

Championship Indoor Drills

Proceedings [of The] Middle States Association of Colleges and Secondary Schools Annual Convention
Pa'thleteDynamic Track and FieldRowing NewsSerial set (no.0-3099)Physical TrainingVideo Sourcebook
Proceedings of the Annual ConventionKarch Kiraly's Championship VolleyballSpalding's Official Athletic Almanac
Swimming World and Junior SwimmerAmerican RiflemanChampionship Track and Field for Women
Calisthenic Drills and Fancy Marching for the Class RoomMichigan State University Alumni Association Magazine
Track & Field Coaches ReviewTrack & Field Quarterly ReviewBoys' Life2008 NTCA Throws Handbook
Spalding's Official Foot Ball GuideCoaching Track & Field SuccessfullyBowker's Complete Video Directory 2000
Championship Drills and Workouts for Track and Field: The throwsThe Official National Collegiate Athletic Association Football Guide
Athletic JournalProceedingsScience and Application of High-Intensity Interval TrainingProceedings [of Th ë Middle States Association of Colleges and Secondary Schools Annual Convention]
"The Kid"Winning Track and Field Drills for WomenIndoor Soccer!
The Official Football GuideSkills, Drills & Strategies for BadmintonA History of Drum & Bugle Corps
D.U.S. MiscellanyThe Boys' Brigade GazetteHow to Organize a League, Manage a Team, Captain a Team, Coach a Team, Score a Game, Arrange Signals
Championship Sports PsychologyProceedings of the Annual Convention of the Association of Colleges and Preparatory Schools in the Middle States and Maryland
The Art of Skating

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Karch Kiraly's Championship Volleyball

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Swimming World and Junior Swimmer

This book is part of the Teach, Coach, Play series, emphasizing a systematic learning approach to sports and activities. Both visual and verbal information are presented so that readers can easily understand the material and improve performance. Built-in learning aids help readers master each skill in a step-by-step manner. Using the cues, summaries, skills, drills, and illustrations will help build a solid foundation for safe and effective participation now and in the future. The basic approach in all of the Teach, Coach, Play activity titles is to help readers improve their skills and performance by building mastery from simple to increasingly complex levels. The books strive to illustrate correct techniques and demonstrate how to achieve optimal results. The basic organization in each book is as follows: Section 1 overviews history, organizations and publications, conditioning activities, safety, warm up suggestions, and equipment. Section 2 covers exercise or skills, participants, action involved, rules, facility or field, scoring, and etiquette. Section 3 focuses on skills and drills or program design. Section 4 addresses a broad range of strategies specifically designed to improve performance now and in the future. Section 5 provides a convenient glossary of terms.

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American Rifleman

Championship Track and Field for Women

From classroom aids to corporate training programs, technical resources to self-help guides, children's features to documentaries, theatrical releases to straight-to-video movies, The Video Source Book continues its comprehensive coverage of the wide universe of video offerings with more than 130,000 complete program listings, encompassing more than 160,000 videos. All listings are arranged alphabetically by title. Each entry provides a description of the program and information on obtaining the title. Six indexes -- alternate title, subject, credits, awards, special formats and program distributors -- help speed research.

Calisthenic Drills and Fancy Marching for the Class Room

Michigan State University Alumni Association Magazine

Track & Field Coaches Review

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Track & Field Quarterly Review

Boys' Life

2008 NTCA Throws Handbook

The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why *Science and Application of High-Intensity Interval Training* is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training. Authors Paul Laursen and Martin Buchheit—both well-known, expert-level HIIT researchers as well as practitioners and endurance athletes—do a masterful job of blending science-based concepts of HIIT with practical application strategies. Laursen, Buchheit, and a team of highly qualified contributors—who bring hundreds of years of combined HIIT science and application experience from across all sports—have written *Science and Application of High-Intensity Interval Training* to provide practitioners and athletes an understanding of the foundational principles of HIIT programming. Chapters in the first section describe five types of training, how to

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manipulate HIIT variables to maximize improvements in physical performance, and how to incorporate HIIT into a general training program. Readers will also learn the influence HIIT can have on fatigue, stress, and an athlete ' s overall health. The final 20 chapters each focus on a different sport and are written by leading coaches or practitioners who have successfully applied HIIT principles at an elite level in their respective sport. These chapters describe specific ways to incorporate HIIT into a training regimen for everything from combat sports to endurance events to the most popular U.S. and international individual and team sports. Each chapter also contains sport-specific preparation and competition phases, an overall one-year training program, and a brief story of how the coach or practitioner who authored the chapter used HIIT to successfully prepare an athlete for a competition. Knowing the proper ways to incorporate high-intensity interval training into a fitness or conditioning program is of vital importance: Not following proper protocols can lead to excessive and prolonged fatigue, illness, or injury. Science and Application of High-Intensity Interval Training is an essential guide for those who want to incorporate HIIT into their own training or their athletes ' programming. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Science and Application of High-Intensity Interval Training Online CE Exam may be purchased separately or as part of the Science and Application of High-Intensity Interval Training With CE Exam package that includes both the book and the exam.

Spalding's Official Foot Ball Guide

Demonstrates the skills of setting, hitting, blocking, serving, and defensive play, discusses volleyball strategy, and includes advice on conditioning and practice drills

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Coaching Track & Field Successfully

Bowker's Complete Video Directory 2000

Championship Drills and Workouts for Track and Field: The throws

Early volumes consisted of rules with a separate publication for text. Later volumes consist of text and rules, (at first, the official rules, later the "read-easy" rules.) Vols. for 1976-78 do not include rules.

The Official National Collegiate Athletic Association Football Guide

Athletic Journal

Proceedings

Science and Application of High-Intensity Interval Training

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"The Kid"

Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

Winning Track and Field Drills for Women

Guthrie presents coaches with a blueprint for building a successful track and field program including information on managing off the track, planning for big events, and motivating athletes to excel.

Indoor Soccer!

The Official Football Guide

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Early volumes consisted of rules with a separate publication for text. Later volumes consist of text and rules.

Skills, Drills & Strategies for Badminton

A History of Drum & Bugle Corps

D.U.S. Miscellany

The Boys' Brigade Gazette

How to Organize a League, Manage a Team, Captain a Team, Coach a Team, Score a Game, Arrange Signals

Featuring articles by several of Americas most outstanding coaches and sport scientists, including Glenn Arnold, G. Martin Bingisser, Scott Cappos, William Caton, Harold Connolly, Matt Ellis, Al Fereshetian, John Frazier, Bob Gourley, Brett Halter, Mark Harsha, Mark Heckel, Larry Judge, John Kenneson, Rob Lasorsa, Jud Logan, Rob MacIntyre, Jeff Magley, Andreas V. Maheras, Fletcher McEwen, Mark Mirabelli,

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Craig Morehead, Brian Oldfield, James A. Peterson, Virg Polak, Bill Ross, Louie Simmons, John Smith, William B. Thomas, Bruce Van Horne, Steve Yannotti, and Michael Young. Produced in cooperation with the National Throws Coaches Association (NTCA).

Championship Sports Psychology

Proceedings of the Annual Convention of the Association of Colleges and Preparatory Schools in the Middle States and Maryland

The Art of Skating

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