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[Improving Practice and Performance in Basketball](#) - Aaron T. Scanlan 2019-11-18

Despite being one of the most popular sports worldwide, basketball has received limited research attention compared to other team sports. Establishing a strong evidence base with high-quality and impactful research is essential in enhancing decision-making processes to optimize player performance for basketball professionals. Consequently, the book entitled *Improving Performance and Practice in Basketball* provides a collection of novel research studies to increase the available evidence on various topics with strong translation to practice in basketball. The book includes work by 40 researchers from 16 institutions or professional organizations from 9 countries. In keeping with notable topics in basketball research, the book contains 2 reviews focused on monitoring strategies to detect player fatigue and considerations for travel in National Basketball Association players. In addition, 8 applied studies are also included in the book, focused on workload monitoring, game-related statistics, and the measurement of physical and skill attributes in basketball players. This book also has a strong focus on increasing the evidence available for female basketball players, who have traditionally been under-represented in the literature. The outcomes generated from this book should provide new insights to inform practice in many areas for professionals working in various roles with basketball teams.

[Sports Analytics](#) - Benjamin C. Alamar 2013-08-06

Benjamin C. Alamar founded the first journal dedicated to sports statistics, the *Journal of Quantitative Analysis in Sports*. He developed and teaches a class on sports analytics for managers at the University of San Francisco and has published numerous cutting-edge studies on strategy and player evaluation. Today, he cochairs the sports statistics section of the International Statistics Institute and consults with several professional teams and businesses in sports analytics. There isn't a better representative of this emerging field to show diverse organizations how to implement analytics into their decision-making strategies, especially as analytic tools grow increasingly complex. Alamar provides a clear, easily digestible survey of the practice and a detailed understanding of analytics' vast possibilities. He explains how to evaluate different programs and put them to use. Using concrete examples from professional sports teams and case studies demonstrating the use and value of analytics in the field, Alamar designs a roadmap for managers, general managers, and other professionals as they build their own programs and teach their approach to others.

Triphasic Training - Cal Dietz 2012-06

What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2

parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

This We Believe in Action - 2012

Coaching Youth Basketball - American Sport Education Program 1996
A book for youth basketball coaches and parents working with 6 to 14 year old athletes, describing in detail how to teach kids important basketball skills and strategies at a level that's just right for them.

Basketball Skills and Drills - Jerry Krause 2008

Before great basketball players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game. *Basketball Skills and Drills* provides a blueprint for building the foundation that every well-rounded basketball player needs. The book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

Basketball Sports Medicine and Science - Lior Laver 2020-10-05

This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. *Basketball Sports Medicine and Science* is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

Handbook of Sports Medicine and Science - Jonathan C. Reeser 2008-04-15

This addition to the Handbook series is presented in five sections. The first section covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young, the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

[Handbook of Sports Medicine and Science, The Paralympic Athlete](#) - Yves

Vanlandewijck 2011-01-31

This brand new Handbook addresses Paralympic sports and athletes, providing practical information on the medical issues, biological factors in the performance of the sports and physical conditioning. The book begins with a comprehensive introduction of the Paralympic athlete, followed by discipline-specific reviews from leading authorities in disability sport science, each covering the biomechanics, physiology, medicine, philosophy, sociology and psychology of the discipline. The Paralympic Athlete also addresses recent assessment and training tools to enhance the performance of athletes, particularly useful for trainers and coaches, and examples of best practice on athletes' scientific counseling are also presented. This new title sits in a series of specialist reference volumes, ideal for the use of professionals working directly with competitive athletes.

Beyond Basketball - Mike Krzyzewski 2006-10-10

The Duke University men's basketball team has served as the gold standard in college athletics for well over two decades - and that's all because of the extraordinary impact of Mike Krzyzewski, the highly-respected coach of the Duke squad. Coach K's reputation as a teacher of young men has transcended his extraordinary success as a coach. The Duke team is always ranked at the top of the college game, year in and year out, but what's truly remarkable about Coach K are his players and the legacy they leave behind: Grant Hill, Shane Battier, Elton Brand, Bobby Hurley, and on and on -- these are not just great basketball players, but individuals who have become true leaders in American society, all thanks in large part to Coach K's leadership. So how does Coach K do it? In this new book, he reveals his tips, advice, and time-tested guidance on how he coaches and educates his players about life beyond the basketball court.

USA Track & Field Coaching Manual - Joseph L. Rogers 2000

Variant title : USA Track and Field. From USA Track & Field, Inc.

Coach Wooden and Me - Kareem Abdul-Jabbar 2017-05-16

Former NBA star and Presidential Medal of Freedom recipient Kareem Abdul-Jabbar explores his 50-year friendship with Coach John Wooden, one of the most enduring and meaningful relationships in sports history. When future NBA legend Kareem Abdul-Jabbar was still an 18-year-old high school basketball prospect from New York City named Lew Alcindor, he accepted a scholarship from UCLA largely on the strength of Coach John Wooden's reputation as a winner. It turned out to be the right choice, as Alcindor and his teammates won an unprecedented three NCAA championship titles. But it also marked the beginning of one of the most extraordinary and enduring friendships in the history of sports. In *Coach Wooden and Me*, Abdul-Jabbar reveals the inspirational story of how his bond with John Wooden evolved from a history-making coach-player mentorship into a deep and genuine friendship that transcended sports, shaped the course of both men's lives, and lasted for half a century. *Coach Wooden and Me* is a stirring tribute to the subtle but profound influence that Wooden had on Kareem as a player, and then as a person, as they began to share their cultural, religious, and family values while facing some of life's biggest obstacles. From his first day of practice, when the players were taught the importance of putting on their athletic socks properly; to gradually absorbing the sublime wisdom of Coach Wooden's now famous "Pyramid of Success"; to learning to cope with the ugly racism that confronted black athletes during the turbulent Civil Rights era as well as losing loved ones, Abdul-Jabbar fondly recalls how Coach Wooden's fatherly guidance not only paved the way for his unmatched professional success but also made possible a lifetime of personal fulfillment. Full of intimate, never-before-published details and delivered with the warmth and erudition of a grateful student who has learned his lessons well, *Coach Wooden and Me* is at once a celebration of the unique philosophical outlook of college basketball's most storied coach and a moving testament to the all-conquering power of friendship. Instant New York Times and USA Today Bestseller President Barack Obama's Favorite Book of 2017 A Boston Globe and Huffington Post Best Book of 2017 Pick

Successful Coaching - Rainer Martens 1997

Includes chapters by Brian J. Sharkey on: Principles of training; Fitness for sport; Developing your training program, and Nutrition for athletes. *2021 and 2022 NIRSA Flag and Touch Football Rules Book and Officials' Manual* - National Intramural Recreational Sports Association (NIRSA) 2021-06-03

The 2021 & 2022 NIRSA Flag & Touch Football Rules Book & Officials' Manual provides the latest rule changes in flag and touch football. It offers updated information for officials, including rules for Unified flag football and updated field diagrams reflecting the 30-yard line.

Long-Term Athlete Development - Istvan Balyi 2013-09-04

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research:

- Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span
- Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete
- The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity
- Considerations in the development of optimal programs for participants passing through each of the seven stages

Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

Sports and Entertainment Marketing - Ken Kaser 2007-03

SPORTS AND ENTERTAINMENT MARKETING 3E continues to use sports and entertainment topics as the foundation for teaching marketing concepts. Each marketing function is incorporated throughout the text and is highlighted with an icon to indicate how it is used in the marketing process.

Fundamentals of Sport Management - Robert E. Baker 2013-02-04

Fundamentals of Sport Management presents foundational knowledge of sport management and what sport managers do to help readers prepare for advanced study or practice in the field. An excellent reference for students or professionals, Fundamentals of Sport Management offers insights into the exciting field, the impact of the sport industry, and the possibilities for employment in sport. Written by an author team with experience in both the academic world and sport industry, Fundamentals of Sport Management combines introductory concepts with practical information in sport management. The text begins with a discussion of the origins and development of the field, professional associations, essential components of professional preparation, and potential paths to employment. The various chapters in the text cover everything from managerial principles and sport policy to marketing, economics, and ethics in sport. By presenting an overview of the areas involved in sport management, the text allows readers to focus their efforts to prepare for further study, research, and career opportunities. Throughout the text, unique learning features keep readers engaged with the content and focused on key information:

- Chapter objectives and opening scenarios introduce important concepts in each chapter.
- Management Insights explain the background of relevant sport management issues.
- Quick Facts highlight surprising facts about sport management.
- International Application sidebars detail the global significance of and global applications for sport business.
- Success • Story segments profile individuals working in sport management.
- Quotes offer meaningful insights from experts in the field.
- The Short of It sections present summaries at the end of each chapter. Appendixes include a list of online and print resources for further study as well as tips on applying the

principles of sport management to various positions in the sport industry. These features and resources will help build enthusiasm among readers and open their eyes to the opportunities in the field. Concise, informative, and practical, *Fundamentals of Sport Management* addresses the academic foundations of the field for a broad audience while providing real-world examples of sport management. This resource is ideal for those engaging in the field of study for the first time (such as high school and undergraduate students) or those seeking an overview of the career options available in sport management (such as professionals exploring a career change). For practitioners, *Fundamentals of Sport Management* makes a quick reference for basic information on a range of areas in sport management. This text is part of Human Kinetics' *Fundamentals of Sport and Exercise Science* series. The series helps students and professionals understand the basic topics, goals, and applications of the many subdisciplines in kinesiology. This and other books in the series provide a solid grounding that readers can use as a jumping-off point for further study.

Canyon Dreams - Michael Powell 2021-06-29

The moving story of a Navajo high school basketball team, its members struggling with the everyday challenges of high school, adolescence, and family, and the great and unique obstacles facing Native Americans living on reservations. Deep in the heart of northern Arizona, in a small and isolated patch of the vast 17.5-million-acre Navajo reservation, sits Chinle High School. Here, basketball is passion, passed from grandparent to parent to child. Rez Ball is a sport for winters where dark and cold descend fast and there is little else to do but roam mesa tops, work, and wonder what the future holds. The town has 4,500 residents and the high school arena seats 7,000. Fans drive thirty, fifty, even eighty miles to see the fast-paced and highly competitive matchups that are more than just games to players and fans. Celebrated Times journalist Michael Powell brings us a narrative of triumph and hardship, a moving story about a basketball team on a Navajo reservation that shows how important sports can be to youths in struggling communities, and the transcendent magic and painful realities that confront Native Americans living on reservations. This book details his season-long immersion in the team, town, and culture, in which there were exhilarating wins, crushing losses, and conversations on long bus rides across the desert about dreams of leaving home and the fear of the same.

Explosive Basketball Training - Michael Yessis 2003-01-01

Noted author, consultant and sports conditioning & training specialist Michael Yessis synthesizes years of cutting-edge physical training expertise into one easy-to-read and apply resource that will allow athletes and coaches at any level of play develop the physical skills and techniques necessary to excel in the game of basketball. Covers active vs. static stretching, techniques for improving jump height (with specialized exercises for jumping), techniques for improving shooting range and accuracy (with specialized exercises for shooting), techniques for improving running speed (with specialized exercises for running), improving quickness & agility, designing a personalized training program, and integrated training. Also includes special sections on nutrition and maintaining your training program. Large 8 1/2 by 11 inch format with over 700 photographs.

Jump Start with Weblinks - Brett D. Mills 1997

Out of Bounds - Elena Delle Donne 2019-12-03

From WNBA MVP, Olympic gold medalist, and global ambassador to the Special Olympics Elena Delle Donne comes the third novel in a middle grade series with as much heart as there is game. Elle is finally finding her groove and is excited about how her year is turning out. But when her team loses a major game against their rivals, Elle doesn't know if basketball is worth it anymore. It feels like she can't win—even when she's improving and doing well, everyone always expects more from her. With her changing attitudes on basketball, will she let everyone she knows down if she decides to take a break?

Mind Gym - Gary Mack 2002-06-24

Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." --Ken Griffey Jr., Major League Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial." --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind

influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." Mind Gym will give you the "head edge" over the competition.

The Carolina Way - Dean Smith 2004

The most successful coach in college basketball history shares his complete coaching philosophy and demonstrates how to apply it to the leadership and team-building challenges in one's professional and personal life, emphasizing the three key principles of Play Hard, Play Smart, and Play Together.

The Talent Code - Daniel Coyle 2009-04-28

What is the secret of talent? How do we unlock it? This groundbreaking work provides readers with tools they can use to maximize potential in themselves and others. Whether you're coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand research gathered on journeys to nine of the world's talent hotbeds—from the baseball fields of the Caribbean to a classical-music academy in upstate New York—Coyle identifies the three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything. • Deep Practice Everyone knows that practice is a key to success. What everyone doesn't know is that specific kinds of practice can increase skill up to ten times faster than conventional practice. • Ignition We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues. Understanding how these signals work can help you ignite passion and catalyze skill development. • Master Coaching What are the secrets of the world's most effective teachers, trainers, and coaches? Discover the four virtues that enable these "talent whisperers" to fuel passion, inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts. Scientists have discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo's to Michael Jordan's. The good news about myelin is that it isn't fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating examples of regular people who have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential.

The Other Side of Glory - Carl J. Pierson 2021-11-02

"People often forget the road to greatness is rarely a smooth ride. The Other Side of Glory reminds us of the enormous power of persistence and what can be achieved when a group of young athletes takes the journey and finds that a 'team-first attitude' can navigate the rocky road that leads to the ultimate prize." —Tim Miles, head men's basketball coach, San Jose State University. A compelling story of teamwork and commitment in the competitive world of girls' high school basketball. When the Waconia Wildcats embarked on the 2019 season, their motto was simple: FINISH. It was a mandate to follow through on every play at the basket and a promise to address unfinished business from the previous season, when a one-point loss was all that kept them from reaching the state tournament for the first time in school history. The Other Side of Glory is a sensitive and riveting portrait of youth basketball in small-town Minnesota, a world familiar to many but brimming with its own characters, quirks, and challenges. Readers will get to know the players—girls with nicknames like Sauce, Salsa, Raptor, and Snake—as they navigate high school life, struggle to accept their roles on the team, wrestle with self-doubt, and ultimately band together with the goal of vanquishing a 45-year legacy of coming up short. Inspirational and relatable, this is a must-read for athletes, coaches, and parents everywhere.

Complete Conditioning for Basketball - National Basketball Conditioning Coaches Association 2007

This is a complete guide to performance factors, training direction and workouts. The text provides solid background information and guidance, while the accompanying DVD offers clear visual demonstrations of tests and drills.

Title IX Athletics Investigator's Manual - Valerie M. Bonnette 1990

The Handbook of Sports Medicine and Science - Douglas B. McKeag 2008-04-30

Basketball covers the epidemiology of basketball injury, the physiological demands of basketball, preventive medicine, pre-participation examination and special considerations to be given to the young basketball player, and finally looks at the 'special' basketball player -- diabetics, asthmatics, epileptics, etc.

Pete Newell's Playing Big - Pete Newell 2008

Pete Newell's *Playing Big* offers a rare opportunity to learn from a basketball coach who has taught Shaquille O'Neal, Hakeem Olajuwon, and Bill Walton the finer points of post play and added new inside dimensions to the perimeter games of Shawn Marion, James Worthy, and Scottie Pippen. With this book and DVD, you too can learn and apply the tactics and techniques from the world's foremost expert on playing big and dominating the inside game.

The World Book Encyclopedia - 2002

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

The Playmaker's Advantage - Leonard Zaichkowsky 2018-06-12

Discover the next frontier in sports training—improving your mental game, no matter your age or experience—and how to become the Playmaker, both in your professional and personal life. Coaches search for it. Parents dream of it. Fans love it. Athletes want it. The playmaker on any sports team possesses it: an elusive, intangible quality combining anticipation, perception, and decision-making skills. This quality raises their game above the competition and allows them to pass when no one else can, anticipate the movement of opponents, avoid costly mental mistakes, and ultimately, hold the team together. Now, for the first time, cognitive science research is revealing the secrets of the playmaker's keen sense of awareness. Just as tests of speed, strength, and agility have provided a baseline of physiological biomarkers, coaches can now capture cognitive metrics including attention, pattern recognition, anticipation, and the ability to take quick, decisive action during the chaos of competition. *The Playmaker's Advantage* is a groundbreaking book that will educate athletes of all ages about this essential creative capability in an accessible, easy to understand method.

Full-Court Press - Elena Delle Donne 2018-06-12

From 2015 WNBA MVP, 2016 Olympic gold medalist, and global ambassador to the Special Olympics Elena Delle Donne comes the second novel in a brand-new middle grade series with as much heart as there is game. When the basketball team is invited to have a service day at the school-affiliated after-school program, Elle falls in love with working with kids with special needs. So she begins to volunteer on two days a week when she doesn't have practice and makes new friends there. Now, Elle finds herself juggling her new passion, basketball obligations, and schoolwork. But when her grades start to slip, she's going to have to make a tough decision. Can Elle really do it all? Or will she find herself being pulled in too many directions?

Hearts of Gold - Sheila Dinn 1996

Covers the history of the Special Olympics, the various events in which mentally and physically handicapped athletes compete, and some of the people involved in this international competition.

John Wooden's UCLA Offense - John Wooden 2006

Wooden's first-ever instructional basketball book and DVD package provides an unprecedented inside look at the offensive system of this basketball coaching legend.

The Double-Goal Coach - Jim Thompson 2003-08-12

The *Double-Goal Coach* is filled with powerful coaching tools based on Jim Thompson's Positive Coaching Alliance. These strategies reflect the "best-practices" of elite coaches and the latest research in sports psychology. Hundreds of workshops have shaped these tools for maximum effectiveness and ease of use. The lessons and activities can be used in the very next practice to make sports fun and to get the best from players. The *Double-Goal Coach* provides the framework for coaches and parents to transform youth sports so sports can transform youth -- allowing young athletes to enjoy sports while learning valuable life lessons.

Spiritual Leadership in the Home - Winfred Fleming 2016-02-08

Spiritual Leadership in the Home: Three Principles for Effective Leadership in Your Home By Winfred Fleming This book provides the opportunity for individuals, Sunday school classes, discipleship groups, or home Bible studies to explore scripture and discover how to effectively lead in the home. The author introduces three principles in the book to help guide the reader into becoming a "spiritual leader." The book also provides both positive and negative leadership models from scripture as well as a visual model of Christ-centered leadership.

Letters to a Young Athlete - Chris Bosh 2021-06-01

A legendary NBA player shares his remarkable story, infused with hard-earned wisdom about the journey to self-mastery from a life at the highest level of professional sports. Chris Bosh, NBA Hall of Famer, eleven-time All-Star, two-time NBA champion, Olympic gold medalist, and the league's Global Ambassador, had his playing days cut short at their prime by a freak medical condition. His extraordinary career ended "in a doctor's office in the middle of the afternoon." Forced to reckon with moving forward, he found himself looking back over the course he'd taken, to the pinnacle of the NBA and beyond. Reflecting on all he had learned from a long list of basketball legends, from LeBron and Kobe to Pat Riley and Coach K, he saw that his important lessons weren't about basketball so much as the inner game of success—right attitude, right commitment, right flow within a team. Now he shares that journey, giving us a view from the inside of what greatness feels like and what it takes. *Letters to a Young Athlete* offers a proven path for taming your inner voice and making it your ally, through the challenges of failure and success alike.

The Complete Directory for People with Disabilities - 1997

Handbook of Sports Medicine and Science - Yves C. Vanlandewijck 2016-06-07

Part of the esteemed IOC Handbook of Sports Medicine and Science series, this new volume on Training and Coaching the Paralympic Athlete will be athlete-centred with each chapter written for the practical use of medical doctors and allied health personnel. The chapters also consider the role of medical science in the athlete's sporting career and summarize current international scientific Paralympic literature.

Provides a concise, authoritative overview of the science, medicine and psycho-social aspects of training and coaching disabled and Paralympic athletes. Offers guidance on medical aspects unique to the training and coaching of Paralympic athletes. Endorsed by both the International Olympic Committee (IOC) and the International Paralympic Committee (IPC). Written and edited by global thought leaders in sports medicine. *Special Olympics Report* - United States. Congress. Senate. Committee on Appropriations 2001