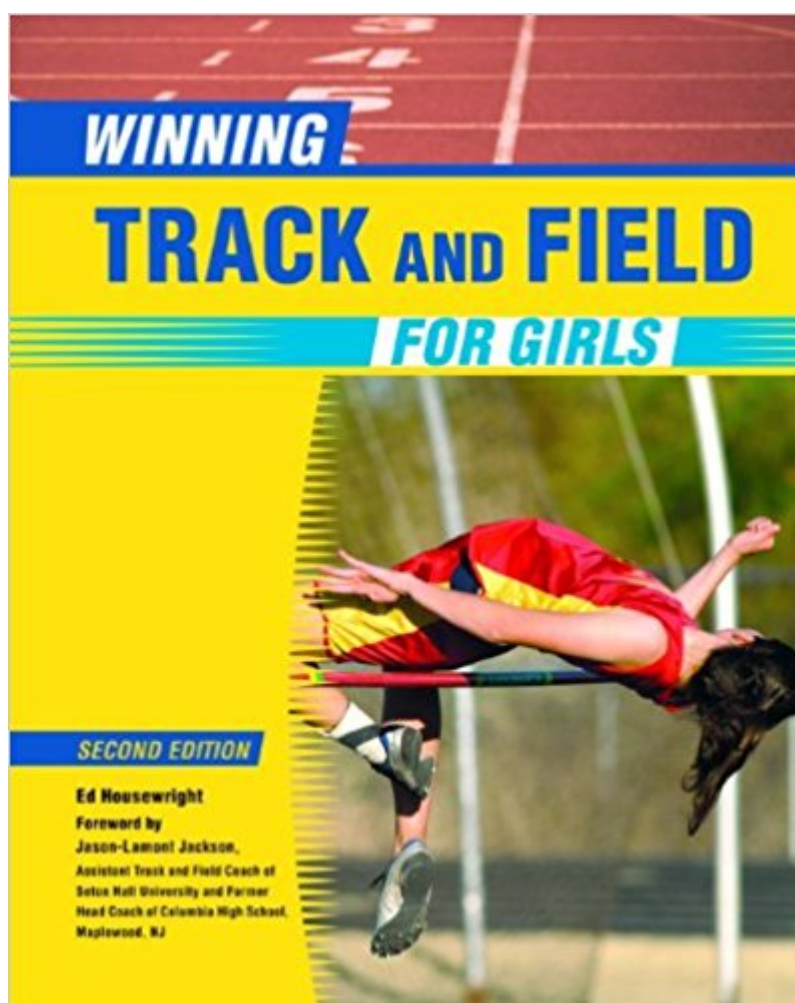


The book was found

Winning Track And Field For Girls (Winning Sports For Girls (Paperback))



Synopsis

Track and field ranks only slightly behind basketball and soccer in its popularity among female athletes. This title explains the basics of the sport, the rules, and how to train safely for track and field events. It includes specific exercises, techniques, and workouts, as well as the history of track and field, nutrition, and fitness training.

Book Information

Series: Winning Sports for Girls (Paperback)

Paperback: 194 pages

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Product Dimensions: 7.2 x 0.5 x 9.2 inches

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,462,651 in Books (See Top 100 in Books) #8 in Books > Teens > Sports & Outdoors > Track & Field #463 in Books > Teens > Education & Reference > Reference

Customer Reviews

"...refreshing...detailed yet easy to read...[a] good resource...for girls interested in pursuing sports." - School Library Journal"

Ed Housewright is a writer, editor, and award-winning reporter for the Dallas Morning News. His work has appeared in Golf Digest, and he is the author of 100 Things Cowboy Fans Should Know and Do Before They Die. He lives in Dallas, Texas. Jason-Lamont Jackson is the assistant track and field coach at Seton Hall University and a former head coach at Columbia High School in Maplewood, New Jersey.

I bought this book when I first started coaching track and field at our local high school and middle school. I had been a coach for several years but wanted to have more reference material. This book is very easy to read. It has a lot of examples of all of the events from beginner to advanced athletes and this book is a real gem for me. Every year, in anticipation of track season, I open this book and read through it, refreshing my skills and remembering why it is I do what I do and how much I love

being a track and field coach. I would recommend this book to every new coach or one who just wants a refresher.

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