fulton  
 Maddox, Harry, 536 Herndon Dr., Evansville, Indiana  
 Marks, Robert, Cumberland  
 May, Elijah B., Jr., Box 185, Prestonsburg  
 Mayhew, Happy, Barbourville  
 Miller, Rex Jr., Pi Kappa Alpha House, Georgetown  
 Norsworthy, J. H. (Bill), P. O. 1031, Paducah  
 Oakley, W. C., Livermore  
 Reed, Scott E., 271 Lyndhurst Pl., Lexington  
 Rex, W. A., Usher, Mayfield  
 Robinson, J. V., 295 Windy, Lexington  
 Russell, Ray C., Jenkins  
 Sack, Leo P., 1837 Blackstone Pl., Cincinnati, Ohio  
 Sacks, Leopold, 212 N. W. First, Evansville, Indiana  
 Schaufert, James K., 3435 Bevis Ave., Cincinnati, O.  
 Schieman, Leo A., 637 S. Fourth, Louisville  
 Schultz, Edward Jake, 4371 St. Lawrence, Cincinnati, O.  
 Showalter, John, 116 Military, Georgetown  
 Smith, Lester, Manchester  
 Sorensen, Sidney E., 339 Desha Road, Lexington  
 Tehan, Dan, 1437 California, Cincinnati, Ohio  
 Thompson, A. W. "Tommy", 215 W. Adair, Louisville.  
 Thompson, Jack, 1945 Eastview, Louisville  
 Thompson, Ralph, 3315 Buell, Cincinnati, Ohio  
 Tolliver, Millard, Evarts  
 Tye, H. D., Barbourville.  
 Utley, William O., Main St., Madisonville  
 Walker, J. Earl, 2701 Iroquois, Ashland  
 Watters, Richard W., Deer Park H. S., Deer Park, Ohio  
 Webb, C. A., P. O. 1179, Lexington

### Member Schools of the K. H. S. A. A.

The following schools are members of the Kentucky High School Athletic Association for the year ending June 30, 1943. Principals of member schools should check this list carefully to see if the names of schools with which they have scheduled games are included. This list was compiled and sent to the printer on October 5th. A supplementary list of members joining in October will appear in the November issue of the magazine.

Adairville  
 A. J. Jolly  
 (California)  
 Allen County  
 (Scottsville)  
 Almo  
 Alvan Drew  
 (Pine Ridge)  
 Alvaton  
 Anchorage  
 Anton  
 (R. 3, Madisonville)  
 Artemus  
 Ashland  
 Athens  
 (R. 5, Lexington)  
 Auburn  
 Augusta Tilghman  
 (Paducah)  
 Austin-Tracy  
 (Austin)  
 Auxier  
 Bagdad  
 Bald Knob  
 (R. 4, Frankfort)  
 Ballard County  
 (LaCenter)  
 Barbourville  
 Bardstown  
 Bardwell  
 Barlow  
 Barret Manual  
 Training  
 (Henderson)  
 Beaver Dam  
 Beech Grove  
 Beechwood  
 (Ft. Mitchell)  
 Belfry  
 Bell County  
 (Pineville)  
 Bellevue  
 Benham  
 Benton  
 Berea College  
 Academy  
 Betsy Layne  
 Bevier-Cleaton  
 (Cleaton)  
 Black Star  
 (Alva)  
 Blaine  
 Blandville  
 Bloomfield  
 Bowling Green  
 Boyd County  
 (R. 1, Ashland)  
 Breathitt  
 (Jackson)  
 Breckenridge County  
 (Hardinsburg)  
 Breckinridge Training  
 (Morehead)  
 Breeding  
 Bremen  
 Brewers  
 Bridgeport  
 (R. 2, Frankfort)  
 Bristow  
 Brooksville  
 Buena Vista  
 (R. 3, Cynthiana)  
 Buffalo  
 Burgin  
 Burkesville  
 Burnside  
 Bush  
 Calhoun  
 Calvert City  
 Campbell County  
 (Alexandria)  
 Campbellsburg  
 Campbellsville  
 Campton  
 Carr Creek  
 Carrollton  
 Carter  
 Casey County  
 (Liberty)  
 Catlettsburg  
 Cave City  
 Cayce  
 Center  
 Center Hill  
 (R. 5, Paris)  
 Centertown  
 Central  
 (Clinton)  
 Central  
 (Richmond)  
 Central City  
 Central Park  
 (McHenry)  
 Chandlers Chapel  
 (Russellville)  
 Chaplin



Charleston (R. 1, Dawson Springs)	Farmington Faxon (Murray)	Highlands (Fort Thomas)	McDowell
Clark County (Winchester)	Feds Creek	Hindman	McKell (South Shore)
Clarkson	Ferguson (Luretha)	Hiseville	McKinney
Clay	First Creek (Blue Diamond)	Hitchins	McVeigh (Pinsonfork)
Clay County (Manchester)	Flaherty (R. 3, Vine Grove)	Hodgenville	Mackville
Clinton County (Albany)	Fleming County (Flemingsburg)	Holmes (Covington)	Madison (Richmond)
Clintonville	Fordsville	Hopkinsville	Madisonville
College (Bowling Green)	Forkland (Gravel Switch)	Horse Branch	Magnolia
Columbia	Fort Knox	Horse Cave	Male (Louisville)
Combs	Frances (R. 4, Fredonia)	Howe Valley (Cecilia)	Marion
Connersville (R. 1, Cynthiana)	Frankfort	Inez	Martha Norris Memorial (Marrowbone)
Corbin	Franklin	Irvine	Mason
Cordia	Frederick Fraize (Cloverport)	Irvington	Mattown (R. 4, Marion)
Corydon	Fulgham (R. 1, Clinton)	Jackson	Mayfield
Crittenden	Fulton	Jamestown	Mays Lick
Crofton	Gallatin County (Warsaw)	Jeffersonton	Maysville
Cromwell	Gamaliel	Jenkins	Maytown
Cropper	Garrett	Jenny's Creek (Leander)	Maytown (Langley)
Cuba (R. 1, Mayfield)	Garth (Georgetown)	Johns Creek (Meta)	Meade County (Brandenburg)
Cumberland	Glasgow	Junction City	Melber
Cumberland (Praise)	Glendale	Kavanaugh (Lawrenceburg)	Memorial (Hardyville)
Cunningham	Glensfork	Kirksey	Middleburg
Cynthiana	Graham	Kirksville	Middlesboro
Danville	Great Crossing (Georgetown)	Knifley	Midway
Daviess County (Owensboro)	Greensburg	Kuttawa	Milburn
Dayton	Greenville	Kyrook	Millersburg Military Institute
Deming (Mount Olivet)	Hadley	Lafayette (Lexington)	Milton
Dixie Heights (R. 4, Erlanger)	Haldeman	Lancaster	Minerva
Dorton	Hall (Grays Knob)	Laurel Creek (Mill Pond)	Monticello
Drakesboro	Hampton	Lawrenceburg	Morehead
Dry Ridge	Hardin	Lebanon Junction	Morgan County (West Liberty)
Dudley (Ary)	Harlan	Lee County (Beattyville)	Mt. Sterling
Dundee	Harrodsburg	Lewisburg	Mt. Vernon
Dunmor	Hartford	Lily	Mt. Washington
duPont Manual Training (Louisville)	Hawesville	Livermore	Murray
Earlington	Hazard	Livingston	Murray Training
East Bernstadt	Hazel	Livingston County (Smithland)	Nancy
Edmonton	Hazel Green (East Bernstadt)	Lloyd (Erlanger)	New Concord
Ekron	Hellier	Lone Jack (Four Mile)	New Haven (Union)
Elizabethtown	Henry Clay (Lexington)	Lone Oak (R. 6, Paducah)	New Liberty
Elkhorn (Frankfort)	Henry Clay (R. 3, Shelbyville)	Loyall	Nicholasville
Estill County (Irvine)	Hickman	Ludlow	North Warren (Smiths Grove)
Eubank	Highland Institution (Guerrant)	Lynch	Oil Springs
Evarts		Lynn Camp (Corbin)	Olive Hill
Falmouth		Lynnvale (White Mills)	Olmstead
		McCreary County (Whitley City)	Olmsted
			Oneida Institute (Oneida)



Ormsby Village (Anchorage)	St. Frances Academy (Owensboro)	(Herndon)	Versailles
Owensboro	St. Jerome (Fancy Farm)	South Warren (Rockfield)	Vicco
Owenton	St. Joseph's Preparatory (Bardstown)	Springfield	Vine Grove
Owingsville	St. Joseph's (Owensboro)	Stamping Ground	Viper
Paintsville	St. Mary's Academy (Paducah)	Stanford	Waco
Paris	St. Xavier (Louisville)	Stuart Robinson (Blackey)	Waddy
Parksville	Sacramento	Sturgis	Wallins
Peaks Mill (R. 1, Frankfort)	Salem	Sulphur	(Wallins Creek)
Perryville	Salt Lick	Summer Shade	Walton Verona (Walton)
Pikeville	Salvisa	Sunfish	Warfield
Pineville	Salyersville	Taylor County (Campbellsville)	Wayland
Pleasureville	Sanders	Taylorsville	Wayne County (Monticello)
Poplar Creek (Carpenter)	Sandy Hook	Temple Hill (R. 4, Glasgow)	Waynesburg
Powell County (Stanton)	Science Hill	Todd County (Elkton)	Weaverton (Henderson)
Prestonsburg	Scottsville	Tollesboro	Western (R. 1, Sinai)
Prichard (Grayson)	Sebree	Tolu	Tompkinsville
Providence	Sedalia	Trapp (R. 3, Winchester)	Trapp
Pruden	Sharpsburg	Trenton	Trenton
Raceland	Shelbyville	Trigg County (Cadiz)	Trigg County (Cadiz)
Reidland (R. 4, Paducah)	Shepherdsville	Trimble County (Bedford)	Trimble County (Bedford)
Renaker (Cynthiana)	Shopville	Tyner	Tyner
Rineyville	Simon Kenton (Independence)	Uniontown	Uniontown
Rockhold	Simpson County (Franklin)	University (Lexington)	University (Lexington)
Rockport	Sinking Fork (R. 5, Hopkinsville)	Utica	Utica
Russell	Slaughters	Vanceburg-Lewis County (Vanceburg)	Vanceburg-Lewis County (Vanceburg)
Russell Springs	Somerset	Van Lear	Van Lear
Russellville	Sonora		
St. Augustine (Lebanon)	South Christian		
St. Charles (R. 2, Lebanon)			

# BOARD OF CONTROL MEETING

LEXINGTON, KENTUCKY

DECEMBER 5, 1942



National Federation



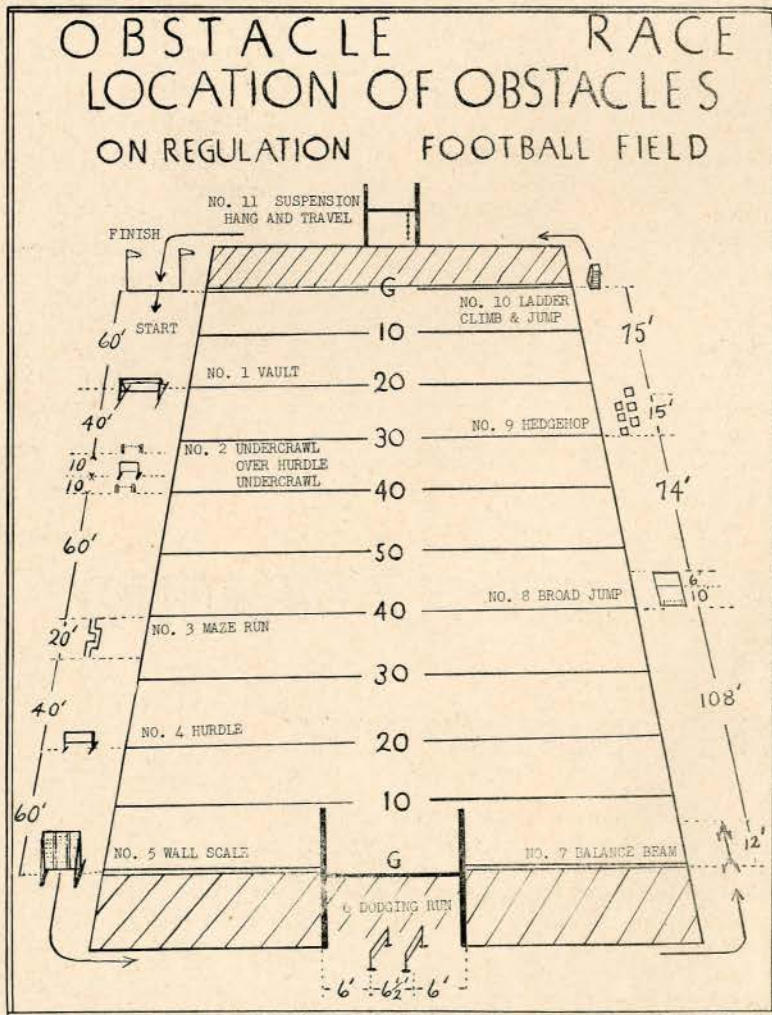
of State High School Athletic Associations

Wartime Athletics

The national emergency requires modifications in the athletic program. This does not mean the discontinuance of activities which have always been of value in building physical fitness and the attributes which make a good soldier and a good citizen. The modification ought to be in the direction of giving more students the benefits of this athletic training. One of the best ways for securing wider participation is to extend track activities so that they will cover a number of events which are of direct use to boys who will enter the armed service. The Minnesota branch of

the Office of Civilian Defense under supervision of Director Carl Nordly and Marshall Ryman has worked out a practical plan for an obstacle race. The course can be laid out on any playing field and there is almost no limit to the number of students who might be accommodated. Because this course is suitable for any high school, the plans for it and for the construction of the obstacles are shown in diagrammatic form.

OBSTACLE 1 (See diagram) is a fence 4' high. It can be constructed like a saw horse.



THIS OBSTACLE RACE was designed by the Minnesota O. C. D. under direction of CARL NORDLY and MARSHAL RYMAN and is recommended BY THE NATIONAL FEDERATION OFFICE AS fitting high school needs.

**RULES**

1. No spiked or cleated shoes.
2. If contestant knocks over equipment, he must replace it and repeat his trial.

**SUGGESTIONS**

- Keep weekly time records. Hold Telegraphic meets. Have race at football games.
- Use as one event in track meet. If courses are uniform, records may be accepted.
- Stage pursuit races by giving slower men a head start.
- Stage relay races.



OBSTACLE 2 is a crawl under a rope or chain 2' high, then over a regulation low hurdle and under a second rope or chain.

OBSTACLE 3 is a maze run between stakes set 3' apart and having two right angle turns in a distance of 20'.

OBSTACLES 4 and 6 are regulation low hurdles.

OBSTACLE 5 is a wall 7 1-2 feet high.

OBSTACLE 7 is a 2" x 6" beam set edgewise. It is 1 foot above the ground and 12 feet long.

OBSTACLE 8 is a broad jump pit with a rope stretched 1 foot above the ground instead of a take-off board.

OBSTACLE 9 is made of six rectangular bottomless boxes 12 inches by 20 inches and 9 inches high.

OBSTACLE 10 is a ladder braced with a scaffold and leading to a platform six feet above the ground. The platform is two feet square and the ladder is set at an eighty degree angle.

OBSTACLE 11 is made by suspending a knotted rope from the goal crossbar. Suspension should be from a point eighteen inches from a goal post. The

competitor must climb the rope and travel by hand along the crossbar.

**RULES FOR THE OBSTACLE RACE:** No spiked shoes should be permitted. If any equipment is knocked over, it must be replaced by the contestant and he must repeat his trial until it is successfully negotiated.

**POSSIBLE USES OF THE COURSE:** In such an event as this, great numbers of competitors can be accommodated. There is enough skill in negotiating the obstacles so that proper instruction is desirable. The event can be used for self-testing. Each competitor can measure his progress. Pursuit races can be arranged whereby the slower contestants can be given an early start. Relay races may be run by arranging teams and using certain of the obstacles as relay stations. Telegraphic meets with other schools can be arranged and, if records are kept for each class, the competitive feature will add interest.

If the course is laid out carefully and in accordance with the diagram, there is no reason why records for dual, district and even state championship meets should not be kept.

Races may be staged between halves of a football game or in connection with any outdoor school event.

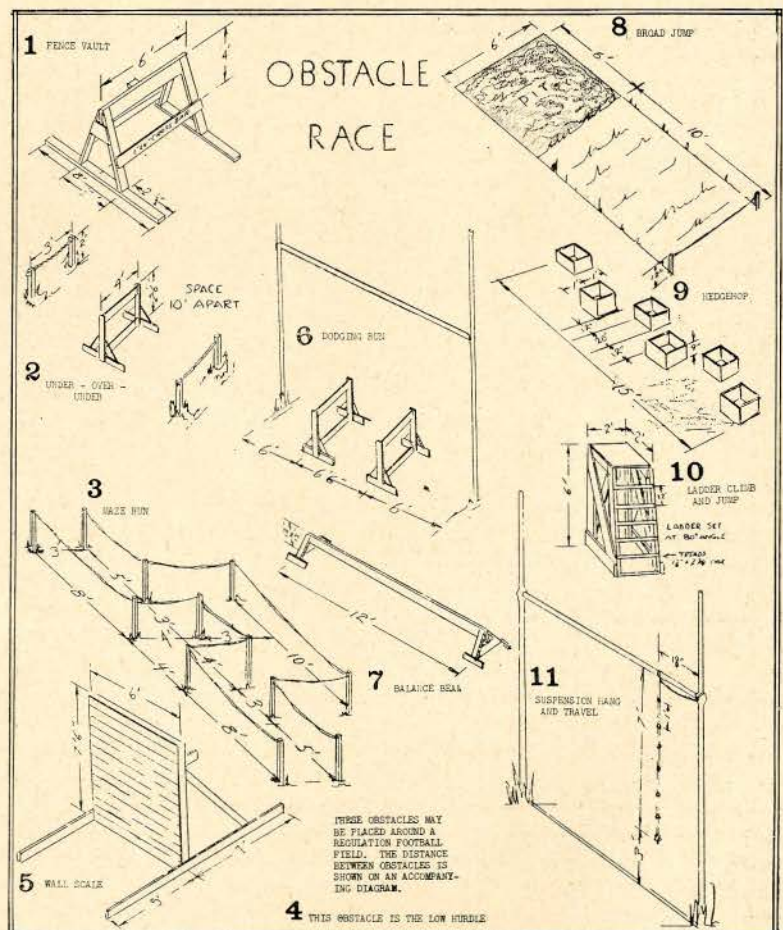
**INSTRUCTIONS**

FOR OBSTACLE 6, run outside first goal post, around alternate ends of the hurdles and inside second post.

OBSTACLE 8 is regulation broad jump pit except that a rope one foot high replaces take-off board.

FOR OBSTACLE 9, step in each box.

FOR OBSTACLE 11, climb rope and travel hand over hand across crossbar.



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## The Referendum

At the last meeting of the Delegate Assembly, held in Louisville during K. E. A., the Board of Control proposed that the Tournament Rules should be amended to provide eight Basketball Districts in each region instead of four as now designated by the rules, and the elimination of the District Tournament Runner-Up from the regional tournaments. Although the idea met with much favor at the time and the proposal drew a majority vote, it lacked the necessary two-thirds vote for adoption.

Since that time, however, conditions have changed to such an extent that it is felt by the Board that something must be done to reduce team and spectator travel to tournaments this year if our annual basketball tournaments are to be conducted. The Board members and many others who have discussed this proposal are of the opinion that this amendment to our Tournament Rules will make it possible for many more fans to see the District Tournament games and will at the same time reduce the total travel mileage by nearly one-half.

The Board of Control, because of the transportation problem, would also like to have the authority to change the state tournament set-up and possibly group the sixteen Basketball Regions into four sections, letting the winners of Regions 1, 2, 3, and 4, and other regions correspondingly, play for the Sectional championship in some central location in their area, and thus bring only four teams into the State Tournament at Louisville or Lexington. This plan is obviously impossible under the present rules.

The secretary will shortly submit to the member schools of the K. H. S. A. A. the following proposals:

1. Are you in favor of amending the Tournament Rules to provide that the number of basketball districts in each region shall be eight instead of four and that only the eight district winners shall advance to each regional tournament?

2. Are you in favor of giving the Board of Control the power to alter the present state tournament rules for 1942-43, so that the preliminary games might be played in several centers to be selected, with the semi-finals and finals to be played at one central location?

## FOOTBALL IN SMALL GROUPS

By STEPHEN EPLER, Chairman National Six-Man Football Rules Committee

Restrictions on transportation and equipment make it necessary to curb interscholastic and intercollegiate football contests. If such contests are desirable, it is better to reduce the size of team and distance traveled than to eliminate football entirely.

Six-man football showed that eleven was not a sacred number in the football world. In football, the basic elements are kicking, throwing, running with the ball, blocking and tackling. The number of players to a team is an incidental and arbitrary thing. Experiments have convinced me that the team size can vary from four to a dozen or more and still be football.

There are a number of advantages in teams of fewer players. The number of cars needed to transport a six-man team is approximately half that needed for eleven-man. The same is true for equipment. Usually two cars are used to transport a six-man squad. If five-man or four-man teams are used, the squad could be crowded into one car.

From the standpoint of the intramural program smaller teams bring benefits. They increase the action and exercise per player. More homogeneous divisions of boys are possible. In small schools four-man football may be desirable.

If playing area is a problem, the size of the field can be reduced as low as 50 yards in length and 25 in width. An eleven-man field can be marked into four adjoining fields by using the width, 160 feet, as the length of the fields and 90 feet as their widths. Thus space used for 22 boys could be used by 40 boys playing five-man with

four games in progress at once.

If equipment is a problem, it can be organized so that the same equipment is used by several boys. One class can play, then check in the equipment to be used by the following class and so on. One group may use the equipment one day and another group the next day. Of course, proper sanitary measures must be taken. If protective apparel becomes too scarce more touch football can be put into the program.

**RULES:** What are the rules of four-man and five-man football? With the following exceptions, they are the same as six-man. The field size has been mentioned, however, 80 yards from goal to goal and 30 yards in width are recommended. It is easier for the offense to gain so it is required to make 20 yards in four downs. Likewise, the offensive team must have at least two players on the line of scrimmage. Eight-minute quarters are recommended.

For intramural play or for younger boys, the added rules for intramural six-man football and-or six-man touch football found on pages 65 and 66 of the 1942 Six-Man Football Rules Book may be used.

Before you give up football, consider these suggestions. Reduce the team size from 11 to 6, 7 or 8; or from 6 to 5 or 4. Change your schedule to include more nearby teams. Reduce the number of games from 8 or 9 to 6 or even less. Strengthen your intramural program. See that every boy has a chance to play football in some form. You may have to play touch in overalls. Use whatever is necessary but do not let football die.



# Physical Education and or Athletics

Commissioner Arthur L. Trester, Indiana

We know enough about building physical fitness. We do too little. It isn't a course of study that we need. We need programs carried out. We need action.

The above two-forked title indicates the thesis of this article. It is that there should be a closer union and co-operation in the work of physical education and athletics rather than a separation. All of this work is designed to improve the development and proper functioning of the physical body. Also, all of it is designed to improve the mental, moral, social, civic and emotional factors which affect that body. The general aim of athletics is the same as that of physical education and also of general education. Athletics is not a detached problem.

Some believe in the value of games, sports and competitive activities, and others have greater faith in the formal activities. Both groups have something of value to offer but neither group has all of the arguments on its side.

Now is the opportune time to actually do some constructive work to insure a good physical fitness program in our high schools. Now is the time to cease criticizing the wroth while things that are being done for the few and to extend these worthwhile things to the many. Now is the time to prove the value of physical education, athletics, recreation and health work.

In deciding on a plan for building physical fitness there are more factors about which we can agree than there are about which we can disagree. The arguments and ill feelings which result from the advocacy and support of systems, methods and schemes in physical education and athletics do not promote the things desired. There is something wrong in a school system in which the work in physical education is one thing and the work in athletics is something else. There is also something wrong when it seems to be necessary to distinguish between general education and physical education with or without athletics. Why quibble? If a game will secure what you want, play the game. If a stunt will do the work, perform the stunt. If jumping

over a leather horse is valuable, jump over a leather horse. If strenuous exercises seem to be necessary, do strenuous exercises. If natural exercises offer more than artificial exercises, use natural exercises. If formal teaching accomplishes results, do formal teaching. If rest is more helpful than exercise, rest. Why get entangled with this or that system, method or scheme? Results constitute the desiderata. Physical vigor, endurance, speed, strength, ruggedness, robustness, normal health, skill, knowledge, attitudes, appreciations, muscle co-ordination, alertness and the fun are the things desired.

The work in physical education, athletics, recreation and health in many of our high schools is very sick. It needs either a transfusion or a kick in the proper place. Remedial measures for such schools must involve: (1) A careful diagnosis; (2) Recognition that physical fitness depends upon inheritance, environment, removal of defects; way of living; and will to improve; (3) Prescribing and drawing up a program; (4) Testing and follow-up examination.

It is not a difficult matter to test the effectiveness of work in physical education, athletics and health. At least they can be measured as well as or better than other subjects.

No individual has all of the right answers to all of the questions which may be raised about this work but here are some reasonable suggestions:

1. It must be firmly implanted in the minds of all teachers and administrators that health work is fundamentally a part of education at all times, whether we are at peace or at war.

2. There must be a firm determination on the part of all teachers that work in the improvement of health is a fundamental part of school work and that it can be done in the schools. The twentieth yearbook of the American Association of School Administrators for 1942 and entitled "Health in Schools" gives an excellent synopsis of essentials in connection with this work.

3. Facilities must be provided for reaching every student. There is one idea in all



physical education work that seems to be accepted by all, although the application of the idea does not always follow. This idea is that, in order to secure the benefits of a physical activity, it must be actually performed by the one expecting the benefits. Health and physical fitness are largely individual and can not be secured or maintained by some other party. Classes must be small enough so that some individual attention can be given.

4. Intramural work will probably come into its own this year. It should be the aim of a school to extend to the many the good work which has been given to the few and improve the work by stressing the fundamentals.

5. Strenuous activities are recommended as a part of the program. Ruggedness, vigor, co-ordination and endurance are qualities which are greatly desired. The easy way is not always the best way and some activities which do not provide a great amount of fun may be essential. Careful selection of activities is necessary, then they constitute required work.

6. Health is not a thing that can be secured once and for all times. Health habits must be built and there must be a strengthening of the will to maintain and to constantly improve health.

7. The most the schools can do at the present time is to do what they have been doing but in a better way and through a program which will extend this better doing to many more boys and girls. There seems to be no need for anything new in the way of a program. The school staff knows enough to do excellent work in all of the areas mentioned in "Health in Schools." The problem is to get it done. The literature of the subject has been extensively produced but commensurate action has not followed.

We hear much talk about putting physical education into education but this will actually take place when we put education into physical education. We know enough

about building physical fitness. We do too little. It isn't a course of study that we need. We need programs carried out. We need action.

The ultimate responsibility for the programs in health and physical education rests with the school administrators, school trustees and school boards. The money to carry on any programs that may be adopted will have to be secured from the citizens. School administrators will be called upon to take the initiative and to secure provisions for these types of work. The time may be here when some school administrators can no longer offer the alibi that their coaches, directors and teachers do not know what to do nor how to do it. If it be true that they do not know these things, the responsibility of remedying the situation belongs to the school administrator. Much credit belongs to the administrator in schools in which health work and physical education are done well.

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Now is the opportune time to actually do some constructive work to insure a good physical fitness program in our high schools. Now is the time to cease criticizing the worthwhile things that are being done for the few and to extend these worth while things to the many.

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#### Possible Solution To Problem Of Securing Basketball Officials

The high schools of Metcalfe, Monroe, and Cumberland counties have organized a basketball league and have adopted a plan whereby local officials may be used. A home-town official is to be trained and registered with the State Association. At each game both home and visiting team is expected to furnish one official.

This agreement was made to offset the difficulties expected to arise due to the scarcity of officials and the tire situation. Such an arrangement may be made feasible if proper care is used in the selection and training of officials. In order to continue the athletic program it will be necessary to make unusual concessions and to minimize useless contentions over trivialities.



### The All-Star Football Game

The annual All-Star football game is promoted each year for the express purpose of contributing materially and morally to a most worthy cause, and its continued success will be assured only if the original intention is faithfully maintained. The crippled children of Kentucky must be considered the first and only beneficiaries of such an effort, all other considerations must be and remain incidental.

The Board of Control have sustained almost ceaseless criticism over certain conditions attendant on the management and promotion of the game. Selection of coaches and players, the issuing of passes, advance announcements, and awards to players and coaches have been particular and incessant causes of complaint.

Realizing that the future of this charitable sports event is jeopardized by conditions resulting in such criticism and that the game is made possible only by its liberalizing the rules of eligibility, the Board of Control submits the following:

#### Regulations For The Shrine All-Star Football Game

DATE OF THE GAME: Saturday, December 5, 1942

Players to be selected on Sunday, November 22, 1942

Selections to be released by all newspapers, SUNDAY, NOVEMBER 29, 1942

#### COACHES:

1. Only three coaches to be selected for each squad.
2. The coaches are to be selected by a poll to be conducted by the newspapers.
3. Eastern coaches to be selected by poll by Lexington Leader.
4. Western coaches to be selected by poll by Courier-Journal.
5. No coach who was a member of the 1941 group will be eligible for selection again this year.
6. Names of the coaches to be released by the newspapers on Sunday morning, November 22, 1942.

#### THE SQUADS:

1. The teams for this game are to be drawn from two sections, the East and the West.
2. The WESTERN TEAM shall be com-

posed of players drawn from high school teams in Regions 1 to 7 inclusive.

3. The EASTERN TEAM shall be composed of players drawn from high school teams in Regions 8 to 16 inclusive.
4. The players shall be selected at meetings of Official Delegates to be held on Sunday, November 22, 1942; the Eastern meeting to be held in Richmond, and the Western meeting to be held in Bowling Green.
5. Each Region in which there is one or more football teams during the 1942 season is to have ONE REPRESENTATIVE who will be appointed by the Board of Control after a poll of the member schools. (In selecting this representative only football schools will be asked to cast a vote.)
6. The appointed representatives will collect information from coaches, officials, newspaper representatives, and from other sources that may aid them in determining the best football players in their respective regions.
7. These representatives will meet at the appointed time and place and select the All-Star teams for their section of the state. The chairman of each meeting will be a member of the Board of Control of the K. H. S. A. A. or some one appointed by the board.
8. The teams selected are to be composed of 25 players each. They are to be selected as follows: 4 ends; 4 tackles; 4 guards; 2 centers; and 8 backs. Three additional substitutes are to be included: 1 back and 2 linesmen. In order to be eligible for the All-Star squad a player must have played in at least one game in the position for which he is selected.

THE NAMES OF THE PLAYERS SELECTED ARE TO BE GIVEN TO THE REPRESENTATIVES OF THE VARIOUS NEWSPAPERS WITH THE POSITIVE UNDERSTANDING THAT THEY WILL BE RELEASED ON SUNDAY MORNING, NOVEMBER 29, 1942.

The Board of Control suggests and strongly urges that the Shrine Committee confine the total cost of awards to players and coaches to a sum not to exceed \$300.

Submitted, October 4, 1942.



## LOOK, COACHES—WHAT WE HAVE IN STOCK!

Good judgment and plenty of early purchases make our warehouse complete on the following merchandise:

Footballs	Rubber Nose Guards	Basketball Goals
Volley Balls	Ankle Wraps	Basketball Nets
Laceless Basketballs	Knee Braces	Electric Score Boards
Last-Bilt Basketballs	Foam Rubber	Electric Horns
9-Ounce Duck Pants	Kapok Pads	Shearling Knee Pads
White "T" Shirts	Umpires' Horns	Gym Pants—With Elastic Waist
Shoulder Pads	Whistles	Girls' Gym Suits
Football Helmets	Stop Watches	American Flags
Football Shoes	Table Pumps	Dodge Trophies and Medals
Cleats—Practice or Mud	All-Elastic Supporters	Gym Mats—All Sizes
Chin Straps	Blocking Dummies	Boxing Gloves
Ping Pong Balls and Sets	Physical Educational Supplies	Admission Tickets
Award Sweater and Letters	Rubber Foot Bath	Carry-All Bags
Health Scales	Rubber Bands	Football Posters
Heat Lamps and Bulbs	Adhesive Tape	Bath Towels
First-Aid Supplies	Voit Rubber Balls	Wool Sweat Sox
Voit Playground Balls	Voit Soft Balls	Harris Leather Jackets

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KENTUCKY SCRAP DRIVE--OCT. 12 thru OCT. 31



# Excerpts With Vitamins A to Z

The nation's welfare is promoted by extending the benefits of athletic competition to constantly increasing numbers.—Office of Civilian Defense.

The high schools accept the challenge of the times and are ready to make the necessary readjustments and sacrifices to insure the continued existence of the American way of life.—Kentucky High School Athlete.

The nation takes up arms to preserve those privileges, rights and liberties which have been built by such prosaic tasks as are performed by those who train the young in good mental and physical habits. — National Press.

"At the present time every man in the coaching ranks is engaged in national defense work, whether it be in the public schools, or in the armed forces."—B. Everard Blanchard, Fort Myers High School (Florida.)

"The schools can help our war efforts by developing the body strength of our young people. Vigorous gymnasium exercises, jumping, running and climbing can be participated in by all of our students, even though the physical training department may be without an adequate number of instructors. Science teachers and others can plan hikes and similar exercises in connection with their class work. Mass calisthenics can be carried on even if it means extending the school day a half hour in order to provide the necessary time."—Earl Hutchinson, Secretary of Maine State Association.

"We are not retrogressing physically and are better off in this respect than we were during the last war. But we are still woefully below what we might and ought to be."—John H. Shaw, Syracuse University, New York.

When school athletic bills are not promptly paid, it endangers the credit of all schools

and increases the cost of materials for all. The prompt meeting of obligations is one test of an efficient athletic department.—National Press.

The national objective is to strengthen the nation by improving the health and increasing the motor-fitness of each citizen. The schools will do their share.—Oklahoma Athlete.

Social workers in England urge us to keep youth in school and to provide for them even more significant opportunities for wholesome recreation than we have hitherto provided.—Minnesota Association Handbook.

"In our physical education program, we have placed great emphasis on sports partly because we believed that if students got interested in sports, there is a good chance that they will spend enough time in sports outside of school to get the really big values which accrue from them. Current times demand an addition to the usual sports program. It must include vigorous exercises, such as tumbling, rope climbing, scrambling on all fours, wall scaling, jumping off walls, weight lifting and carrying, and physical combat exercises."—W. L. Childs, New Trier High School, Winnetka.

Bond will buy ships and planes and tanks which, in turn, make the nation secure. Enroll your athletic department

in the 10% club. Save this amount by taking better care of your equipment and by reducing travel cost.

"This is the time to develop the best possible physically equipped youth. Rigorous calisthenics, hikes of 3 and four miles a day, bicycle tours of 15 to 20 miles, good hard digging in the garden, an all-out program of athletic sports extended to as many boys as is possible becomes the obligation of our schools.—F. R. Wegner, Secretary New York Association.

**Any old nag can roll over  
in the morning but it  
takes a thoroughbred to  
do it at night after a  
hard race. Ditto for ath-  
letic departments in war  
time when coaching  
ranks are depleted and  
rolling stock is scarce.  
—NATIONAL PRESS.**