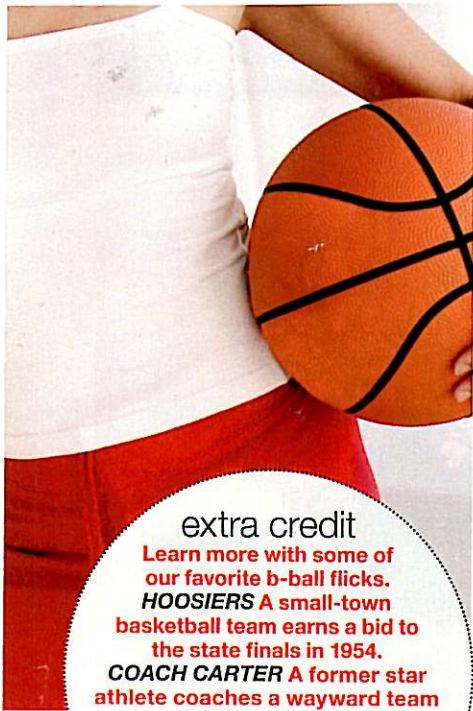


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## extra credit

Learn more with some of our favorite b-ball flicks.

**HOOSIERS** A small-town basketball team earns a bid to the state finals in 1954.

**COACH CARTER** A former star athlete coaches a wayward team on and off the court.

**LOVE & BASKETBALL** Love blossoms between two friends who share dreams of playing for the NBA.

## get in on march madness

Don't know a slam dunk from a grand slam? Sports expert Paula Duffy, author of *A Woman's Guide to Basketball: How to Talk His Language*, shares tips for understanding the tournament so you won't be sidelined during the big game.

**Start with the basics** March Madness is a national championship tournament between college basketball teams. It starts with 65 teams divided into four groups that are eliminated over the course of 20 days, leaving one winner.

**Don't be intimidated** "Women often don't know where they can learn about sports," says Duffy. "My goal is to get them to ask questions." If you're watching with your husband or friends,

wait for a commercial break and ask them to explain what just happened. Also, listen to the announcers. "Experts hate them because they're

repetitive and simple, but they'll help you understand what's going on."

**Leave the betting to the pros** Don't feel you have to participate in office pools—they're confusing if you don't know what you're doing. Duffy's secret for novices? Don't even fill out a bracket. Instead, pick a team you like, maybe from your hometown or alma mater, and enjoy following them on TV. "Women love a story line, and every year teams come out of nowhere and play exceptionally well—it's a great adventure."

Amanda Greene