

USA Track & Field COACHING MANUAL

"There is a tremendous amount of good information in the USA Track & Field Coaching Manual, with alternative techniques explained very well. The book gives coaches valuable tools from basic teaching methods to advanced workout patterns. It's a valuable tool for coaches or athletes in any stage of development."

Sam Bell

President of United States Track Coaches Association
Indiana University Head Coach, 1969-1998

"This manual represents material presented by some of the top coaches in the world. The sharing of their expertise and applications for other coaches is invaluable!"

Deanne Yochetzer

Head Coach, Women's Track and Field
University of California-Davis
Women's Head Coach, 1996 Olympic Games

"What I liked most about the USA Track & Field Coaching Manual is that it covers all aspects of coaching track and field and stresses the athlete's best interest. This book is appropriate for all coaches from those starting out to higher levels."

Irv Hunt

Head Coach, Men's Track and Field
University of California-Berkeley
Men's Head Coach, 1996 Olympic Games

"The USA Track & Field Coaching Manual is a resource library for coaches at all levels. The shared knowledge imparts fresh ideas into any coaching repertoire."

Karen Dennis

Head Coach, Women's Track and Field
University of Nevada-Las Vegas
Women's Head Coach, 2000 Olympic Games

The USA Track & Field Coaching Manual is the official coaching guide of the sport's national governing body. The manual covers every major event and includes comprehensive, ready-to-apply information from 33 world-class coaches and experts.

Included among the valuable materials are

- proven predictive testing procedures,
- detailed event-specific technique instruction,
- carefully crafted training programs, and
- preparation and performance tactics for success in competition.

Contributing authors to the USA Track & Field Coaching Manual have worked with national, world, and Olympic champions. Each is an event-specific expert who has demonstrated the effective use of coaching art and science to train and inspire their athletes to achieve maximum performance.

The USA Track & Field Coaching Manual is an essential part of any serious track and field coach's library.

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