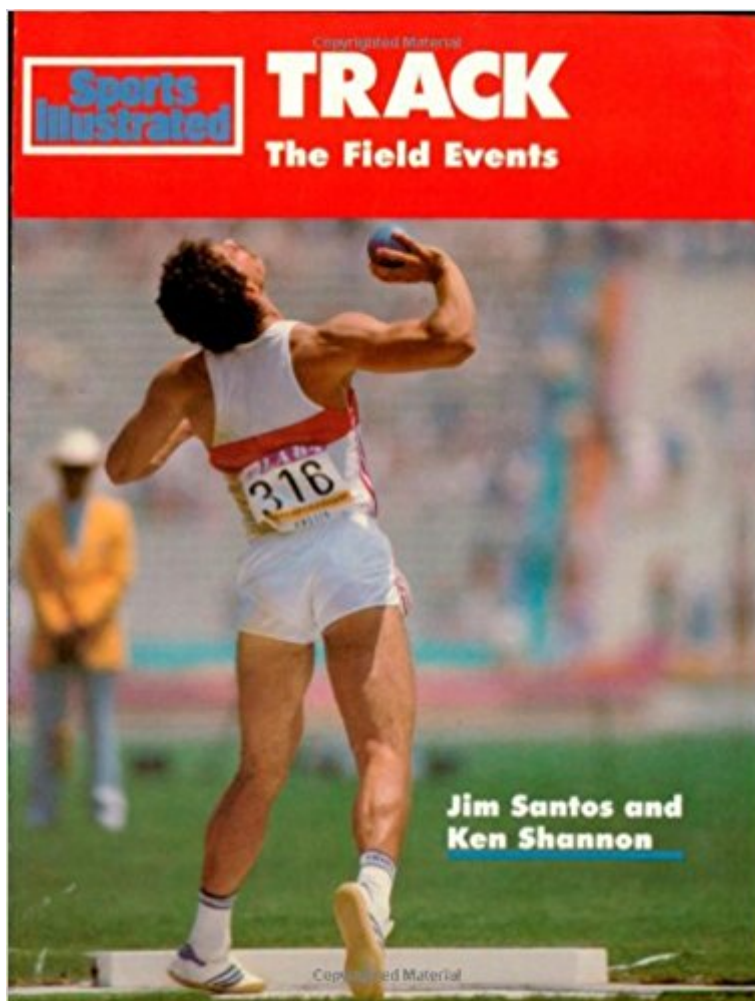




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Track: The Field Events (Sports Illustrated Winner's Circle Books)



Synopsis

With this book you can harness your abilities to achieve jumping and throwing success! Let two nationally acclaimed coaches show you: Proper techniques Special drills to help you reach your full potential How to incorporate weightlifting into your year-round program Plyometrics Plus tips on nutrition, coaching, workouts and more!

Book Information

Series: Sports Illustrated Winner's Circle Books

Paperback: 288 pages

Publisher: Sports Illustrated; 1 edition (August 1, 1989)

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

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Customer Reviews

Former track coach at California State University, Hayward and jump coach for the 1980 U.S. Olympic and 1983 Pan American Games track and field teams, Jim Santos is director of Families for Special Olympics International. The throws coach for the 1984 U.S. Olympic track and field team and the 1976 PAC-10 Coach of the Year, Ken Shannon is head track coach at the University of Washington.

High school athletes as well as coaches will love this book. It has great photo sequences and is written so the athlete can actually take it to practice. Lots of humor in it to make the technical stuff actually fun and easy to understand.

I first saw this book at my local library back in 1993 and it has helped me with my coaching at the junior college level ever since. I recommend this book to field event coaches of all levels. I have been wondering where I could buy this book, because no retail bookstore carries this subject. I even

thought about telling the library that I lost it and paying for it that way! Thanks .

This book is good for you if you are just starting out with little experience. It includes things on technique, training, diet, and drills. It really helped me succeed.

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