



LEFT TO RIGHT—FIRST ROW: D. Niland, S. Gough. SECOND ROW: W. Jenkins, L. House, N. Phillips, R. Spencer, D. Fries, J. Ulrich, A. Appenfelder, G. Minning.

## RIGOROUS AND INTENSIVE TRAINING KEEP THE TRACK TEAM IN MAGNIFICENT FORM

Mr. Nimmo, popularly known among the track men as "Nim," insists on a maximum amount of running to keep his boys in form. When the weather absolutely prohibits outdoor running they must perform this exercise on the indoor track of the gym. The calisthenic exercises depicted here are an important part of the team's training. The coaches work with the men first to determine each man's specialty and then to develop that specialty by teaching proper technique. A feature of "Nim's" method is to permit each man to work out his own training schedule.

