

## In the Gym.

The schedule of indoor baseball games, which was to have been played out, has been abandoned on account of the need of the gymnasium for the use of the girls' minstrel show, which practices there every evening. In place of the three indoor baseball teams, an all-University team will be chosen to play the Omaha Y. M. C. A. team. No date has yet been arranged, but a game will probably take place this week or next.

Prof. Hastings has thus far taken 166 physical examinations and for over one-half of this number, anthropometric charts have been made. The charts of the football, baseball and other athletic men, show a strong athletic type for Nebraska. Those who have been anxiously awaiting the completion of these charts may now obtain them in the physical director's office, where they are waiting to be called for.

A rather painful accident happened to Mr. Swallow in the gym. last Tuesday afternoon, between 4 and 5 o'clock. Swallow was watching some of the boys practice the running high jump, and so he thought he would try it. He pulled off his shoes and without any slippers, started to run. His foot slipped, turning his ankle, and a severe sprain was the result. The attending physician said that the foot will have to be placed in a plaster cast and remain in that condition for a month or six weeks. By Swallow's failure to use a pair of slippers, which would have prevented him from slipping, the University has lost for this season, at least, the strongest athlete in indoor contests, and a man who gave promise of great things in the spring sports.

The candidates in the indoor pentathlon to be held in March met in the gym. last Saturday to receive some hints on training from Prof. Hastings. A new system of training will be adopted. A prescription of exercises for each week's training was given each candidate.

Those present at the meeting were W. E. Anderson, P. W. Pepon, P. W. Jewitt, O. T. Reedy, M. P. Pillsbury, L. S. Ryan and C. L. Allen.

There are many others besides those present at the meeting who intend to enter the pentathlon. Among these are Kellog, Benedict, LaSalle, Bolen and Cruikshank.

To those who may ever have any opportunity to enter a contest of this kind, will be found useful the following memorandum slips given out by Prof. Hastings to the contestants:

Pole vaulting, twelve weeks' training essential.

I. Physical training: Pulley weights and dumbbells; body bends, distance vaulting, etc., and running.

II. Training for skill: Twelve weeks.

First three weeks:—

1. Give attention simply to form at height of three or four feet.

2. Running practice, moderate as to speed and distance.

Second three weeks:—

1. Raise bar six inches to one foot.

2. Increase speed of run.

Third three weeks:—

1. Raise bar another foot.

2. Increase speed to seven-eighths of full amount.

3. Practice running 30 to 60 yard dashes, three to six each day.

Fourth three weeks:—

1. Vault within a few inches of limit.

General:—

1. Practice balancing when pole is perpendicular.

2. Start deliberately, run up to top speed.

3. Give keenest attention to form.

4. Run on toes as fast as possible.

5. Relax muscles as you alight.

RUNNING HIGH JUMP.

1. Physical training same as for running jumps. Two weeks' training in skill required.

First three weeks:—

1. Sprint short distances.

2. Low jumping for form, without speed in run.

Second three weeks:—

1. Introduce speed in run.

2. Jump two inches higher.

Third three weeks:—

1. Speed three-fourths of maximum.

2. Height without exertion.

Fourth three weeks:—

1. Jump under height possible 6 to 12 times.

General:—

1. Take three trials at every height, beginning 2 feet 6 inches to 4 feet during first period.

2. Regulate number of jumps each day by the way you feel—never crowd yourself.

3. It takes 3 to 5 years to make a good record. It took Page 8 years' practice in form to win 6 feet 4 inches.

RUNNING HOP, STEP AND JUMP.

Training should occupy 12 weeks.

First three weeks jump lightly.

Second three weeks:—

1. Jump 2 to 5 feet further.

2. Sprint 50 to 75 yards after running.

Third three weeks increase both.

Fourth two weeks, sprint as fast as possible; jump almost to limit.

Fifth for last week, two or three days, trials; fourth day jump simply to keep supple; fifth day absolute rest.

General:—

Never run over the jumping block; warm up before contesting to avoid strains.

PUTTING THE SHOT.

Training should occupy 12 weeks as follows:

First three weeks:—

1. Runs, 200 to 300 yards.

2. Light dumbbells.

3. Club swinging.

4. Put shot for form.

Second three weeks:—

1. Physical training more severe.

2. Put shot a little further.

Third three weeks increase both.

Fourth three weeks exercise should cause fatigue. Shot putting should not be carried to limit of fatigue.

General:—

1. Put the shot from 6 to 12 times each day of training.

2. To learn 16-lb. shot use 12-lb. first for several weeks.

3. Strengthen chest muscles by respiratory movements.

4. Symmetry is essential to balance.

## FOUL TIPS.

If the weather continues to be as warm as at present Captain Gordon expects to begin outdoor practice soon. The old men are anxious to get out and get in shape for the early games. The new men wait anxiously for warm weather so they can show the captain what they can do.

The candidates are more enthusiastic this year than ever before. Thus far only one of the pitchers has dropped out and all seem determined to stay with it and make the team. Coach Burnes is now instructing the twirlers on the "curve" ball and also giving them practice in pitching to batters. They are all in excellent condition and working hard every day. It is very hard as yet to pick out the most promising ones as they are all doing excellent work. One thing is sure, the pitching department will be stronger than ever before.

As soon as the campus becomes dry the work of levelling the diamond and grading the field will be commenced.

Manager Ryan expects to secure a game with the Omaha Western league team this spring. This will give the team a chance to compare the quality of base ball as played by colleges and professionals.

Six of last year's team will be back this year. They are Gordon, Kinder, Reeder, Cowgill, Wells and Moore. These, together with the new men who are showing up, should make a team for Nebraska that will prove her superiority in the west in base ball as well as football.

The question of a field coach will probably be settled Saturday as it will soon be time to begin outdoor work. Creigh and Cochran are being talked of for the place. They are both excellent men and are well known at University and Lincoln base ball circles.

Iowa last year claimed she would shut out the bug eaters, but after the game she had little to say as she was out of her class. Nebraska's prospects for the coming season make it probable that the same boast on Iowa's part will be proven to be just as idle a dream as before.

## A NOVEL ORGANIZATION.

The students of Ohio State University have organized a Watchword club, which has for its purpose the prevention of the use of slang in that institution.

Following are two of the unique provisions in the constitution of the club:

Art. 4. The meetings of this club shall be regular, special and accidental meetings. The regular meetings shall be held in sections at every recitation hour of each university day. The special meetings shall be held at all other student gatherings. Accidental meetings shall be held whenever and wherever two students chance to meet and speak to each other.

Art. 5. The business of this club shall be transacted entirely by committees of one, each committee to be known and designated by the surname of its member, to-wit, the Jones committee, the Brown committee, the Smith committee, etc., etc. And there shall be as many of these committees as there are members of the club.

## SUNDAY CONVENTION.

C. J. Allen, J. H. Boone, O. W. Belden, Mr. Robertson, Miss Reynolds and Miss Burrows left Monday afternoon for Cleveland, O., to attend the great meeting of students which is to be in session there all this week. The meeting is a religious one and its primary purpose is to consider means for the evangelization of the world. It is supposed that this meeting will be the largest gathering of students that has ever been held. Representatives of every part of the world will be there and take part in the deliberations. The list of speakers is a very large one and includes some of the most prominent men in the religious world. Dr. Meyer of London, who is known to be one of the greatest leaders in student work, will open the convention. Those who went to represent the Universities will return the first of next week.

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