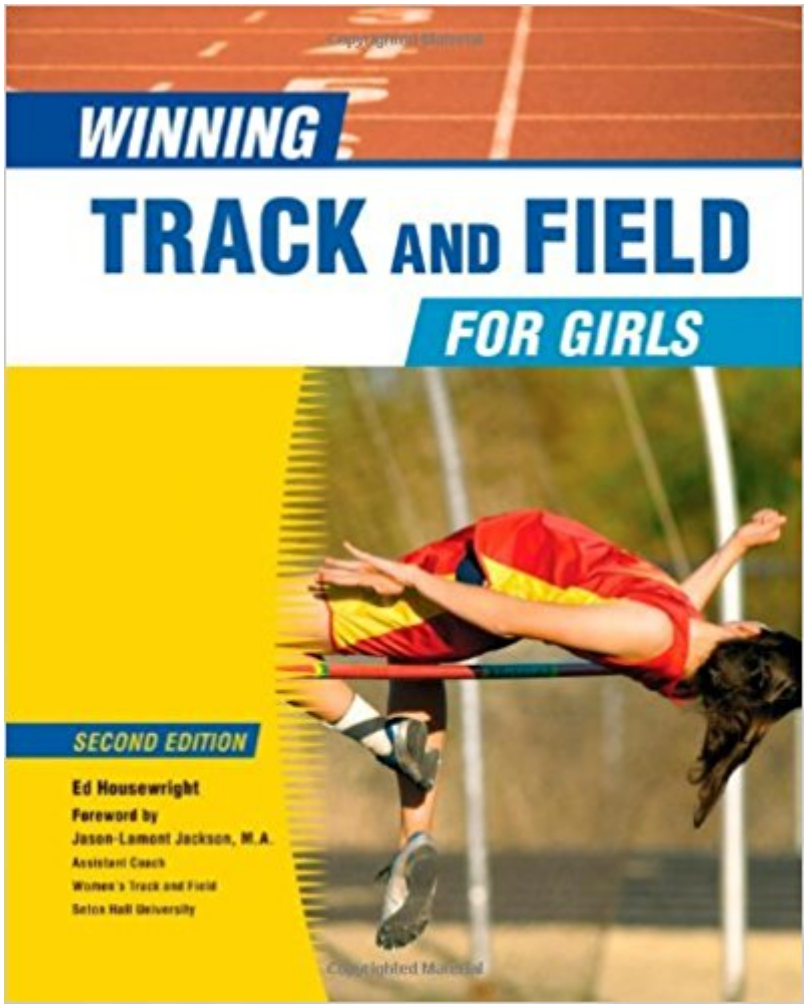
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Winning Track And Field For Girls (Winning Sports For Girls (Library))



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Synopsis

With a history that dates back to the time of the ancient Greeks, track and field demands a wide range of abilities and workouts from those who compete - including the high jump, shot put, hurdles, distance races, and sprint races. This title explains the basics of the sport, the rules, and how to train safely for track and field events.

Book Information

Series: Winning Sports for Girls (Library)
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Customer Reviews

"...refreshing...detailed yet easy to read...[a] good resource...for girls interested in pursuing sports." - School Library Journal" --This text refers to an out of print or unavailable edition of this title.

Ed Housewright is an award-winning reporter for the Dallas Morning News, for which he has covered a wide range of topics, including state and local government, politics, criminal justice, health care, religion, and sports. His work has appeared in newspapers around the country and in Golf Digest magazine. He is the author of Winning Track and Field for Girls. Established in Venice Beach, California, in 1965--and now located in 500 locations in 23 countries--Gold’s Gym is the world’s most trusted authority on bodybuilding and strength training. Long known as the Mecca of hardcore bodybuilders, the original Gold’s was the setting for the 1976 bodybuilding classic Pumping Iron starring Arnold Schwarzenegger.

I bought this book when I first started coaching track and field at our local high school and middle

school. I had been a coach for several years but wanted to have more reference material. This book is very easy to read. It has a lot of examples of all of the events from beginner to advanced athletes and this book is a real gem for me. Every year, in anticipation of track season, I open this book and read through it, refreshing my skills and remembering why it is I do what I do and how much I love being a track and field coach. I would recommend this book to every new coach or one who just wants a refresher.

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