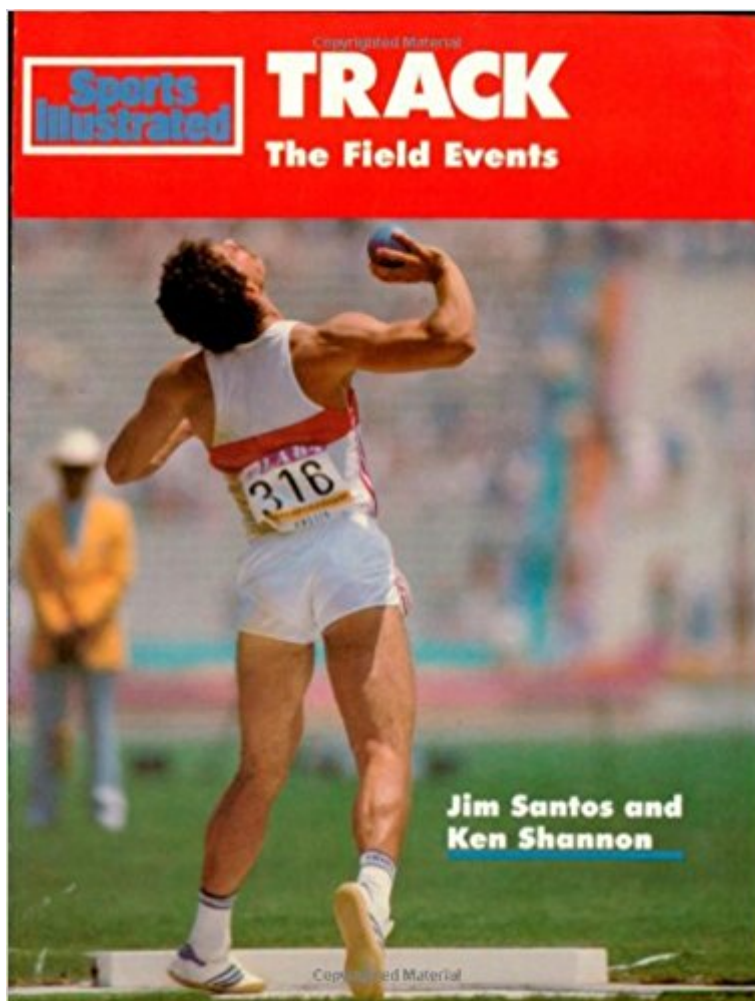


The book was found

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)

Language: English

ISBN-10: 1568000316

ISBN-13: 978-1568000312

Product Dimensions: 7 x 0.7 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

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

Best Sellers Rank: #2,803,447 in Books (See Top 100 in Books) #12 in [Books > Teens > Sports & Outdoors > Track & Field](#) #746 in [Books > Sports & Outdoors > Other Team Sports > Track & Field](#)

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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Track: The Field Events (Sports Illustrated Winner's Circle Books) Track & Field News' Big Gold Book: Metric Conversion Tables for Track & Field, Combined Decathlon/Heptathlon Scoring and Metric Conversion Tables, and ... the Track Fan, Athlete, Coach and Official Lacrosse: Fundamentals for Winning (Sports Illustrated Winner's Circle Books) Usborne Book of Athletics: A Spectators Guide to Track and Field Events (Sports guide) Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Civil War: American Civil War in 50 Events: From the Very Beginning to the Fall of the Confederate States (War Books, Civil War History, Civil War Books) (History in 50 Events Series Book 13) World War 1: World War I in 50 Events: From the Very Beginning to the Fall of the Central Powers (War Books, World War 1 Books, War History) (History in 50 Events Series) The Underground Railroad (Pulitzer Prize Winner) (National Book Award Winner) (Oprah's Book Club): A Novel History: World History in 50 Events: From the Beginning of Time to the Present (World History, History Books, Earth History) (History in 50 Events Series Book 3) History: Human History in 50 Events: From Ancient Civilizations to Modern Times (World History, History Books, People History) (History in 50 Events Series Book 1) Figure Skating: Championship Techniques (Sports Illustrated Winners Circle Books) Olympic Sports - When and How? : History of Olympic Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Skateboarding: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Baseball: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Basketball: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Soccer: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids))

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