

Good Sponsors Three Clinics

Announcement of three coaches clinics to be held in the near future has been made by Coach Harry Good. A clinic similar to these was held with some success during teachers convention.

The first of the clinics will be held in Lincoln November 17 where Good will use his squad for demonstration. A second will be held in York November 30, and another in North Platte in December, the date of which has not been set. Two carloads of players will be taken to York, but high school cagers will be used in the clinic at North Platte.

The clinics are designed to give coaches a look at a variety of fundamental exercises. The players will go through numerous drills and practice formations. Coach Good will explain the drills and their usage and will also enter into discussions of various phases of actual play. These will include the various types of defensive play, offensive, and development of the fast break.

The clinic last week was host to over fifty coaches, mostly from southeast Nebraska. It is hoped that the tour will allow coaches from central and western Nebraska to view the performances.

Spiker Loop Schedule Told

The Intramural Department today released the 1948-49 volleyball leagues and schedule.

Spikers are slated to begin play Monday, Nov. 8, in the new Physical Education Building.

League 1 is composed of Sigma Alpha Epsilon, Theta Xi, Zeta Beta Tau, Beta Theta Pi, Sigma Alpha Mu, Delta Sigma Phi and Delta Chi. League 2 includes Sigma Chi, Kappa Sigma, Pioneer Co-op, Delta Tau Delta, Sigma Phi Epsilon and Brown Palace.

Phi Delta Theta, Alpha Gamma Rho, Farm House, Delta Upsilon, Tau Kappa Epsilon and Phi Kappa Psi are in League 3, and Alpha Tau Omega, Cornhusker Co-op, Sigma Nu, Beta Sigma Psi, Phi Gamma Delta, Delta Sigma Pi and Alpha Sigma Phi make up League 4.

The Denominational loop includes Newman Club, Baptists, Presbyterians, Christians, Methodists, Lutherans and Inter-Varsity. League 6, the Independent league, has Norris House, Dorm B, Lilies, Chem E, Kate's Boys, Geology, Delta Theta Phi, Dorm C and Ag Men's Club as members.

IM Handball Play Set for Nov. 15

Intramural handball matches will start November 15, according to IM director L. E. Means.

The play will be divided into three sets of leagues, for fraternities, independents, and denominational teams. Fraternities and denominational teams need only to signify their entry. Independents must file a team roster and pay an entry fee of 50 cents.

Each team will consist of three men, who will play two matches each. All six games will be computed in the standings. The matches will be played in the coliseum basement and contestants must furnish their own equipment, except for handballs, which may be checked out at the equipment cage.

Trophies will be given to championship fraternity and interdenominational teams, and the winning independent team will receive individual awards. All entries must be filed at the P. E. building by Tuesday, Nov. 9.

IM grid games postponed Thursday are scheduled to be played Friday afternoon, according to the physical education office.



Magic PE Course Makes Men Out of Mighty Mice

By Herb Denenberg.

"You made five and a third feet of human arm, seven and five-sixths feet of human chest, and five and a half feet of human thigh. You made eighteen and two-thirds feet of muscle? What kind of a joint is this?"

"What are all these bars and weights for? What goes here?"

Questioner Not Crazy.

This questioner isn't crazy; he just happened to wander into the body conditioning room located in the Coliseum, and just happened to run into a few hard facts. For that increased muscle size mentioned above was actually a result of weight training as offered by the university. Then the confused gentleman began to see the light. He remembered mention of a body conditioning and weight training course in the catalog listed as Physical Education XXI.

Walking up to the man who looked like an instructor the confused student asked, "What's going on down here?"

The man to answer the question was Bob Higgins, physical education assistant and instructor of weight training. Mr. Higgins conceived the idea of a weight training course for the university in 1945 after his discharge from the marine corps. Higgins answered, "This is one of my three weight training classes."

The gentleman seemed to be mixed up about the weight class, so he asked, "Is there any difference between the weight training you offer, and what is referred to as weight lifting?"

"Weight Lifting a Sport"

Setting down his 200-pound dumb bell, the weight lifting instructor replied, "Weight lifting is a sport, while weight training is not. Weight lifting is centuries old, while weight training for development or corrective remedial work is but a few decades old."

"Here at the University," explained Higgins, "we concentrate on weight training. Weight training is a means to increase strength, to improve physical development, to get into good physical shape, and to lose or gain body weight."

"By use of weights, trainers can improve strength and physical development so as to participate more actively and effectively in other sports," the "phys ed" instructor declared.

Public Frowns

"How come the public so often frowns upon weight training programs?" snapped the dizzy questioner, "if the weight training pro-

grams have produced such results?"

The weight training box explained that the public too often associates the use of weights with the vaudeville and circus strong men of a bygone era. "These beefy, unsightly performers cared little about the symmetrical well-proportioned physique sought after by weight men today," Higgins explained.

"Another popular fallacy concerning the use of weights is that after repeated exercise with weights the user will become 'muscle bound.' It has been proven time and time again in recent years that this theory has no foundation."

Muscles Tender.

"When bar bell and dumbbell exercises are correctly employed no possible muscle binding (shortening) or general slowing down of reaction time occurs. If, however, the various exercises are performed incorrectly without proper instruction a shortened muscle condition may result."

"O.K., boss, even if muscle shortening doesn't occur do you ever get any muscle growing in the class?"

"Yes, we do," replied Higgins, and he presented an impressive list of statistics. For instance he said that in a group of 50 men taking the course the average gain in the muscle of the upper arm (biceps and triceps) was 1.28 inches per man. The average gain in chest was 1.88 inches per man. The average gain in the thigh was 1.30 inches per man.

When asked about the future of the weight training classes Higgins said that though he hopes to obtain a larger room for his classes. And considering the crowded conditions of the room, and the seemingly small number of students who now know about the course, Higgins' wish for a large room probably will come true.

Wildcats Dismissed

News comes from Kansas State that classes on Saturday, Nov. 6, will be dismissed to enable students to attend the Kansas State-Nebraska game.

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ARMORY BUILDING NOV. 9, 10, 11

Individual Paddle Tourney Slated to Open Next Week

IM Director L. E. Means has announced an individual table tennis tourney which will start next week.

The tourney is open to any man in the university. All men wishing to enter must have their entry at 102 P. E. building by Wednesday, Nov. 10.

The Coliseum basement, PE building, or Student Union basement may be used for matches. Winners must post scores after each match.

What? No Pep?

Misbehavior in the U.C.L.A. pep section draws more attention at games than the team itself.

Students seem to be too busy with the idea of being the big attraction to back the team. Because the situation is steadily growing worse, U.C.L.A. may be minus a pep squad and cheerleaders.



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