



"THE COLONEL"
 CHIEF ROBERT L. MYERS, EDITOR
 DEDICATED AND DEVOTED TO THE
 CENTRE COLLEGE FOOTBALL TEAM
 DANVILLE, KENTUCKY
 ENTERED AS FIRST CLASS MATTER WHEREVER THE CENTRE SPIRIT IS KNOWN
 SUBSCRIPTION RATES—JUST BE ONE OF US—THAT'S ALL
 CIRCULATION—THE BAND OF BROTHERS WHO SHARE IN THE PRIVILEGE OF FIGHTING FOR THE CENTRE



6/26/24

Dear Boys:-

Here is a letter to you from Mr. Ofstie. He is sending it to me to pass on to you, not having your addresses, himself.

Rhen

TO THE MEMBERS OF THE FOOTBALL SQUAD.

Having heard a great deal of Centre College Football Teams during the last few years, I am very happy to have the opportunity to work there. I am anxious to make the personal acquaintance of each one of you. From what I have heard of the spirit of Centre College I am sure that we will work harmoniously together in successfully keeping up the splendid record of the past few years.

I am especially gratified to be coming to Centre because of this spirit which I hear so much about, and which the results of the athletic contests of recent years show to be there. It is a two fold gratification as, being an admirer of fighting spirit I like to be associated where it is present, and as it is the fighting spirit which wins football games, it augurs well for this fall, and of course we all want to win.

Of course, in order to win it is necessary to be in excellent physical condition, and to attain this condition you will all have an opportunity to draw upon your supply of spirit this summer. We have a long and hard schedule this fall, and there will be very little time for conditioning work. We must all report in excellent physical condition; so we can start right in learning plays and tactics. Because of the heavy schedule it will be necessary that the time spent in conditioning work in the fall be reduced to a minimum, and the fellows who do not report in good physical condition will get a bad start. With new coaches, especially, this will have a very unfavorable reaction.

Every one should have a football to kick and pass around; but especially the backs and ends and center should practice with a ball. The kickers should work out every day or two kicking for a few minutes but never a whole lot in one day. This will put you in good condition for intensive kicking practice in the fall when practice begins. The ends and backs should be absolutely dead sure in catching passes. You should practice catching them with one hand, both the left and right. In all positions and on the dead run. Then you should never miss when using two hands as we will in the fall. The back field should practice catching punts until there are absolutely no misses. A punt should never be missed. The back field should also practice dodging and side stepping in much the same way that prize fighters practice shadow boxing, always making a serious effort to do it right. Put lots of "pep" into this work, and you will be surprised how quickly you gain agility and balance.

These exercises can be very profitably indulged in by all members of the squad. Every one should practice quick starting and running, not so much slow long distance running as sprinting. An excellent wind developing running exercise is to sprint about fifteen yards; then sprint again, etc., without stopping. The line men can get good practice by wrestling and pushing with the hands.

Just a half hour of work a day, if you really work and do it every day, should put you in good condition, provided of course, that you sleep and eat regularly. It will be good morning or evening exercise for one who is employed during the day. Those who are not employed will work out for a longer time during the day.

The time for the opening of the football season is not far off, and you will be surprised how quickly it rolls around. So don't delay in getting your conditioning exercise. Start right in today and keep at it every day. The team that works the hardest is going to win, and now is the time to start work.

Looking forward to meeting you all, when you report for practice, in the best of physical condition, I am

Sincerely yours,

(Signed) Harold S. Ofstie.