

HOCKEY CHAMPIONS OF EUROPE, 1909



CANADIAN HOCKEY TEAM AT OXFORD UNIVERSITY

A. Yates British Columbia	J. G. Higgins Newfoundland	J. Daly Prince Edward Island	R. M. Rive New Brunswick
G. Lanctot Quebec	E. A. Munro (Captain) Nova Scotia	H. R. L. Henry Manitoba	
R. A. D. Gillis Prince Edward Island	R. Leitch Prince Edward Island		

Photograph by Hill & Saunders, Oxford

A CANADIAN hockey team at Oxford University has been teaching Europe the game of the puck. The husky young exponents of the national winter game depicted in the above photograph were not content with having their own way in England. They went on a tour of Europe and cleaned up the principalities and powers—which may have been an easier task than mopping the ice with as many representative Canadian teams; but the score of the young Napoleons stands as follows: Switzerland, 8-1; Germany, 4-0 — oh, the poor Kaiser!; Belgium, 6-0; St. Moritz, 2-2; Leipzig, 3-2. Besides in London they did up Princes I at 5-2 and Princes II at 12-1. They won eleven cups.

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The Art of Sprinting

By F. H. HURLEY

IN a former article, I explained the *modus operandi* of acquiring that health and strength, that must be the would-be athlete's stock-in-trade, at the time he commences training for any special event.

Assuming then that he has this, and wishes to try his hand at sprinting—as short distance running is called—it will be necessary for him to devote at least a week, or ten days, to slow work on the track, jogging say a quarter of a mile or thereabouts, daily, at a pace a little above a walk, in order to strengthen and prepare the muscles and tendons, as well as the vital organs, for the more trying work that is to follow. At the expiration of this time, fast work may be begun, as it is upon that, of course, that improvement will depend. But let me here add a caution. Be sure always before any practice, to "warm up" thoroughly. This can be done by jogging 200 or 300 yards, and then taking a couple of "limbers" of 40 or 50 yards, at three-quarters speed.

Another matter I would like to emphasise at the outset is this: Don't be deluded into the belief that the more exercise you take the greater

will be your improvement. Never was there a bigger mistake. The fact is that the sprinter requires very little work.

After the preliminary "canter," the runner should get into the starting position—the one now almost universally adopted being what is known as the "all fours"—and placing his finger tips on the scratch line and his forward foot a comfortable distance back, usually from four to six inches—this being best regulated by the length of the leg—and the rear foot so that the knee will rest in the hollow of the front one, and leaning as far forward as possible, with the weight of the body entirely on the arms and front foot, the rear one being used to give the "send-off."

When the starter gives the word, "Get on your marks!" drop your knee (of the rear leg, of course) on the track, and when he says "Get set!" raise it again, and then think of nothing else but the report, and when you hear that, push off with both legs—the rear one especially—with all the force at your command, and run as though your life depended on it—run as though mad, in fact—and think of only one thing, and that is getting over the ground as fast as possible; concentrate your every thought and energy to this end. Sprinting is said to be an "intense" effort, and so it is. The only way to be successful is to make it so. Don't go over 10 or 15 yards at each start, and be careful to stop up very gradually. You may repeat this half a dozen times, and then, after a few minutes' rest, run 30 or 40 yards, once or twice, and if still feeling fresh, run through 150 or 220 yards, at about a quarter-mile clip, to give you endurance or finishing power.

Don't indulge in long walks, or anything that is calculated to stiffen or bind the muscles. Do no running the day before a race, and take plenty of good nourishing food, and abundance of sleep. Try to get big and strong—"build up," in a word—as sprinting is a muscular effort, respiratory power being only a secondary consideration.



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