

WHAT IT TAKES TO BE NUMBER ONE

"Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while, you don't do things right once in a while. You do them right all the time! Winning is a habit. Unfortunately, so is losing.

"There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay and I don't ever want to finish second again. It is and always has been an American zeal to be first in anything we do, to win and to win and to win!

"Every time a football player goes out to play his trade he's got to play from the ground up - from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K., you've got to be smart to be No. 1 in any business. But more important, you've got to play with your heart - every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

"Running a football team is no different from running any other kind of organization, any army, a political party, a business. The principles are the same. The objective is to win - to beat the other guy. Maybe that sounds hard and cruel. I don't think it is.

"It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there, to compete. They know the rules and the objectives when they get in the game. The objective is to win - fairly, squarely, decently, by the rules - but to win.

"And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline and the harsh reality of head-to-head combat.

"I don't say these things because I believe in the brute nature of a man or that man must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour - his greatest fulfillment to all he holds dear - is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle.....victorious."

*Vince Lombardi
Green Bay Packers*

PIECE OF ROPE

by Keith Naylor

How would you like to be the best leaper on your team? To be able to leap over tall buildings in a single bound? To pull quarters off the top of the backboard? To have a Nickname like "The Human Frog"? Well, if this is what you want, I've got the deal for you. There's almost no money involved, and the benefits are unlimited.

What am I talking about? I'm talking about increasing your vertical jump by six inches in two short months. If this is something you want to achieve, then follow the procedure below, and I guarantee results.

Materials needed: one jump rope. The rope should be light, but heavy enough to jump fast. I suggest beaded rope – cost is \$5 to \$7. The rope should be long enough to reach from shoulder to shoulder while just touching the ground.

Activity: Skipping Program:

1 st week	5 minutes	5 1-minute intervals of skipping
2 nd week	7 minutes	5 1-minute intervals 1 2 minute interval
3 rd week	10 minutes	6 1-minute intervals 2 2-minute intervals
4 th week	13 minutes	begin with 1 interval of 1 minute, add 15 secs. to each interval until you get to 2-minute intervals. Do this twice.
5 th week	15 minutes	same as 4 th week but add 1 interval of 2 minutes
6 th week	15 minutes	same as 5 th week
7 th week	20 minutes	same as 5 th week, add 1 interval of 5 minutes
8 th week	20 minutes	same as 7 th week

Remember:

- Don't get discouraged if it's hard at first. It will get smoother with time.
- Work to achieve 150 jumps per minute; this is an excellent goal for which to aim.
- Use variations in your jumping – left foot only; right foot only, jump side to side, jump front to back, invent your own.
- Discover new techniques such as cross over, double jumping, jumping backwards, etc. This will make it fun and will help fight boredom.