

# Training Rules for Athletes at Pandora High School

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Eat anything that agrees with you. Candy, pie, cake, fried and greasy foods and any heavy concentrated foods do not agree with athletes.

Use no form of tobacco. Experience has shown that tobacco is absolutely harmful to growing boys and girls.

Be regular in all your habits. Be in at ten every night, except one night, Saturday or Sunday, when you may stay out till twelve. School and community functions are excusable.

Do not eat between meals.

Any team candidate is expected to report to proper authorities on Thursday preceding the game on Friday or Saturday if he or she has lived up to the rules one week previous to any interscholastic event. In case the player does not report a violation, he or she will be suspended indefinitely from competition but must report for practice. Live up to the spirit of the rules and be a real sport.