

HANDY ALIBI SHEET

This list is intended to simplify the problem of selecting the proper alibi to suit the occasion. While some athletes are so bad that they don't need an alibi, many will at some time be in need of some explanation to account for some performance and this handy check list may prove helpful.

- Ate too much.
- I was weak from lack of nourishment.
- Not enough time to warm-up.
- Warmed up too much.
- Not enough training.
- Over-trained.
- Not enough sleep.
- Too much sleep.
- Need wheat germ oil.
- Need yogurt.
- Not enough weight lifting.
- Too much weight lifting.
- I'm building up slowly for next year.
- I don't want to improve too rapidly.
- Saving myself for _____.
(Name of girl or event.)
- Bus too crowded, couldn't relax.
- Bus too quiet.
- Started kick too soon.
- Started kick too late.
- Worried about studies.
- Worried about finances.
- Girlfriend unfriendly last night.
- When I saw that _____ was running.
- I choked up.
- I didn't think.
- I thought too much.
- He cut me off.
- I cut him off and thought I was disqualified.
- I'm a mudder and the track was dry.
- I can't run on a muddy track.
- They all jumped but me.
- I was waiting for the recall.
- Poor judges.
- Poor starter.
- Poor track.
- Footing too hard.
- Footing too soft.
- Too warm.
- Too cold.
- Shin splints.
- Blisters.
- Spikes too short.
- I didn't have red shoes.
- Forgot to bring shoes.
- Chicken.
- Cold feet.
- I thought I was having a heart attack
- Snowblindness.
- Got lost.
- I thought there was another lap to go.
- I thought the race ended a lap sooner than it did.
- I can't run when I'm behind.
- I can't run when I'm ahead.
- I can't run.
- Too much competition, (A bunch of hamburgers.
- Cheap meals.
- I wanted to see what the other place medals were like.
- Too many people were depending on me.
- Nobody cared about my performances.
- I don't like organized activities.
- I only run for exercise.
- I only run for fun.
- I was over anxious.
- My mind was too tense.
- Looking forward to indoor track.
- Looking forward to outdoor track.
- Looking forward to cross country.
- My coach is a _____.
- My blocks slipped.
- I have an emotional problem.
- My coach reminds me of my dad and I hate them both.
- I didn't feel like running.
- I can't stand too much success.
- We didn't run like this in junior high school.
- I got discouraged when _____ of _____.
- High passed me.
- I'm here to study, not to be an athlete.
- Cramp in leg.
- I'll think of something.