The Kentucky High School Athlete

The Sportsman's Creed

The Player...
1. He lives clean and plays hard. He plays for the love of the game.
2. He wins without boasting, he loses without excuses and he never quits.
3. He respects officials and accepts their decisions without question.
4. He never forgets that he represents his school.

The Coach...
1. He inspires in his boys a love for the game and the desire to win.
2. He teaches them that it is better to lose fairly than to win unfairly.
3. He leads players and spectators to respect officials by setting them a good example.
4. He is the type man he wants his boys to be.

The Official...
1. He knows the rules.
2. He is fair and firm in all decisions. He calls them as he sees them.
3. He treats players and coaches courteously and demands the same treatment for himself.
4. He knows the game is for the boys, and lets them have the spotlight.

The Spectator...
1. He never boos a player or official.
2. He appreciates a good play, no matter who makes it.
3. He knows the school gets the blame or the praise for his conduct.
4. He recognizes the need for more sportsmen and fewer "sports."
The Kentucky High School Athlete
Official Organ of the
Kentucky High School Athletic Association

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A Decade of Progress
By Assistant Commissioner J. B. Mansfield

In an effort to determine how the high school football program in Kentucky has progressed, a comparison has been made between the number and enrollment of the schools playing in 1960 and 1970. In 1960, the second year after the playoffs were started, 148 teams participated in the playoffs. Eleven years later, eighteen of these schools have been absorbed into other schools with no schools replacing them, seventeen were consolidated into eleven schools, and six schools still in existence dropped the sport. These figures show that today if no progress had been made there would be (148 less 30) only 118 schools with teams.

In 1970 there are 184 schools fielding teams. The difference between 184 and 118 shows that 66 schools have come into the program. This has been a result of smaller schools being consolidated or from new schools coming into existence. This amounts to an average increase of about six teams a year even though the total number of schools is decreasing. Four hundred thirty-four schools joined the Association in 1960, and in 1970 there will be approximately 382. The percentage has increased from 31.6 in 1960 to 52.3 in 1970.

In order to get approximately the same number of schools in Classes A and AA, the breaking point was 275 pupils in Grades 10-12 in 1960. In 1970 this figure was 485. Certainly, as the number of students in a school increases so will the caliber of the team. The merging of the smaller schools has resulted in better facilities, as playing fields, seating capacity, dressing rooms, etc., have improved. It has resulted in a greater number of coaches per squad, thus promoting more efficient training and coaching.

The statewide improvement in the football program has been due to the improvement of the educational program in general. The people of the state, the legislature, the boards of education and school administrators have been responsible for this. As progress has been made consistently through these past years, there is no reason to doubt that it will continue until every boy has an opportunity to participate in the kind of program he deserves.

Off Season Conditioning

A year around program of physical conditioning should be advocated for all those interested in athletics. The end of an athlete's "season" should not end the training regimen completely. To remain in condition and continue to reap the values of athletic training, depends on the extent to which the athlete continues to exercise and to follow the principles of healthful living.

Maintaining strength, endurance, and agility make possible high performance levels and elimi-
change of current practices in secondary school athletic administration.

3. To discover current and evolving trends in athletic administration.

4. To discuss the role of the NCSAD and the state athletic directors associations in cooperative projects with other national and state associations.

Certified Football Officials

Allison, Roy
Anders, Raleigh
Bell, Clarence T.
Blanton, Homer
Bordy, Phyllis
Brotzte, Maurice
Brown, Bill
Brown, Herman
Brown, John W. “Scoop”
Bullock, Ted
Burke, Harry R.
Canady, Ray Blair
Cook, Richard N.
Cowan, Robert L.
Craft, Albert B.
Cullen, Charles Bud
Culp, Willard E.
Current, Ray
Dallmann, James W.
Davis, W. Curtis
Denton, Charles
Denton, William J.
Durkin, Jack H.
Elliott, Carroll L.
Elvott, Carl
Faust, Jack
Fenimore, Clarke E.
Fish, Leland G.
Flynn, Robert
Fortney, Robert L.
Foster, J. W.
Fraley, Bill
Frankel, Louis S.
Fryear, Bill P.
Fuller, Wilton
Garrett, Richard A.
Gentry, Dale J.
Gour, Bob D.
Gorham, Harry C.
Grace, Charles K.
Grace, H. E.
Graham, James
Hadden, Newell
Hagan, Joseph E.
Hancock, Norb
Hedge, David Wm.
Heinze, Frank
Heinze, John G.
Horsman, Bill
Huber, Carl W.
Ishmael, Stephen A.
Johnson, Harry A.
Jones, Paul
Kaufman, Alvin R.
Kraft, H. Nellis
Kuhl, Lawrence
Lambert, Irvin
Lange, William E., Jr.
Leahy, Pat
Lenahan, Thomas F.
Lowe, Gene T.
Lusky, George
McGehee, Gordon
McLemore, Jack
Mattingly, Charles Pete
May, E. B., Jr.
Mayhew, Wm. M.
Mercke, Frank R.
Mercker, George E.
Metzger, Don
Minta, John H.
Moody, W. R.
Mooneyham, James H.
Mordeca, William A.
Morgan, Richard
Morse, Richard K.
Murray, Thomas
Nance, William E.
Noland, Doug
Nord, Bertrand J.
Norwood, Thomas R.
Oldham, Ben R.
Omer, Harold G.
Parker, Bob L.
Parsley, Clyde E.
Peeno, Harry R.
Phipps, James M.
Ray, Ron
Ray, Bob
Reddington, Jim
Reed, Gordon “Moe”
Renfro, James H.
Rinner, Joe D.
Parker, Bob L.
Parsley, Clyde E.
Peeno, Harry R.
Phipps, James M.
Ray, Ron
Ray, Bob
Reddington, Jim
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Phipps, James M.
Ray, Ron
Reed, Gordon “Moe”
Renfro, James H.
Rinner, Joe D.
Parker, Bob L.
Parsley, Clyde E.
Peeno, Harry R.
Phipps, James M.
Ray, Ron
Reed, G
Approved Football Officials

Albright, James R. 
Blevins, James J. 
Bowling, James E. 
Bramble, James 
Brashear, Loy Ray 
Brauch, Charles J. 
Brock, Alfred 
Carr, Billy W. 
Chiswell, C. Lawrence 
Clemmons, Sam 
Cornwell, James 
Creekmore, Les 
Crider, Ray 
Daopoulus, James A. 
Delaney, William T. 
Downs, Joseph W. 
Draud, Jon Edward 
Durbin, Ray 
Easley, Dan 
Eldridge, Wayne R. 
Fay, John C. 
Feck, Richard A. 
Ferguson, Roy 
Fraser, Tom Roe 
Gallacher, Jack F. 
Gibson, Richard L. 
Harris, David L. 
Harsh, Ronald B. 
Hina, Charles W. 
Hornsby, Colin 
Howard, Robert E. 
Hubbard, Tom D. 
Jump, Frank E. 
Keifer, Robert B., Jr. 
Kiser, Larry 
Lefevres, Colman J. 
Liu, Yves 
Linkes, Clifford 
McClure, Tom 
McCoy, Larry 
McFadden, Jimmie 
Maloney, R. H. 
Mang, Berry W., Jr. 
Metcal, Ken 
Moore, Franklin Bud 
Nolan, Michael B. 
Pack, Keith 
Padgett, R. K. 
Pardue, Israel 
Pate, Lloyd W. 
Faxon, Gary R. 
Perkins, Ronnie L. 
Powers, Elmer 
Reap, Frederick K. 
Reece, Jerry T. 
Riggs, C. Dennis 
Rogers, Eldridge 
Schmitt, Nick 
Shaughnessy, Bernard E. 
Simms, Clarence 
Somerville, Robert J. 
Staley, Jerry 
Stark, Dennis W. 
Taylor, James E. 
Timmering, George E. 
Treby, Charles E. 
Wheeler, Ray 
Wilbert, Donald A. 
Wright, John David 
Wulfeck, Jim

Cross Country Assignments

Cross Country regulations adopted by the Board of Control provide that the state shall be divided into classes and regions by the Commissioner who will assign the schools to the regional sites. Schools with teams that are not listed should notify the Commissioner in order that regional assignments may be made. Each school listed will receive from the regional manager an information sheet and entry blank prior to the meet. The 1970 assignments are as follows:

Class AA

Paducah Region—Christian County, Crittenden County, Hickman County, Hopkinsville, Mayfield, North Marshall, Paducah Tilghman, St. Mary, Trigg County.

Owensboro Region—Daviess County, Henderson County, Owensboro, Providence, Russellville, Trinity, Union County.

Clarkson Region—Bowling Green, Breckinridge County, Carineyville, Clarkson, East Hardin, Edmonson County, Elizabethtown, Letchfield, Meade County, North Hardin, St. Romuald, West Hardin.

Bardstown Region—Adair County, Bullitt Central, Greensburg, Glasgow, LaRue County, Louisville Country Day, Nelson County, Portland Christian, Shelby County, Taylor County.

Ft. Thomas Region—Bishop Brossart, Boone County, Covington Catholic, Dixie Heights, Highlands, Holmes, Lloyd Memorial, Newport Catholic, Simon Kenton.

Maysville Region—Bath County, Bourbon County, Grant County, Harrison County, Mason County, Maysville, Montgomery County, Pendleton.

Lexington Region—Bryan Station, Frankfort.

Henry Clay, Lafayette, Lexington Catholic, Madison Central, Model Laboratory, Tates Creek, Woodford County.

Somerset Region—Boyle County, Burnside, Danville, Garrard County, Lee County, Monticello, Russell County, Somerset, Wayne County.

Paintsville Region—Boyd County, Hazel Green Academy, Jenkins, Johnson Central, Johns Creek, Menifee County, Morgan County, Oakdale Christian, Paul Blazer, Riverside Christian, Russell.

Class AAA


Iroquois Region—Bishop David, Doss, Fairdale, Iroquois, Pleasant Ridge, Stuart, Valley, Western.

Thomas Jefferson Region—Atherton, DeSales, Durrett, Moore, St. Xavier, Southern, Thomas Jefferson.

Waggener Region—Ballard, Eastern, Fern Creek, Jeffersontown, Seneca, Trinity, Waggener, Westport.

New Swimming Film

The National Federation of State High School Athletic Associations has produced a film entitled, SWIMMING AND DIVING BY THE RULES. A print of the film, a 16 mm, 17-minute sound film in color, has been secured by the K.H.S.A.A. The film may be obtained for showing by writing to the Film Library, College of Education, University of Kentucky.

SWIMMING AND DIVING BY THE RULES is the first film ever produced to demonstrate the interpretation of the rules of swimming and diving. It is recommended for all levels of amateur swimming.

The film stresses that as competitive swimming increases there is a greater than ever need for good officiating. The rules must be rigidly and uniformly observed and enforced. Starting, timing, and judging must be completely consistent and accurate so that competitors can be guaranteed credit for their best performance.

The duties of all the officials are illustrated. The referee is in charge of all activities. He settles any questions of procedure or rules application. The announcer plays an important role in the smooth running of the meet as he directs the swimmers to the clerk of the course when the race is called.

The film shows the position of the starter and the stroke judges as they look for stroke infractions and rules on the legality of the turns.

Proper execution of the backstroke, breaststroke and butterfly is shown, and legal strokes and kicks are emphasized. A number of violations of stroking and kicking are demonstrated for each event. Correct rules of turning and touching are described.

The things that a diving judge must look for are illustrated and discussed in detail. These include a smooth forceful approach, a well controlled hurdle, a forceful take-off, the position of the body during passage through the air, and entry into the water. A number of common faults committed during a dive and the points to be deducted for each are shown.

SWIMMING AND DIVING BY THE RULES may not guarantee a competitor a win but it does guarantee that he will not beat himself. The officials have an obligation of guaranteeing every competitor all the credit he deserves, no more and no less, for his best effort.
The films listed below are in the Film Library of the University of Kentucky College of Education. The 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 plans offered by the Bureau of Audio-Visual Material.

**Basketball**

**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 to facilitate the understanding of basketball. 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 marker: legal screening; penetration zone defense; and the Kentucky fast break.

**Basketball by the Rules**, e-j-s-c-a, 3 reels (30 min.) color, $1.00

Penetrates beneath the surface of the game to provide a thorough examination of the playing rules and officiating procedures. It will aid the fans as well as officials, coaches and players to better understand those difficult judgment decisions that occur constantly. (KHSAA)

**Basketball Fundamentals — Individual Techniques**, j-s-c-a, 1 1/2 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), cutting (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.

**Championship Basketball — Team Techniques**, j-s, 1 reel, $2.00

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

**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 presents 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.

**Ohio County vs. Central** (1969 Basketball Finals), e-j-s-c-a, 31/2 reels (35 min.), color, silent, $1.00

Central High School of Louisville won the State Championship by defeating Ohio County, 101-72, in the final game. Central eliminated Richmond Madison, Hopkinsville, and Maytown to reach the championship game. (KHSAA)

**Richmond Madison vs. Louisville Male** (1970 Basketball Finals), j-s-c-a, 4 reels, (40 min.), color, silent, $1.00

The bulldogs of Male outlasted the scrappy Purples to win the championship, 70-69. Madison led the first half but Male was overpowering to take the title in an exciting finish. (KHSAA)

**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.

**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 to body coordination, especially inward rotation of the hand and arm making the throw.

**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, basket 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, 1 1/4 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 situations. 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, 1 1/4 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.

Gymnastics
BEGINNING TUMBLING, j-s-c-a, 1 reel (11 min.), $2.00
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 handsprings, twists, and somersaults that are basic to tumbling. (Hoefler)

GYMNASTICS, PART II, j-s-c-a, 1 1/2 reels (17 min.), $3.00
Introduces the gymnast to the fundamentals of the 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 injury when practicing gymnastics. (Hoefler)

SIMPLE STUNTS, e-j-s-c-a, 1 reel (11 min.), $2.00
Provides instruction in the 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.

Injuries
TEAM PHYSICIAN, j-s-c-a, 3 reels (28 min.), color, $8.00
The message is aimed at physicians, coaches, athletes and parents. Includes five regulations which are concerned with preventing injuries as well as treating them when they occur. (KHSAA)

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 underwater.

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 takeoff 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 swimming 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 correct practice for mastery of the 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, $2.00
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 a successful stroke.

BEGINNING TENNIS, e-j-s-c-a, 1 1/2 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-time 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

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 — avoid shin split—controlled tension—forward knee reflex—straight line running—automatic stride.
THE HURDLES, j-s-c-a, 1 reel, $2.00
Basic hurdlng styles—rear hip and leg action—rhythmic running—hurdling, calisthenics, body balance—correct clearance—circular stepover action—adapting styles of physicians.
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—exercising counterbalanced 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—talking Western and Eastern style—slopping—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, under hand action—cup style—overhead sprint—fly scoope—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 position—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-Forius.” “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.

Wrestling
JIU JITSU, j-s-c-a, 1 reel (15 min.), $1.00
Demonstrates the effective, dangerous Jiu Jitsu defenses against knife, gun, club and mugging attacks.

WRESTLING BY THE RULES, e-j-s-c-a, 2 reels (10 min.), color, $1.00
Devised to rule interpretations and officiating procedures. A visual approach to the written rules is shown in sixty scenes. Guidelines for officiating such areas as takedowns, reversals, stalling, technical violations and illegal holds are presented.

OFF SEASON CONDITIONING
(Continued from page one)
• The potent motivation of sports is utilized for self-discipline.
• Satisfying experiences result from having attained a high level of fitness.
• The training program is regarded as an educational process for effective living.
• The adults associated with the program provide an example with which the athletes can desirably identify.

Athletes should be reminded that there is no substitute for athletics. Weight training is an adjunct to the off-season program as are jogging and other periodic workouts. Neither should the athlete be led to believe that he must taper off after the season. There is no physiological evidence to support this notion. He must be sold on the idea that to be in shape—even during his "off season." Most of all the athlete must remember that if he intends to perform on the field he must be ready—just as someday his employer will expect good performance on the job. Good physical condition will help him to a better performance because he will never be on an OFF SEASON.

—National Federation and A.M.A.

Officials’ Ratings on Sportsmanship-Baseball 1970
The following sportsmanship ratings were received on K.H.S.A.A. member schools from registered baseball officials for the 1969 season. The numbers following each name represent respectively: 15-0-0, Good; 15-1-0-0, Fair; 15-2-0-0, Poor; 15-3-0-0, No rating. Good, Fair and Poor ratings. Ratings of the coach, other school officials, crowd and team have been combined in this report.

Adair County. 138-1-0-0; Adairville. 64-25-8-2;AHrens Trade. 40-12-4-0; Allen County. 14-14-3-0; Anderson County. 21-3-1-0; Ballard. 23-8-4-0; Ballard Memorial. 16-6-2-0; Barbourville. 35-17-1-2; Bardstown. 72-14-0-0; Bath County. 13-15-4-0; Beechgrove. 52-4-0-0; Bell County. 6-26-8-0; Bellevue. 49-11-3-0; Bowling Green. 86-62-2-0; Boyd County. 83-23-3-0; Fowl Lake County. 57-44-3; Breastwood County. 90-9-0-0; Bremen. 35-4-0-0; Byron Station. 31-13-6-0; Benton. 83-5-3-0; Berea Community. 33-5-1-0; Betsy Layne. 17-15-1-0; Bishop Brossart. 48-20-3-0; Bishop David. 31-17-6-0; Boone County. 57-34-4-0; Bourbon County. 23-14-0-0; Bowling Green. 31-22-1-0; Bush. 129-12-3-0; Butler. 68-36-2-0; Butler County. 34-6-6-2; Caldwell County. 114-17-1-0; Calhoun. 4-6-0-0; Calhoun County. 71-41-0-0; Campbell County. 36-3-0-1; Campbellsville. 39-4-7-1; Caneyville. 80-0-0-0; Carlisle County. 68-4-1-0; Carr Creek. 6-4-0-0; Carroll County. 31-20-1-1; Casey County. 135-1-0-0; Catlettsburg. 64-29-1-0; Caverna. 107-37-2-0; Central. 29-27-0-0; Central City. 31-4-1-0; Chandler's Chapel. 16-7-1-0; Christian County. 124-25-0-0; Clark County. 17-7-0-0; Clarkson. 14-4-1-0; Clay County. 139-18-0-0; Clinton County. 31-1-0-0; Combs Memorial. 4-5-0-0; Corbin. 33-36-0-0; Covington Catholic. 71-23-0-0; Crab Orchard. 32-9-0-0; Crittenden County. 32-16-1-0; Cumberland. 97-25-0-0; Iranian. 3-5-0-0; Danville. 64-22-0-0; Daviess County. 133-23-2-0; Dawson Springs. 41-15-12-0; Denver. 24-36-1-0; DeSales. 50-23-4-3; Dixie Heights. 30-10-1-0; Dortan. 21-10-1-0; Doss. 66-38-4-0; Dryskro. 31-1-0-0; DuPont Manual. 53-29-2-0; Durrett. 68-13-0-0; Elizabethtown. 201-7-2-0; Elkhorn City. 66-16-5-1; Eminence. 40-18-6-2; Estill
Supplemental List of Registered Football Officials
(List Compiled October 1)

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

Asbridge, Tony, RFD #3, Box 38A, Corbin, 528-4401, 528-7504
Barfield, James H., Route 2, Box 345A, Middlesboro, 248-1399, 537-3003
Bass, Mark, 1410 Wurtele, Louisville, 637-8215
Blackford, Robert L., 209 Caldwell Drive, Elsmere, 341-3840, 524-9123
Braun, Thomas C., 198 Pleasant Rdg, Road, Alexandria, 635-5800, 431-3903
Brause, Allan R. (Dr.), 7 E. Lakeview Drive, Cincinnati, Ohio
Carpenter, Jerry, Buck Creek Drive, Martin, Tennessee, 367-4305, 376-3121, Ext. 296
Chasteen, Earl J., 109 Taylor Drive, Cynthiana, 234-4897, 232-2940
Cleaver, Ed, Route 1, Box 208, Morganfield, 389-2684, 389-2419, Ext. 495
Clifford, Michael B., 332 Hazel Street, Ludlow, 291-5761
Dentener, Gene, 229 Tyne Road, Louisville, 365-7058, 357-6036
Dodd, Robert E., Route 3, Trenton, Tennessee, 559-4464, 542-4110
Douglasberry, Mike, 2406 Florence Street, Hopkinsville, 856-7371, 859-8144
Fleit, Daniel E., 509 St Joseph Lane, Apt. 81, Park Hills, 291-4600, 371-7200, Ext. 257
Emmons, Guy W. III, 606 Shadow Run Road, Louisville, 574-9774, 631-0341
Evans, Willis S. Jr., 3600 Montclaire Avenue, Louisville, 259-8566, 382-5332
Ferrell, Ronnie, Box 2500, Williamson, W. Va., 237-1344, 235-2323, Ext. 40
Gardner, Kenneth C., 4300 Vermont Avenue, Louisville, 348-0722, 322-5728
Gastineau, Jobe A. III, 2113 St, Teresa, Lexington, 366-6123
Geyer, Linda J., Box 244B, Science Hill, 423-2274, 677-1198
Hall, Michael E., 1531 E. 21st Street, Owensboro, 694-4153, 648-8811
Hall, William W., 115 Dickerson Street, Prestonsburg, 386-3415, 789-8311
Hammons, George F., Box 23, Barbourville, 546-4586, 525-6519
Harrison, Mark, Route 7, Box 279, Hopkinsville, 269-2216
Hewitt, R. B. (Teddy), College Station, Maysville, 559-9436, 587-3121, Ext. 296
Hines, Richard G., Route 2, Box 19, Bardstown, 348-9428, 348-9231
Hite, Phillip, 260 Madison Avenue, Bardstown, 348-6267
Hurt, Thomas C., 122 Hamilton Avenue, Lancaster, 782-2007, 792-2312
Hyre, Michael P. Jr., 8381 Shuman Lane, Cincinnati, Ohio, 527-5968, 241-7362
Johnson, Bernard M., 322 Blueberry Lane, Lexington
Johnson, J. L., 705 Hope Street, Hopkinsville, 886-4067, 537-6036
Jones, James M., 1216 Tallow Lane, Louisville, 301-3275, 459-1751
Jordan, Charles M., Box 151, Fikeville, 575-6813, 473-7281
Klusman, Carl J., Jr., 3108 Gambrill Court, Louisville, 450-0561, 634-1531, Ext. 362
King, Harry Dee, 157 Cooper, Martin, Tennessee, 587-3371, 244-2151
Kouns, Robert, Box 362, South Shore, 932-4540, 532-3232
Ledford, Bob Thos. B., 7890 A Estrada Avenue, Ft. Knox, 434-4894, 47611
Lindon, Bob, 2208 Jasmine, Lexington, 278-2429, 364-3070
Loccioni, Dennis Ray, P.O. Box 326, Walnut Street, Flatwoods, 326-3297, 383-5901
McCaw, Connell, Route 1, Box 251, Corbin, 528-4369
McClarin, David, Madison Estates, Richmond, 625-0655, 623-1276
Maloney, William L., 13 Fifth Avenue, Highland Heights, 441-1408, 261-1753
Moser, Tom, 208 Powell Street, Stanford, 365-2596, 236-8077
Norton, Tim J., 631 Minoma Avenue, Louisville
Patzer, Richard A., 11 E. Lakeshore Drive, Apt. 7, Cincinnati, Ohio, 621-6756, 362-8702
Powell, Calvin Clay, 209 Wabash Drive, Lexington, 278-7507, 232-3404
Powell, Logan G., 209 Lakeshore Drive, Lexington, 269-2826
Registered Basketball Officials of the K.H.S.A.A. — 1930-1971

(List Compiled October 1)

If the telephone number is given for an official, it is the home phone number unless otherwise designated. If it is not numbers are given, the first number is the home phone.

Abshire, Ronnie Eugene, Phyllis, 835-4473
Acland, Claude J. Rt. 3, Somerset, 379-4533, 379-4330
Adams, James A., Route 4, Box 312, Nicholasville 855-3471, 856-2325
Adams May Jr., Route 3, Box 106, Manchester, 598-3516 (Bus.)
Addington, David G., Route 5, Owensboro, 583-3967
Aklad, Philip M., 4-2-4-11, Waverley, Shelby 12-1-0-6; Wingfield, Felix G., 9-3-0-6; Wiseman, Melvin, 1-4-0-6; Wiltz, John D., Wood, Thomas David, 6-2-6-2; Wren, Bethel, 9-8-0-1-1; Wright, John David, 4-3-0-2; Wylie, Wayne T., 1-9-0-6-6; Zirkle, Leonard, 3-6-9-0.

Beek, Robert E., 7-50-0 Melvin Circle, Louisville, 368-2815
Beek, Jack, 15012 Florence Street, Middletown, Ohio 452-4279, 425-3631
Bell, Clarence T., 3-10-0 Meadow Haven Road, Louisville, 427-3612, 428-0710, 852-5307
Bell, Robert J., 3-00-0 Sutherland Drive, Lexington, 272-1291, 4-3-0-1-0, 260-3326
Bennett, Gene, Van Dyke Avenue, Wheelersburg, Ohio 7-34-241, 436-4919
Bennett, James L., Route 1, Box 75, Elkhorn City, 744-5165, 536-4412
Benninger, Joseph Jr., 3-50-0 Bebymer Road, Cincinnati, Ohio 272-3932, 532-3105
Bergman, Harry W., Jr., Box 391, South Shore, 532-4298, 541-3899
Bertsch, Ronald L., 65 Geiger Avenue, Bellevue, 581-5790, 731-2012
Beshears, Jim, Nortonville, 676-3635
Boddie, Robert Lane, 126 East 35th Street, Maysville, 564-6941, 694-3569
Birchfield, Daniel R., Rice Station 7-8-47, 233-2000, Ext. 1411
Bitter, Charles D., 6002 Moorshead Drive, Louisville, 230-3580, 426-0761
Black, Willis L., 407 19th Street, Corbin, 528-3300, 528-9035
Blair, Kenneth, Hindman, 758-5441
Bleed, John J., 7018 Calver Lane, Louisville, 969-2207
Blev, Richard V., 313 Porthing Court, Cincinnati, Ohio 481-3612
Boo cook, Earl, 1001 Beech Street, Kenova, W. Va., 453-1816
Boo roller, Blinzley J., Route 7, Owensboro, 764-1019
Boone, Howard H., 112, Hyden Trailer Park, Prestonburg 896-3456, 896-2038
Borcher, Donald C., 335 MacBride Road, Louisville, 386-0226
Bowling, Avery, 715 East Main, Hazard, 436-4936, 436-0932
Bowling, Donald E., 500 Scott Avenue, Pikeville 437-7243
Bowling, Roy Boy, 17, Fields Lane, London, 864-5096, 864-0241, 864-0243
Boyd, John D., 69 High Street, Coal Grove, Ohio, 532-5003, 532-8143
Boyd, Marcus F., 218 Surfside Drive, Florence, 283-1996, 694-1205
Bradford, Mike, Ivy Hill, Harlan, 357-5487, 357-5267
Bramble, James L., 155 Manitou Lane, Lexington, 272-4926, 278-9355
Branner, Wardlaw L., 36 Bryant Circle, Maysville, 564-6133, 564-3563
Branham, Gayle, P.O. Box 223, Wayland, 388-4092
Branham, Larry, Austin, 646-2281
Brannerster, Charles E., 115 Kathleen Avenue, Horse Cave, 706-7392, 706-7734
Brant, Bernard, 2009 Fairview, Madisonville, 821-5638, 821-7136
Brashear, Loy Ray, Route 1, Glendale, 851-2921, 756-2181
Brashears, Malcolm W., 211 Knollwood Place, Frankfort, 564-2257, 564-7921
 Braun, Charles J., 17 Westview Drive, Bardstown, 346-3128, 346-3971
Breden, Charles W., Box 296, Mt. Washington, 538-4675, 538-4675
Brekenshuul, Jim, P.O. Box 104, Scottsburg, Indiana, 536-4688
Brewer, James Kenneth, P.O. Box 123, Campton, 686-5558, 686-6206
Brewer, Jerry, Bonnyward, 436-8200, 435-3355
Brodhus, William D., Route 1, Box 376, Bardstown, 348-9006, 333-4574
Brock, Alpene, Ketty Island, 337-2845, 337-2038
Brock, John D., Route 1, Box 201, Pinewoods, 397-3309
Brock, Johnnie G., Stone Fork, 273-3517, 273-6267
Brockman, Gerald K., 1613 Air Lancelot Lane, Louisville, 426-6193, 426-3511, Ext. 302
Bromagen, Michael Dale, Route 2, Owingsville, 674-2276
Broder, Homer Lee, 405 Fair Street, Henderson, 826-2123, 827-3671, Ext. 44
Brown, Billy C., 405 Norwood Drive, Apt. 12, Richmond, 625-7339
Brown, E. C., Liberty, 787-7275, 787-7191
Brown, Lyman D., 2357 Clay, Paducah, 443-8269 (Bus.)
Brown, Earl, 3132 Foxglove Lane, Louisville, 425-2067, 425-2204
Browning, John T., 1588 Mitchell, Catlettsburg, 726-4116, 726-4116
Buss, Nathan, Liberty, 787-6714, 787-6941
Bunn, Harold, 2533 1/2 Collins Avenue, Huntington, W. Va., 425-0644, 425-3511
Burch, Billy Wayne, 2421 Adams, Ashland, 324-5397, 324-5397
Burchett, Dwight, Box 406, Paintsville, 297-3189, 798-3896
Burk, Bob, 403 Westwood Drive, Middletown, 424-4848, 424-4848
Burgess, Jacky W., 108 Cole Court, Barbourville, 546-0647
Burke, Harry R., Prestonburg, 886-2780, 886-2263

The KENTUCKY HIGH SCHOOL ATHLETE FOR OCTOBER, 1970
Page Nine
Harris, Larry Russell, Cain’s Store, 671-3467
Harris, Richard Hugh, Rt. 74, Nancy, 671-3221
Harris, Wayne, R. R. 22, Box 60, Somerset, 679-2184
Harrison, Danny, Box 182, Vancouer, 726-3462
Harrison, John L., Webster Ext., Cynthiana, 234-3322, 234-5151
Harrison, Mark, Rt. 27, Box 279, Hopkinsville, 269-2216
Harrod, C. David, 561 Ironocks Trail, Georgetown, 863-4827, 985-4802
Hartman, Robert E., 3647 Concerto Drive, Cincinnati, Ohio, 563-6645, 891-7133
Harvey, Andrew T., 357 Greenwell, Cincinnati, Ohio, 251-5615, 541-5400, Ext. 269
Hatfield, Dennis G., 4553 Virginia Avenue, Covington, 291-8492, 292-3222
Hausfeld, Walter, 3060 Crestmoor Drive, Cincinnati, Ohio, 622-5134, 521-4990
Hawkins, Donald H., Rt. 21, Ekron, 820-3631, 820-2125
Hayden, John O., 1624 Stafford Avenue, Louisville, 367-8652, 834-1521
Hayden, Samuel J., Fancy Farm, 623-8414, 623-8103
Hayes, James V., 3207 Westray Lane, Louisville, 969-1920, 463-3327
Hayes, Larry, Mouse, 785-3521
Hazelwood, Howard P., 1211 Devonport Drive, Lexington, 252-3119, 254-9631
Heatherly, Warren Eugene, Cumberland College, Williamsburg, 540-0267
Helge, Robert, 176 Morningside, Charlestown, Indiana, 256-2567
Heidman, John Jr., 140 Seneca Trail, Louisville, 363-2181, 636-4433
Henderson, Donald, 3036 Chippewa Drive, Hopkinsville, 955-5655
Hendrick, Kenneth O., Route 7, Bowling Green, 843-3428
Hensley, Larry O., Box 372, Lexington, 277-5229, 290-1221, Ext. 6102
Henson, Tony C., Route 6, Mayfield, 658-4508, 44-582
Hess, Creighton L., Route 2, Sonora, 369-2902, 363-2103
Hess, Herman, 4294 Summit Drive, Louisville, 957-3723, 361-2661
Hewitt, R. T., College Station, Murray, 753-5455, 762-4438
Hicks, Daniel, 466 Mercer Street, Elizabethtown, 769-2437, 892-3024
Hicks, Floyd E., 43 New UFI, Florence, 271-6279, 772-1400
Hicks, Gene, Box 285 Jericho Road, LaGrange, 279-6441, 279-5100
Hicks, Lloyd, 6250 Spring Meyer, Cincinnati, Ohio, 692-3106, 671-3000
Highbaugh, Otis, Box 135, Bonnieville, 531-1875, 531-1200
Hill, Earl Foyster, 2333 Shandon Drive, Lexington, 299-5769, 253-5301
Hill, James P., 2312 Epworth, Owensboro, 685-2888, 694-0448
Hill, William D., Jr., 1348 Longfield, Louisville, 366-8922, 382-5405
Hills, Marshall L., Box 433, Morning View, 336-9687
Hilton, Billy, 323 Maplewood Ave., Springfield, 339-7594
Horton, Dudy R., 516 Walnut, Springfield, 336-7667, 336-3952
Hina, Charles W., R.R. 1, Box 262, Sturgis, 333-4640, 333-3522
Hina, Roy D., R.R. #1, Sturgis, 333-2770, 333-4606
Hines, Bob, 621 Hemlock, Calvert City, 395-7240, 395-1481
Hinton, Henry E., 1210 Watawanga, Louisville, 423-7677
Hise, Charlie R., 21 Locust Drive, Winchester, 744-5754, 259-1221, Ext. 3320
Hitt, Billy D., R. 2, Maysville, 750-7707, 564-9156
Hixson, Howard, Rt. 1, Kings Mt., 379-5611
Hofmeyer, Paul C., 3483 Tangent Drive, Chievot, Ohio, 481-5573, 553-3128
Hofstetter, Joe, Box 613, Williamson, W. Va., 235-1433, 235-1490
Hollard, Raymond William, Box 392, Beattyville
Hollar, Lanny W., 162 Thorne Hts., Eminence, 845-4831, 845-7601
Holloway, Samuel J., Box 202, Ferguson, 678-8633
Holmes, Robert E., 500 E. Locust, Princeton, 365-5129, 365-5505
Holmes, Roy D., 2105 Main St., WW, Ashland
Holt, Larry K., Box 329 Skyline Trailer Park, Bowling Green, 781-4068, 842-1674
Holt, Terrell W., 641 Radeliffe Road, Lexington, 290-5812, 258-9000
Hollon, Roy, 9715 Shady Acres, Jeffersontown, 267-6643
Hook, B. B., Jr., 801 Minerva Place, Murray, 733-2027, 733-2025
Hook, Don, Cunningham, 642-5631
Hopper, Marion W., 406 Penn. Ave., Elizabethtown, 769-1505, 945-3310
Hord, Bonnie, Box 74, Campbellsville, 465-5871, 465-7771
Hord, Tracy, Route 23, Lebanon, 692-3612
Horn, Everett Jr., Box 466, Inez, 236-3423, 298-3217
Hornsby, Colin, 784 Federal Way, Russell, 836-9137, 324-1111, Ext. 5867

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