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The HIIT Advantage: High-Intensity Workouts for Women

Irene Lewis-McCormick

"Irene offers science applied simply and powerfully to bring HIIT to your workouts the right way, for your starting point, for your results."

Jonathan Ross

Award-Winning Fitness Professional and author of *Abs Revealed*

High intensity interval training (HIIT) is known for challenging, quick workouts that maximize time and efficiency to increase metabolism and aerobic capacity, strengthen muscles, and improve weight loss. In 2014, HIIT training was #1 on the American College of Sports Medicine's list of top fitness trends and with HIIT programs like P90X® and CrossFit® increasing in popularity, that trend will remain at the top of that list for years to come.

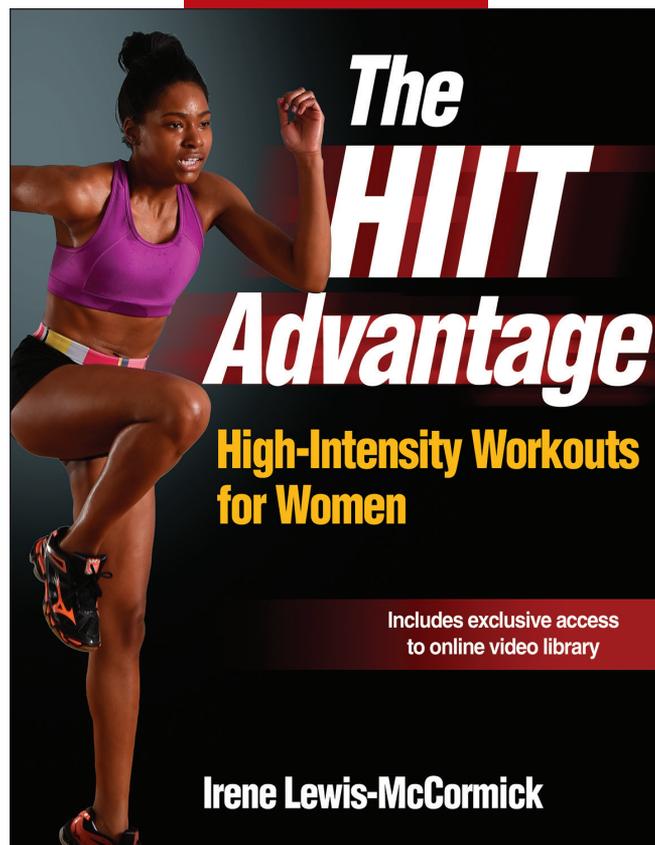
The HIIT Advantage: High-Intensity Workouts for Women addresses the training needs and goals of women who want results and progressively more challenging workouts. Fitness enthusiasts and personal trainers will learn how and why HIIT training works, how to set up a HIIT workout, and the rationale behind recommended ratios of rest and recovery. Dozens of exercises and nineteen complete workouts provide an exercise experience that incinerates fat, shapes and strengthens the lower and upper body, and builds core strength. Variations for exercises as well as ways to incorporate tools and toys such as kettlebells, resistance bands, sliding discs, and trampoline ensure that everyone will benefit from a customized workout, regardless of initial fitness level.

Readers will enjoy access to an online video library of over 30 clips that demonstrate key, dynamic exercises from the book and a challenging workout that shows how to put these exercises together to get maximum results. Irene Lewis-McCormick combines her 30 years' experience as a certified fitness professional with a master's of science degree in exercise and sport science to motivate and inspire women to successfully implement high intensity interval training techniques to reshape their physique by increasing lean muscle and losing fat.



ABOUT THE AUTHOR

Irene Lewis-McCormick, MS, is a personal trainer, international presenter, author, and 30-year fitness veteran. She holds a Master of Science degree in exercise and sport science from Iowa State University. She is a Certified Strength and Conditioning Specialist® with the National Strength and Conditioning Association and holds professional certifications from the Aerobics and Fitness Association of America, the American College of Sports Medicine, the American Council on Exercise, the Aquatic Exercise Association, TRX, YogaFit and many other specialty certifications. Lewis-McCormick is the author of *A Woman's Guide to Muscle & Strength* (Human Kinetics, 2012) and a presenter at SCW Fitness, ACSM Health & Fitness Summit, IDEA Health & Fitness, the Mayo Clinic, and many other regional venues. She is a TRX suspension training master course trainer, a Tabata Bootcamp master trainer, and a master instructor for JumpSport Fitness. Lewis-McCormick is a contributor to consumer and fitness publications, including *Shape*, *MORE*, *IDEA Health & Fitness Journal*, and *Prevention*. She lives in Huxley, Iowa.



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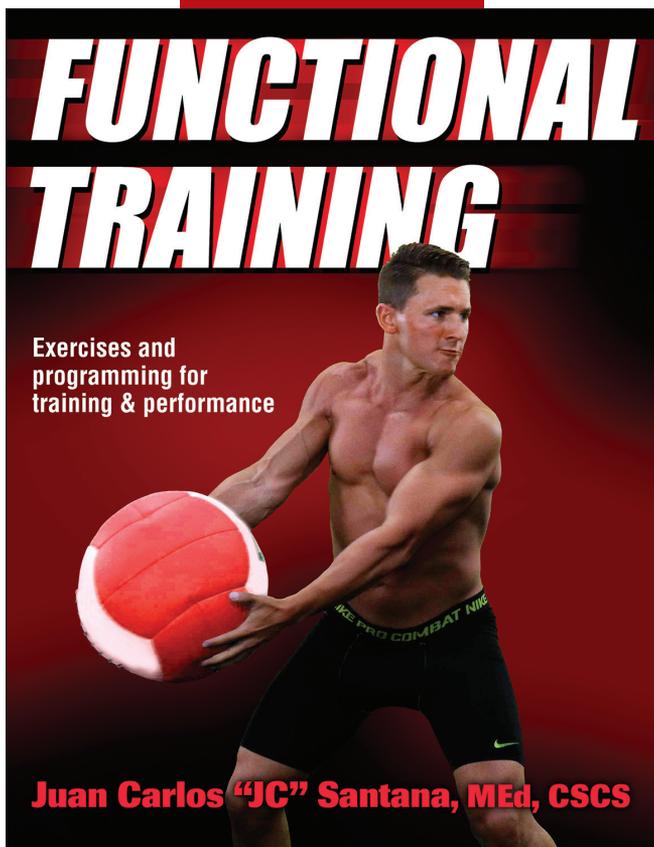
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Functional Training

Juan Carlos "JC" Santana

"If you are looking for information to truly unlock your potential and improve your performance, look no further than Functional Training."

Jeff Nichols CSCS
 Exercise Physiologist
 Former Navy SEAL

"If you want to reach your potential as an athlete there is no one I would trust more than Juan Carlos 'JC' Santana!"

Mike Flynn
 11 year National Football League Veteran
 Super Bowl XXXV Champion

As the founder and director of one of the top training facilities in the world, Juan Carlos "JC" Santana is a trusted expert when it comes to creating effective and proven customized programs to meet training goals. His Institute of Human Performance (IHP) in Florida has also been recognized as the best core-training facility in America.

Offering strength, endurance, power, and sport-specific programming written in an accessible style, Santana's *Functional Training* is a comprehensive resource for athletes, coaches, and athletic trainers. It covers the concepts, exercises, progressions, and sequencing on which a sound functional training program is based. Similarly, it uses a range of modalities among its myriad programs and exercises, including bodyweight, bands/pulleys, dumbbells/kettlebells, medicine balls, stability balls, and other equipment.

Functional Training features a three-tier approach for integrating functional movements into an existing strength program. Through assessment and analysis, athletes will identify the movements and muscles involved in their respective sports, then select the best exercises and programs based on desired results and performance goals. In addition to quick exercise sequences and personalized programming to address the "Big Four" sport skills, more comprehensive programs can be developed to address specific personal needs and goals for virtually any sport or activity.



ABOUT THE AUTHOR

Juan Carlos "JC" Santana, MEd, CSCS, is the founder and director of the Institute of Human Performance (IHP) in Boca Raton, Florida. Santana has been part of the strength and conditioning programs for several Florida Atlantic University sports teams over the last two decades and is currently responsible for the strength and conditioning programs for men's basketball, men's and women's cross country, track and field, women's volleyball, and men's and women's swimming.

A member and Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association (NSCA), Santana is also a member and certified Health Fitness Instructor with the ACSM. In addition, he is a certified senior coach and club coach course instructor with the USA Weightlifting team and a Level I coach with the USA Track and Field Association. Santana currently serves on the NSCA Board of Directors and is a sport-specific conditioning editor for the NSCA Journal. He lives in Boca Raton, Florida.

Beth Shaw's YogaFit®

Third Edition

Beth Shaw

"Beth Shaw's YogaFit offers you a path to an improved mind and body. No matter what your starting level, you will learn how to become stronger, leaner, and more flexible while reducing stress and improving concentration."

Petra Robinson
CEO Petra Robinson Inc.
Fitness Industry Adviser - Zumba Fitness
Former VP of Aerobics and Fitness Association of American (AFAA)

Beth Shaw, an internationally renowned fitness expert, introduced the YogaFit program to a small group of yoga and fitness class participants in a California studio in 1994. She has gone on to build her company, YogaFit®, into the largest yoga school in the world. YogaFit® has trained over 250,000 fitness professionals and is the exclusive yoga partner for the American Council on Exercise, Town Sports International, Gold's Gym, 24 Hour Fitness, Tiger-Rock Martial Arts, Parker Chiropractic College, GoodLife Fitness (Canada), CanFitPro (Canada), and FILEX (Australia).

Shaw developed the book *Beth Shaw's YogaFit* to bridge the gap between yoga and fitness participants by blending balance, strength, flexibility, and power in a fitness format that is the ideal introduction to yoga for any fitness or sport enthusiast looking for a total-body workout. That book has sold more than 100,000 copies worldwide.

The third edition of this highly acclaimed book is packed with full-color photos and now offers extensive coverage of warm-up and cool-down sequences, new poses incorporated into organized workouts, a new chapter on the therapeutic and restorative qualities of yoga, and an expanded discussion on integrating principles such as meditation into daily life to foster a well-rounded yoga practice.

For several years yoga participation has been growing among all age groups and is enjoyed by millions of people worldwide. The practice of yoga has been used by athletes of all ages interested in alternative methods of stretching. With the third edition of *Beth Shaw's YogaFit*, readers will have not only improved overall health, energy, and vitality but also a stronger, leaner, and more flexible body; reduced stress; better posture; improved concentration; and a higher level of fitness.

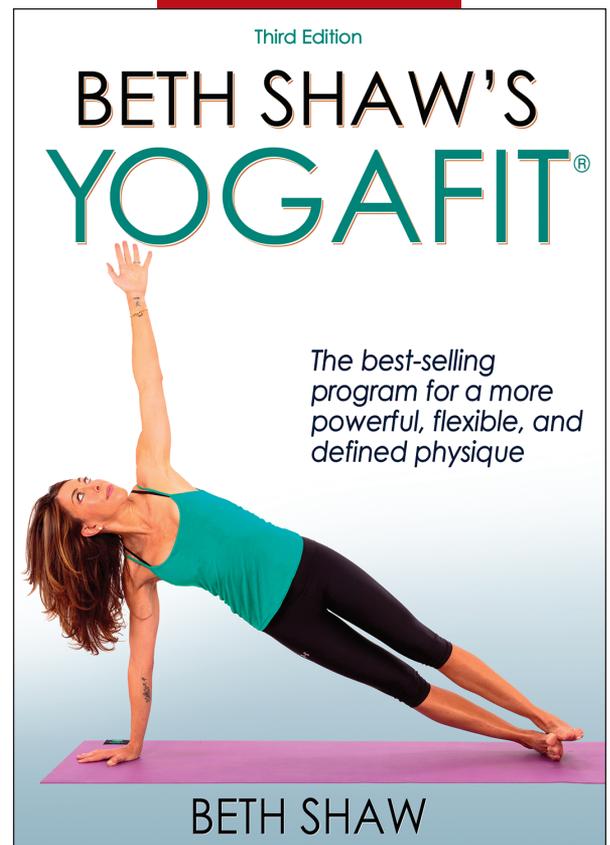


ABOUT THE AUTHOR

Beth Shaw is the president and founder of YogaFit®, Inc., the largest yoga school in the world. She is recognized as one of the leading experts in the fields of mind-body fitness, health, and nutrition. Shaw is the innovator behind many fitness trends, including YogaFit, YogaLean, and YogaButt. The first and second editions of *Beth Shaw's YogaFit* (Human Kinetics) have sold more than 100,000 copies worldwide. *YogaLean* was published by Ballantine Books/Random House in 2014 and her next book, *Yoga for Athletes*, is scheduled for release in 2016.

Shaw and her company have been featured in *Time*, *Huffington Post*, *USA Today*, *Glamour*, *Washington Post*, *SELF*, *MORE*, and *Entrepreneur* as well as on CNN, CBS, NBC, and E! Entertainment Television. She speaks frequently at universities and corporations on mindfulness in the workplace, health, fitness, and the business of spirituality. Shaw works with the NFL and its officials and is currently on the CanFitPro advisory panel and the Long Island University board of advisors.

Shaw earned bachelor's degrees in business administration and nutrition and holds numerous certificates in fitness disciplines. She is an experienced registered yoga teacher (E-RYT) and is a trained yoga therapist through the International Association of Yoga Therapists (IAYT). She has studied yoga in India and Asia. Shaw lives in New York and Los Angeles.



Third Edition

BETH SHAW'S YOGAFIT®

The best-selling
program for a more
powerful, flexible, and
defined physique

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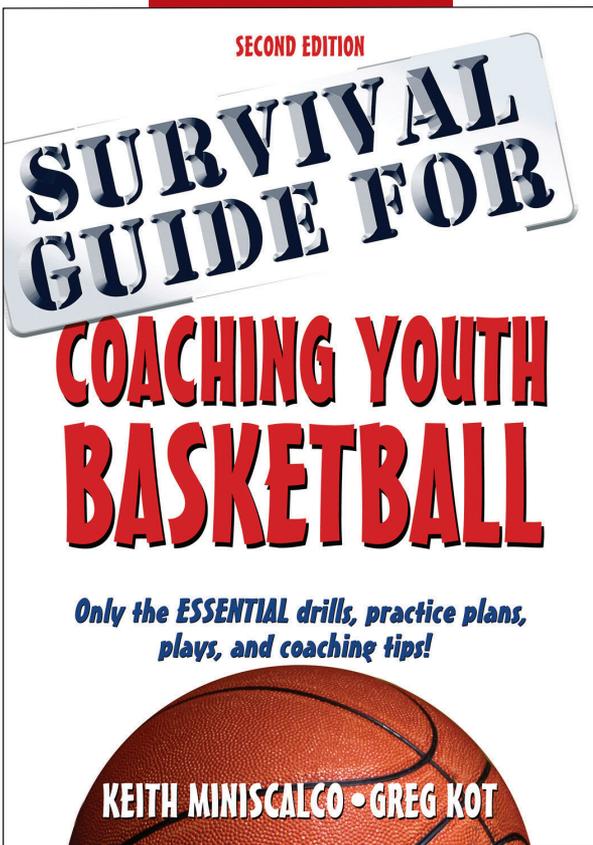
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ABOUT THE AUTHORS

Keith Miniscalco has been coaching youth basketball for over 30 years. Currently he is the varsity head coach for the Resurrection College Prep High School girls' team in Chicago. He continues to coach in his travel program, Over the Edge (www.overtheedgehoops.com), based in Chicago. The program has been proven effective for young athletes who wish to continue with competitive basketball through high school. Miniscalco has also coached at Our Lady of Lourdes, Queen of All Saints, Loyola Academy High School, and the Chicago Park District. He lives in Chicago, Illinois.



Greg Kot has been the *Chicago Tribune's* pop and rock music critic since 1990. His work has been honored by the American Association of Sunday and Feature Editors, the Society of Professional Journalists, and *Brill's Content* magazine. *Chicago* magazine selected him as the city's finest critic in any discipline. Along with being a regular contributor to *Rolling Stone* and other national periodicals, he is the music analyst for Fox TV morning newscasts. Kot's books include *Wilco: Learning How to Die* (Broadway Books, 2004), *Ripped: How the Wired Generation Revolutionized Music* (Scribner, 2010), *The Beatles vs. The Rolling Stones* (Voyageur, 2010), and *I'll Take You There: Mavis Staples, the Staple Singers, and the Music That Shaped the Civil Rights Era* (Scribner, 2014).

In his spare time, Kot is a youth basketball coach and he and his partners operate Over the Edge, a travel-team program based in Chicago that prepares grade-school athletes to compete at a high school level with an emphasis on the fundamentals. Kot lives in Chicago, Illinois.

Survival Guide for Coaching Youth Basketball

Second Edition

Keith Miniscalco and Greg Kot

Each year thousands of first-time coaches don whistles and sneakers in preparation for a truly daunting challenge: teaching a group of kids enough about team basketball to compete in—and maybe even win—a few games. A newbie's dream book, the second edition of *Survival Guide for Coaching Youth Basketball* sheds the feel-good philosophies and comprehensive nature of many other manuals to provide inexperienced coaches with the most relevant tools for teaching, coaching, and developing young hoops prodigies at all talent levels.

Hitting every vital detail, from team goals and player evaluations to in-game coaching tips for the most common situations in youth leagues, the first edition was a popular choice among those new to the world of coaching. This updated edition takes the same approach, walking coaches through 20 simple, player-pleasing drills that teach basic offensive and defensive skills while spelling out the key techniques players need to develop. New to this edition are variations for each drill that can be introduced to increase the difficulty level and help players further develop their skills.

The proven practice plans in *Survival Guide for Coaching Youth Basketball* reduce coaches' prep time and ensure fun and lively tune-up sessions at every practice. The new simple offensive plays are not only easy to learn but also effective at this level. Meanwhile, new basic man-to-man and zone defensive sets, along with full- and half-court presses, all but guarantee coaches will be confident as the season's first tip-off approaches.

The been-there, done-that awareness they provide in *Survival Guide for Coaching Youth Basketball* offers readers the sense of two experienced and lighthearted friends guiding them through the process.

Basketball Anatomy

Brian Cole and Rob Panariello

"I'm fascinated by Basketball Anatomy. It's one of the few books that captures the beauty and athleticism of our sport. Dr. Brian Cole, who has more than a decade of experience in managing the sport, understands what players go through to perform at their best. It's a book I will continue to recommend."

Scottie Pippen

Six-time NBA champion

Basketball continues to be one of America's most popular exports, and many other countries produce star players for the college and pro games in the United States every year. That's on top of the nearly 24 million American participants, making it the country's most popular team sport. Now for the first time, the best-selling Anatomy Series from Human Kinetics takes basketball enthusiasts inside their own bodies' performance like never before.

Loaded with 88 exercises and 151 full-color anatomical illustrations that show the muscles in action, *Basketball Anatomy* details what it takes to increase strength, speed, and agility for better performance in every aspect of the sport. The book is written by Chicago Bulls team physician Dr. Brian Cole and Robert Panariello, a member of the USA Strength and Conditioning Coaches Hall of Fame.

Basketball Anatomy goes beyond just the exercises to show readers exactly how each one will affect their game. Illustrations of the muscles involved in running, rebounding, pivoting, and shooting show how each exercise is linked to on-court performance. This one-of-a-kind resource also examines the anatomy of the most common injuries to the ankle, knee, and shoulder and provides essential exercises for recovery from such setbacks as well as additional exercises that help prevent injuries from occurring in the first place.

Basketball Anatomy is a must-have for all who appreciate the artistry and athleticism of the game—whether player, coach, trainer, or spectator.



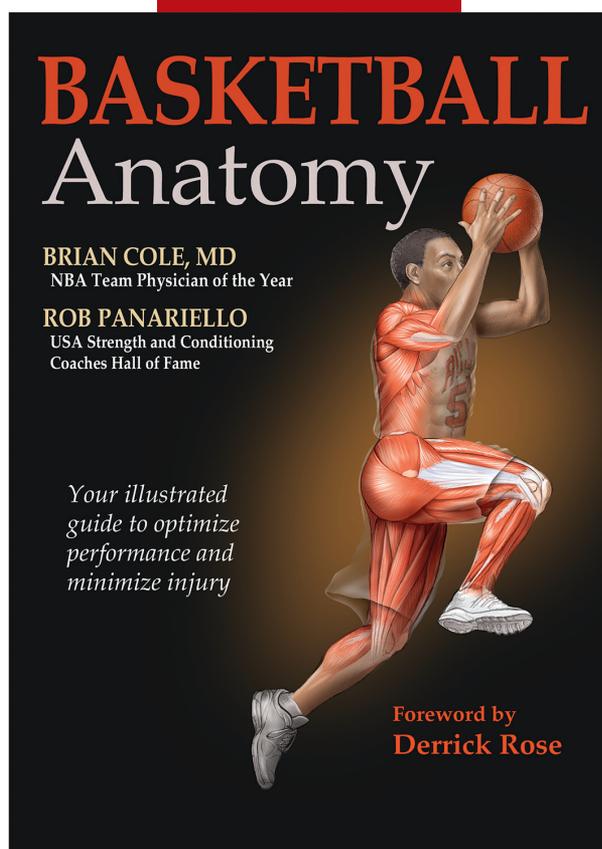
ABOUT THE AUTHORS

Brian J. Cole, MD, MBA, is a professor in the department of orthopedics with a conjoint appointment in the department of anatomy and cell biology at Rush University Medical Center in Chicago. In 2011 he was appointed as chairman of surgery at Rush Oak Park Hospital. He lectures nationally and internationally. Dr. Cole has been chosen as one of the Best Doctors in America in 2009 he was selected as the NBA Team Physician of the Year, while in 2013, Orthopedics This Week noted that Dr. Cole was chosen by his peers as one of the top 19 sports medicine specialists in the United States.

The physician for the Chicago Bulls, co-physician for the Chicago White Sox, and the baseball team at DePaul University, Dr. Cole hosts *SportsMedicineWeekly*, a radio show on Chicago's ESPN 1000 WMVP-AM. He lives in Chicago.

Robert Panariello, MS, PT, ATC, CSCS, is a founding partner and chief clinical officer with Professional Physical Therapy, which has 40 facilities in the New York and New Jersey metro areas, and the Professional Athletic Performance Center in Garden City, New York. He has more than 30 years of experience in sport physical therapy, athletic training, and performance training of athletes.

Panariello, a consultant to many NFL, NBA, MLB, NHL, college and university teams, coaches, and players, received the prestigious National Strength and Conditioning Association President's Award in 1998. He lives in New York.



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Nick Bollettieri's Tennis Handbook

Second Edition

Nick Bollettieri

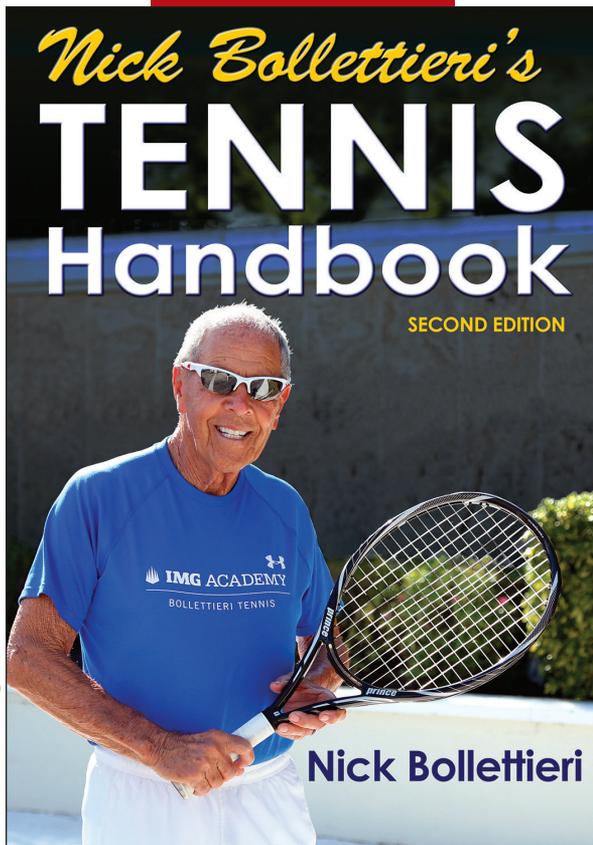
Nick Bollettieri is one of the most influential people in the world of tennis and stands among the sport's most successful coaches. He has coached 10 top-ranked players (Andre Agassi, Boris Becker, Jim Courier, Martina Hingis, Jelena Jankovic, Marcelo Ríos, Monica Seles, Maria Sharapova, Serena Williams, and Venus Williams) plus a multitude of other world-class players like Tommy Haas, Anna Kournikova, Jimmy Arias, and Nicole Pietrangeli.

As founder of the world-renowned Nick Bollettieri Tennis Academy, he has helped educate students in a dual environment of intense tennis training and academics. In the first edition of *Bollettieri's Tennis Handbook*, he provided his insight into his top tennis development program. In the second edition he revisits that classic work to provide the latest techniques, strategies, and insights into today's fast-paced style of play.

Nick Bollettieri's Tennis Handbook, Second Edition, covers stroke techniques, strategies, skill development, physical and mental conditioning, and ideas on coaching and practicing. The International Tennis Hall of Fame inductee uses his development system to help make all players as great as they'd be if Bollettieri were personally coaching them. This book is perfect for every dedicated player or coach and provides step-by-step instruction for improving ground strokes and volleys and technical and strategic instruction for flat, topspin, and slice serves.

This edition takes a new look at the ever-changing sport of tennis, focusing on the fast-paced, powerful game into which it has evolved. Dozens of drills will help players develop their skills in both singles and doubles play. Bollettieri has also infused the book with brief Nick's Tips to help players relate the content to their personal game. Ideal for competitive and recreational players of all levels, *Nick Bollettieri's Tennis Handbook, Second Edition*, is the best way to get firsthand experience from the world's top tennis coach.

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ABOUT THE AUTHOR

Nick Bollettieri is one of the most influential people in the world of tennis. His training program is recognized as one of the best systems for developing top players. It was this proven method that Bollettieri used to coach 10 top-ranked players (Andre Agassi, Boris Becker, Jim Courier, Martina Hingis, Jelena Jankovic, Marcelo Ríos, Monica Seles, Maria Sharapova, Serena Williams, and Venus Williams) plus a multitude of other world-class players, including Petra Kvitová, Sabine Lisicki, Kei Nishikori, Tommy Haas, Radek Stepanek, Ivo Karlovic, Mary Pierce, and Jimmy Arias.

Bollettieri founded the world-renowned Nick Bollettieri Tennis Academy in 1978 to educate students in a dual environment of intense tennis training and academics. Within 10 years, Bollettieri expanded his vision, joining forces with IMG to turn the tennis academy into a multisport training facility now known as IMG Academy. Bollettieri lives in Bradenton, Florida.



Complete Conditioning for Lacrosse

Tom Howley

In *Complete Conditioning for Lacrosse*, Cornell University strength and conditioning coach Tom Howley presents the programs he uses to make the Big Red one of the most powerful NCAA lacrosse programs. Beginning with detailed assessment protocols, coaches and players will be able to identify team and individual strengths and weaknesses and then tailor workouts to fit their specific needs.

The fast pace of lacrosse requires players to be in top physical condition to accelerate up the field, change direction quickly, and make powerful shots on goal. Packed with exercises and drills that improve flexibility, speed, agility, power, and strength, *Complete Conditioning for Lacrosse* will ensure players are dominant forces on both ends of the field.

The newest entry in Human Kinetics' highly acclaimed *Complete Conditioning for Sports Series*, this comprehensive resource includes in-season and off-season conditioning programs so players are ready to perform at their peak.

Since 1974, the world has taken notice of lacrosse. World championships for both men and women are held by the Federation of International Lacrosse (FIL) every four years. For more than a decade, lacrosse has been one of the fastest-growing team sports in the United States—every age segment has shown continued growth. US Lacrosse reports that nearly 750,000 players participated on organized teams in 2013, and colleges across the country have added men's and women's varsity programs.

As participation in lacrosse programs continues to increase, so will the need for a comprehensive conditioning and training guide for dedicated players, coaches, and strength and conditioning professionals. *Complete Conditioning for Lacrosse* will fit that need for many successful seasons to come.



ABOUT THE AUTHOR

Tom Howley has been the strength and conditioning coach at Cornell University since 1995. He oversees the design and implementation of athletic performance programs for 32 of Cornell's varsity sports.

From 1991 to 1995, Howley was the assistant director of strength and conditioning at East Carolina University. While there, the Pirates participated in two football bowl games (the 1992 Peach Bowl and the 1995 Liberty Bowl), qualified for the 1994 NCAA baseball regional tournament, and played in the 1993 NCAA basketball tournament.

From 1989 to 1991, Howley was a graduate assistant strength and conditioning coach and assistant football coach at Auburn University, where he earned his master's degree in exercise physiology. During that time Auburn's football team was the 1989 Southeastern Conference co-champion, 1990 Hall of Fame Bowl champion, and 1991 Peach Bowl champion.

In 1988 Howley earned a bachelor of arts degree in history from Tulane University, where he was a three-year letterman and two-year starting offensive lineman on the football team. As a senior he received the New Orleans Quarterback Club Student-Athlete Award. Howley lives in Ithaca, New York.

COMPLETE CONDITIONING FOR LACROSSE

- 190 exercises and drills
- Seasonal programs
- Player assessments



Tom Howley

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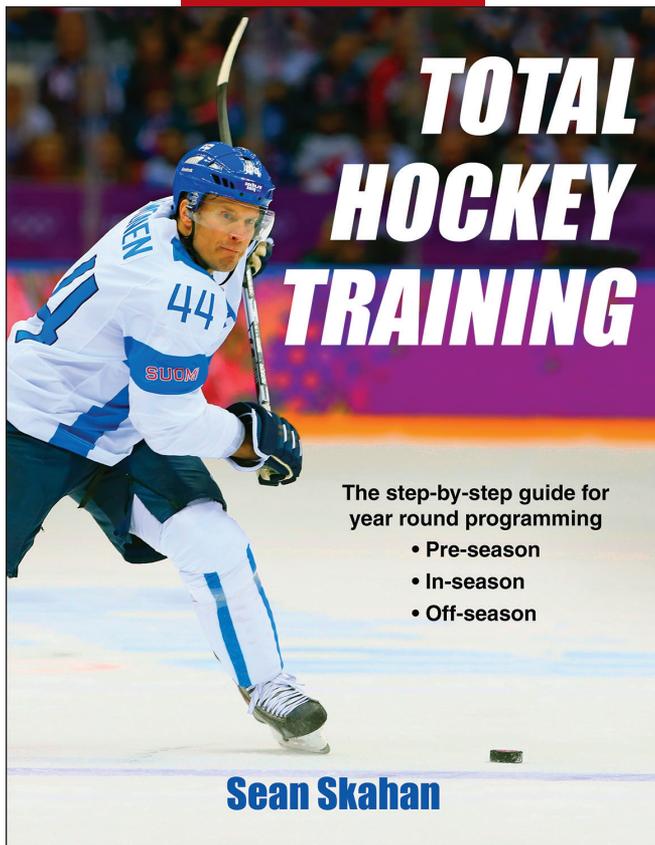
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- National press release campaign

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ABOUT THE AUTHOR

Sean Skahan is in his 13th season as the strength and conditioning coach for the National Hockey League's (NHL) Anaheim Ducks. Prior to working with the Ducks, Skahan was the assistant strength and conditioning coach at Boston College and at the University of North Dakota. While earning his master's degree in kinesiology, Skahan worked as a graduate assistant strength and conditioning coach at the University of Minnesota. He earned his bachelor's degree in exercise physiology from the University of Massachusetts at Boston.

Skahan holds certifications from the National Strength and Conditioning Association (NSCA), Functional Movement Screen (FMS), and USA Weightlifting. He lives in Anaheim Hills, California.

Total Hockey Training

Sean Skahan

"Sean Skahan is one of the top strength and conditioning coaches in the hockey world. His wealth of experience at the collegiate and professional levels will help all players achieve their goals."

Mike Boyle

Founder, Mike Boyle Strength and Conditioning

Former Strength and Conditioning Coach, Boston University and Boston Bruins

Hockey is one of the most physically demanding and dangerous sports there is. Players repeatedly expend tremendous amounts of energy in concentrated bursts while taking and delivering bone crunching checks and glass-rattling hits into the boards. For hockey players, year-round training and conditioning is essential not only for staying in shape, but also for survival and peak performance on the ice.

As strength and conditioning coach for the National Hockey League's (NHL) Anaheim Ducks, Sean Skahan is acutely aware of what that commitment means to on-ice success. In *Total Hockey Training*, Skahan provides hockey players of all levels with pre-season, in-season, and off-season training regimens to elevate their individual performance and that of their team.

Nearly 180 of the best on- and off-ice exercises and drills for improved speed, agility, strength, power, and stamina and detailed instructions for their safe execution are presented in this unique resource. The book's player-centric and prescriptive approach shuns the "one size fits all" tack and instead zeros in on the unique training needs of each player by position, amount of ice time the player logs during games, time of year, and whether the player is recovering from injury. Training protocols are included for every week and day of the year, so players know exactly what work needs to be done on any given day.

Skahan also includes assessment tools that allow players to determine their strengths and weaknesses, track progress, and modify training programs to meet their specific needs throughout the year. With *Total Hockey Training*, readers are exposed to training programs used by many of the world's greatest players.

The Hockey Coaching Bible

Joe Bertagna

"The Hockey Coaching Bible covers every aspect from building a program to setting an example for honest behavior. This is a must-read for any young hockey coach."

Bobby Orr
NHL Hall of Fame Defenseman

Hockey's popularity is anything but cold. According to USA Hockey, participation for the 2013-14 season was at an all-time high, including more than 600,000 amateur players, coaches, and officials. The International Ice Hockey Federation reports the number of registered hockey players worldwide has grown by 22 percent over the last five years; much of which has been fueled by the rising popularity of women's hockey.

This popularity has brought with it a new line of hockey coaches who are taking the game to a whole new level. In *The Hockey Coaching Bible*, collegiate hockey legend Joe Bertagna assembled an all-star lineup of coaches whose invaluable expertise and experience will help men's and women's hockey coaches elevate their coaching ability, improve player performance, and build and strengthen their hockey programs. Contributing coaches include the following:

- Bill Cleary
- Tom Anastos
- Guy Gadowsky
- Mike Schafer
- Marty Palma
- Hal Tearse
- Mike Cavanaugh
- Jack Parker
- Rick Comley
- Mark Dennehy
- Ben Smith
- E.J. McGuire
- George Gwozdecky
- Nate Leaman
- Mike Eaves

The Hockey Coaching Bible presents the drills top coaches use for developing players at each position and offers insights on in-game strategies for various game situations, including offensive, defensive, and neutral-zone play and power plays and penalty kills.

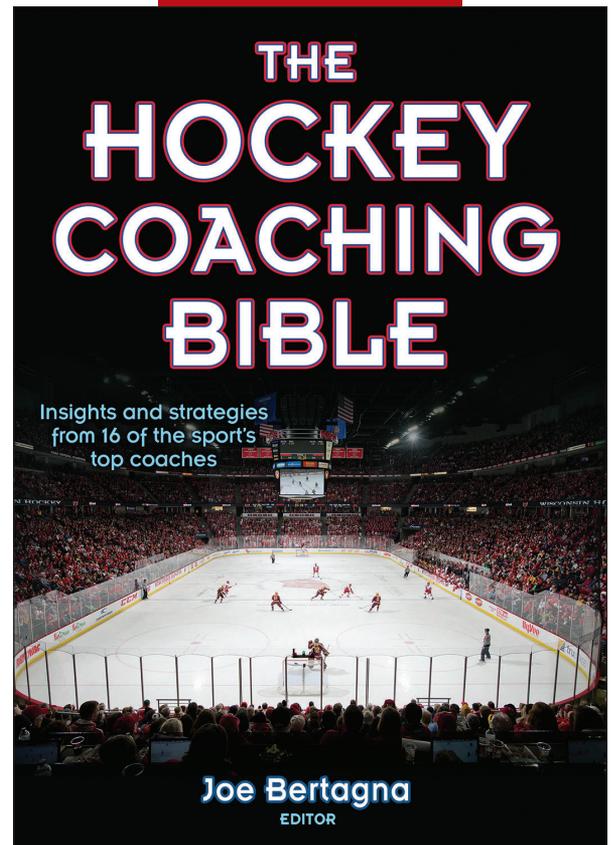
In addition to on-ice Xs and Os, *The Hockey Coaching Bible* offers first-hand experience and sage advice for building a program from the ground-up and developing professionally as a coach.



ABOUT THE EDITOR

Joe Bertagna has been a college hockey administrator for more than 30 years. Since 1997, he has served as commissioner of Hockey East, the preeminent conference in college hockey, whose member-schools have earned a combined eight NCAA championships under his leadership. Prior to his move to Hockey East, Bertagna served 15 years with the Eastern College Athletic Conference (ECAC), where he held the positions of tournament director, executive director, and commissioner. Both with ECAC and Hockey East, Bertagna has been a champion of women's hockey, having initiated ECAC Division I and Division III league play and led the formation of the Women's Hockey East Association, whose championship trophy is named in Bertagna's honor.

In addition to his commissionership of Hockey East, Bertagna is executive director of the American Hockey Coaches Association, a position he has held since 1991. He also serves on the board of directors of both USA Hockey and the Hockey Humanitarian Award Foundation. Bertagna has for 40 years operated his own clinics for thousands of goalies of all ages throughout New England. Bertagna lives in Gloucester, Massachusetts.



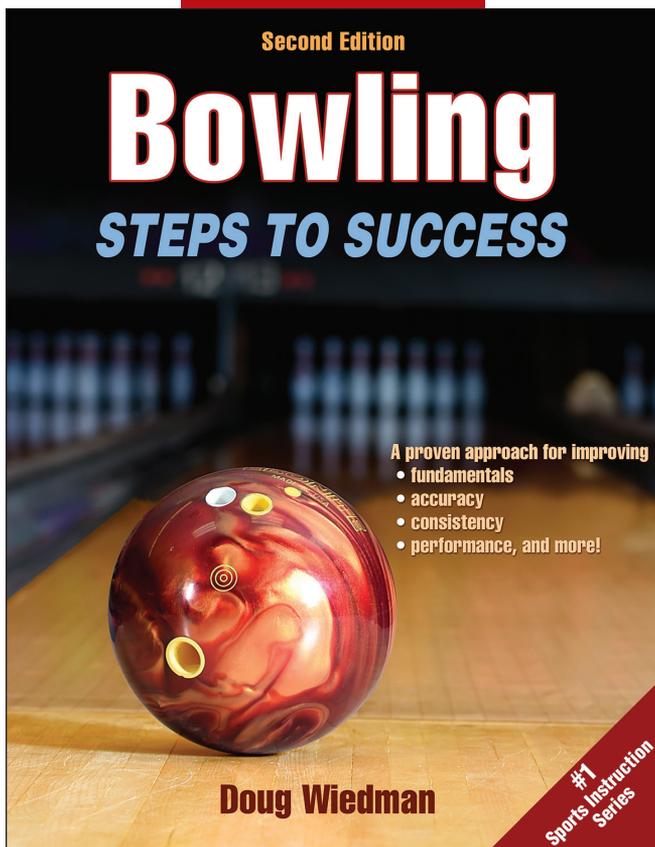
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PROMOTION PLANS

- Advertising in *Stops and Starts*, official publication of the AHCA, and in *USA Hockey Magazine*
- National press release campaign

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ABOUT THE AUTHOR

Doug Wiedman is a lecturer in the department of health and kinesiology at Purdue University, West Lafayette, Indiana. Wiedman has been the department's bowling instructor since 1993, and the assistant coach for Purdue University's nationally ranked intercollegiate bowling team since 2004. Wiedman has twice been selected by *Bowler's Journal International* as one of the nation's top 100 bowling coaches. He was a member of the Purdue University men's bowling team from 1984 to 1988. Wiedman lives in Lafayette, Indiana.

Bowling: Steps to Success

Second Edition

Doug Wiedman

"Coach Wiedman pulls from his extensive background of coaching to offer tips and techniques that will help any bowler improve, whether a newcomer or someone who has enjoyed the game for a while and just wants to improve."

Gary Sparks
 Head Bowling Coach
 Vincennes University
 12-Time National Junior College Athletic Association Champions
 4-Time NJCAA Coach of the Year

Bowling now ranks as the largest participatory sport in America for adults. A 2013 national consumer survey found that more than 50 million adults aged 18 and over and 17 million youths aged 6 to 17 bowled at least once in the last year and that two million adults bowled in leagues. The sport is also popular internationally—as many as 100 million people in almost 150 countries bowl on a regular basis.

The popularity of the sport has led to an increased demand for instructional texts for bowlers and bowling coaches. *Bowling: Steps to Success* fills that need by offering a practical, step-by-step format that improves the skill level of beginning and intermediate bowlers.

Written by Doug Wiedman, Purdue University assistant coach and United States Bowling Congress (USBC) silver-level coach, this second edition covers every aspect of the game, including the grip, stance, footwork, arm swing, timing, strike targeting, and spare shooting, as well as strategies for adjusting to various lane conditions. The updated edition features new full-color photos and diagrams lending emphasis and clarity to the information presented.

Readers will see their averages rise and pins fall by using the dozens of drills and self-scoring exercises that chart progress and accelerate improvement.

Part of Human Kinetics' popular *Steps to Success* series, which includes texts for more than 20 sports, *Bowling: Steps to Success* instructs readers to approach the game more strategically, make shots more confidently, and score more consistently with each frame.

Volleyball: Steps to Success

Second Edition

Becky Schmidt

"Becky Schmidt's Volleyball: Steps to Success is a wonderful guide for those seeking an understanding of the sport, its history, and the skills. Coach Schmidt shares her extensive knowledge of volleyball in an accessible fashion."

Kathleen J. DeBoer
Executive Director
American Volleyball Coaches Association

Participation in the sport of volleyball has grown exponentially in the United States over the past decade, driven by the worldwide popularity of Olympic, Federation of International Volleyball (FIVB), and beach volleyball competitions. The surge in popularity carries with it a whole new generation of volleyball players and coaches who are lifting the game to an even higher level.

Volleyball: Steps to Success author Becky Schmidt is a prime example of one of these coaches. After Schmidt's 11th season as head coach at Hope College in Michigan, her Flying Dutch won the 2014 NCAA Division III National Volleyball Championship.

In *Volleyball: Steps to Success*, Schmidt provides club and high school players and coaches with a practical, step-by-step format that improves players' skill level and in-game decision making. Supplemented by more than 100 full-color photos and court diagrams, the book covers essential volleyball skills such as serving, passing, setting, and hitting for all positions as well as match-play strategies and tactics for various offensive and defensive systems. Readers will see their digs, blocks, and kills increase by using the book's 64 drills, each featuring a self-scoring component that allows players to chart progress and accelerate improvement.

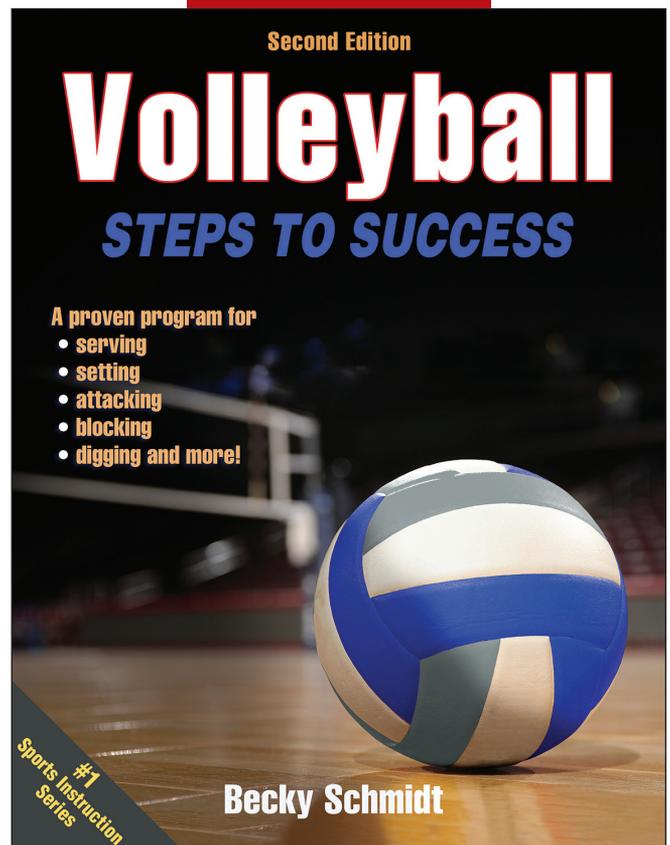


ABOUT THE AUTHOR

Becky Schmidt has made her mark on Hope College volleyball as both a player and head coach, a position she has held since 2004. The 2014 Flying Dutch won more than 20 matches for the 10th consecutive season, culminating in the school's first-ever NCAA DIII National Championship. Having coached at both Hope and University of Redlands in California, Schmidt has a winning percentage of .762, ranking her among the nation's elite coaches. She has twice guided the Flying Dutch to undefeated seasons (16-0) in Michigan Intercollegiate Athletic Association (MIAA) conference play (2005 and 2009). Her 2009 team set a school record of winning 34 matches, a mark equaled in 2014.

In 2008 Schmidt was elected the NCAA Division III representative to the American Volleyball Coaches Association (AVCA) board of directors. Schmidt is a 1999 graduate of Hope College, where as a middle blocker she was twice voted MIAA Conference's Most Valuable Player. During her senior year she became the first Hope volleyball player to earn All-American honors.

Schmidt was a graduate assistant volleyball coach at Miami University of Ohio, where she earned her master's degree in sport behavior and performance. Schmidt lives in Holland, Michigan.



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- National press release campaign

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One Goal: The Mindset of Winning Soccer Teams

Bill Beswick

Along with being the highest-participation sport in the world, soccer is one in which success hinges on team performance rather than individual play. As many coaches have discovered, inspiring a group of players to perform as a finely tuned, coordinated unit is a tremendous challenge. While many factors interfere with cohesion and flow on a soccer team, until now no published work has specifically addressed how to prevent and conquer such problems, thus maximizing team efforts.

In *One Goal: The Mindset of Winning Soccer Teams*, Bill Beswick, an internationally recognized leader in high-level team performance psychology, delivers an unrivaled guide for soccer coaches to use in order to develop the mindset of a winning team. Renowned for his work with elite soccer players and teams, Beswick became the first mental skills coach operating full-time in English professional soccer. He brought his talents to the English Premier League (perhaps the world's top league) and, among other football clubs, spent time with Manchester United, the world's most popular team. He is also the author of the best-selling *Focused for Soccer* (Human Kinetics, 2001).

One Goal is arranged sequentially, providing coaches with insight on the various challenges facing them when pursuing a winning team mindset. The book reflects Beswick's extensive experience with soccer teams at grassroots, professional, and international levels, providing numerous engaging examples from his encounters. *One Goal* also offers techniques, tools, and suggestions for coaches to implement when addressing both common and unique challenges throughout the season. Specific contexts such as cup finals and tournaments are featured as well.



BILL BESWICK

ONE GOAL

THE MINDSET OF
WINNING SOCCER TEAMS

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ABOUT THE AUTHOR

Bill Beswick is a leader in the field of applied sport psychology, internationally renowned for his work with elite soccer players and teams. After earning a master's degree he worked as head coach of England's gold-medal-winning basketball team at the Commonwealth Games. Beswick became the first full-time performance psychologist in English professional soccer.

Beswick has worked at Manchester United, Middlesbrough and Sunderland in the English Premier League and FC Twente in the Dutch Eredivisie. He has been a contributor to UEFA Pro Licence award courses for European football associations. He has international experience with the England U18 and U21 squads and as team psychologist with the English senior men's national team. He is currently a consulting performance psychologist with Derby County FC in the English Championship Division, the English men's rugby team and the British Olympic swimming team, along with advising athletic programs in the United States, including the one at Clemson University.

Beswick's book *Focused for Soccer* (Human Kinetics, 2001) is now in its second edition and is regarded as one of the best guides ever on psychology of performance in the sport. Beswick lives in the United Kingdom.

In Pursuit of Excellence

Fifth Edition

Terry Orlick

"This book is for those who are not satisfied with good enough. I have known Terry for over 20 years, and his insights have provided me with the guidance I need to stay focused on the things that really matter to achieve my goals. I regularly use the strategies he shares in In Pursuit of Excellence in my work with coaches around the world, from youth sport to the world's best Olympic and national team coaches."

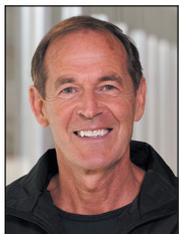
Wade Gilbert, PhD
Professor, Department of Kinesiology
California State University–Fresno

With sales exceeding 200,000 copies, *In Pursuit of Excellence* has been a revered and relied-upon resource for athletes, coaches, and business professionals outside the sports arena for reaching their full potential both in sport and in life.

Author Terry Orlick, PhD, is a leading authority on sport psychology, mental training, quality living, and the psychology of excellence. Over the past 40 years, he has worked with many of the world's top performers, serving as a performance-enhancement consultant and mental skills coach for numerous Olympic and professional athletes and teams as well as business leaders and Fortune 500 companies.

In this updated fifth edition, Orlick shares new chapters on preventing burnout, making positive life and career transitions, and positive planning to help readers deal with and manage the ongoing challenges and changes of career and life and reconnect them with the simple joys and pleasures that are available to us every day. Self-reflection and Zone of Excellence questions spur readers to reflect on how the book's content directly applies to their own lives. The addition of several new checklists and evaluation tools create a more interactive and practical resource that promotes critical thinking, helps readers identify meaningful areas for improvement, and guides them through their ongoing personal pursuit of excellence.

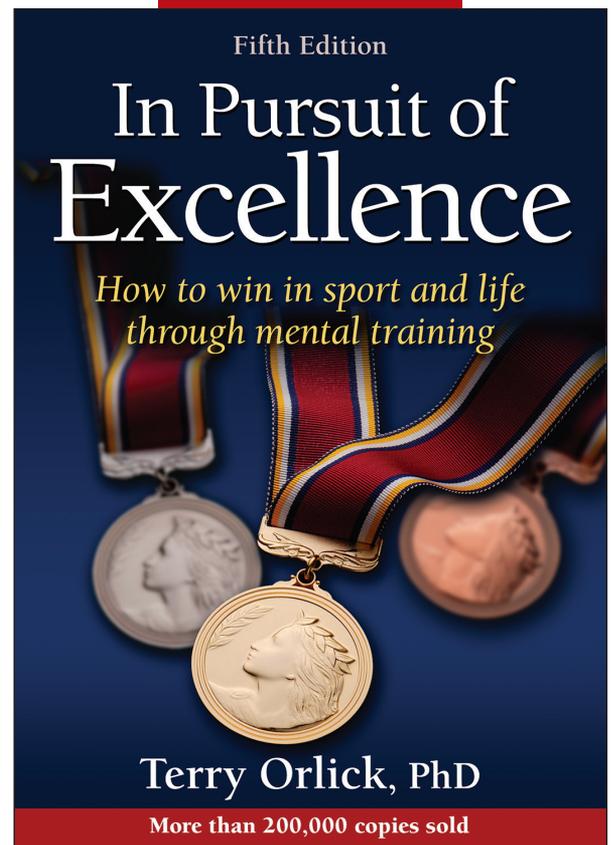
In Pursuit of Excellence transcends sport. Whether on the court or in the boardroom, anyone striving to reach their full potential will gain a more positive outlook, develop a more focused commitment, and overcome obstacles leading to improved performance and higher-quality living.



ABOUT THE AUTHOR

Terry Orlick, PhD, is a professor in the School of Human Kinetics at the University of Ottawa. He obtained his PhD in the psychology of sport and physical activity from the University of Alberta in 1972. One of the world's leading authorities on the psychology of excellence and quality living, his research work has focused on enhancing the quality of life and quality of performance with children and high-level performers. Orlick has worked with thousands of Olympic and professional athletes and coaches; corporate leaders; astronauts; surgeons; top classical musicians; dancers, and other performing artists; mission control professionals; and many others engaged in high-stress performance missions.

Former president of the International Society for Mental Training and Excellence, Orlick has authored 30 highly acclaimed books, has published hundreds of articles in a variety of professional journals, and is founder of the Journal of Excellence, Positive Living Skills, and the Zone of Excellence (www.ZoneOfExcellence.ca). Orlick lives with his family at Meech Lake, Quebec.



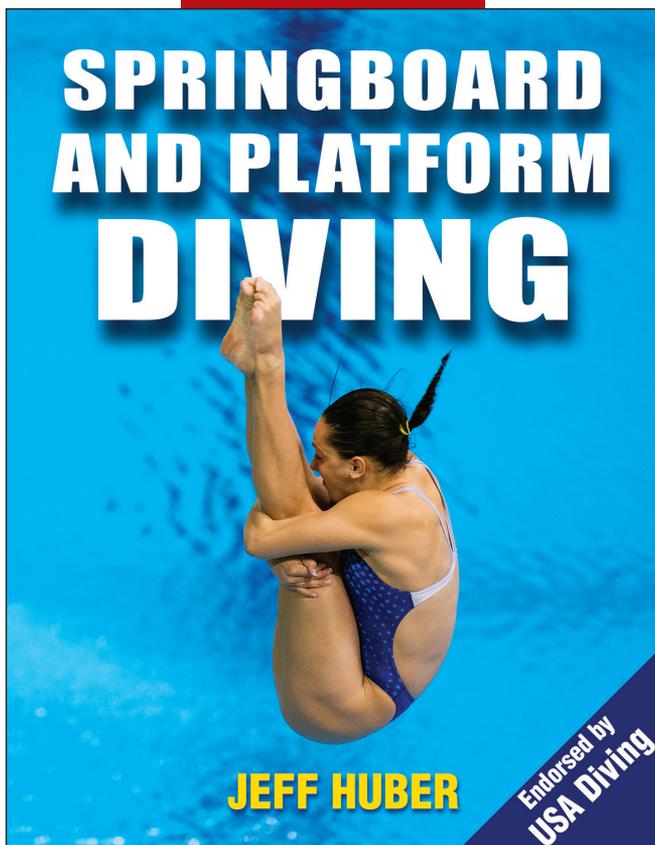
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ABOUT THE AUTHOR

For more than 45 years **Jeff Huber** was involved in the sport of diving. He spent 37 years as a collegiate diving coach including 24 years at Indiana University. During his career he developed U.S. and NCAA national champions, international champions, and Olympians. At Indiana University, Huber coached divers to more than 40 Big Ten championships and more than 75 All-America selections. As a USA Diving coach, he accompanied his divers to every international competition in the world, including the Pan American Games, World University Games, World Championships, World Cups, and three Olympic Games. He has been named U.S. National Coach of the Year, NCAA Coach of the Year, USOC Coach of the Year, and Big Ten Coach of the Year, and has been inducted into the state of Indiana Swimming and Diving Wall of Fame.

As a diver, Huber was a California State High School Diving Champion, U.S. national finalist, Big Ten finalist, and U.S. Olympic trials competitor. Despite his work with elite divers, he has coached divers of all levels, and enjoyed working with both young and old divers at his prestigious summer diving academy.

Dr. Huber holds a PhD in educational psychology with an emphasis in cognition and is currently Professor of Practice at Indiana University in the Department of Psychological and Brain Sciences. Huber lives in Bloomington, Indiana.

Springboard and Platform Diving

Jeff Huber

"From youth competitors to world champions, coaching legend Jeff Huber has trained divers at every level. His holistic approach and extensive understanding of the sport make Springboard and Platform Diving a must-read for divers and coaches alike."

Linda Paul
 President and Chief Executive Officer
 USA Diving

Jeff Huber has received diving's highest honors and awards for his career as a coach, including three-time U.S. Olympic Coach, thirteen-time USA Diving National Coach of the Year, NCAA Diving Coach of the Year, USOC Coach of the Year, fourteen-time Big Ten Diving Coach of the Year for the men's and women's teams at Indiana University, and four-time winner of the USA National Diving Championship Coach of Excellence Award. Huber has coached divers of all levels and has developed U.S. and NCAA national champions, Big Ten Conference champions, international champions, and Olympians.

In the USA Diving endorsed *Springboard and Platform Diving*, Huber deconstructs the various phases of each dive – from approaches to water entries - and provides expert insights, instructions, and drills for each phase. High quality photos help to enhance the instruction and illustrate the forward approach, the backward press, take-offs and connections, positions, spotting, and come-outs. Because the entry is critical to a diver's score, there is detailed information about the line-up and entry.

Precision diving requires a tremendous amount of mental toughness and *Springboard and Platform Diving* offers two chapters full of effective strategies for developing strong mental skills for practice and competition. Numerous worksheets, planners, and evaluation forms are also provided to help readers apply this prescriptive information to their training. In addition, divers and coaches will find the information provided on strength, conditioning, nutrition, and recovery will lead to more effective training and success.

Dance Psychology for Artistic and Performance Excellence

Jim Taylor and Elena Estanol

The dance world is filled with technique books, which certainly serve an important role in helping dancers improve their performance. But the market has been conspicuously void of instruction on a vital aspect of dance performance: the mental aspect. By providing tools and strategies to enhance their mental toughness, dancers will be able to become more proficient and consistent in their dance performances, in addition to maintaining their wellbeing.

Jim Taylor, a veteran sport and dance psychologist and author, and Elena Estanol, a dancer, dance teacher, choreographer and sport and dance psychologist, bring their experience and knowledge to *Dance Psychology for Artistic and Performance Excellence* to help dancers at all levels develop psychological strength to maximize their performance by showing them how to:

- Understand how to use the mental aspects of dance to their advantage.
- Learn simple techniques to raise their dancing to a new level.
- Refine their technique and overcome performance challenges.

Dancers will build a strong foundation for performance by employing the dance-specific psychological strategies. The individualized program will help dancers reach their potential in artistry and excellence in school, the dance profession, and dance-related careers. The book comes with a companion web resource containing 32 worksheets that will help dancers grow mentally through reflection and self-examination. Dancers will be able to use these tools to refine their technique and overcome performance challenges.

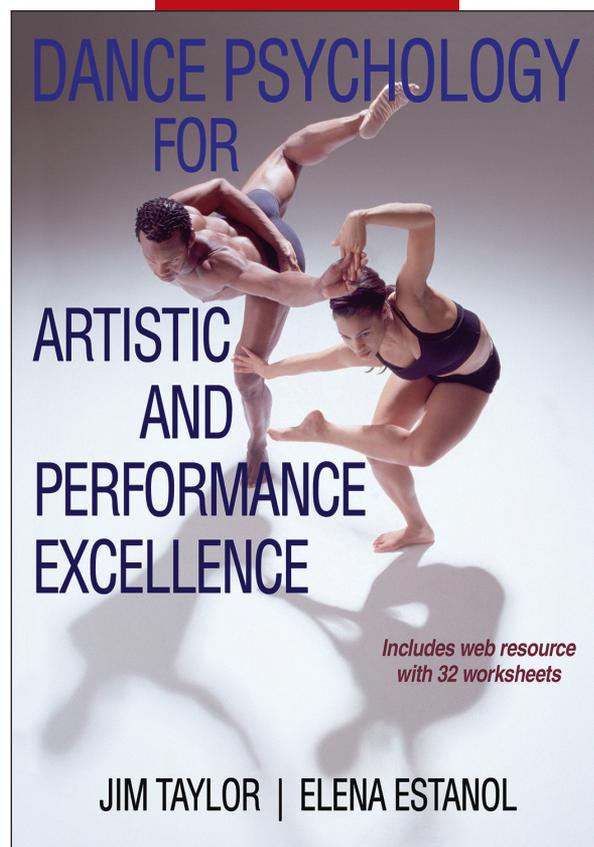
Dance Psychology for Artistic and Performance Excellence will help dancers turn their minds into powerful tools not only to improve their technical and artistic performance but also to enhance their enjoyment, bring greater fulfillment, and enrich their lives personally and professionally.



ABOUT THE AUTHORS

Jim Taylor, PhD, is a long-time sport psychologist and a consultant, speaker, and author who has worked with dancers for three decades. He is also a coauthor of *Psychology of Dance*, a predecessor of this book, and has consulted with Miami City Ballet. He is a member of the American Psychological Association and the Association for Applied Sport Psychology. Taylor received a PhD in psychology from the University of Colorado at Boulder. He lives in Mill Valley, California.

Elena Estanol, PhD, MFA, is a counseling sport psychologist, speaker, peak performance, wellness, and ADHD coach and executive director of Synapse Counseling, LLC, a wellness center that provides cutting-edge sport psychology services, eating disorder and ADHD treatment to dancers, athletes, and performing artists in Fort Collins, CO. She has spent most of her life dancing, teaching, and choreographing dance. Estanol is a member of the American Psychological Association, the Association for Applied Sport Psychology, and the International Association for Dance Medicine and Science. She received her PhD in counseling psychology, MS in sport psychology, and MFA in kinesiology, choreography, and pedagogy from the University of Utah. Estanol lives in Fort Collins, Colorado.



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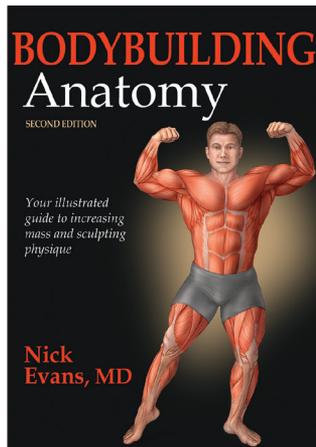
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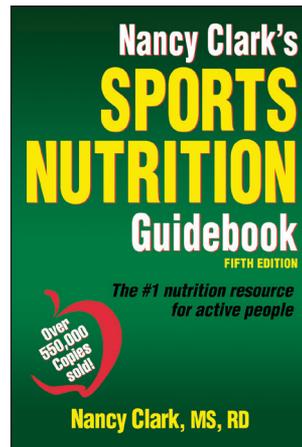
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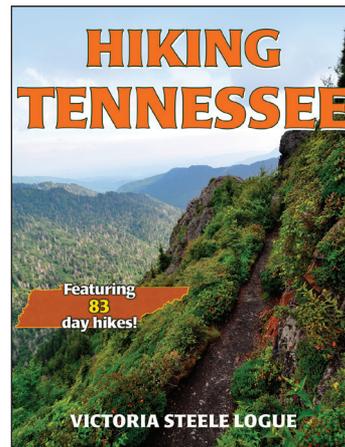
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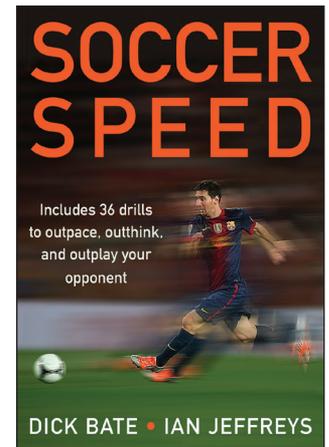
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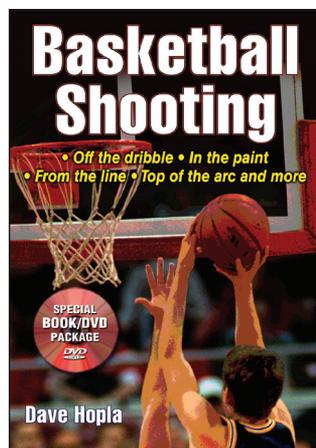
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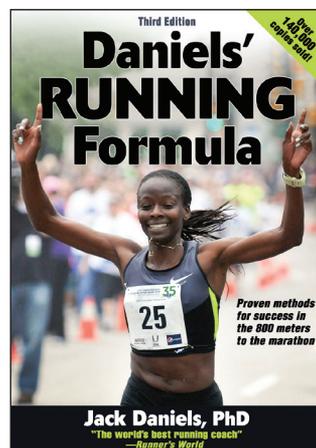
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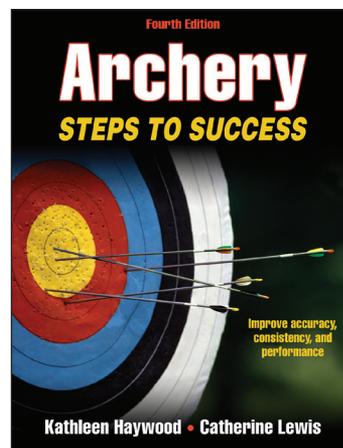
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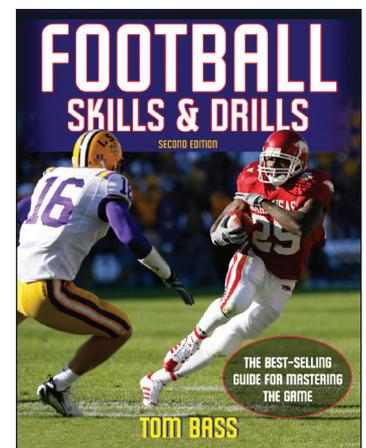
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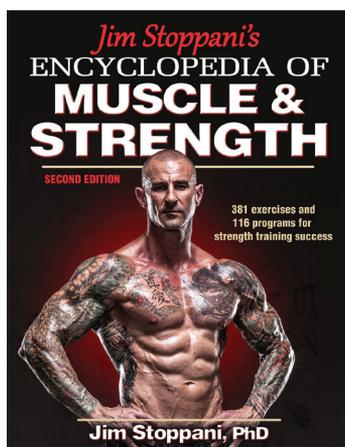
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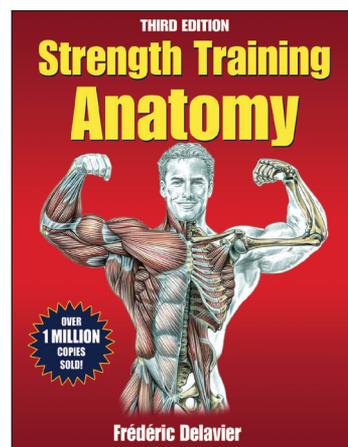
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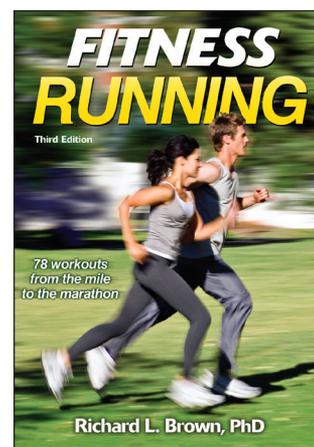
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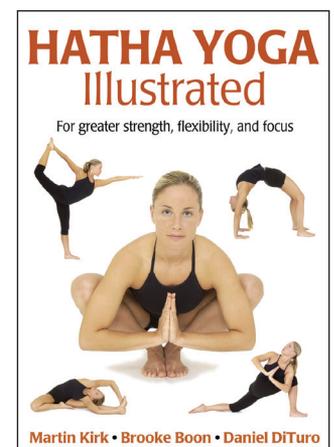
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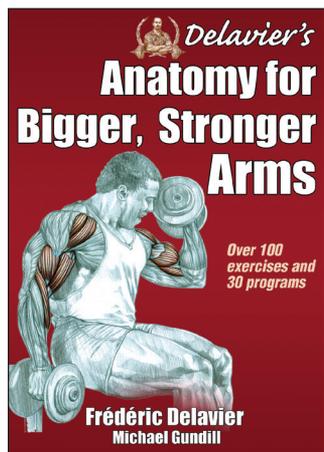
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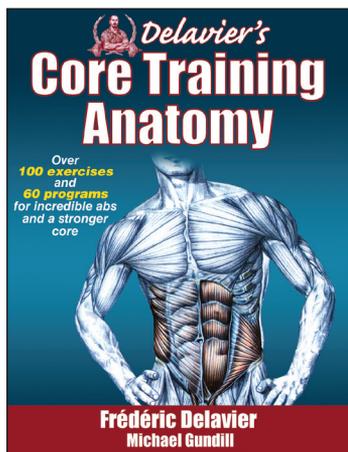
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FRÉDÉRIC DELAVIER BOOKS

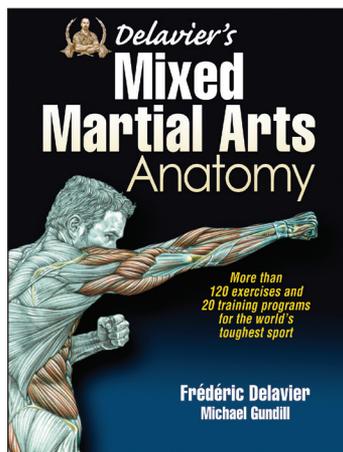
Frederic Delavier is the author of the best-selling *Strength Training Anatomy*; *Women's Strength Training Anatomy*; *The Strength Training Anatomy Workout (I and II)*; *Delavier's Anatomy for Bigger, Stronger Arms*; *Delavier's Sculpting Anatomy for Women*; *Delavier's Mixed Martial Arts Anatomy*; *Delavier's Core Training Anatomy*; *Delavier's Stretching Anatomy*; and *Delavier's Strength Training Anatomy Workouts for Women*. With a combined total of more than 1.8 million copies sold worldwide, Delavier's books provide detailed full-color anatomical illustrations, high-quality photographs, and step-by-step instructions for the hundreds of exercises and stretches included in these titles.



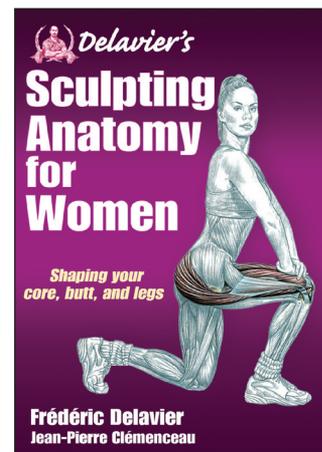
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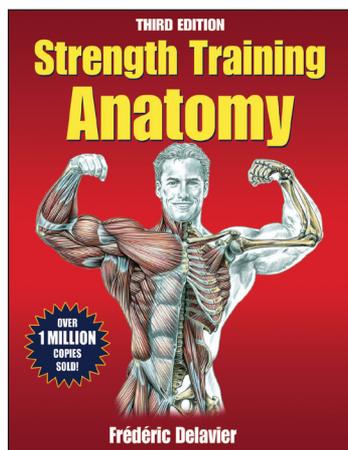
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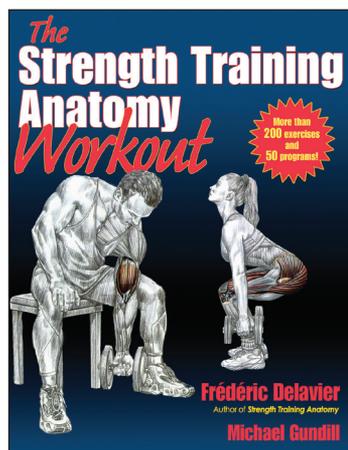
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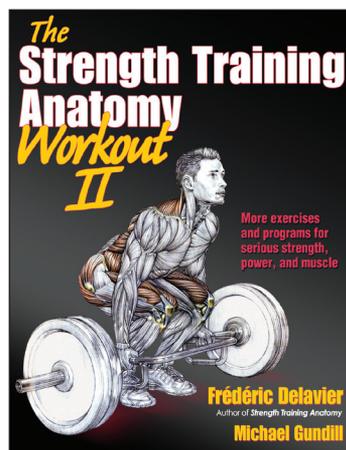
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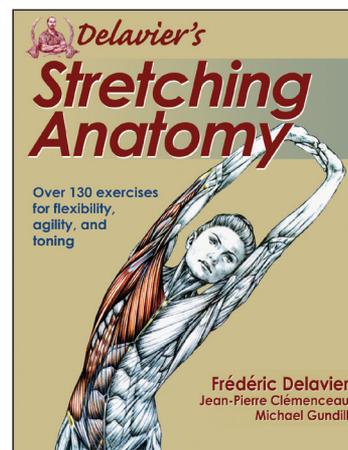
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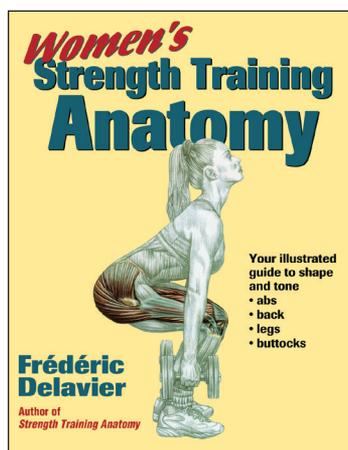
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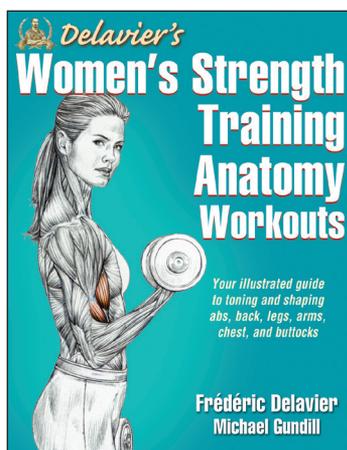
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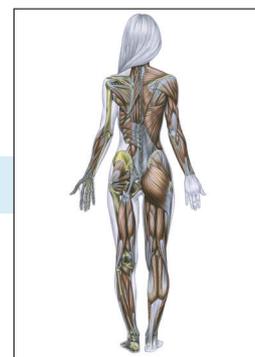
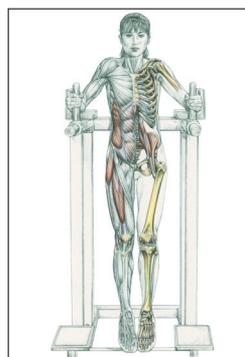
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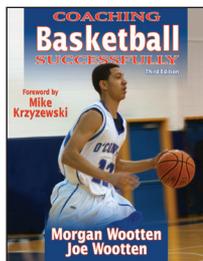
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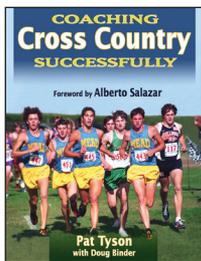
A look inside

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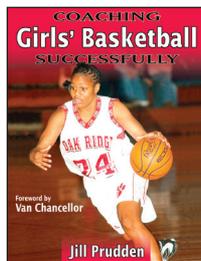
The *Coaching Successfully Series* presents hands-on information on sport techniques and tactics for new and experienced coaches alike. Expert coaches show how philosophy, psychology, and teaching and management methods, as well as Xs and Os, can be applied successfully to their sports.



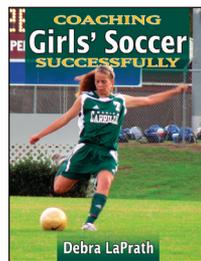
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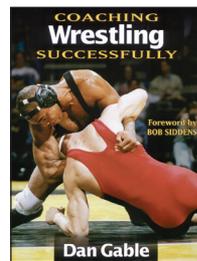
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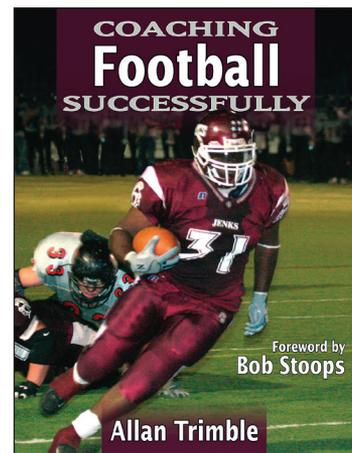
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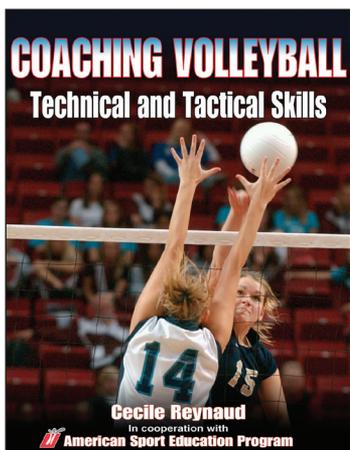


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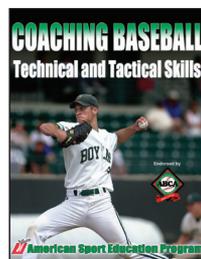
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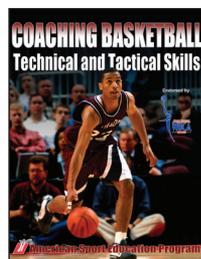


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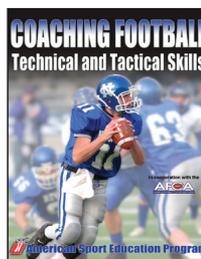
The *Coaching Technical and Tactical Skills Series* books include demonstrations of dozens of sport-specific technical skills, but it's the inclusion of tactical skills, such as in-game decision making and detecting strengths and weaknesses in opponents, that sets this series apart from other coaching resources. Practice and season planning are also points of emphasis in these practical books that will have coaches celebrating the fruits of their labor on game day.



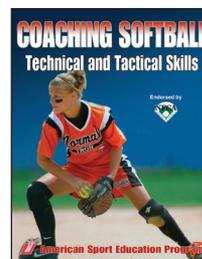
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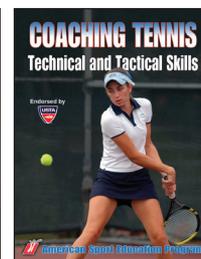
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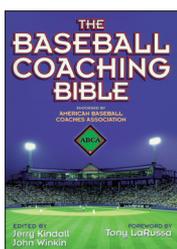
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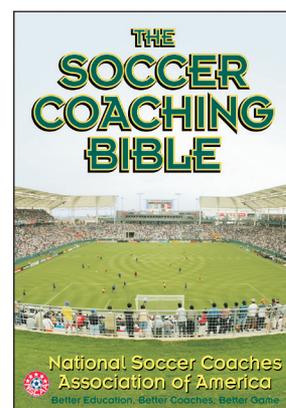
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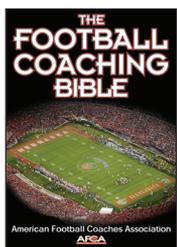
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COACHING BIBLE SERIES

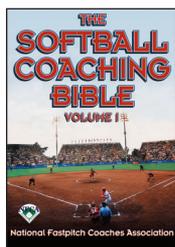
The *Coaching Bible Series* covers every facet of coaching and provides the wisdom of coaches who have proven they are the best in their sport. The engaging articles include a wealth of stories, insights, and strategies, each expressed in the coaches' own style and terminology.



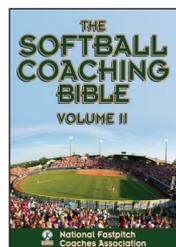
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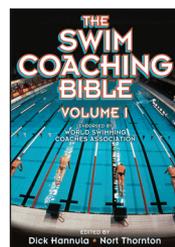
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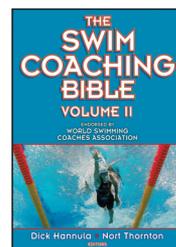
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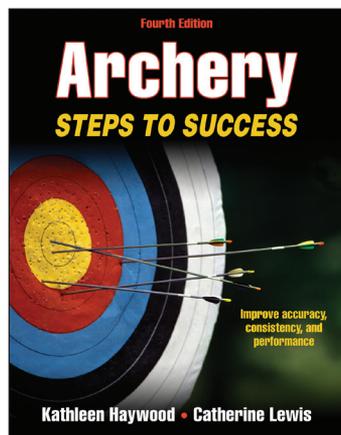


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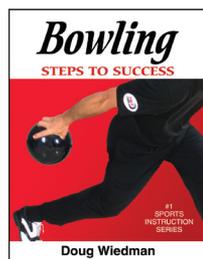


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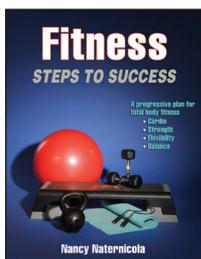
STEPS TO SUCCESS SPORTS SERIES



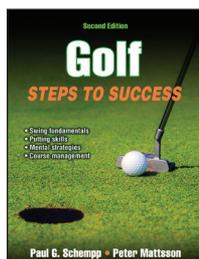
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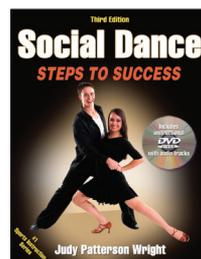
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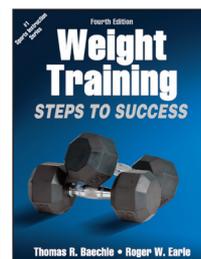
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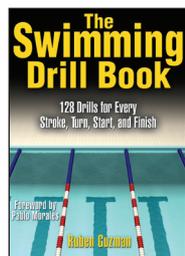
The *Steps to Success Sports Series* is the most extensively researched and carefully developed set of books ever published for teaching and learning sport skills. Each of the *Steps to Success* books offers a complete progression of skills, concepts, and strategies that is carefully sequenced to optimize learning for students, teaching for sport-specific instructors, and instructional program design techniques for future teachers.

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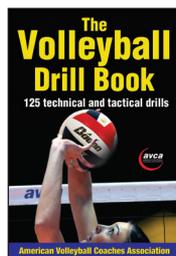
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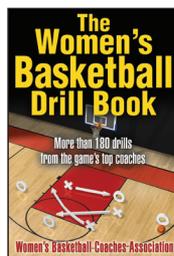
The books in *The Drill Book Series* offer a wealth of activities to turn practice time into productive time.



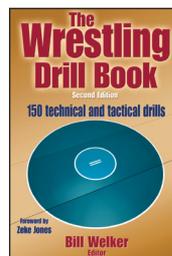
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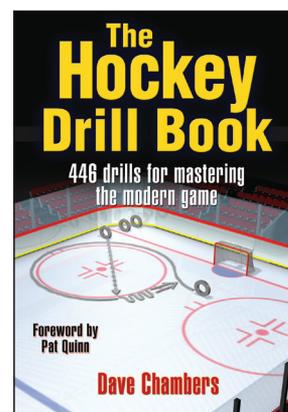
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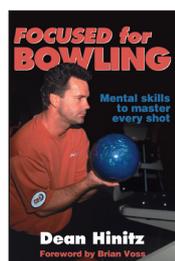
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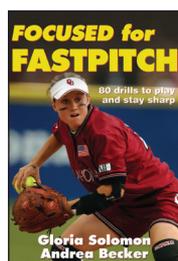
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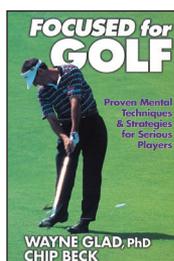
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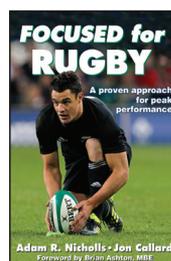
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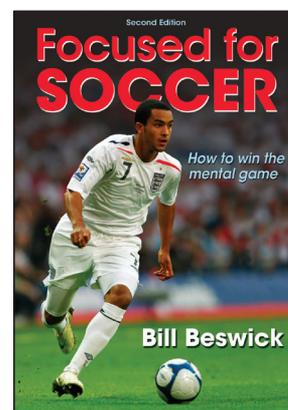
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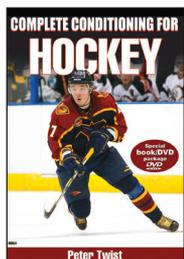
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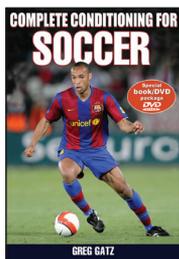
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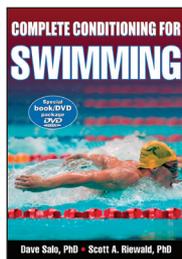
No matter what the sport, today's athletes need to have more strength and endurance than ever to be competitive. The *Complete Conditioning for Sports Series* offers the programs, insights, and expert advice to take any athlete to the top of their game. These books, and book/DVD packages, are written by the conditioning leaders in each sport, including the United States Tennis Association, members of the University of Missouri football program, and individual trainers who have worked with some of the world's best-conditioned athletes.



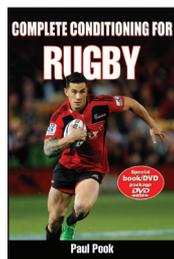
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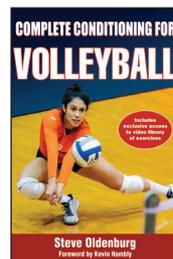
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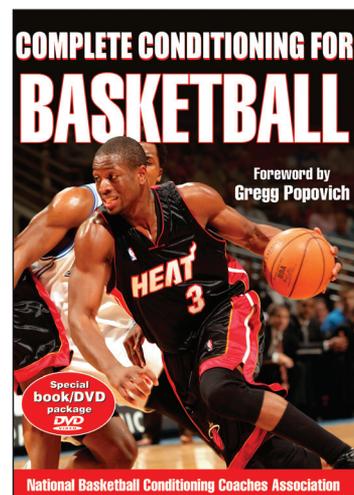
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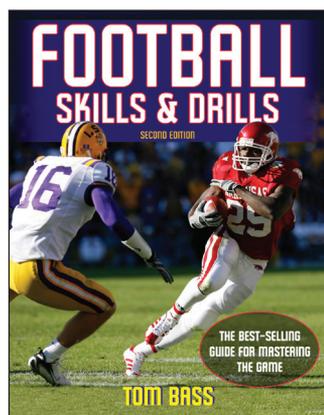
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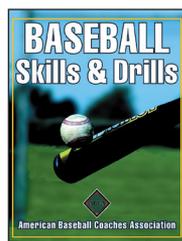
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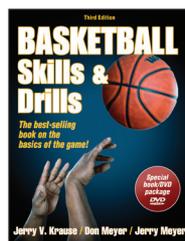
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SKILLS & DRILLS SERIES

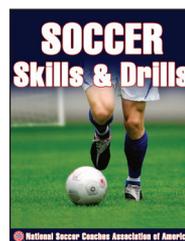
Each book in the *Skills & Drills Series* serves as a great foundation for learning proper techniques and for mastering all the essential skills needed for individual and team success. Written by national organizations such as the American Baseball Coaches Association and the American Volleyball Coaches Association, and renowned experts such as Tom Bass and Judi Garman, coaches and athletes will be ready to play and compete at the highest level.



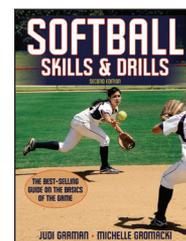
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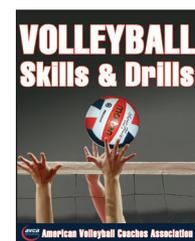
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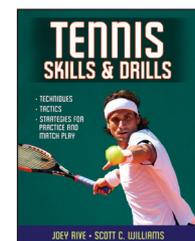
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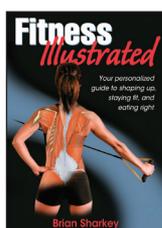
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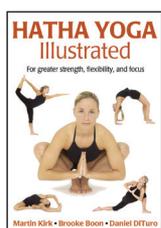
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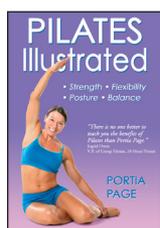
Fitness enthusiasts and practitioners of yoga, tai chi, Pilates, and qigong will find it easier to address their health and fitness needs and get on the path to better health and self-awareness with the straightforward explanations, expert advice, and hundreds of full-color illustrations and photographs in these books. These excellent "hands-on" guides ensure the poses, stretches, advice, and routines are interpreted safely and correctly.



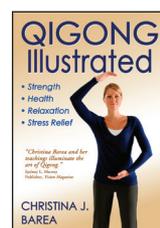
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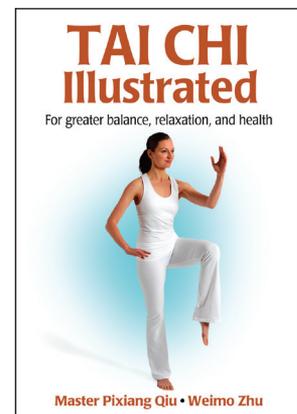
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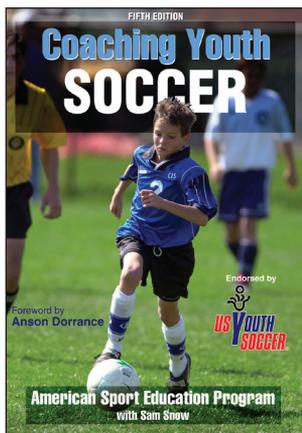
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COACHING YOUTH SPORTS SERIES

The *Coaching Youth Sports Series* is geared to anyone who has not had formal training as a sport coach or who is coaching children ages 6-14 for the first time. Each of these books offers a unique blend of coaching principles and sport-specific information.



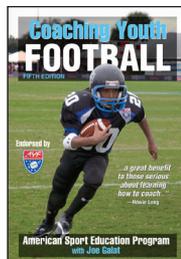
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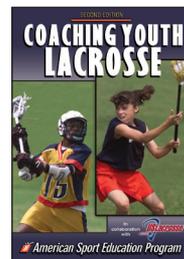
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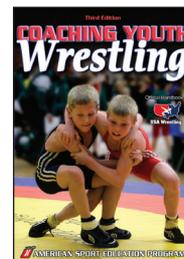
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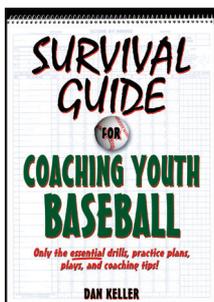
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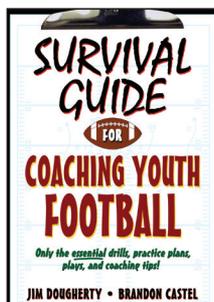
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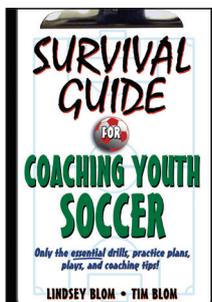
The *Survival Guide Series* provides rookie coaches with the most relevant tools for teaching, coaching, and developing young players. All the essential drills, practice plans, plays, and coaching tips are presented with a straight-forward and light-hearted approach.



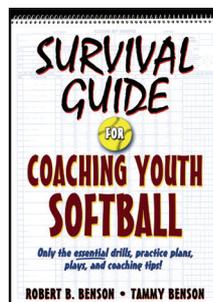
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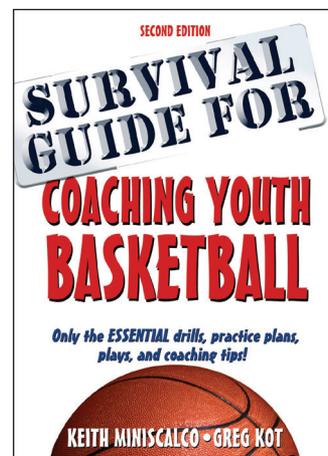
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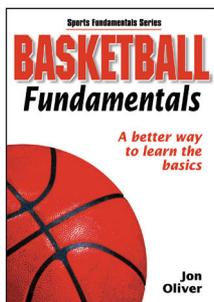
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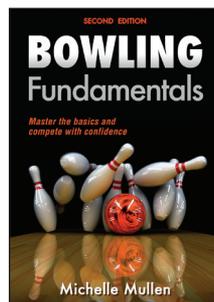
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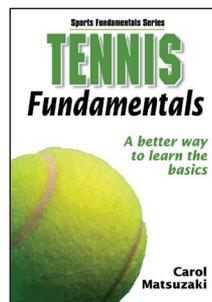
The *Sports Fundamentals Series* is written to get readers into the action as soon as possible. They will learn by doing, spending less time reading and more time engaged in activity. Simple instructions and accompanying photographs make it easy to learn basic sports skills quickly.



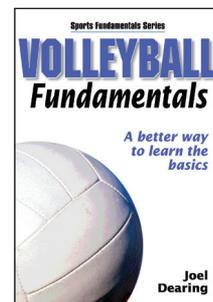
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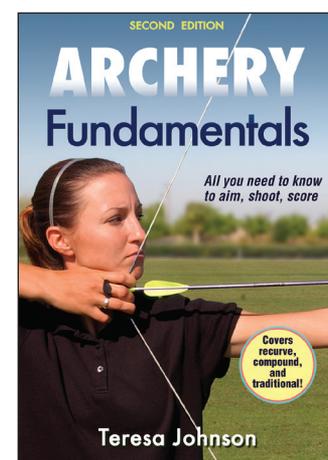
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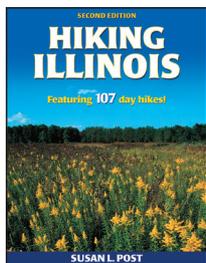
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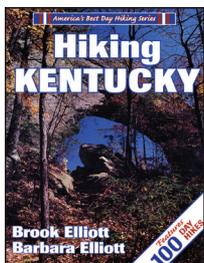
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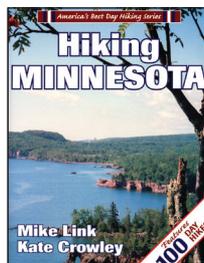
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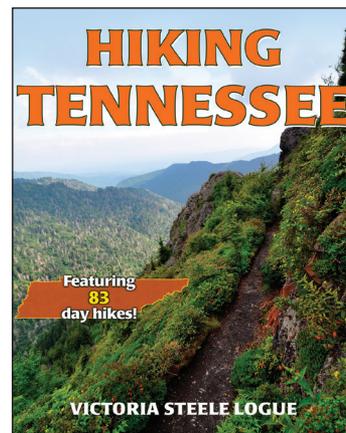
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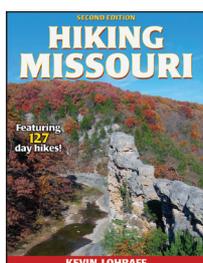
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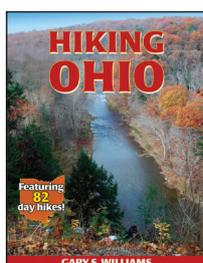
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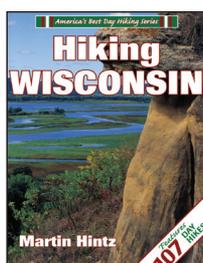
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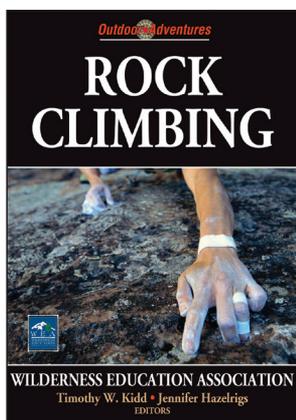


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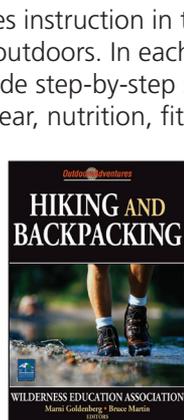
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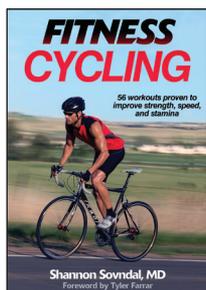


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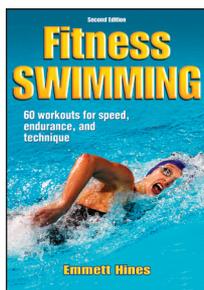
The *Outdoor Adventure Series* provides instruction in the basic techniques and skills needed for complete enjoyment of the great outdoors. In each book, expert instructors from respected outdoor organizations include step-by-step skill and technique instruction and indispensable advice on equipment, gear, nutrition, fitness, etiquette, and safety.

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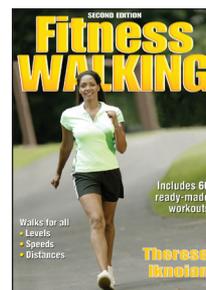
The *Fitness Spectrum Series* takes the guesswork out of working out! Each book is packed with easy-to-use workouts that will add variety and produce results. Guidelines and sample programs are provided to help develop a personalized training program.



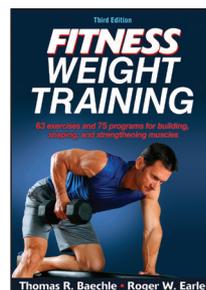
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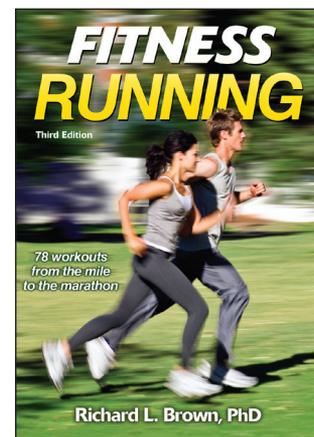
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USA Archery, Editor • 2013 • Paperback • 232 pp • 7 x 10 • 107 illus
ISBN 978-1-4504-2020-4 • \$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

For intermediate to advanced archers and coaches, this guide covers everything from equipment and techniques to preparing for tournaments.

Archery Fundamentals, 2nd Ed.

Teresa Johnson • 2015 • Paperback • 176 pp • 7 x 10 • 123 illus
ISBN 978-1-4504-6910-4 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Step-by-step instructions on aiming, shooting, tuning equipment, and maintaining equipment for recurve, compound, or traditional shooting.

Archery: Steps to Success, 4th Ed.

Kathleen Haywood and Catherine Lewis • 2014 • Paperback • 280 pp
8.5 x 11 • 186 color photos; 25 color illus • ISBN 978-1-4504-4468-2
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Ideal for beginning to intermediate archers – covers the skills, techniques, and strategies for shooting safely, accurately, and consistently.

Precision Archery

Steve Ruis and Claudia Stevenson, Editors • 2004 • Paperback • 216 pp
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Rifle: Steps to Success

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Olympic gold medalist, world record holder, and coach shares training secrets used by top shooters.

AUSTRALIAN FOOTBALL

Australian Football: Steps to Success, 2nd Ed.

Andrew McLeod and Trevor Jaques • 2006 • Paperback • 192 pp • 8.5 x 11
211 illus • ISBN 978-0-7360-6005-9 • \$19.95 U.S. • \$25.95 CDN
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Instruction on the techniques, tactics, and rules of the game. Skills are organized in sequence making it easy to improve.

BASEBALL

The Baseball Coaching Bible

Jerry Kindall and John Winkin, Editors • Foreword by Tony LaRussa • 2000
Paperback • 384 pp • 7 x 10 • 99 illus • ISBN 978-0-7360-0161-8
\$26.95 U.S. • \$35.95 CDN • \$38.95 AUS/NZ

Written by a who's who list of coaches at the high school and college levels, the articles include stories, insights, and strategies.

The Baseball Drill Book

American Baseball Coaches Association • Bob Bennett, Editor • 2004
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Features 198 drills used by top collegiate baseball coaches to improve individual and team performance.

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American Baseball Coaches Association • 2001 • Paperback • 240 pp
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More than 250 photos are included to clearly illustrate the proper techniques and the best drills for mastering the essential skills.

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American Baseball Coaches Association • Jack Stallings and
Bob Bennett, Editors • 2003 • Paperback • 360 pp • 7 x 10 • 152 illus
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This book provides content from 18 of the game's top strategists, covering every tactical aspect of the sport.

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Top high school coach Curran shares his expertise and the approach that has made his program a perennial powerhouse.

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American Sport Education Program • 2006 • Paperback • 272 pp • 8.5 x 11
166 illus • ISBN 978-0-7360-4703-6 • \$24.95 U.S. • \$32.95 CDN
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Joe "Spanky" McFarland • Foreword by Kevin Brown • 2003 • Paperback
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Covers everything from fielding and holding runners to the finer points of pitcher-catcher chemistry.

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Cal Ripken, Jr. and Bill Ripken with Scott Lowe • Foreword by Jim Leyland
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Top collegiate coaches share their approaches, experiences, and philosophies on organizing, running, and evaluating practices.

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Focuses on all-inclusive skills, practice plans, and drills that will make an immediate difference for the first-time coach or parent.

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Features 100 drills and multiple practice plans that emphasize player involvement, teamwork, and fun.

BASKETBALL

See *Basketball Anatomy*, page 7; *Survival Guide for Coaching Youth Basketball 2E*, page 6.

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Equips coaches with tips on running organized and effective practices and fundamentals of coaching and developing young players.

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National Basketball Coaches Association • Giorgio Gandolfi, Editor
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Presents over 100 offensive plays for scoring, inbounding the ball, and breaking a defensive press, based on the strategies of 25 top coaches.

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Coach Rose shares his knowledge of the game with offensive and defensive strategies, individual and team drills, and his Performance Rating System.

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Over 50 coaching greats present more than 180 drills for improving skills, tactical play, and basketball-specific conditioning.

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Presents the latest research in cycling science on training and performance to increase power, efficiency, endurance, and speed.

Cycling Anatomy

Shannon Sovndal, MD • Foreword by Christian Vande Velde • 2009
Paperback • 200 pp • 7 x 10 • 1 color photo; 215 color illus
ISBN 978-0-7360-7587-9 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Illustrates muscles in action with instructions that detail perfect technique and form for 70 cycling-specific exercises.

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Robert Panzera • 2010 • Paperback • 232 pp • 7 x 10 • 46 illus
ISBN 978-0-7360-8114-6 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

A comprehensive guide for the novice bike racer or performance cyclist, covering everything from bike preparation to competitive tactics.

Cycling Past 50

Joe Friel • 1998 • Paperback • 264 pp • 6 x 9 • 77 illus
ISBN 978-0-88011-737-1 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Inspires cyclists toward better performance and more biking enjoyment. Presents training programs, racing strategies, and much more.

Distance Cycling

John Hughes and Dan Kehlenbach • 2011 • Paperback • 272 pp • 7 x 10
65 illus • ISBN 978-0-7360-8924-1 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Features practical advice for planning, training, and competing in long-distance events which riders of all ability levels can learn and be inspired.

Essential Bicycle Maintenance & Repair

Daimeon Shanks • 2012 • Paperback • 224 pp • 8.5 x 11 • 441 illus
ISBN 978-1-4504-0707-6 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Shows how to repair bikes with minimal investment in specialized tools. Each repair includes step-by-step instructions and photo sequences.

Fitness Cycling

Shannon Sovndal • 2013 • Paperback • 224 pp • 7 x 10 • 45 color photos;
18 color illus • ISBN 978-1-4504-2930-6 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

56 workouts proven to improve strength, stamina, and speed color-coded by intensity levels for new and experienced cyclists.

Mastering Cycling

John Howard • 2010 • Paperback • 200 pp • 7 x 10 • 106 illus
ISBN 978-0-7360-8677-6 • \$18.95 U.S. • \$24.95 CDN • \$26.95 AUS/NZ

A comprehensive resource for refining bike-handling techniques, riding faster and efficiently, and staying fit and competitive with age.

Mastering Mountain Bike Skills, 2nd Ed.

Brian Lopes and Lee McCormack • 2010 • Paperback • 264 pp • 8.5 x 11
225 color photos; 25 color illus • ISBN 978-0-7360-8371-3 • \$24.95 U.S.
\$31.95 CDN • \$33.95 AUS/NZ

Features firsthand advice and personal experiences from world champion Brian Lopes for every mountain biking skill level and riding style.

Serious Cycling, 2nd Ed.

Edmund R. Burke, PhD • Foreword by Chris Carmichael • 2002 • Paperback
304 pp • 7 x 10 • 114 illus • ISBN 978-0-7360-4129-4 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Takes the latest scientific data in the sport and translates it into beneficial applications for cyclists.

Serious Mountain Biking

Ann Trombley • 2005 • Paperback • 224 pp • 7 x 10 • 65 illus
ISBN 978-0-7360-5499-7 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Provides expert instruction and insights to tackle the foremost challenges of this highly technical sport.

BILLIARDS/POOL**Pool Player's Edge, 2nd Ed.**

Gerry Kanov and Shari Stauch • Foreword by Charlie Williams • 2011
Paperback • 240 pages • 8.5 x 11 • 48 color photos; 216 color illus
ISBN 978-0-7360-8725-4 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Includes the latest information on techniques and strategies, with full-color illustrations and photos of the skills used by professionals.

Precision Pool, 2nd Ed.

Gerry Kanov and Shari Stauch • Foreword by Ewa Laurance • 2008
Paperback • 264 pp • 8.5 x 11 • 42 color photos; 186 color illus
ISBN 978-0-7360-7387-5 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Provides thorough coverage of the game: equipment, ball control, breaks, tactics, patterns, vision strategies, and practice guidelines.

BOWLING

See *Bowling: Steps to Success 2E*, page 12.

Bowling Execution, 2nd Ed.

John Jowdy • 2009 • Paperback • 224 pp • 7 x 10 • 89 illus
ISBN 978-0-7360-7538-1 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Bowling legend John Jowdy covers the latest techniques and strategies used by today's top bowlers, and details changes to the game itself.

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Michelle Mullen • 2014 • Paperback • 224 pp • 7 x 10 • 210 illus
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Provides information and instruction to master the basics and compete with confidence.

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Packed with psychological techniques the pros use to improve their game.

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Paperback • 216 pp • 8.5 x 11 • 167 illus • ISBN 978-0-7360-5625-0
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The definitive how-to guide for cheer coaches and parents, explaining techniques and tactics and how to develop cheerleading programs.

Coaching Youth Cheerleading

American Sport Education Program • 2009 • Paperback • 152 pp • 7 x 10
106 illus • ISBN 978-0-7360-7444-5 • \$16.95 U.S. • \$21.95 CDN
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Covers specific cheers, a squad's responsibilities before, during, and after games, and dozens of partner stunts, pyramids, jumps, and tumbling skills

COACHING/SPORTS ADMINISTRATION/OFFICIATING

Beyond the Scoreboard

Rick Horrow and Karla Swatek • Foreword by Paul Tagliabue • 2011
Paperback • 240 pages • 7 x 10 • 23 illus • ISBN 978-1-4504-1303-9
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Provides an inside look at the multibillion-dollar world of professional sport and the forces driving this lucrative business.

Careers in Sport, Fitness, and Exercise

American Kinesiology Association • 2011 • Paperback • 184 pages • 7 x 10
41 illus • ISBN 978-0-7360-9566-2 • \$26.95 U.S. • \$35.95 CDN
\$38.50 AUS/NZ

A resource for anyone aspiring to a vocation focused on sport and fitness, details jobs, required certifications, and more for 36 professions.

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Frank Pyke, Editor • 2013 • Paperback • 272 pp • 8.5 x 11 • 78 illus
ISBN 978-1-4504-2337-3 • \$27.95 U.S. • \$36.95 CDN • \$39.95 AUS/NZ

Provides practical advice to enable coaches to excel, including skills, qualities, organization, planning, management, and evaluation.

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Rainer Martens • 2001 • Paperback • 248 pp • 8.5 x 11 • 21 illus
ISBN 978-0-7360-3696-2 • \$32.95 U.S. • \$42.95 CDN • \$47.10 AUS/NZ

A guide for park and rec directors and youth sport administrators. Includes an event planner, first aid inventory, and more.

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John Byl • 2014 • Paperback • 184 pp • 8.5 x 11 • 63 illus
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Provides league and tournament organizers with tools for structuring, scheduling, and administering events.

She Can Coach!

Cecile Reynaud, Editor • 2005 • Paperback • 280 pp • 7 x 10 • 58 illus
ISBN 978-0-7360-5232-0 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Practical insights on professionalism, program management, relationship building, and much more from 20 top U.S. women coaches.

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Craig Clifford and Randolph M. Feezell • 2010 • Paperback • 144 pp
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Using examples from common situations that occur on and off the field, this book covers the important lessons of sportsmanship.

Sports Injuries Guidebook

Robert S. Gotlin, DO, Editor • 2008 • Paperback • 304 pp • 7 x 10
49 photos; 118 color illus • ISBN 978-0-7360-6339-5 • \$28.95 U.S.
\$37.95 CDN • \$40.95 AUS/NZ

Easy-to-use reference for quickly identifying and providing a first response to more than 150 injuries.

The Sports Rules Book, 3rd Ed.

Human Kinetics with Thomas Hanlon • 2009 • Paperback • 328 pp
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\$33.95 AUS/NZ

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American Sport Education Program • 2011 • Paperback • 208 pages
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\$38.90 AUS/NZ

Expert practitioners in officiating, cover how to understand and apply the principles of successful officiating.

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Vicky Goosey-Tolfrey • Foreword by Sir Philip Craven • 2010 • Paperback
224 pp • 7 x 10 • 104 illus • ISBN 978-0-7360-8676-9 • \$36.00 U.S.
\$47.95 CDN • \$51.50 AUS/NZ

Provides coaches, practitioners, and athletes with the information they need to compete and succeed in sports.

The Young Athlete's Handbook

Youth Sport Trust • 2001 • Paperback • 208 pp • 7 x 10 • 36 illus
ISBN 978-0-7360-3712-9 • \$19.95 U.S. • \$23.95 CDN • \$26.95 AUS/NZ

Contains every element an athlete needs to create his or her own training program. Features a diary for tracking training and progress.

CRICKET

Coaching Youth Cricket

Ian Pont • Foreword by Andy Flower • 2010 • Paperback • 208 pp • 7 x 10
143 illus • ISBN 978-0-7360-8370-6 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Provides coaches at all levels with various drills and skills, including fielding, bowling, and batting; to keeping practices fun and motivating.

Cricket: 99.94 Tips to Improve Your Game

Ken Davis and Neil Buszard • Foreword by Merv Hughes • 2011 • Paperback
168 pp • 6 x 9 • 2 illus • ISBN 978-0-7360-9078-0 • \$11.95 U.S.
\$15.95 CDN • \$16.95 AUS/NZ

Contains chapters on batting, bowling, fielding, captaincy and coaching to help improve both technique and performance in players at any level.

Cricket: Steps to Success

Ralph Dellor • 2010 • Paperback • 184 pp • 8.5 x 11 • 117 color photos;
13 color illus • ISBN 978-0-7360-7873-3 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Progressive instruction of the fundamentals, skills, and techniques of batting, bowling, fielding and wicket-keeping. Full-color photos and 71 drills.

Cutting Edge Cricket

Frank Pyke and Ken Davis • Foreword by James Sutherland • 2010
Paperback • 192 pp • 8.5 x 11 • 72 color photos • ISBN 978-0-7360-7902-0
\$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

Leading players share their strategies for enhancing performance through game skill development, fitness training and mental preparation.

DANCE

See *Dance Psychology for Artistic and Performance Excellence*, page 17.

Aerial Dance

Jayne C. Bernasconi and Nancy E. Smith • Foreword by Murray Louis
2008 • Paperback • 144 pp **with DVD** • 8.5 x 11 • 47 illus
ISBN 978-0-7360-7396-7 • \$42.95 U.S. • \$56.95 CDN • \$61.40 AUS/NZ

Book/DVD defines its place in modern dance and addresses aesthetics, philosophical approaches to teaching, and safety issues.

Choreography, 3rd Ed.

Sandra Cerny Minton • 2007 • Paperback • 176 pp • 8.5 x 11 • 95 illus
ISBN 978-0-7360-6476-7 • \$29.95 U.S. • \$39.95 CDN • \$42.80 AUS/NZ

Complete guide to understanding the entire choreography process from concept to stage production.

Christy Lane's Complete Book of Line Dancing, 2nd Ed.

Christy Lane • 2000 • Paperback • 208 pp • 8.5 x 11 • 129 illus
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Twenty-six new dances give readers a total of 68 popular line and partner-pattern dances to choose from.

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Eric Franklin • 2004 • Paperback • 248 pp • 8.5 x 11 • 368 illus
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Features 102 special imagery illustrations paired with dance-specific exercises to condition the body's core.

Dance Anatomy

Jacqui Greene Haas • 2010 • Paperback • 208 pp • 7 x 10
250 color photos; 210 color illus • ISBN 978-0-7360-8193-1 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Anatomical illustrations and step-by-step exercises convey proper form and the link between muscle development and aesthetic movement.

Dynamic Alignment Through Imagery, 2nd Ed

Eric Franklin • 2012 • Paperback • 448 pp • 8.5 x 11 • 505 illus
ISBN 978-0-7360-6789-8 • \$34.95 U.S. • \$45.95 CDN • \$50.00 AUS/NZ

Presents 500 illustrated exercises and 600 illustrations of anatomical imagery to improve coordination and alignment.

Dance Imagery for Technique and Performance, 2nd Ed.

Eric Franklin • 2014 • Paperback • 392 pp • 8.5 x 11 • 301 illus
ISBN 978-0-7360-6788-1 • \$36.95 U.S. • \$45.95 CDN • \$50.00 AUS/NZ

Hundreds of imagery exercises and illustrations to refine choreography, technique, and artistic expression.

Gotta Ballroom

Christine Zona and Chris George • 2008 • Paperback • 224 pp with DVD
7 x 10 • 109 illus • ISBN 978-0-7360-5907-7 • \$27.95 U.S. • \$36.95 CDN
\$39.95 AUS/NZ

This book/DVD package provides instruction for social dance success featuring the waltz, tango, foxtrot, and Viennese waltz.

Gotta Tango

Alberto Paz and Valorie Hart • 2008 • Paperback • 216 pp with DVD
7 x 10 • 137 illus • ISBN 978-0-7360-5630-4 • \$27.95 U.S. • \$36.95 CDN
\$39.95 AUS/NZ

This book and DVD combine to teach the authentic form of Argentine tango in a progressive, easy-to-follow approach.

Social Dance: Steps to Success, 3rd Ed.

Judy Patterson Wright • 2013 • Paperback • 344 pp with DVD • 8.5 x 11
137 color photos; 75 color illus • ISBN 978-0-7360-9507-5 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

For beginning and experienced dancers, easy-to-follow instruction for 10 popular social dances. Instructional DVD offers music-only option.

FENCING**Fencing: Steps to Success**

Elaine Cheri • 2002 • Paperback • 160 pp • 8.5 x 11 • 163 illus
ISBN 978-0-87322-972-2 • \$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

Covers all of the essential skills of the epee and foil forms of fencing.

FITNESS/WELLNESS

See *Beth Shaw's YogaFit 3E* page 15.

ACSM's Complete Guide to Fitness & Health

American College of Sports Medicine • 2011 • Paperback • 408 pp • 7 x 10
218 color photos; 27 color illus • ISBN 978-0-7360-9337-8 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Activities and sample programs for every age group and fitness level and features strategies for planning and tracking progress over time.

Action Plan for Allergies

William Briner, MD • 2007 • Paperback • 200 pp • 7 x 10 • 51 illus
ISBN 978-0-7360-6279-4 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Offers authoritative advice for alleviating allergy symptoms, reducing dependence on medication, and getting healthier through exercise.

Action Plan for Arthritis

A. Lynn Millar • 2003 • Paperback • 216 pp • 7 x 10 • 67 illus
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Combines the latest scientific and medical knowledge on how exercise can effectively diminish the impact of living with arthritis.

Action Plan for High Cholesterol

Larry Durstine, PhD • 2006 • Paperback • 208 pp • 7 x 10 • 75 illus
ISBN 978-0-7360-5440-9 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Contains proven programs to bring cholesterol levels under control quickly.

Action Plan for Menopause

Barbara Bushman, PhD and Janice Clark Young, EdD • 2005 • Paperback
232 pp • 7 x 10 • 95 illus • ISBN 978-0-7360-5618-2 • \$17.95 U.S.
\$23.95 CDN • \$25.95 AUS/NZ

Presents a comprehensive exercise plan for controlling or alleviating the symptoms of menopause.

Active Start for Healthy Kids

Stephen J. Virgilio • 2006 • Paperback • 240 pp • 6 x 9 • 117 illus
ISBN 978-0-7360-5281-8 • \$20.95 U.S. • \$27.95 CDN • \$30.00 AUS/NZ

Contains easy-to-implement activities that are specifically designed to teach 2- to 6-year-old children important health concepts.

Diabetic Athlete's Handbook

Sheri R. Colberg, PhD • 2009 • Paperback • 296 pp • 7 x 10 • 38 illus
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Up-to-date information on fitness and exercise basics, sport nutrition, injury prevention and treatment, and more.

Energy Every Day

Ron Woods and Chris Jordan with the Human Performance Institute • 2010
Paperback • 248 pp • 7 x 10 • 201 color photos; 8 color illus
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Based on principles from the Human Performance Institute, explains how to incorporate physical activity into daily routines.

Fit for Duty, 2nd Ed.

Robert Hoffman and Thomas R. Collingwood • 2005 • Paperback • 208 pp
8.5 x 11 • 105 illus • ISBN 978-0-7360-5543-7 • \$29.95 U.S.
\$40.95 CDN • \$42.80 AUS/NZ

Provides job-specific training for law officers to improve cardiovascular endurance, flexibility, strength, agility, speed, and power.

Fitness After 50

Walter H. Ettinger, MD, Brenda S. Wright, PhD, and Steven N. Blair, PED
2006 • Paperback • 256 pp • 8.5 x 11 • 112 color photos; 31 illus
ISBN 978-0-7360-4413-4 • \$19.95 U.S. • \$25.95 CDN • \$29.20 AUS/NZ

This resource and workbook addresses the challenges that older adults face in their quest to become and remain physically active.

Fitness Illustrated

Brian Sharkey • 2011 • Paperback • 328 pp • 7 x 10 • 264 color photos;
64 color illus • ISBN 978-0-7360-8158-0 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Presents core fitness concepts, exercise programming, nutrition, and weight management in a way that is easy to understand and implement.

Fitness: Steps to Success

Nancy L. Naternicola • 2015 • Paperback • 224 pp • 8.5 x 11
242 full-color illus • ISBN 978-1-4504-6885-5 • \$21.95 U.S. • \$28.95 CDN
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A progressive, easy-to-follow plan for total-body fitness that produces results.

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174 color photos • ISBN 978-1-4504-1485-2 • \$15.95 U.S. • \$20.95 CDN
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A quick reference to 150+ classic hatha yoga asanas (poses), each depicted by stunning photography and instruction.

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Martin Kirk, Brooke Boon, and Daniel DiTuro • 2006 • Paperback • 248 pp
7 x 10 • 501 color photos; 2 color illus • ISBN 978-0-7360-6203-9
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Presents, from start to finish, 77 standard poses and 11 sample programs that apply to all major hatha styles.

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Morag Thow, Keri Graham, and Choi Lee • 2013 • Paperback • 160 pp
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Presents progressive programs for improving speed, agility, balance, strength, power, and endurance, in any sport and fitness training program.

Morning Cardio Workouts

June Kahn and Lawrence Biscontini • 2007 • Paperback • 224 pp • 7 x 10
62 illus • ISBN 978-0-7360-6369-2 • \$16.95 U.S. • \$21.95 CDN
\$23.95 AUS/NZ

Includes dozens of fun and effective cardio workouts for indoor or outdoor training that fit every lifestyle and schedule.

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Cathleen Murakami • 2007 • Paperback • 232 pp • 7 x 10 • 571 illus
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Nine routines offer variations on classic Pilates moves and incorporate proper breathing technique and body alignments for beneficial workouts.

Morning Strength Workouts

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Increase body strength and add variety to routines with 20-, 30-, 45-, and 60-minute workouts for building endurance, strength, size, and power.

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Bonnie Berk • 2005 • Paperback • 232 pp • 7 x 10 • 149 illus
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Written by a pioneer in maternity fitness, this book is the gold-standard, complete guide to keep women fit before, during, and after pregnancy.

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Rael Isacowitz • 2014 • Paperback • 392 pp • 11 x 8.5 • 854 illus
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Pilates Anatomy

Rael Isacowitz and Karen Clippinger • 2011 • Paperback • 216 pp • 7 x 10
243 color photos; 213 color illus • ISBN 978-0-7360-8386-7 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Combines more than 200 full-color anatomical illustrations of muscles in action with step-by-step instructions for 46 effective mat exercises.

Pilates Illustrated

Portia Page • 2011 • Paperback • 248 pp • 7 x 10 • 885 color photos
ISBN 978-0-7360-9290-6 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Provides instruction for learning Pilates with a sequence of photos depicting the starts, movement sequence, and ending position for each exercise.

Precision Heart Rate Training

Edmund R. Burke, PhD, Editor • Foreword by Dave Scott • 1998 • Paperback
224 pp • 6 x 9 • 51 illus • ISBN 978-0-88011-770-8 • \$19.95 U.S.
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Explains how to design training programs for walking, running, cycling, in-line skating, multisport training, circuit training, and group exercise.

Qigong Illustrated

Christina J. Barea • 2011 • Paperback • 168 pp • 7 x 10 • 306 color photos;
7 color illus • ISBN 978-0-7360-8981-4 • \$18.95 U.S. • \$24.95 CDN
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Offers detailed, step-by-step instructions to popular traditional routines for strengthening the body, optimizing health, and reducing tension.

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Brad Schoenfeld • 2008 • Paperback • 256 pp **with DVD** • 8.5 x 11
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\$28.95 AUS/NZ

Provides exercises to improve muscle tone, sculpt the physique, and tone up hard-to-reach and troublesome body areas, all demonstrated on the DVD.

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Master Pixiang Qiu and Weimo Zhu • 2013 • Paperback • 240 pages
7 x 10 • 740 color photos; 16 color illus • ISBN 978-1-4504-0160-9
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

A comprehensive look at the mind-body exercise with full-color photo sequences that demonstrate how to perform the most popular.

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A blend of boxing, cardio, and cross-training to produce the ultimate total-body workout.

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Melissa Layne • 2015 • Paperback • 248 pp • 7 x 10 • 256 illus • ISBN
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Delivers 15 programs for fitness, rehabilitation, and management of chronic conditions.

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Brad Schoenfeld • 2010 • Paperback • 336 pp • 8.5 x 11
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Fitness expert Brad Schoenfeld makes sense of home-based workouts by covering fitness routines for every training style, budget, and home space.

Yoga Anatomy, 2nd Ed.

Leslie Kaminoff and Amy Matthews • 2012 • Paperback • 288 pp • 7 x 10
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\$25.95 CDN • \$28.95 AUS/NZ

Features full-color anatomical illustrations, providing an inside look into each yoga pose and a better understanding of the movements involved.

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Douglas Brooks • 1999 • Paperback • 264 pp • 8.5 x 11 • 83 illus
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Guaranteed results through Douglas Brooks' efficient workouts and proven cardiovascular, stretching, and strengthening programs.

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Frédéric Delavier, Jean-Pierre Clémenceau and Michael Gundill • 2012
Paperback • 144 pp • 7.75 x 10 • 253 color photos; 311 color illus
ISBN 978-1-4504-1398-5 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

With over 550 full-color photos and illustrations, this guide depicts 130+ exercises to increase flexibility, tone muscles, and reduce injury.

End Back & Neck Pain

Vincent Fortanasce, MD, David Gutkind, DPT and Robert G. Watkins, III, MD
2012 • Paperback • 224 pp • 7 x 10 • 144 illus • ISBN 978-0-7360-9528-0
\$21.95 U.S. • \$29.95 CDN • \$30.95 AUS/NZ

A comprehensive guide to the relief and prevention of common forms of spinal pain. Provides advice for self-treatment, finding a physician & more.

Full-Body Flexibility, 2nd Ed.

Jay Blahnik • 2011 • Paperback • 272 pp • 7 x 10 • 671 color photos;
2 color illus • ISBN 978-0-7360-9036-0 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Blends yoga, Pilates, martial arts, and sport training in stretching sequences used for warm-ups, cool-downs, and challenging workouts.

Massage for Sport Performance

Michael McGillicuddy • 2011 • 192 pp **with DVD** • 7 x 10
223 color photos; 12 color illus • ISBN 978-0-7360-8301-0 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Covers massage techniques with detailed pictures and a 60-minute DVD showing all the necessary techniques to give a sport massage.

Prescriptive Stretching

Kristian Berg • 2011 • Paperback • 152 pages • 8.5 x 11 • 73 color illus
ISBN 978-0-7360-9936-3 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Presents detailed, full-color anatomical illustrations of 40 stretches, demonstrating exactly how each stretch targets a specific muscle.

Sport Stretch, 2nd Ed.

Michael J. Alter • 1998 • Paperback • 232 pp • 8.5 x 11 • 354 illus
ISBN 978-0-88011-823-1 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Includes stretches for 41 sports to help athletes and coaches take the guesswork out of stretching; features 311 different exercises.

Stretching Anatomy, 2nd Ed.

Arnold G. Nelson and Jouko Kokkonen • 2014 • Paperback • 232 pp
7 x 10 • 119 color photos; 118 color illus • ISBN 978-1-4504-3815-5
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Full-color illustrated guide for performing 86 stretches that will improve flexibility and muscular strength.

Stretch to Win

Ann Frederick and Chris Frederick • 2006 • Paperback • 264 pp • 7 x 10
247 illus • ISBN 978-0-7360-5529-1 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Presents a complete, scientifically based flexibility training system to bolster athletes' speed, strength, agility, quickness, and athleticism.

FOOTBALL

AFCAs' Defensive Football Drills

American Football Coaches Association • Foreword by Grant Teaff • 1996
Paperback • 168 pp • 6 x 9 • 74 illus • ISBN 978-0-88011-476-9
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Features 70 innovative drills and insights from many of the country's best college and high school defensive coaches.

AFCAs' Offensive Football Drills

American Football Coaches Association • Foreword by Grant Teaff • 1998
Paperback • 184 pp • 6 x 9 • 81 illus • ISBN 978-0-88011-526-1
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Features 75 offensive position-specific and team drills.

Coaching Football Successfully

Allan Trimble • Foreword by Bob Stoops • 2005 • Paperback • 256 pp
8.5 x 11 • 288 illus • ISBN 978-0-7360-5544-4 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Comprehensive guide providing 130 offensive, defensive, and special teams plays, 30 field-tested drills, and off-field fundamentals.

Coaching Football Technical and Tactical Skills

American Sport Education Program • 2006 • Paperback • 376 pp • 8.5 x 11
168 illus • ISBN 978-0-7360-5184-2 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

Endorsed by the AFCA, covers the basic and intermediate skills necessary for developing successful, confident players.

Coaching Youth Football, 5th Ed.

American Sport Education Program with Joe Galat • 2010 • Paperback
248 pp • 7 x 10 • 133 illus • ISBN 978-0-7360-8566-3 • \$16.95 U.S.
\$21.95 CDN • \$23.95 AUS/NZ

Features updated information, including an enhanced section about players' safety on the field and new drills, games, and coaching tips.

Complete Conditioning for Football

Pat Ivey and Josh Stoner • 2012 • Paperback • 264 pp **with DVD** • 7 x 10
Foreword by Gary R. Pinkel • 149 illus • ISBN 978-0-7360-9319-4
\$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

A comprehensive training approach that builds players' abilities as well as the football-specific skills their positions require.

Complete Guide to Special Teams

American Football Coaches Association • Foreword by Frank Beamer • 2005
Paperback • 272 pp • 7 x 10 • 188 illus • ISBN 978-0-7360-5291-7
\$24.95 U.S. • \$32.95 CDN • \$35.70 AUS/NZ

Sixteen top U.S. coaches share technical and tactical expertise they used in developing championship-level special teams players and units.

Complete Linebacking, 2nd Ed

Lou Tepper • 2014 • Paperback • Approx. 280 pp • 7 x 10
Approx. 274 illus • ISBN 978-1-4504-6645-5 • \$22.95 U.S. • \$29.95 CDN
\$32.95 AUS/NZ

Provides linebackers and coaches with the knowledge for demystifying and defending today's complex offensive schemes and systems.

Complete Offensive Line

Rick Trickett • 2012 • Paperback • 200 pp • 7 x 10 • 211 illus
ISBN 978-0-7360-8651-6 • \$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

Includes in-depth instruction and drills for mastering essential skills, tactics, and schemes to dominate the line and the opposition.

Complete Quarterbacking

Don Read • Foreword by Dan Fouts • 2002 • Paperback • 296 pp • 6 x 9
204 illus • ISBN 978-0-7360-3984-0 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Presents drills, techniques, and diagrams showing specific defensive keys to help recognize and react to an opponent's coverage.

Complete Wide Receiver

Jay Norvell • 2013 • Paperback • 232 pp • 7 x 10 • 149 illus
ISBN 978-1-4504-2455-4 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Details everything about the wide receiver position, including catching, blocking, route running, ball security, game preparation, and training.

Defensive Football Strategies

American Football Coaches Association • 2000 • Paperback • 320 pp
8.5 x 11 • 607 illus • ISBN 978-0-7360-0142-7 • \$26.95 U.S.
\$35.95 CDN • \$38.95 AUS/NZ

The 73 defensive tactics and 600 X-and-O diagrams show how to counter offensive formations and attacks.

The Football Coaching Bible

American Football Coaches Association • 2002 • Paperback • 376 pp
7 x 10 • 161 illus • ISBN 978-0-7360-4411-0 • \$26.95 U.S. • \$35.95 CDN
\$38.95 AUS/NZ

Contains original information, insight, and game-winning advice from 27 of the most revered football coaches in the country.

Football Coaching Strategies

American Football Coaches Association • Foreword by Grant Teaff • 1995
Paperback • 216 pp • 8.5 x 11 • 370 illus • ISBN 978-0-87322-869-5
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Contains 67 articles contributed during the last 25 years by many of the greatest football coaches ever. Covers every crucial aspect of the game.

Football Kicking and Punting

Ray Guy and Rick Sang • Foreword by John Madden • 2009 • Paperback
288 pp • 7 x 10 • 179 illus • ISBN 978-0-7360-7470-4 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Hall of Famer and NFL 75th Anniversary Team member Ray Guy and veteran kicking coach Rick Sang share techniques and strategies.

Football Skills & Drills, 2nd Ed

Tom Bass • 2012 • Paperback • 240 pp • 8.5 x 11 • 213 color photos;
54 color illus • ISBN 978-0-7360-9076-6 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

Full-color photos, step-by-step instruction, and 100+ drills teach the game's essential skills: tackling, passing, catching, blocking, and kicking.

Football's Best Offensive Playbook

Dwight "Dee" Hawkes, Editor • Foreword by Dennis Erickson • 1995
Paperback • 144 pp • 8.5 x 11 • 105 illus • ISBN 978-0-87322-574-8
\$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ

Many of football's greatest coaches have contributed their expertise to this book, which provides 100 plays—all expertly diagrammed.

Football's Eagle & Stack Defenses

Ron Vanderlinden • 2008 • Paperback • 248 pp
7 x 10 • 136 illus • ISBN 978-0-7360-7253-3 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

A thorough explanation of the two defenses, their base structures and adjustments, key reads and techniques, and positional responsibilities.

Football: Steps to Success

Greg Colby • 2013 • Paperback • 248 pp • 8.5 x 11 • 50 color photos;
123 color illus • ISBN 978-1-4504-1170-7 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Straightforward instruction and more than 58 developmental drills for every essential skill.

Football's West Coast Offense

Frank Henderson and Mel Olson • Foreword by LaVell Edwards • 1997
Paperback • 192 pp • 6 x 9 • 279 illus • ISBN 978-0-88011-662-6
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

The "West Coast" offense is still popular and is here to stay. This book shows how to run the offensive scheme of many championship teams.

Offensive Football Strategies

American Football Coaches Association • 2000 • Paperback • 336 pp
8.5 x 11 • 748 illus • ISBN 978-0-7360-0139-7 • \$26.95 U.S. • \$35.95 CDN
\$38.95 AUS/NZ

The most popular and effective offensive philosophies, systems, formations, and plays from the past 40 years.

Survival Guide for Coaching Youth Football

Jim Dougherty and Brandon Castel • 2010 • Paperback • 168 pp • 7 x 10
108 illus • ISBN 978-0-7360-9113-8 • \$16.95 U.S. • \$21.95 CDN
\$23.95 AUS/NZ

Provides practical advice, simple skills, practice plans, and drills for teaching the basics of football using a lighthearted and humorous tone.

Winning Football

Bill Ramseyer • 2011 • Paperback • 208 pp • 8.5 x 11 • 222 illus
ISBN 978-0-7360-8695-0 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ
Presents 85 drills and serves as a guide for both sides of the ball, special teams play, practice plans, and game-day preparation.

GAMES**Best New Games**

Dale N. Le Fevre • 2002 • Paperback • 232 pp • 6 x 9 • 238 illus
ISBN 978-0-7360-3685-6 • \$22.95 U.S. • \$24.95 CDN • \$27.95 AUS/NZ

A great source of party games, ice breakers for a conference or meeting, or activities for any group; features 77 games and seven trust activities.

Celebration Games

Barb Wnek • 2006 • Paperback • 184 pp • 6 x 9 • 91 illus
ISBN 978-0-7360-5955-8 • \$17.95 U.S. • \$23.95 CDN • \$25.70 AUS/NZ

Combines a year's worth of holiday and seasonal themes with physical fitness activities, skills, games, and rhythm and dance activities.

Cooperative Games and Sports, 2nd Ed.

Terry Orlick • 2006 • Paperback • 176 pp • 6 x 9 • 56 illus
ISBN 978-0-7360-5797-4 • \$24.95 U.S. • \$32.95 CDN • \$35.70 AUS/NZ

Presents versatile games and sports designed to build children's self-esteem by learning to play with, rather than against, one another.

Junkyard Sports

Bernie DeKoven • 2005 • Paperback • 184 pp • 6 x 9 • 38 illus
ISBN 978-0-7360-5207-8 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Presents more than 75 innovative, challenging game starters that utilize nontraditional equipment for the major team sports.

Physical Activities for Improving Children's Learning and Behavior

Billye Ann Cheatum and Allison A. Hammond • 2000 • Paperback • 360 pp
6 x 9 • 134 illus • ISBN 978-0-88011-874-3 • \$27.95 U.S. • \$32.95 CDN
\$38.40 AUS/NZ

Find possible reasons behind children's learning, behavior, and motor problems as well as fun activities to help improve their condition.

Team Building Through Physical Challenges

Donald R. Glover and Daniel W. Midura • 1992 • Paperback • 160 pp • 6 x 9
80 illus • ISBN 978-0-87322-359-1 • \$20.95 U.S. • \$27.95 CDN
\$30.00 AUS/NZ

Contains 22 Outward Bound-type tasks that challenge upper elementary through high school students to work together.

GOLF**Accessible Golf**

Ladies Professional Golf Association with Dan Drane and Martin Block
2006 • Paperback • 216 pp • 8.5 x 11 • 32 illus • ISBN 978-0-88011-979-5
\$24.95 U.S. • \$32.95 CDN • \$35.70 AUS/NZ

Offers all the tools to successfully implement an all-access program within the guidelines of the Americans with Disabilities Act (ADA).

Golf: Steps to Success, 2nd Ed.

Paul G. Schempp and Peter Mattsson • 2014 • Paperback • 232 pp
8.5 x 11 • 143 color photos; 42 color illus • ISBN 978-1-4504-5002-7
\$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ

Ideal for beginning to intermediate golfers – covers the skills, techniques, and strategies for developing essential golf skills.

Complete Conditioning for Golf

Pete Draovitch and Ralph Simpson • Foreword by Greg Norman
2007 • Paperback • 208 pp with DVD • 7 x 10 • 143 illus
ISBN 978-0-7360-6779-9 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
Book/DVD provides step-by-step approach to conditioning, with functional exercises and actual programs pros use to achieve their best scores.

Golf Anatomy

Craig Davies and Vince DiSaia • 2010 • Paperback • 200 pp • 7 x 10
322 color photos; 184 color illus • ISBN 978-0-7360-8434-5 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Anatomical illustrations give golfers the tools to develop proper physical conditioning for longer, more accurate, and consistent shots.

Golf Flow

Gio Valiante • Foreword by Sir Nick Faldo • 2013 • Paperback • 240 pp
7 x 10 • 34 illus • ISBN 978-1-4504-3404-1 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Valiante teaches cues for staying in the moment, simple steps for overcoming adversity, and details each of the 10 keys to achieving flow on the course.

I Golf, Therefore I Am—Nuts!

George Fuller • 2009 • Paperback • 248 pp • 6 x 9 • 47 illus
ISBN 978-0-7360-7528-2 • \$15.95 U.S. • \$20.95 CDN • \$22.95 AUS/NZ

Popular golf humorist George Fuller makes light of the idiosyncrasies of otherwise sane people addicted to the frustrating game of golf.

Your Perfect Swing

Jim Suttie • 2006 • Paperback • 216 pp • 7 x 10 • 314 illus
ISBN 978-0-7360-3423-4 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Leading PGA instructor Dr. Jim Suttie shows how to identify tendencies and master a swing that's consistent and repeatable under pressure.

GYMNASTICS**Coaching Youth Gymnastics**

American Sport Education Program with USA Gymnastics • Foreword by Shannon Miller • 2011 • Paperback • 272 pp • 7 x 10 • 594 illus
ISBN 978-0-7360-8403-1 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Covers all the basics of coaching and gymnastics in a concise style that is customized for entry-level gymnastics coaches.

HIKING/OUTDOORS**The Gentle Art of Horseback Riding**

Gincy Self Bucklin • 2013 • Paperback • 256 pp • 8.5 x 11
245 color photos; 13 color illus • ISBN 978-1-4504-1274-2 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Valuable information for riders at all levels who want to develop a confident rider-horse partnership.

Hiking and Backpacking

Wilderness Education Association • Marni Goldenberg and Bruce Martin, Editors • 2008 • Paperback • 272 pp • 7 x 10
95 color photos; 18 illus • ISBN 978-0-7360-6801-7 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Master teachers present all the essential information needed in introducing hiking, overnight camping, and backpacking.

Hiking Illinois, 2nd Ed.

Susan L. Post • 2009 • Paperback • 256 pp • 8.5 x 11 • 200 illus
ISBN 978-0-7360-7474-2 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

A guide to 107 of the most scenic day hikes within the Land of Lincoln.

Hiking Kentucky

Brook Elliott and Barbara Elliott • 1998 • Paperback • 216 pp • 8.5 x 11
163 illus • ISBN 978-0-88011-812-5 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Features 100 of the best day hiking trails in all parts of the state and 144 easy-to-read maps.

Hiking Michigan, 2nd Ed.

Roger Storm and Susan Wedzel • 2009 • Paperback • 328 pp • 8.5 x 11
254 illus • ISBN 978-0-7360-7507-7 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

A guide to 146 of the most scenic day hikes in the Great Lakes State, complete with a trail finder providing a summary of trail features and more.

Hiking Minnesota

Mike Link and Kate Crowley • 1999 • Paperback • 216 pp • 8.5 x 11
165 illus • ISBN 978-0-88011-900-9 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Contains 100 of the best day hikes in Minnesota including urban hiking trails for those who want to explore Minnesota's more scenic cities.

Hiking Missouri, 2nd Ed.

Kevin Lohraff • 2009 • Paperback • 288 pp • 8.5 x 11 • 202 illus
ISBN 978-0-7360-7588-6 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

A guide to 127 of the most scenic day hikes in the Show-Me State, complete with a trail finder providing a summary of trail features and more.

Hiking Ohio

Gary S. Williams • 2014 • Paperback • 296 pp • 8.5 x 11 • 186 illus
ISBN 978-1-4504-1253-7 • \$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ
Features 82 day hikes found in 65 scenic parks and preserves in the Buckeye State.

Hiking Tennessee

Victoria Steele Logue • 2015 • Paperback • 264 pp • 8.5 x 11 • 150 illus
ISBN 978-1-4504-9206-5 • \$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ
A complete guide to 83 of the most scenic day hikes in the Volunteer State.

Hiking Wisconsin

Martin Hintz • 1997 • Paperback • 224 pp • 8.5 x 11 • 163 illus
ISBN 978-0-88011-567-4 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ
This handy guide to 107 of the best day hiking trails in Wisconsin features 148 easy-to-read maps.

Mountaineering: Training and Preparation

Carlton Cooke, Dave Bunting and John O'Hara, Editors • 2010
Paperback • 288 pp • 8.5 x 11 • 170 color photos; 10 color illus
ISBN 978-0-7360-8469-7 • \$27.95 U.S. • \$36.95 CDN • \$39.95 AUS/NZ
Presents comprehensive information on planning and conditioning for a mountaineering expedition and building the leadership skills required.

Nordic Walking for Total Fitness

Suzanne Nottingham and Alexandra Jurasin • 2010 • Paperback • 216 pp
7 x 10 • 131 color photos; 2 color illus • ISBN 978-0-7360-8178-8
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

A complete guide to the power of Nordic walking, with a range of programs for cardio health, full-body conditioning, and sport-specific cross-training.

Outdoor Athlete, The

Courtenay Schurman and Doug Schurman • 2009 • Paperback • 296 pp
7 x 10 • 163 illus • ISBN 978-0-7360-7611-1 • \$17.95 U.S. • \$23.95 CDN
\$25.95 AUS/NZ

Provides 65 exercises, dozens of locales, and 20 programs for preparing and excelling at over 15 outdoor activities.

Outdoor Survival Guide

Randy Gerke • 2010 • Paperback • 248 pp • 6 x 9 • 48 color photos;
35 illus • ISBN 978-0-7360-7525-1 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Provides essential and practical survival information for overcoming the most frequently encountered outdoor hazards.

Rock Climbing

Wilderness Education Association • Timothy W. Kidd and
Jennifer Hazelrigs, editors • 2009 • Paperback • 328 pp • 7 x 10
215 color photos; 20 color illus • ISBN 978-0-7360-6802-4 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Learn to be a capable beginning climber, with easy-to-follow instruction on fundamentals, knots, building anchor systems, descending, and more.

HOCKEY-FIELD**Field Hockey: Steps to Success, 2nd Ed.**

Elizabeth Anders with Sue Myers • 2008 • Paperback • 240 pp • 8.5 x 11
165 illus • ISBN 978-0-7360-6837-6 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

Includes team play formations, tactics and decision making during team play, fitness, functional conditioning, and warm-up exercises.

Field Hockey Techniques & Tactics

Claire Mitchell-Taverner • 2005 • Paperback • 216 pp • 8.5 x 11 • 181 illus
ISBN 978-0-7360-5437-9 • \$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

Teaches the skills and tactics the Australian women's field hockey team, the Hockeyroos, employed to revolutionize the sport.

HOCKEY-ICE

See *Hockey Coaching Bible*, page 11; *Total Hockey Training*, page 10.

Complete Conditioning for Hockey

Peter Twist • 2007 • Paperback • 232 pp **with DVD** • 7 x 10 • 128 illus
ISBN 978-0-7360-6034-9 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

This book/DVD package provides the ultimate training tool for players and coaches looking to take their game to the next level.

The Hockey Drill Book

Dave Chambers • Foreword by Pat Quinn • 2008 • Paperback • 392 pp
7 x 10 • 501 illus • ISBN 978-0-7360-6534-4 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Features 446 drills covering each position and every facet of the sport, along with detailed diagrams, illustrations, and coaching tips.

Hockey Goaltending

Brian Daccord, Editor • Foreword by John Vanbiesbrouck • 2009 • Paperback
280 pp **with DVD** • 7 x 10 • 262 illus • ISBN 978-0-7360-7427-8
\$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

Provides comprehensive instruction on every facet of this challenging position. Bonus DVD brings the instruction to life.

Hockey Plays and Strategies

Ryan Walter and Mike Johnston • Foreword by Mike Babcock • 2010
Paperback • 232 pp • 8.5 x 11 • 247 illus • ISBN 978-0-7360-7634-0
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Covers offensive, defensive, and special teams systems, and tactical advice on making in-game adjustments and player match-ups.

Hockey Tough

Saul L. Miller • Foreword by Mark Messier • 2003 • Paperback • 224 pp
6 x 9 • 24 illus • ISBN 978-0-7360-5123-1 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Provides players and coaches proven methods for mastering the mental side of the game.

Laura Stamm's Power Skating, 4th Ed.

Laura Stamm • Foreword by Luc Robitaille • 2010 • Paperback • 288 pp
7 x 10 • 350 illus • ISBN 978-0-7360-7620-3 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Presents the system used by thousands of top players and teams, with over 300 skill-demonstration photographs and illustrations.

ICE SKATING**The Complete Book of Figure Skating**

Carole Shulman • 2002 • Paperback • 240 pp • 8.5 x 11 • 188 illus
ISBN 978-0-7360-3548-4 • \$28.95 U.S. • \$37.95 CDN • \$40.95 AUS/NZ

Provides proven technique instruction for more than 100 skills, presented progressively from beginning to advanced levels of expertise.

Ice Skating: Steps to Success

Karin Künzle-Watson and Stephen J. DeArmond • 1996 • Paperback
168 pp • 8.5 x 11 • 300 illus • ISBN 978-0-87322-669-1 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

The 300 detailed illustrations and 50 drills come with performance goals and a list of key points to remember when performing.

LACROSSE

See *Complete Conditioning for Lacrosse*, page 10.

Coaching Youth Lacrosse, 2nd Ed.

American Sport Education Program • 2003 • Paperback • 296 pp • 6 x 9
211 illus • ISBN 978-0-7360-3794-5 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Includes chapters on communicating with athletes and parents, teaching and developing skills, and coaching in game situations.

Lacrosse Essentials

Jack B. Kaley and Rich Donovan • 2015 • Paperback • 216 pp • 7 x 10
• 151 illus • ISBN 978-1-4504-0215-6 • \$19.95 U.S. • \$25.95 CDN •
\$28.95 AUS/NZ

Provides fundamentals instruction that players need in order to start competing confidently.

Men's Lacrosse

Don Zimmerman and Peter England • 2013 • Paperback • 256 pp • 7 x 10
292 illus • ISBN 978-1-4504-1119-6 • \$19.95 U.S. • \$25.95 CDN
\$26.95 AUS/NZ

Expert instruction, coaching tips, and insights to learn essential individual skills and team strategies.

Winning Women's Lacrosse

Kelly Amonte Hiller with Ashley Gersuk and Ann Elliott • 2010 • Paperback
208 pp • 7 x 10 • 169 illus • ISBN 978-0-7360-8000-2 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Covers offensive and defensive skills, specialty skills for field players and goalkeepers, drills, and techniques for maximizing practices.

MARTIAL ARTS/SELF-DEFENSE**Competitive Karate**

Adam Gibson and Bill Wallace • 2004 • Paperback • 192 pp • 7 x 10
383 illus • ISBN 978-0-7360-4492-9 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

Presents in-depth instruction in the technique, tactics, training methods, and mindset that made Bill "Superfoot" Wallace a martial arts legend

Essential Brazilian Jiu Jitsu

Marc Walder • 2008 • Paperback • 128 pp • 7 x 10 • 253 color photos
ISBN 978-0-7360-7488-9 • \$19.95 U.S. • \$25.95 CDN
Not available through Human Kinetics in Australia or New Zealand

Full-color photo sequences provide clear instruction for the basic movements, attacks, and defensive tactics needed for success.

Delavier's Mixed Martial Arts Anatomy

Frédéric Delavier and Michael Gundill • 2014 • Paperback • 144 pp
7.75 x 10 • 357 color illus • ISBN 978-1-4504-6359-1 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

More than 120 exercises and 20 training programs for MMA fighters of all levels of experience.

Freestyle Sparring

Grandmaster Woo Jin Jung • 2000 • Paperback • 208 pp • 8.5 x 11
178 illus • ISBN 978-0-7360-0129-8 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Over 175 photos illustrate 100 sparring techniques, including punches, kicks, blocks, and strikes.

Mastering Jujitsu

Renzo Gracie and John Danaher • Foreword by Carlos Gracie, Jr. • 2003
Paperback • 248 pp • 8.5 x 11 • 234 illus • ISBN 978-0-7360-4404-2
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

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See *In Pursuit of Excellence 5E* page 15.

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Shows athletes of all sports how to reap the full performance potential and health benefits of a vegetarian diet.

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See *Nick Bollettieri's Tennis Handbook*, page 8.

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Running Well

Sam Murphy and Sarah Connors • 2008 • Paperback • 184 pp
7.5 x 9.25 • 326 color photos; 3 color illus • ISBN 978-0-7360-7745-3
\$18.95 U.S. • \$24.95 CDN • Not available for sale through Human Kinetics
in regions outside of North America.

A full-color guide to maximizing training and preventing, diagnosing, and rehabilitating specific running injuries.

Running Within

Jerry Lynch and Warren Scott • 1999 • Paperback • 216 pp • 6 x 9
28 illus • ISBN 978-0-88011-832-3 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

A special book for all runners who want to eliminate the physical and mental challenges of their sport and run burden-free.

San Francisco Running Guide

Bob Cooper • 1998 • Paperback • 160 pp • 6 x 9 • 59 illus
ISBN 978-0-88011-703-6 • \$16.95 U.S. • \$21.95 CDN • \$23.95 AUS/NZ

Provides detailed descriptions and maps of 35 of the Bay Area's best running routes and 10 of its major races.

Timeless Running Wisdom

Richard Benyo • Foreword by Deena Kastor • 2011 • Paperback • 200 pp
7 x 10 • 40 illus • ISBN 978-0-7360-9934-9 • \$16.95 U.S. • \$21.95 CDN
\$23.95 AUS/NZ

Covers the concepts of running success and satisfaction by providing stories, insights, and instruction that help runners meet their specific goals.

Track & Field Coaching Essentials

USA Track & Field • 2015 • Paperback • 368 pp • 8.5 x 11 • 367 illus •
ISBN 978-1-4504-8932-4 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
Presents event-specific technical instruction in this official level 1 text of
USATF's coach education program.

Training Young Distance Runners, 3rd Ed.

Larry Greene and Russ Pate • 2015 • Paperback • 272 pp • 7 x 10 • 89 illus
ISBN 978-1-4504-6884-8 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Provides the latest research with training, development, and conditioning plans for cross country, track, and road racing.

Waterlogged: The Serious Problem of Overhydration in Endurance Sports

Tim Noakes, MD, DSc • 2012 • Paperback • 448 pp • 7 x 10 • 158 illus
ISBN 978-1-4504-2497-4 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

Debunks hydration beliefs and outlines practices and guidelines athletes should follow to maintain proper fluid balance in training and performance.

Winning Jumps and Pole Vault

Ed Jacoby, Editor • 2009 • Paperback • 232 pp • 8.5 x 11 • 187 illus
ISBN 978-0-7360-7419-3 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Covers long jump, triple jump, high jump, and pole vault—the basic science behind techniques, training drills, conditioning, and training programs.

Yoga for Runners

Christine Felstead • 2014 • Paperback • 264 pp • 7 x 10 • 387 illus
ISBN 978-1-4504-3417-1 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Introduces 88 yoga poses and 10 sequences to improve strength, flexibility, endurance, breathing, mental sharpness, and overall running performance.

SKATEBOARDING**Mastering Skateboarding**

Per Welinder and Pete Whitley • 2012 • Paperback • 272 pp • 8.5 x 11
443 color photos; 62 color illus • ISBN 978-0-7360-9599-0 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Features high-quality full-color photo sequences of all the biggest tricks while spanning techniques and equipment for riders of every level.

SKIING/SNOWBOARDING/WINTER SPORTS**Alpine Skiing**

Ronald W. Kipp • 2012 • Paperback • 224 pp • 7 x 10 • 113 color photos; 9
color illus • ISBN 978-0-7360-8355-3 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Introduces novice skiers to the basics of the sport, assists intermediate skiers in refining skills, and advises experts in specialized situations.

Mastering Snowboarding

Hannah Teter and Tawnya Schultz • 2013 • Paperback • 216 pp • 8.5 x 11
341 color photos; 2 color illus • ISBN 978-1-4504-1064-9 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Step-by-step instructions and color photo sequences depict essential techniques and tricks in park, halfpipe, and backcountry snowboarding.

Total Skiing

Chris Fellows • 2011 • Paperback • 264 pp • 7 x 10 • 280 color photos;
12 color illus • ISBN 978-0-7360-8365-2 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

Full-color book includes a customizable four-step training program with assessments and suggestions for improvement based on skier level.

Ultimate Skiing

Ron LeMaster • 2010 • Paperback • 224 pp • 8.5 x 11 • 245 color photos;
35 color illus • ISBN 978-0-7360-7959-4 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

A definitive guide to the latest developments in technique and technology, complete with one-of-a-kind, full-color photo montages and 3-D diagrams.

SOCCER

See *One Goal: The Mindset of Winning Soccer Teams*, page 14.

Attacking Soccer

Jay Miller, Editor • 2014 • Paperback • 192 pp • 7 x 10 • 105 illus
ISBN 978-1-4504-2240-6 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

A who's who collection of contributors offer the definitive guide for developing every offensive facet of the game.

Coaching Girls' Soccer Successfully

Debra LaPrath • 2009 • Paperback • 208 pp • 8.5 x 11 • 163 illus
ISBN 978-0-7360-7212-0 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Complete guide to building and maintaining a successful program. Includes drills, training plans, tools, checklists and forms.

Coaching Youth Soccer, 5th Ed.

American Sport Education Program with Sam Snow
Foreword by Anson Dorrance • 2011 • Paperback • 216 pp • 7 x 10
143 illus • ISBN 978-0-7360-9217-3 • \$16.95 U.S. • \$21.95 CDN
\$23.95 AUS/NZ

Provides coaches with sport- and age-specific tips and advice as well as general coaching principles and information.

Complete Conditioning for Soccer

Greg Gatz • 2009 • Paperback • 208 pp with DVD • 7 x 10 • 145 illus
ISBN 978-0-7360-7713-2 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

Book/DVD package builds players' physical abilities and skills required for dribbling, tackling, passing, heading, shooting, and goalkeeping.

The Complete Soccer Goalkeeper

Tim Mulqueen with Mike Voitalla • Foreword by Tim Howard • 2011
Paperback • 208 pp • 7 x 10 • 152 illus • ISBN 978-0-7360-8435-2
\$18.95 U.S. • \$24.95 CDN • \$26.95 AUS/NZ

Offers tips for selecting, training, and developing athletes and the psychological and physical attributes needed to develop great keepers.

Developing Youth Football Players

Horst Wein • 2007 • Paperback • 264 pp • 8.5 x 11 • 21 color photos;
218 color illus • ISBN 978-0-7360-6948-9 • \$23.95 U.S. • \$31.95 CDN
\$32.95 AUS/NZ

Contains over 150 games and drills to help coaches become more effective and give players the extra edge to succeed.

Elite Soccer Drills

Michael J. Matkovich with Jason Davis • Foreword by Jerry Yeagley • 2009
Paperback • 208 pp • 7 x 10 • 148 illus • ISBN 978-0-7360-7386-8
\$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Features instruction on execution in high-level play, arming players with the ability to excel and preparing them for more challenging leagues.

Focused for Soccer, 2nd Ed.

Bill Beswick • Foreword by Steve McClaren • 2010 • Paperback • 216 pp
7 x 10 • 38 illus • ISBN 978-0-7360-8411-6 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

A progressive psychological training guide providing the key components for mastering soccer's mental game.

More Than Goals

Claudio Reyna with Mike Voitalla • Foreword by Pelé • 2004 • Paperback
224 pp • 7 x 10 • 96 illus • ISBN 978-0-7360-5171-2 • \$17.95 U.S.
\$24.95 CDN • \$25.95 AUS/NZ

International soccer star Claudio Reyna provides an in-depth look at his life and his sport.

Premier Soccer

Michael Parker • 2008 • Paperback • 208 pp • 7 x 10 • 142 illus
ISBN 978-0-7360-6824-6 • \$18.95 U.S. • \$24.95 CDN • \$26.95 AUS/NZ

Presents intermediate to advanced techniques and tactics and the keys to using them in various situations during a match.

Skills & Strategies for Coaching Soccer, 2nd Ed.

Alan Hargreaves and Richard Bate • 2010 • Paperback • 392 pp • 7 x 10
121 color photos; 187 color illus • ISBN 978-0-7360-8022-4 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Over 125 drills for teaching skills and techniques, with coverage on how to develop the skills in realistic game situations at all levels.

Soccer Anatomy

Donald Kirkendall • 2011 • Paperback • 224 pp • 7 x 10
198 color photos; 191 color illus • ISBN 978-0-7360-9569-3 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Combines instructions and illustrations to convey proper form of 79 soccer-specific exercises that increase speed, strength, and agility.

The Soccer Coaching Bible

National Soccer Coaches Association of America • 2004 • Paperback
328 pp • 7 x 10 • 125 illus • ISBN 978-0-7360-4227-7 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

30 top soccer coaches tackle every aspect of coaching the sport.

Soccer Practice Games, 3rd Ed.

Joe Luxbacher • 2010 • Paperback • 224 pp • 7 x 10 • 187 illus
ISBN 978-0-7360-8366-9 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ
Presents 175 small-sided games for developing technique, skills, and soccer sense, while keeping players interested and enthused.

Soccer Skills & Drills

National Soccer Coaches Association of America • 2006 • Paperback
176 pp • 8.5 x 11 • 235 illus • ISBN 978-0-7360-5629-8 • \$17.95 U.S.
\$23.95 CDN • \$25.95 AUS/NZ

Presents essential instruction for improving at every position on the field along with 80 progressively arranged drills that reinforce learning.

Soccer Speed

Dick Bate and Ian Jeffreys • 2015 • Paperback • 216 pp • 7 x 10
141 illus • ISBN 978-1-4504-2457-8 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Addresses all aspects of speed, including physical conditioning, tactical skills, and mental strategies.

Soccer: Steps to Success, 4th Ed.

Joseph A. Luxbacher • 2014 • Paperback • 272 pp • 8.5 x 11
127 color photos; 38 color illus • ISBN 978-1-4504-3542-0
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Offers progressive steps to help players learn and master dribbling, passing, receiving, shooting, tackling, heading, and goalkeeping.

Soccer Systems & Strategies

Jens Bangsbo and Birger Peitersen • 2000 • Paperback • 144 pp
7 x 10 • 80 illus • ISBN 978-0-7360-0300-1 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Shows coaches how to benefit from the strategies and systems used by the international soccer powers.

Survival Guide for Coaching Youth Soccer

Lindsey Blom and Tim Blom • 2009 • Paperback • 256 pp • 7 x 10
129 illus • ISBN 978-0-7360-7732-3 • \$15.95 U.S. • \$20.95 CDN
\$22.95 AUS/NZ

Provides inexperienced coaches with the most relevant tools for developing players' dribbling, passing, shooting, and goalkeeping skills.

Teaching Soccer Fundamentals

Nelson McAvooy • 1998 • Paperback • 184 pp • 6 x 9 • 82 illus
ISBN 978-0-88011-855-2 • \$16.95 U.S. • \$21.95 CDN • \$23.95 AUS/NZ

Easy-to-read and augmented by helpful photographs and illustrations.

Youth Soccer Drills, 3rd Ed.

Jim Garland • 2014 • Paperback • 264 pp • 6 x 9 • 114 illus
ISBN 978-1-4504-6823-7 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Presents 100 drills and games to develop dribbling, passing, collecting, heading, and shooting skills.

SOFTBALL**Coaching Fastpitch Softball Successfully, 2nd Ed.**

Kathy Veroni and Roanna Brazier • 2006 • Paperback • 232 pp • 8.5 x 11
166 illus • ISBN 978-0-7360-6010-3 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Hall of Fame coach Veroni and pitching expert Brazier draw on their expertise to explain every facet of building a successful program.

Coaching Softball Technical and Tactical Skills

American Sport Education Program • 2009 • Paperback • 272 pp
8.5 x 11 • 193 illus • ISBN 978-0-7360-5376-1 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Covers evaluating techniques; season, practice, and game planning; pregame, game, and postgame strategies; and more.

Complete Guide to Slowpitch Softball

Rainer Martens and Julie Martens • 2011 • Paperback • 336 pp with DVD
8.5 x 11 • 321 illus • ISBN 978-0-7360-9406-1 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Presents a comprehensive analysis of the strategies and tactics of the sport and guidelines on preparing physically and psychologically.

Defensive Softball Drills

Jacque Joseph • 1998 • Paperback • 192 pp • 6 x 9 • 126 illus
ISBN 978-0-88011-715-9 • \$19.95 U.S. • \$26.95 CDN • \$28.95 AUS/NZ

Presents 66 drills for learning and mastering skills at each position and for developing players defensively.

Focused for Fastpitch

Gloria Solomon and Andrea Becker • 2004 • Paperback • 208 pp • 6 x 9
35 illus • ISBN 978-0-7360-5084-5 • \$18.95 U.S. • \$25.95 CDN
\$26.95 AUS/NZ

Includes 80 drills to develop mental and physical skills, proper execution, coaching tips, and variations to increase or decrease difficulty.

High-Scoring Softball

Ralph Weekly and Karen Weekly • 2012 • Paperback • 192 pp • 7 x 10
139 illus • ISBN 978-1-4504-0139-5 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

Applicable to all levels of competition, includes 61 ready-to-use individual and team drills for generating high run totals every inning.

The Softball Coaching Bible, Volume I

National Fastpitch Coaches Association • 2002 • Paperback • 360 pp
7 x 10 • 119 illus • ISBN 978-0-7360-3827-0 • \$26.95 U.S. • \$35.95 CDN
\$38.95 AUS/NZ

This landmark work covers all the bases, from recruiting players to teaching offensive and defensive skills to attracting fans.

The Softball Coaching Bible, Volume II

National Fastpitch Coaches Association • 2014 • Paperback • 384 pp
7 x 10 • 53 illus • ISBN 978-1-4504-2465-3 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

The game's top coaches share advice for hitting, fielding, conditioning, forming a coaching staff, and developing well-rounded student athletes.

The Softball Drill Book

Kirk Walker, Editor • 2007 • Paperback • 280 pp • 7 x 10 • 176 illus
ISBN 978-0-7360-6070-7 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Features 180 drills for improving position skill and team execution, from the practice sessions of the game's most successful programs.

Softball Skills & Drills, 2nd Ed.

Judi Garman and Michelle Gromacki • 2011 • Paperback • 328 pp
8.5 x 11 • 170 color photos; 51 color illus • ISBN 978-0-7360-9074-2
\$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

Includes drills and skills, offensive and defensive strategies, and explanations of new technologies.

Softball: Steps to Success, 3rd Ed.

Diane L. Potter and Lynn V. Johnson • 2007 • Paperback • 224 pp
8.5 x 11 • 163 illus • ISBN 978-0-7360-5953-4 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Provides in-depth instruction in catching, throwing, fielding, pitching, hitting, and baserunning, and includes crisp illustrations and 127 drills.

Survival Guide for Coaching Youth Softball

Robert B. Benson and Tammy Benson • 2010 • Paperback • 192 pp • 7 x 10
102 illus • ISBN 978-0-7360-7883-2 • \$15.95 U.S. • \$20.95 CDN
\$22.95 AUS/NZ

Offers inexperienced coaches tools for teaching, coaching, and developing players, complete with 40 drills, practice plans, and in-game coaching tips.

SQUASH**Squash: Steps to Success, 2nd Ed.**

Philip Yarrow and Aidan Harrison • 2010 • Paperback • 200 pp • 8.5 x 11
154 color photos; 52 color illus • ISBN 978-0-7360-8001-9 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Essential on-court movement, volleys, serves, returns, and drop shots. Includes 93 drills with a scoring system to gauge progress.

STRENGTH/POWER TRAINING

See *Functional Training*, page 5; *The HIIT Advantage: High-Intensity Workouts for Women*, page 3.

Abs Revealed

Jonathan Ross • 2011 • Paperback • 176 pages • 8.5 x 11
141 color photos; 6 color illus • ISBN 978-0-7360-8650-9 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Includes creative, cutting-edge exercises and a ready-to-use workout plan that fits any fitness level or lifestyle.

A Man's Guide to Muscle and Strength

Stephen Cabral • 2012 • Paperback • 288 pp • 8.5 x 11 • 385 illus
ISBN 978-1-4504-0220-0 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Provides detailed instruction, over 140 exercises, 300+ technique photos, the latest nutrition advice and more for sculpting a perfect physique.

A Woman's Guide to Muscle and Strength

Irene Lewis-McCormick • 2012 • Paperback • 224 pp • 8.5 x 11 • 265 illus
ISBN 978-0-7360-9035-3 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Using kettlebells, foam rollers, exercise balls, and more, provides over 100 exercises and progressive programs for beginner to advanced exercisers.

The Athlete's Clock

Thomas W. Rowland, MD • 2011 • Paperback • 232 pp • 7 x 10 • 24 illus
ISBN 978-0-7360-8274-7 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Offers a broad look at the physiological clock and a unique approach to understanding how various aspects of time affect sport performance.

Athletic Body in Balance

Gray Cook • 2003 • Paperback • 232 pp • 8.5 x 11 • 236 illus
ISBN 978-0-7360-4228-4 • \$22.95 U.S. • \$31.95 CDN • \$32.95 AUS/NZ

Covers movement assessment and corrective training for mobility, stability, power, speed, and endurance.

Athletic Development

Vern Gambetta • Foreword by James C. Radcliffe • 2007 • Paperback
312 pp • 7 x 10 • 122 illus • ISBN 978-0-7360-5100-2 • \$26.95 U.S.
\$35.95 CDN • \$38.95 AUS/NZ

Provides proven, innovative methods for enhancing athletes' work capacity and movement skills.

Athletic Fitness for Kids

Scott Lancaster and Radu Teodorescu • 2008 • Paperback • 184 pp
7 x 10 • 137 illus • ISBN 978-0-7360-6242-8 • \$17.95 U.S.
\$23.95 CDN • \$25.95 AUS/NZ

Enhances athletic skills for young athletes using a fun, self-directed, and self-tested system. Gamelike activities develop seven key sport skills.

Better Body Workouts for Women

Dean Hodgkin and Caroline Pearce • 2014 • Paperback • 264 pp • 7 x 10
241 color photos • ISBN 978-1-4504-3276-4 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

At-home and gym workouts for fat loss, strength, endurance, agility, and power.

Bigger Faster Stronger, 2nd Ed.

Greg Shepard • 2009 • Paperback • 240 pp • 7 x 10 • 156 illus
ISBN 978-0-7360-7963-1 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Presents the most popular strength training system for high school and college athletes. Develops strength, power, agility, and speed, and more.

Bodybuilding Anatomy, 2nd Ed.

Nick Evans, MD • 2015 • Paperback • 240 pp • 7 x 10 • 165 color
photos; 184 color illus • ISBN 978-1-4504-9625-4 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Features 184 full-color illustrations of 100 exercises and 104 variations to gain mass and sculpt physique.

Body Trainer for Men

Ray Klerck • 2014 • Paperback • 296 pp • 8.5 x 11 • 194 color photos;
10 color illus • ISBN 978-1-4504-1970-3 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

More than 125 exercises and training techniques that address different fitness goals and target various muscle groups and body regions.

Bodyweight Strength Training Anatomy

Bret Contreras • 2014 • Paperback • 224 pp • 7 x 10 • 160 color photos;
174 color illus • ISBN 978-1-4504-2929-0 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Details how to create a customized, equipment-free workout program for building a stronger, more toned body.

Breathe Strong, Perform Better

Alison McConnell • Foreword by Sir Matthew Pinsent • 2011 • Paperback
288 pp • 7 x 10 • 206 illus • ISBN 978-0-7360-9169-5 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Explains how anyone can use breathing training to increase power and comfort, improve performance, accelerate recovery, and reduce injury risk.

Conditioning to the Core

Greg Brittenham and Daniel Taylor • 2014 • Paperback • 384 pp
8.5 x 11 • 437 color photos; 31 color illus • ISBN 978-1-4504-1969-7
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Color-coded stability, strength, and power training exercises, programs, and assessments provide the tools for achieving high-performance goals.

Conditioning Young Athletes

Tudor Bompa and Michael Carrera • 2015 • Paperback • 304 pp
8.5 x 11 • 313 illus • ISBN 978-1-4925-0309-5
\$23.95 U.S. • \$3.95 CDN • \$33.95 AUS/NZ

Provides the best training advice, exercises, and programs for maximizing athletic development for youth.

Delavier's Anatomy for Bigger, Stronger Arms

Frédéric Delavier and Michael Gundill • 2012 • Paperback • 176 pp
7.75 x 10 • 330 color photos; 130 color illus • ISBN 978-1-4504-4021-9
\$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

Includes 330 full-color photos, 130 illustrations and 100+ exercises to help increase mass, definition, and strength in biceps, triceps, and forearms.

Delavier's Core Training Anatomy

Frédéric Delavier and Michael Gundill • 2012 • Paperback • 144 pp
7.75 x 10 • 362 color photos; 98 color illus • ISBN 978-1-4504-1399-2
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

A guide for increasing core strength, stability, flexibility, and tone, bolstered by 362 full-color photos, 100+ exercises and 60 programs.

Delavier's Mixed Martial Arts Anatomy

Frédéric Delavier and Michael Gundill • 2013 • Paperback • 144 pp
7.75 x 10 • 237 color photos; 120 color illus • ISBN 978-1-4504-6359-1
\$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

More than 120 exercises and 20 training programs for MMA fighters of all levels of experience.

Delavier's Sculpting Anatomy for Women

Frédéric Delavier and Jean-Pierre Clémenceau • 2012 • Paperback • 144 pp
7.75 x 10 • 120 color photos; 125 color illus • ISBN 978-1-4504-3475-1
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

An effective approach to strengthening and stabilizing the abdominal wall and back. Over 75 exercises through 245 full-color photos and illustrations.

Delavier's Women's Strength Training Anatomy Workouts

Frédéric Delavier and Michael Gundill • 2015 • Paperback • 360 pp
7.75 x 10 • 359 color photos; 417 color illus • ISBN 978-1-4504-6603-5
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Introduces 42 programs for sculpting every region of the body; 171 full-color photos and 442 remarkable anatomical illustrations.

Developing Agility and Quickness

National Strength & Conditioning Association • Jay Dawes and
Mark Roozen, Editors • 2012 • Paperback • 200 pp • 7 x 10 • 204 illus
ISBN 978-0-7360-8326-3 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Applicable to almost every sport, focuses on improving fleetness of foot, change-of-direction speed, and reaction time, including 100+ drills.

Developing Endurance

National Strength & Conditioning Association • Ben Reuter, Editor • 2012
Paperback • 312 pp • 7 x 10 • 164 illus • ISBN 978-0-7360-8327-0
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

8 top NSCA experts cover everything coaches and athletes need to increase speed and achieve performance goals.

Developing Speed

National Strength & Conditioning Association • Ian Jeffreys, Editor • 2013
Paperback • 224 pp • 7 x 10 • 144 illus • ISBN 978-0-7360-8328-7
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

11 top NSCA experts cover how to achieve optimal stamina through science-based aerobic, anaerobic, and resistance training.

Developing the Core

National Strength and Conditioning Association • Jeffrey M. Willardson, Editor • 2014 • Paperback • 224 pp • 7 x 10 • 196 illus
ISBN 978-0-7360-9549-5 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Contributions from 17 NSCA experts cover 50 effective core development exercises and 11 ready-to-use sport-specific programs.

Dumbbell Training

Allen Hedrick • 2014 • Paperback • 224 pp • 7 x 10 • 219 illus
ISBN 978-1-4504-4458-3 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Includes 40 ready-to-use programs and 80 exercises for using dumbbells to increase power, strength, speed, agility, and balance.

Explosive Lifting for Sports - Enhanced Edition

Harvey Newton • 2006 • Paperback • 208 pp with DVD • 8.5 x 11
51 illus • ISBN 978-1-4504-0168-5 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

Enhanced edition shows how to perform the snatch, clean, jerk, and their variations correctly, and provides access to online collection of video analysis.

Fitness Weight Training, 3rd Ed.

Thomas R. Baechle and Roger W. Earle, Editors • 2014 • Paperback
272 pp • 7 x 10 • 171 full-color illus • ISBN 978-1-4504-4513-9
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

63 exercises and 75 programs for building, shaping, and strengthening muscles.

Functional Training for Sports

Michael Boyle • 2004 • Paperback • 208 pp • 8.5 x 11 • 146 illus
ISBN 978-0-7360-4681-7 • \$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

This whole-body, sport-applied system of athlete development focuses on conditioning the body in the way it will be used in competition.

Fundamental Weight Training

David Sandler • 2010 • Paperback • 224 pp • 7 x 10 • 216 illus
ISBN 978-0-7360-8280-8 • \$16.95 U.S. • \$21.95 CDN • \$23.95 AUS/NZ

Over 100 exercises and photo demonstrations provide basic knowledge and programs to develop a sound strength training program.

High-Intensity 300

Dan Trink • 2014 • Paperback • 352 pp • 11 x 8.5 • 743 illus
ISBN 978-1-4504-5527-5 • \$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ

Provides information and instruction to master the basics and compete with confidence.

High-Performance Sports Conditioning

Bill Foran, Editor • 2001 • Paperback • 376 pp • 8.5 x 11 • 275 illus
ISBN 978-0-7360-0163-2 • \$26.95 U.S. • \$35.95 CDN • \$38.95 AUS/NZ

This landmark book brings together 21 of the most respected experts ever assembled, presenting training principles and practices.

High-Performance Training for Sports

David Joyce and Daniel Lewindon, Editors • Foreword by Mark Verstegen
2014 • Paperback • 392 pp • 8.5 x 11 • 267 illus • ISBN 978-1-4504-4482-8
\$27.95 U.S. • \$36.95 CDN • \$39.95 AUS/NZ

The essential guide to developing all aspects of athletic performance from world-renowned authorities and practitioners.

High-Powered Plyometrics, 2nd Ed.

James Raddcliffe and Robert Farentinos • 2015 • Paperback • 216 pp
8.5 x 11 • 244 illus • ISBN 978-1-4504-9813-5
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Features 23 programs for 21 sports, 79 exercises for increasing power, and exclusive access to online video library.

Jim Stoppani's Encyclopedia of Muscle & Strength, 2nd Ed.

Jim Stoppani, PhD • 2014 • Paperback • 584 pp • 8.5 x 11 • 589 illus
ISBN 978-1-4504-5974-7 • \$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

Covers all facets of optimizing the development of muscle and strength with 382 exercises and 116 ready-to-use workouts.

Kettlebell Training

Steve Cotter • 2014 • Paperback • 224 pp • 8.5 x 11 • 371 illus
ISBN 978-1-4504-3011-1 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

No-nonsense guide on getting started with kettlebells – setting goals, assessing fitness, using safe technique for over 100 exercises.

Maximum Interval Training

John Cissik and Jay Dawes • 2015 • Paperback • 368 pp • 8.5 x 11
377 illus • ISBN 978-1-4925-0023-0 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Introduces a proven plan for developing power, strength, explosiveness, quickness, and agility.

Men's Body Sculpting, 2nd Ed.

Nick Evans • 2011 • Paperback • 256 pp • 8.5 x 11 • 127 illus
ISBN 978-0-7360-8321-8 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Offers an in-depth look at lifting for mass and definition with the use of instructional photos and tips on performing each exercise correctly.

Muscle Mechanics, 2nd Ed.

Everett Aaberg • 2006 • Paperback • 232 pp • 8.5 x 11
200 color photos; 70 color illus • ISBN 978-0-7360-6181-0 • \$23.95 U.S.
\$31.95 CDN • \$33.95 AUS/NZ

Contains 65 full-color illustrations of the best strength training exercises, along with explanations on proper alignment, positioning, and technique.

Optimal Muscle Training

Ken Kinakin • 2009 • Paperback • 136 pp with DVD • 6 x 9 • 154 illus
ISBN 978-0-7360-8172-6 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

A unique book and DVD package presenting all the keys to mastering the technical aspects of resistance exercises.

Optimizing Strength Training

William J. Kraemer and Steven J. Fleck • 2007 • Paperback • 256 pp
6 x 9 • 91 illus • ISBN 978-0-7360-6068-4 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

Explains how nonlinear, or undulating, periodization works and then demonstrates how to create nonlinear periodization training programs.

Pacing: Individual Strategies for Optimal Performance

Kevin G. Thompson • Foreword by Dick Telford • 2014 • Paperback
240 pp • 8.5 x 11 • 111 illus • ISBN 978-1-4504-2123-2 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Examines the science, strategies, and application of pacing in 13 sports including running, cycling, soccer, and basketball.

Periodization Training for Sports, 3rd Ed.

Tudor Bompa, PhD and Carlo Buzzichelli • 2015 • Paperback • 385 pp
8.5 x 11 • 265 illus • ISBN 978-1-4504-6943-2 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Eliminates the guesswork and establishes a clear path to reaching peak physical condition and gaining a competitive edge.

Plyometrics

Donald A. Chu, PhD and Gregory D. Myer, PhD • 2013 • Paperback
248 pp with DVD • 8.5 x 11 • 391 illus • ISBN 978-0-7360-7960-0
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Presents the best science-based and tested exercises and programs to ensure optimal power with minimal risk of injury.

Powerlifting

Dan Austin and Bryan Mann • 2012 • Paperback • 224 pp • 8.5 x 11
115 illus • ISBN 978-0-7360-9464-1 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Breaks down every aspect of the sport, including fueling, preparation, and execution of the three primary lifts: bench press, squat, and deadlift.

Serious Strength Training, 3rd Ed.

Tudor Bompa, Mauro DiPasquale, and Lorenzo Cornacchia • 2013
Paperback • 368 pp • 8.5 x 11 • 254 illus • ISBN 978-1-4504-2244-4
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Features solid scientific principles and research, to provide the blueprint for increasing muscle mass and achieving strength gains and definition.

Sports Power

David Sandler • 2005 • Paperback • 256 pp • 7 x 10 • 150 illus
ISBN 978-0-7360-5121-7 • \$18.95 U.S. • \$24.95 CDN • \$26.95 AUS/NZ

Provides readers the tools to understand and achieve their ideal mix of strength- and speed-based power required for their sport.

Strength Ball Training, 2nd Ed.

Lorne Goldenberg and Peter Twist • 2007 • Paperback • 304 pp with DVD
7 x 10 • 257 illus • ISBN 978-0-7360-6697-6 • \$22.95 U.S. • \$29.95 CDN
\$32.95 AUS/NZ

Provides essential tools for building safe, effective, at-home or gym-based routines to improve strength and performance.

Strength Band Training, 2nd Ed.

Phil Page and Todd Ellenbecker • 2011 • 224 pp • 7 x 10 • 234 illus
ISBN 978-0-7360-9037-7 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Details over 100 exercises for major muscle groups with predesigned workouts, including power, endurance, and rotational sport programs.

Strength Basics: Your Guide to Resistance Training for Health and Optimal Performance

Brian B. Cook and Gordon W. Stewart • 1996 • Paperback • 216 pp
6 x 9 • 148 illus • ISBN 978-0-87322-843-5 • \$14.95 U.S. • \$17.95 CDN
\$20.60 AUS/NZ

Readers will learn how and why resistance training works, how to choose equipment, and how to get results.

Strength Training

National Strength & Conditioning Association • Lee E. Brown, Editor
2007 • Paperback • 368 pp • 7 x 10 • 237 color photos; 37 color illus
ISBN 978-0-7360-6059-2 • \$23.95 U.S. • \$31.95 CDN • \$33.95 AUS/NZ

A full-color book with 96 exercises and customizable sample programs for beginners, intermediate and advanced strength trainers.

Strength Training Anatomy, 3rd Ed.

Frédéric Delavier • 2010 • Paperback • 192 pp • 7.75 x 10 • 639 color illus
ISBN 978-0-7360-9226-5 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Over 600 anatomical illustrations demonstrate exercises, showcasing muscles and delineating how they react with surrounding structures.

Strength Training for Fat Loss

Nick Tumminello • 2014 • Paperback • 280 pp • 8.5 x 11 • 876 illus
ISBN 978-1-4504-3207-8 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Offers proven exercises and workouts for melting fat, developing muscle, and improving overall health.

Strength Training Past 50, 3rd Ed.

Wayne Westcott and Thomas Baechle • 2015 • Paperback • 272 pp
7 x 10 • 214 illus • ISBN 978-1-4504-9791-6 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Features 83 exercises and 30 programs for endurance, speed, and strength.

The M.A.X. Muscle Plan

Brad Schoenfeld • Foreword by Layne Norton • 2013 • Paperback
240 pp • 7 x 10 • 219 illus • ISBN 978-1-4504-2387-8 • \$19.95 U.S.
\$25.95 CDN • \$28.95 AUS/NZ

Leading fitness expert shows how to complete a total-body transformation with six months of scientifically proven, targeted, periodized routines.

The Strength Training Anatomy Workout

Frédéric Delavier and Michael Gundill • 2011 • Paperback • 256 pp
7.75 x 10 • 1,230 color photos; 196 color illus • ISBN 978-1-4504-0095-4
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Offers step-by-step instruction, anatomical illustrations and photos, callouts for variation, and safety considerations for 200-plus exercises.

The Strength Training Anatomy Workout II

Frédéric Delavier and Michael Gundill • 2012 • Paperback • 352 pp
7.75 x 10 • 516 color photos; 485 color illus • ISBN 978-1-4504-1989-5
\$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

Full-color photos demonstrate exercises, stretches & workouts that show how muscles interact with surrounding joints & skeletal structures.

Strength Training for Young Athletes, 2nd Ed.

William J. Kraemer, PhD and Steven J. Fleck, PhD • 2005 • Paperback
296 pp • 7 x 10 • 263 illus • ISBN 978-0-7360-5103-3 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

An authoritative guide to strength development for 7- to 18-year-old athletes, with programs for 24 sports included.

Stronger Abs and Back

Dean Brittenham and Greg Brittenham • 1997 • Paperback • 248 pp
6 x 9 • 216 illus • ISBN 978-0-88011-558-2 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

This heavily illustrated book provides 165 exercises to develop greater flexibility, stability, fitness, strength, and power at the body's core.

Stronger Arms & Upper Body

Joe Wuebben and Jim Stoppani, PhD • 2009 • Paperback • 264 pp
7 x 10 • 265 illus • ISBN 978-0-7360-7401-8 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

Includes 33 programs, ready-to-use workout plans, 225 technique photos and numerous special tips for the development of the upper body.

Stronger Legs & Lower Body

Tim Bishop • 2012 • Paperback • 192 pages • 7 x 10 • 245 Illus
ISBN 978-0-7360-9295-1 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Provides 15 training routines and over 80 exercises for increasing strength, size, power, and definition in lower-body muscle groups.

Tapering and Peaking for Optimal Performance

Iñigo Mujika • Foreword by Miguel Indurain • 2009 • Paperback • 224 pp
8.5 x 11 • 126 illus • ISBN 978-0-7360-7484-1 • \$32.00 U.S.
\$41.95 CDN • \$44.95 AUS/NZ

In-depth discussion of the science, strategy, and program design of the tapering phase of training, and how it effects athletic performance.

Training for Speed, Agility, & Quickness, 3rd Ed.

Lee E. Brown and Vance A. Ferrigno, editors • 2015 • Paperback
312 pp • 8.5 x 11 • 343 illus • ISBN 978-1-4504-6870-1 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

The ultimate training resource for athletes and coaches with more than 262 exercises and drills, and exclusive access to online video library.

Weight Training: Steps to Success, 4th Ed.

Thomas R. Baechle and Roger W. Earle • 2012 • 240 pp • 8.5 x 11
116 color photos; 22 color illus • ISBN 978-1-4504-1168-4 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

A progressive approach to weight training using free weights or machines, explains and illustrates 30+ exercises through full-color photos.

Women's Strength Training Anatomy

Frédéric Delavier • 2003 • Paperback • 136 pp • 7 x 10
400 color photos • ISBN 978-0-7360-4813-2 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Full-color, detailed anatomical drawings show exactly how women can maximize the effectiveness and efficiency of each exercise.

Youth Strength Training

Avery D. Faigenbaum and Wayne L. Westcott • 2009 • Paperback • 248 pp
8.5 x 11 • 303 illus • ISBN 978-0-7360-6792-8 • \$25.95 U.S. • \$33.95 CDN
\$36.95 AUS/NZ

Leading experts Avery Faigenbaum and Wayne Westcott provide guidance in developing safe, effective, and enjoyable training programs for ages 7 to 18.

SWIMMING/AQUATICS

See *Springboard & Platform Diving*, page 16.

Aquatic Rescue and Safety: How to recognize, respond to, and prevent water-related injuries

Dennis K. Graver • 2004 • Paperback • 256 pp • 7 x 10 • 155 illus
ISBN 978-0-7360-4122-5 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ

This potentially lifesaving guide contains practical information for anyone who participates in recreational boating and water sports.

Championship Swim Training

Bill Sweetenham and John Atkinson • 2003 • Paperback • 312 pp • 8.5 x 11
252 illus • ISBN 978-0-7360-4543-8 • \$28.95 U.S. • \$37.95 CDN • \$40.95 AUS/NZ

Provides practical workouts, sets, and training programs for developing elite swimming performances.

Coaching Swimming Successfully, 2nd Ed.

Dick Hannula • Foreword by Teri McKeever • 2003 • Paperback • 192 pp
8.5 x 11 • 62 illus • ISBN 978-0-7360-4519-3 • \$23.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

Features the latest stroke concepts for improved performance and speed from one of the most successful swim coaches of all time.

Complete Conditioning for Swimming

Dave Salo, PhD and Scott A. Riewald, PhD • 2008 • Paperback
256 pp **with DVD** • 7 x 10 • 140 illus • ISBN 978-0-7360-7242-7
\$26.95 U.S. • \$35.95 CDN • \$38.95 AUS/NZ

The book/DVD package includes over 125 exercises and drills to enhance endurance, flexibility, core strength and explosive power.

Developing Swimmers

Michael Brooks • 2011 • Paperback • 240 pp • 7 x 10 • 83 illus
ISBN 978-0-7360-8935-7 • \$18.95 U.S. • \$24.95 CDN • \$26.95 AUS/NZ

Offers a comprehensive, long-term plan for recognizing and nurturing swimming talent in swimmers aged 14 and younger.

Fantastic Water Workouts, 2nd Ed.

MaryBeth Pappas Baun • 2008 • Paperback • 264 pp • 7 x 10 • 271 illus
ISBN 978-0-7360-6808-6 • \$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ

Over 130 exercises to improve body tone, strengthen muscles, increase aerobic/muscular endurance, and improve flexibility and coordination.

Fitness Swimming, 2nd Ed.

Emmett Hines • 2008 • Paperback • 232 pp • 7 x 10 • 13 color photos;
42 color illus • ISBN 978-0-7360-7457-5 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

60 workouts and 16 sample programs, each arranged into training zones to correspond to fitness level and performance goals.

Janet Evans' Total Swimming

Janet Evans • 2007 • Paperback • 224 pp • 7 x 10 • 76 illus
ISBN 978-0-7360-6848-2 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Presents 60 easy-to-follow, progressive workouts organized into 12 programs for various fitness levels and aspirations.

Mastering Swimming

Jim Montgomery and Mo Chambers • Foreword by Rowdy Gaines • 2009
Paperback • 224 pp • 7 x 10 • 89 illus • ISBN 978-0-7360-7453-7
\$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Readers over 18 will refine their strokes, improve speed and efficiency, and reap the health benefits of swimming.

Open Water Swimming

Steven Munatones • Foreword by John Flanagan • 2011 • Paperback
264 pp • 7 x 10 • 70 illus • ISBN 978-0-7360-9284-5 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

Prepare logistically, physically, and mentally for open-water swims. Includes training plans for triathlon, middle-distance, and marathon-distance swims.

Science of Swimming Faster

Scott Riewald and Scott Rodeo • 2015 • Paperback • 616 pp • 7 x 10 •
247 illus • ISBN 978-0-7360-9571-6 • \$34.95 U.S. • \$45.95 CDN
\$49.95 AUS/NZ

The world's leading swimming experts to reveal the latest in research, technology, training, and performance.

Scuba Diving, 4th Ed.

Dennis K. Graver • 2010 • Paperback • 248 pp • 8.5 x 11
100 color photos; 85 color illus • ISBN 978-0-7360-7900-6 • \$26.95 U.S.
\$35.95 CDN • \$36.95 AUS/NZ

Step-by-step instruction on preparing for and managing a dive safely, accompanied by full-color photographs and illustrations.

Scuba Diving Safety

Dan Orr and Eric Douglas • 2007 • Paperback • 216 pp • 7 x 10 • 107 illus
ISBN 978-0-7360-5251-1 • \$27.95 U.S. • \$36.95 CDN • \$39.95 AUS/NZ

Contains information on buddy and self-rescue techniques, first aid advice, and safety recommendations for any type of dive.

Scuba Board & Platform Diving, 2nd Ed.

Ron O'Brien • 2003 • Paperback • 232 pp • 8.5 x 11 • 765 illus
ISBN 978-0-7360-4378-6 • \$26.95 U.S. • \$35.95 CDN • \$38.95 AUS/NZ

Includes information on how to plan for the training year and a six-week peaking-for-competition program used for training champion divers.

The Swim Coaching Bible, Volume I

Dick Hannula and Nort Thornton, Editors • 2001 • Paperback • 376 pp
7 x 10 • 113 illus • ISBN 978-0-7360-3646-7 • \$26.95 U.S. • \$35.95 CDN
\$38.95 AUS/NZ

This massive compilation presents the knowledge of the most prolific group of swimming experts ever assembled in one book.

The Swim Coaching Bible, Volume II

Dick Hannula and Nort Thornton, Editors • 2012 • Paperback • 368 pp
7 x 10 • 110 illus • ISBN 978-0-7360-9408-5 • \$24.95 U.S. • \$32.95 CDN
\$35.95 AUS/NZ

27 leading coaches cover the keys to a successful program--from establishing priorities to teaching technique and training.

Swimming Anatomy

Ian McLeod • 2010 • Paperback • 200 pp • 7 x 10 • 191 color photos;
203 color illus • ISBN 978-0-7360-7571-8 • \$23.95 U.S. • \$31.95 CDN
\$33.95 AUS/NZ

Illustrates swimmers' muscles and how they are developed through 200+ expertly drawn illustrations and anatomically grouped exercises.

The Swimming Drill Book

Ruben Guzman • Foreword by Pablo Morales • 2007 • Paperback • 296 pp
7 x 10 • 407 illus • ISBN 978-0-7360-6251-0 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

More than 130 drills show exactly how to master every stroke, along with starts, turns, and finishes, for faster times.

Swimming Fastest

Ernest W. Maglischo • 2003 • Hardcover • 800 pp • 8.5 x 11 • 509 illus
ISBN 978-0-7360-3180-6 • \$49.95 U.S. • \$65.95 CDN • \$71.40 AUS/NZ

The sport's epic work explains the physiological basis for training methods and includes sample workouts and training programs.

Swimming: Steps to Success, 3rd Ed.

David Thomas • 2005 • Paperback • 200 pp • 8.5 x 11 • 196 illus
ISBN 978-0-7360-5436-2 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Offers 153 drills designed to help swimmers learn and master basic strokes, dives, and other aquatic skills.

Water Exercise

Melissa Layne • 2015 • Paperback • 248 pp • 7 x 10 • 256 illus • ISBN
978-1-4504-9814-2 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Delivers 15 programs for fitness, rehabilitation, and management of chronic conditions.

Water Fun

Terri Lees • 2007 • Paperback • 192 pp • 7 x 10 • 184 illus
ISBN 978-0-7360-6378-4 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Includes more than 100 stunts, skills, games, and workouts that may be tailored to meet specific needs, age, and skill level.

TABLE TENNIS**Table Tennis: Steps to Success**

Richard McAfee • 2009 • Paperback • 224 pp • 8.5 x 11 • 267 illus
ISBN 978-0-7360-7731-6 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Features an 11-step approach designed to maximize instruction, starting with execution of the basic strokes, then building on core techniques.

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A complete introduction to the skills, navigation, equipment, nutrition, team strategy, and medical knowledge necessary for competition.

Championship Triathlon Training

George M. Dallam, PhD and Steven Jonas, MD • Foreword by Hunter Kemper
2008 • Paperback • 320 pp • 7 x 10 • 65 illus • ISBN 978-0-7360-6919-9
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Contains advanced conditioning concepts and programming used by elite triathletes, which are customized by ability, distance, and stage.

Complete Triathlon Guide

USA Triathlon • 2012 • Paperback • 368 pp • 7 x 10 • 61 illus
ISBN 978-1-4504-1260-5 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Offers readers authoritative advice from top triathletes and coaches on training, technique, competitive strategies, health, and nutrition.

Heart Rate Training

Roy Benson and Declan Connolly • 2011 • Paperback • 224 pp • 7 x 10
26 illus • ISBN 978-0-7360-8655-4 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

Includes specific strategies for increasing endurance, raising anaerobic threshold, and boosting power.

Lactate Threshold Training

Peter Janssen, MD • 2001 • Paperback • 312 pp • 7 x 10 • 289 illus
ISBN 978-0-7360-3755-6 • \$28.95 U.S. • \$37.95 CDN
\$40.95 AUS/NZ

Practical programs to improve your lactate threshold and race faster.

SERIOUS Training for Endurance Athletes, 2nd Ed.

Rob Sleamaker and Ray Browning • 1996 • Paperback • 320 pp • 6 x 9
68 illus • ISBN 978-0-87322-644-8 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Offers workouts to achieve high level of fitness.

Supplements for Endurance Athletes

Jose Antonio and Jeffrey R. Stout • 2002 • Paperback • 136 pp • 6 x 9
35 illus • ISBN 978-0-7360-3773-0 • \$19.95 U.S. • \$25.95 CDN
\$28.50 AUS/NZ

Practical information on 20 top supplements for endurance sports.

Swim Bike Run

Wes Hobson, Clark Campbell, and Mike Vickers • 2001 • Paperback
264 pp • 7 x 10 • 110 illus • ISBN 978-0-7360-3288-9 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

From swimming strokes, to cycling position, to great running form, this book includes everything needed to improve in the triathlon.

Triathlete's Edge

Marc Evans • 2003 • Paperback • 216 pp • 7 x 10 • 91 illus
ISBN 978-0-7360-4653-4 • \$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Presents advanced technique work, training intensities, and long-term balanced programs developed by coaching legends of the sport.

Triathletes in Motion

Marc Evans and Jane Cappaert, PhD • 2014 • Paperback • 368 pp
8.5 x 11 • 355 illus • ISBN 978-1-4504-3220-7 • \$29.95 U.S.
\$39.95 CDN • \$42.95 AUS/NZ

Presents state-of-the-art multilevel assessments for identifying and correcting asymmetries caused by limitations in mobility, flexibility, and stability.

Triathlon Anatomy

Mark Klion, MD, and Troy Jacobson • 2013 • Paperback • 208 pp • 7 x 10
54 color photos; 193 color illus • ISBN 978-1-4504-2138-6 • \$21.95 U.S.
\$28.95 CDN • \$30.95 AUS/NZ

82 exercises and 177 full-color illustrations provide detailed instruction for developing muscles essential for swimming, biking, and running.

Triathlon 101, 2nd Ed.

John Mora • 2009 • Paperback • 200 pp • 7 x 10 • 42 color photos;
18 color illus • ISBN 978-0-7360-7944-0 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

The latest information on racing equipment, creating a program, tapering, sport nutrition, preventing overtraining and recovering from injuries.

Triathlon Science

Joe Friel and Jim Vance, Editors • 2013 • Paperback • 664 pp • 7 x 10
209 illus • ISBN 978-1-4504-2380-9 • \$27.95 U.S. • \$36.95 CDN
\$39.95 AUS/NZ

Offers the latest science related to triathlon specific swimming, biking, running from the sport's most authoritative experts.

Triathlon Training

Michael Finch • 2004 • Paperback • 160 pp • 8.5 x 11 • 210 color illus
ISBN 978-0-7360-5444-7 • \$18.95 U.S. • \$24.95 CDN

(Not available through Human Kinetics in Australia or New Zealand).

Offers six race-specific training plans, one base-building program, and expert advice on equipment, nutrition, and injury prevention.

Triathlon Workout Planner

John Mora • 2006 • Paperback • 224 pp • 7 x 10 • 18 illus
ISBN 978-0-7360-5905-3 • \$15.95 U.S. • \$20.95 CDN • \$22.95 AUS/NZ

Provides key workouts, customizable racing plans for sprint distances to Ironman, and a training log for achieving maximum results.

Women's Guide to Triathlon, The

USA Triathlon • 2015 • Paperback • 288 pp • 7 x 10 • 122 illus • ISBN
978-1-4504-8115-1 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ
Presents female-specific training, techniques, and equipment for triathlon.

ULTIMATE

Essential Ultimate

Michael Baccarini and Tiina Booth • 2008 • Paperback • 192 pp • 8.5 x 11
213 illus • ISBN 978-0-7360-5093-7 • \$26.95 U.S. • \$35.95 CDN
\$38.95 AUS/NZ

Provides information on techniques, drills, preparing for competition, and starting and administering Ultimate programs.

Ultimate Techniques & Tactics

James Parinella and Eric Zaslav • 2004 • Paperback • 208 pp • 8.5 x 11
132 illus • ISBN 978-0-7360-5104-0 • \$21.95 U.S. • \$28.95 CDN
\$30.95 AUS/NZ

Presents in detail all the offensive and defensive skills and principles required for excellence in the sport of Ultimate.

VOLLEYBALL

See *Volleyball: Steps to Success 2E*, page 13.

Aggressive Volleyball

Pete Waite • 2009 • Paperback • 216 pp • 7 x 10 • 126 illus
ISBN 978-0-7360-7441-4 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Covers how to elevate offense, defense, out-of-system, and transition play through a full-team effort of heightened competitiveness and aggression.

Coaching Volleyball Technical and Tactical Skills

Cecile Reynaud and American Sport Education Program • 2011
Paperback • 256 pp • 8.5 x 11 • 122 illus • ISBN 978-0-7360-5384-6
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

Helps coaches teach players essential volleyball skills and transfer the knowledge and ability they gain in practice to matches.

Complete Conditioning for Volleyball

Steve Oldenburg • Foreword by Kevin Hamby • 2015 • Paperback
256 pp • 7 x 10 • 180 illus • ISBN 978-1-4504-5971-6 • \$23.95 U.S.
\$31.95 CDN • \$33.95 AUS/NZ

Provides ready-to-implement preseason, in-season, and off-season training programs to boost strength, agility, quickness, and power.

Officiating Volleyball

American Sport Education Program • 2007 • Paperback • 136 pp
7 x 10 • 139 illus • ISBN 978-0-7360-5358-7 • \$16.00 U.S. • \$21.95 CDN
\$22.95 AUS/NZ

Offers seasoned and up-and-coming high school volleyball officials comprehensive guidelines for officiating matches.

The Volleyball Coaching Bible

Don Shondell and Cecile Reynaud, Editors • 2002 • Paperback • 384 pp
7 x 10 • 252 illus • ISBN 978-0-7360-3967-3 • \$26.95 U.S. • \$35.95 CDN
\$38.95 AUS/NZ

Features 24 top U.S. volleyball coaches sharing their strategies, methods, and experiences to help readers learn new and better ways to coach.

The Volleyball Coaching Bible Vol. II

American Volleyball Coaches Association • 2015 • Paperback • 288 pp
7 x 10 • 85 illus • ISBN 978-1-4504-9198-3 • \$24.95 U.S. • \$32.95 CDN
• \$35.95 AUS/NZ

Features contributions from 20 of the top volleyball minds to help you build programs and sharpen coaching skills.

The Volleyball Drill Book

American Volleyball Coaches Association • 2012 • Paperback • 256 pp
7 x 10 • 122 illus • ISBN 978-1-4504-2386-1 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Presents over 115 drills that simulate real game situations to improve skill development, team tactics, conditioning, and in-match performance.

Volleyball Fundamentals

Human Kinetics with Joel Dearing • 2003 • Paperback • 152 pp • 7 x 10
160 illus • ISBN 978-0-7360-4508-7 • \$16.95 U.S. • \$21.95 CDN
\$23.95 AUS/NZ

Covers essential skills; discusses offensive and defensive tactics.

Thinking Volleyball

Mike Hebert • 2014 • Paperback • 280 pp • 7 x 10 • 29 illus
ISBN 978-1-4504-4262-6 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

A legend's perspective for teaching players, developing team play, maximizing practice time, and coaching games.

Volleyball Skills & Drills

American Volleyball Coaches Association • 2006 • Paperback • 208 pp
8.5 x 11 • 202 illus • ISBN 978-0-7360-5862-9 • \$23.95 U.S.
\$31.95 CDN • \$33.95 AUS/NZ

Instruction on the techniques and tactics of all positions, presented by 11 of the nation's top coaches. Features more than 90 drills.

Volleyball: Steps to Success

Bonnie Kenny and Cindy Gregory • 2006 • Paperback • 192 pp • 8.5 x 11
190 illus • ISBN 978-0-7360-6337-1 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Gives readers a base of competence in each key skill and then allows them to build on that proficiency through each successive step.

Volleyball Systems & Strategies

USA Volleyball • 2009 • Paperback • 248 pp with DVD • 7 x 10 • 139 illus
ISBN 978-0-7360-7495-7 • \$26.95 U.S. • \$35.95 CDN • \$38.95 AUS/NZ

A guide to identifying the offensive and defensive systems best suited to a team's talents, in-game situations, and the opponent's style of play.

WALKING**Fitness Walking, 2nd Ed.**

Therese Iknioian • 2005 • Paperback • 192 pp • 7 x 10 • 41 illus
ISBN 978-0-7360-5608-3 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Contains 12 walking programs that can be used by anyone to achieve their fitness goals, no matter what age or fitness level.

Nordic Walking

Malin Svensson • 2009 • Paperback • 216 pp • 7 x 10 • 173 color photos;
2 color illus • ISBN 978-0-7360-7739-2 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Full-color information on preparing physically for Nordic walking, etiquette and safety, and tips for selecting the correct gear and apparel.

Nordic Walking for Total Fitness

Suzanne Nottingham and Alexandra Jurasin • 2010 • Paperback • 216 pp
7 x 10 • 131 color photos; 2 color illus • ISBN 978-0-7360-8178-8
\$19.95 U.S. • \$25.95 CDN • \$28.95 AUS/NZ

A complete guide to the power of Nordic walking, with a range of programs for cardio health, full-body conditioning, and sport-specific cross-training.

WRESTLING**Coaching Wrestling Successfully**

Dan Gable • Foreword by Bob Siddens • 1999 • Paperback • 216 pp
8.5 x 11 • 207 illus • ISBN 978-0-87322-404-8 • \$24.95 U.S.
\$32.95 CDN • \$35.95 AUS/NZ

Gable covers it all—from his blueprint for developing champions to proper technique in performing leg tackles.

Coaching Youth Wrestling, 3rd Ed.

American Sport Education Program • 2008 • Paperback • 208 pp • 7 x 10
238 illus • ISBN 978-0-7360-6711-9 • \$18.95 U.S. • \$24.95 CDN
\$26.95 AUS/NZ

Teaches fundamental folk-style wrestling skills and techniques through matchlike activities to wrestlers ages 8 to 14 in a positive manner.

Officiating Wrestling

American Sport Education Program • 2006 • Paperback • 144 pp
7 x 10 • 126 illus • ISBN 978-0-7360-5359-4 • \$16.00 U.S. • \$20.95 CDN
\$22.95 AUS/NZ

Covers every aspect of officiating wrestling, based on rules of the National Federation of State High School Associations (NFHS).

The Wrestling Drill Book, 2nd Ed.

Bill Welker, Editor • Foreword by Zeke Jones • 2013 • Paperback • 392 pp
7 x 10 • 559 illus • ISBN 978-1-4504-3216-0 • \$19.95 U.S. • \$25.95 CDN
\$28.95 AUS/NZ

Nine top coaches offer more than 160 drills for mastering essential techniques: takedowns, reversals, escapes, riding, and pinning combinations.

Winning Wrestling Moves

Mark Mysnyk, Barry Davis, and Brooks Simpson • Foreword by Dan Gable
1994 • Paperback • 208 pp • 8.5 x 11 • 737 illus
ISBN 978-0-87322-482-6 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ

Packed with hundreds of action photos and insightful descriptions of virtually every move and countermove.

Wrestling Tough

Mike Chapman • Foreword by Tom Brands • 2005 • Paperback • 264 pp
6 x 9 • 29 illus • ISBN 978-0-7360-5637-3 • \$22.95 U.S. • \$29.95 CDN
\$32.95 AUS/NZ

Presents a composite image of the ultimate mental wrestler, revealing the steps in developing those attributes.

SOCIAL ISSUES**Dave Bing**

Drew Sharp • Foreword by Kareem Abdul-Jabbar • 2013 • Paperback
328 pp • 6 x 9 • 32 illus • ISBN 978-1-4504-2352-6 • \$17.95 U.S.
\$23.95 CDN • \$25.95 AUS/NZ

Provides an intimate look at basketball hall of famer, businessman, and politician Dave Bing, and the challenges he faces as mayor of Detroit.

Second Wind

Lee Bergquist • 2009 • Paperback • 216 pp • 7 x 10 • 28 illus
ISBN 978-0-7360-7491-9 • \$17.95 U.S. • \$23.95 CDN • \$25.95 AUS/NZ

Inspiring stories of older athletes, paints a compelling picture of seniors living their lives with vigor and a sense of mission.

Souled Out?

Shaun Powell • 2008 • Hardcover • 312 pp • 6 x 9 • 34 illus
ISBN 978-0-7360-6750-8 • \$22.95 U.S. • \$29.95 CDN • \$33.95 AUS/NZ

A passionate look at blacks' status in today's sporting landscape and sheds light on the successes, and tragedies still facing the race.

POSTERS

Bodyweight Strength Training Anatomy Poster Series

(includes three full-color posters)

Featuring the same four-color artwork seen in the similarly titled book, *Bodyweight Strength Training Anatomy Poster Series* consists of three posters that fully illustrate the best core, upper-, lower-, and whole-body exercises.

2014 • ISBN 978-1-4925-0467-2
\$37.95 U.S. • \$49.95 CDN • \$53.95 AUS/NZ

Upper Body Poster

2014 • 24" x 31" • Full-color • ISBN 978-1-4925-0460-3
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Core and Whole Body Poster

2014 • 24" x 31" • Full-color • ISBN 978-1-4925-0462-7
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Lower Body and Back Poster

2014 • 24" x 31" • Full-color • ISBN 978-1-4925-0461-0
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Pilates Anatomy Poster Series

(includes two full-color posters)

Featuring the same stunning four-color artwork found in *Pilates Anatomy*, the *Pilates Anatomy Poster Series* consists of two posters that will help correct alignment, posture, and movements while building a stronger, more articulate body.

2014 • ISBN 978-1-4925-0469-6
\$26.95 U.S. • \$35.95 CDN • \$35.95 AUS/NZ

Fundamental Pilates Poster

2014 • 24" x 31" • Full-color • ISBN 978-1-4925-0464-1
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Intermediate Pilates Poster

2014 • 24" x 31" • Full-color • ISBN 978-1-4925-0465-8
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Stretching Anatomy Poster Series

(includes two full-color posters)

Featuring the same stunning four-color artwork seen in *Stretching Anatomy*, the *Stretching Anatomy Poster Series* consists of two posters that will help minimize muscle soreness, reduce the risk of injury, and improve mobility.

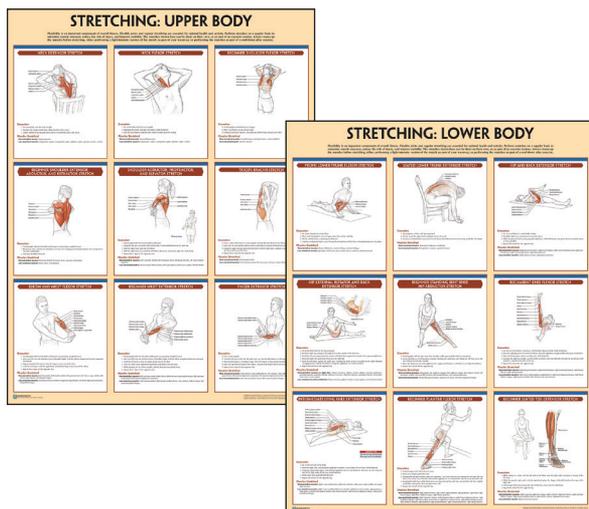
2014 • ISBN 978-1-4925-0468-9
\$26.95 U.S. • \$35.95 CDN • \$35.95 AUS/NZ

Stretching Poster: Upper Body

2014 • 24" x 31" • Full-color • ISBN 978-1-4925-0466-5
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Stretching Poster: Lower Body

2014 • 24" x 31" • Full-color • ISBN 978-1-4925-0463-4
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ



Strength Training Anatomy Poster Series

(includes all 7 full-color posters)

Illustrated by the author of the best selling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, each region-specific poster in the *Strength Training Anatomy Poster Series* presents nine exercise illustrations that depict the anatomy in action.

ISBN 978-0-7360-5931-2
\$89.95 U.S. • \$118.95 CDN • \$128.95 AUS/NZ

Abdomen Poster

2005 • 24" x 31" • Full-color • ISBN 978-0-7360-5936-7
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Arms Poster

2005 • 24" x 31" • Full-color • ISBN 978-0-7360-5933-6
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Back Poster

2005 • 24" x 31" • Full-color • ISBN 978-0-7360-5932-9
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Chest Poster

2005 • 24" x 31" • Full-color • ISBN 978-0-7360-5935-0
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Gluteals Poster

2005 • 24" x 31" • Full-color • ISBN 978-0-7360-5937-4
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Legs Poster

2005 • 24" x 31" • Full-color • ISBN 978-0-7360-5938-1
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ

Shoulders Poster

2005 • 24" x 31" • Full-color • ISBN 978-0-7360-5934-3
\$14.95 U.S. • \$19.95 CDN • \$20.95 AUS/NZ



DVDs/VIDEOS

BASEBALL

Baseball Skills & Drills DVD

(2005, 120-minute DVD)
ISBN 978-0-7360-6026-4 • \$49.95 U.S. • \$65.95 CDN • \$70.95 AUS
\$68.95 NZ • UPC: 809883602697

One DVD covers fielding, hitting, baserunning, pitching, and catching.

BASKETBALL

Duke Basketball DVD

(2003, 120-minute DVD)
ISBN 978-0-7360-5145-3 • \$64.95 U.S. • \$85.95 CDN • \$92.95 AUS/NZ
UPC: 809883514594

Coach K provides the keys to Duke's success in three segments: Team Defense, Transition Game, and Championship Practices.

Duke Basketball Video Series: Championship Practices

(1999, 37-minute DVD)
ISBN 978-0-7360-7993-8 • \$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ
UPC: 809883799397

From season objectives to player teaching points, this tape provides a unique behind-the-scenes look at how Duke practices.

Duke Basketball Video Series: Team Defense

(1999, 46-minute DVD)
ISBN 978-0-7360-7994-5 • \$22.95 U.S. • \$29.95 CDN • \$32.95 AUS/NZ
UPC: 809883799496

Duke Coach Mike Krzyzewski gives a complete clinic on the techniques required to fulfill individual position and team defense responsibilities.

Man-to-Man Offense & Defense

(2004, 99-minute DVD)
ISBN 978-0-7360-5445-4 • \$45.95 U.S. • \$60.95 CDN • \$65.95 AUS/NZ
UPC: 809883544591

Coach Morgan Wootten shares the Xs and Os of several offensive and defensive attacks that made him a legend.

Zone Offense and Defense Plus Inbound Plays

(2004, 90-minute DVD)
ISBN 978-0-7360-5448-5 • \$45.95 U.S. • \$60.95 CDN • \$65.95 AUS/NZ
UPC: 809883544898

Coach Morgan Wootten shows how to master zone offenses, defenses, and inbound plays through on-court instruction and Xs and Os animation.

DANCE

Breath-Centered Yoga with Leslie Kaminoff

(2010, 95-minute DVD)
ISBN 978-0-7360-9235-7 • \$16.95 U.S. • \$21.95 CDN • \$23.95 AUS/NZ
UPC: 809883923594

Sequences to improve relaxation, mental clarity and balance, with variations and descriptions in one 30-minute routine and three 20-minute routines.

Next-Level Pilates with Erika Bloom

(2010, 93-minute DVD)
ISBN 978-0-7360-9598-3 • \$16.95 U.S. • \$21.95 CDN • \$23.95 AUS/NZ
UPC: 809883959890

Nine 10-minute targeted routines for the core, upper body, and lower body that can be completed with simple at home equipment.

Total-Body Toning with Lashaun Dale

(2010, 89-minute DVD)
ISBN 978-0-7360-9674-4 • \$16.95 U.S. • \$21.95 CDN • \$23.95 AUS/NZ
UPC: 809883967499

Eight 10-minute routines to shape and sculpt bodies or specific body regions, improve endurance, increase fitness levels, and lose weight.

YMCA Healthy Back DVD

(2007, 45-minute DVD)
ISBN 978-0-7360-7449-0 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883744991

Covers stretching techniques, first aid measures, back fitness, and healthy back positions for standing, sitting, sleeping, driving, and lifting.

SOCCER

Sigi Schmid's Defensive Soccer Tactics DVD

(2007, 53-minute DVD)
ISBN 978-0-7360-7364-6 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883736491

Covers the key defensive concepts needed to stop an attack, win possession, and begin the counterattack.

Sigi Schmid's Offensive Soccer Tactics DVD

(2007, 55-minute DVD)
ISBN 978-0-7360-7365-3 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883736590

Live action demonstrations cover the key offensive concepts needed to maintain possession and score.

SOFTBALL

Softball Skills & Drills DVD

(2005, 115-minute DVD)
ISBN 978-0-7360-6025-7 • \$49.95 U.S. • \$65.95 CDN • \$70.95 AUS/NZ
UPC: 809883602598

One DVD with three videos worth of information. Covers fielding, hitting, baserunning, pitching, and catching.

STRENGTH/POWER TRAINING

Athletic Body in Balance

(2005, 50-minute DVD)
ISBN 978-0-7360-6032-5 • \$34.95 U.S. • \$45.95 CDN • \$49.95 AUS/NZ
UPC: 809883603298

Teaches athletes and coaches how to overcome deficiencies to maximize training and improve performance.

Flexibility for Sports Performance DVD

(2007, 57-minute DVD)
ISBN 978-0-7360-6422-4 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883642297

Shows how to maintain proper technique and develop stretching routines to enhance strength, agility, and speed.

High-Powered Plyometrics

(2005, 32-minute DVD)
ISBN 978-0-7360-6031-8 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883603199

Loaded with intermediate and advanced plyometric exercises that will help athletes improve their strength, power, and speed.

Power for Sports Performance DVD

(2006, 37-minute DVD)
ISBN 978-0-7360-6528-3 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883652890

Showcases a progressive program for using resistance training to build a strong power base.

Speed for Sports Performance DVD

(2007, 56-minute DVD)
ISBN 978-0-7360-6525-2 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883652593

A progressive, four-season program that focuses on the three critical areas of sports training: acceleration, speed, and endurance.

Strength for Sports Performance DVD

(2007, 25-minute DVD)
ISBN 978-0-7360-6421-7 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883642198

Provides resistance training exercises that correspond to the movements, muscle contractions, and energy demands of many sports.

TENNIS

Attack the All-Court Player DVD

(2006, 40-minute DVD)
ISBN 978-0-7360-6472-9 • \$22.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883647292

Reveals the key strategies and tactics critical to beating well-rounded opponents.

Beat the Baseline DVD

(2006, 55-minute DVD)
ISBN 978-0-7360-6473-6 • \$22.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883647391

Shows you how to recognize and overcome both the consistent and the aggressive baseliner's arsenal of weapons.

Know Your Own Game DVD

(2006, 40-minute DVD)
ISBN 978-0-7360-6474-3 • \$22.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883647490

Sets up several match situations to assess your skills and determine the style you should play. Also provides key drills and practice games.

Neutralize the Net-Rusher DVD

(2006, 50-minute DVD)
ISBN 978-0-7360-6475-0 • \$22.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883647599

Presents key strategic situations used by strong net players then provides the shots and tactics to keep them off balance.

Tactical Tennis Complete Collection DVD

ISBN 978-0-7360-6480-4 • \$89.95 U.S. • \$118.95 CDN • \$128.95 AUS/NZ
UPC: 809883648091

This 4-DVD collection demonstrates strategies used by the pros.

Bolistic Backhand

(2001, 70-minute DVD)
ISBN 978-0-7360-6991-5 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699192

Nick Bollettieri illustrates the footwork, racket preparation, stroke technique, and recovery skills needed to build a winning backhand.

Building Points and Tactics

(2001, 30-minute DVD)
ISBN 978-0-7360-6997-7 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699796

Bollettieri teaches how to establish a match mentality to build points and how to organize and understand each part of the game.

Competitive Club Doubles

(2001, 50-minute DVD)
ISBN 978-0-7360-6998-4 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699895

Bollettieri explains all the court positions and advanced formations and where, when, why, and how to use them.

Deadly Drop Shots and Lobs

(2001, 60-minute DVD)
ISBN 978-0-7360-6995-3 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699598

Bollettieri defines the drop shot and the lob and explains why, when, and how to use them. Strategic shot combinations are provided.

Doubles Tennis Tactics

(2005, 35-minute DVD)
ISBN 978-0-7360-6030-1 • \$26.95 U.S. • \$35.95 CDN • \$38.95 AUS/NZ
UPC: 809883603090

Presents the most effective patterns of play for doubles, demonstrated by the world's best players in Davis and Federation Cup play.

Dynamic Tennis Warm-Ups DVD

(2004, 45-minute DVD)
ISBN 978-0-7360-5626-7 • \$29.95 U.S. • \$39.95 CDN • \$42.95 AUS/NZ
UPC: 809883562694

Presents three 10-minute warm-up routines designed to optimally prepare players for movements on the court.

Practice With Purpose

(2001, 60-minute DVD)
ISBN 978-0-7360-6999-1 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699994

Practice time is a critical opportunity to improve. Bollettieri explains which drills he uses and why and how to coach technique.

Right Back Atcha Returns

(2001, 45-minute DVD)
ISBN 978-0-7360-6994-6 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699499

Bollettieri shows the technique, positioning, and strategy used to return power, spin, or kick serves.

Shot Selection and Court Positioning

(2001, 35-minute DVD)
ISBN 978-0-7360-6996-0 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699697

Bollettieri explains how shot selection affects court position, correct positions of recovery at the baseline and net, and much more.

Sonic Serve

(2001, 50-minute DVD)
ISBN 978-0-7360-6992-2 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699291

Bollettieri studies the best serves in the game and outlines technique and drills to develop powerful and reliable spin, flat, and kick serves.

Tenacious Net Play

(2001, 60-minute DVD)
ISBN 978-0-7360-6993-9 • \$24.95 U.S. • \$32.95 CDN • \$35.95 AUS/NZ
UPC: 809883699390

Bollettieri teaches how to set up the point, to get to the net, and how to finish it once there.

WRESTLING

Dan Gable's Wrestling Essentials DVD

(2005, 95-minute DVD)
ISBN 978-0-7360-6029-5 • \$57.95 U.S. • \$75.95 CDN • \$82.95 AUS/NZ
UPC: 809883602994

One DVD with three videos worth of information. Covers wrestling techniques needed to excel from the bottom, standing, and top positions.

Dan Gable's Wrestling Essentials: Bottom Position

(1999, 30-minute DVD)
ISBN 978-0-7360-7997-6 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ
UPC: 809883799793

From base building to clearing arms and legs, Dan Gable shows how to be successful both offensively and defensively.

Dan Gable's Wrestling Essentials: Standing Position

(1999, 45-minute DVD)
ISBN 978-0-7360-7998-3 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ
UPC: 809883799892

Gable covers everything from driving leg tackles and exciting tosses to simple go-behinds and whipovers.

Dan Gable's Wrestling Essentials: Top Position

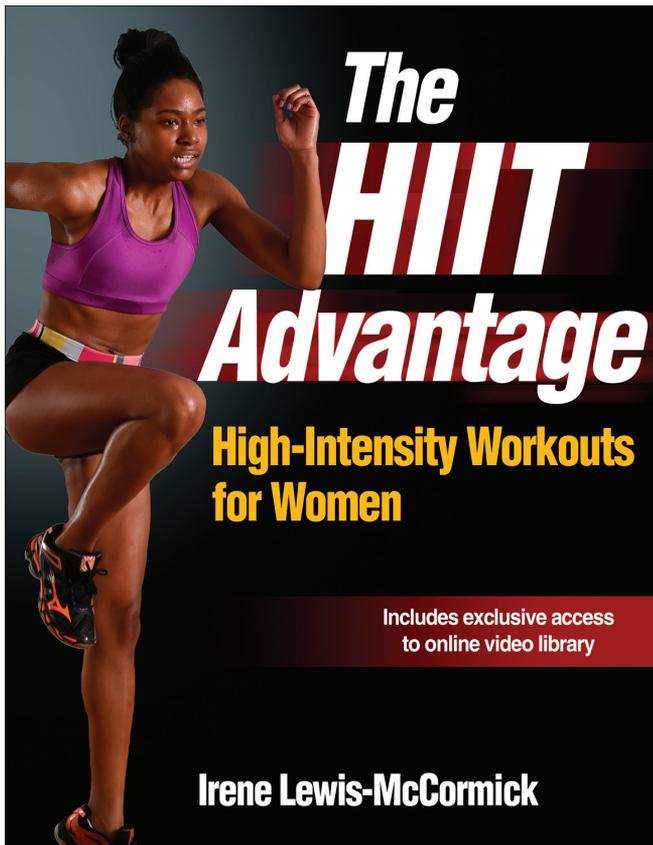
(1999, 30-minute DVD)
ISBN 978-0-7360-7996-9 • \$21.95 U.S. • \$28.95 CDN • \$30.95 AUS/NZ
UPC: 809883799694

Gable presents a variety of maneuvers that, if performed properly, can lead to the match-ending fall.

Gable's Advanced Wrestling DVD

(2003, 120-minute DVD)
ISBN 978-0-7360-5154-5 • \$61.95 U.S. • \$81.95 CDN • \$88.95 AUS/NZ
UPC: 809883515492

Demonstrates wrestling techniques from a standing position and from the top and bottom positions.



Maximum results. Minimal time.

The *HIIT Advantage* offers dozens of exercises and 19 complete workouts to help incinerate fat, shape and strengthen the lower and upper body, and build core strength. An online video library provides clips demonstrating key exercises plus a complete workout that combines exercises for maximum results.

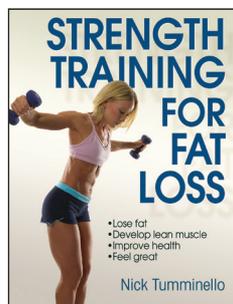
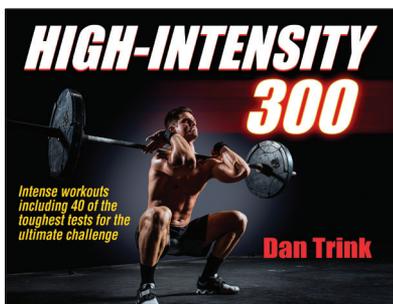
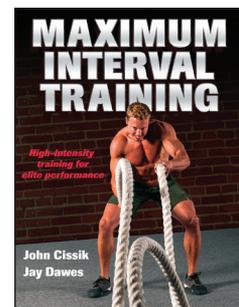
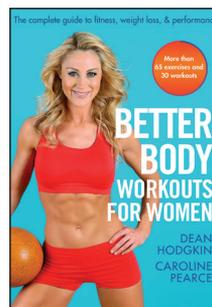
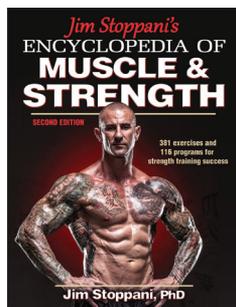
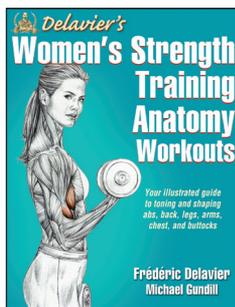
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