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The Young Athletes Handbook

By Youth Sport Trust, Youth Sport Trust, Steve Cram

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, The Young Athletes Handbook, Youth Sport Trust, Youth Sport Trust, Steve Cram, If you are looking to develop your skills and techniques and find the perfect balance between training, school, and friends and family, look no further than "The Young Athlete's Handbook." Since 1998, Nike-sponsored performance camps have successfully taught more than 1,500 athletes how to manage all aspects of their lives. Now many of the United Kingdom's top coaches have come together to offer you those same lessons, advice, and training tips. Part 1 concentrates on the basics-understanding the fundamentals of your chosen sport, training needs, and the outside activities you need to create a healthy balance in your life. Part 2 focuses on the practicalities: getting and keeping fit, anaerobic and aerobic endurance, proper nutrition, mental training, and balancing strength and power with speed and flexibility. A chapter on staying healthy is also included. Part 3 offers information on the serious issues of drugs and doping as well as important information about training and competing abroad. Part 4 helps you put it all together and shows you how to measure and monitor your performance for evaluation and improvement. For whatever sport you...



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