

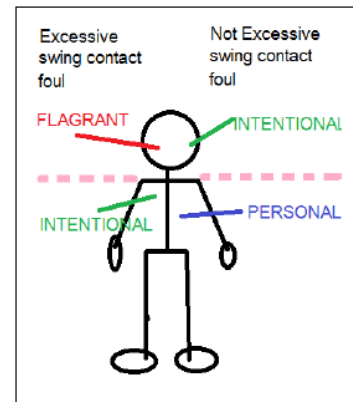
Good morning!

Just another follow-up to the elbows above the shoulders from last week. Here is a chart that summarizes elbows extremely well.....it has been circulated previously but may be lost in the depths of email or cyber space!

### ***Swinging the Elbows***

Many players, when pressured, resort to swinging the elbows to clear out space. Are you ready to make the correct call? Was the movement excessive? Was there contact? Where? This chart should help you figure out what to call.

Excessive Swinging (Faster than the torso)	Contact w/ Opponent	Above or below the head	Outcome
No	No		Legal
No	Yes	Below	Personal Foul
No	Yes	Above	Intentional Personal Foul
Yes	No		Violation
Yes	Yes	Below	Intentional Personal Foul
Yes	Yes	Above	Flagrant Personal Foul



Print this and review it in your pre-game conferences!

Tuesday Extra: Make sure to make eye contact with the official scorer! If he/she does not look at you, WAIT until he/she does! If it is repeated, go and remind him/her that it is critical that he/she LOOK at you when reporting a foul!

Have a great game tonight!

Tim