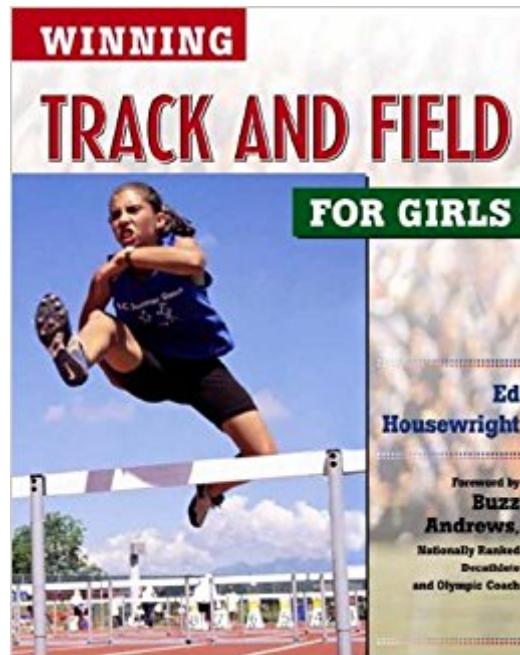




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Winning Track And Field For Girls (Winning Sports For Girls)



Synopsis

Track and field events have been a mainstay of athletics since the time of the ancient Greeks. Today track and field draws nearly half a million high school girls to competition and ranks second only to basketball in popularity with young female athletes. "Winning Track and Field for Girls" provides a history of how track and field developed over time, as well as all the information young athletes of today need to begin training safely for specific events. "Winning Track and Field for Girls" covers the basics of all the major events in which girls compete-sprinting, hurdling, middle distance running, relay races, high jump, shot put, discus, javelin, pentathlon, and many others. It also contains entertaining sidebars that spotlight legendary women athletes such as Marion Jones (world record holder for 200-meter dash) and Wilma Rudolph (1960 three-time gold medalist). Nutrition, fitness, and conditioning are discussed as important elements of success, and additional resources are presented in appendixes. Approximately 118 photographs illustrate many of the concepts and drills that are discussed.

Book Information

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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 a writer, editor, and award-winning reporter for the Dallas Morning News. His work has appeared in Golf Digest, and he is the author of 100 Things Cowboy Fans Should Know and Do Before They Die. He lives in Dallas, Texas. Jason-Lamont Jackson is the assistant track

and field coach at Seton Hall University and a former head coach at Columbia High School in Maplewood, New Jersey. --This text refers to an out of print or unavailable edition of this title.

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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