

HUMAN KINETICS

January — June 2014



HUMAN KINETICS

The Premier Publisher for Sports & Fitness

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Project Manager: Sue Outlaw
Graphic Designer: Keri Evans



HUMAN KINETICS

In April 1974, much of the world was in the midst of an economic recession. In the United States, gasoline shortages were common, inflation was on the rise, and the president was embroiled in the controversy that, in a mere four months, would result in his resignation. Who could have predicted that these were the ideal conditions for a sport publishing company to take root in Champaign, Illinois. But take root and flourish it did.

This year Human Kinetics celebrates its 40th anniversary. We've come a long way from the days when our first orders were fulfilled on a Ping-Pong table in founder Rainer Martens' basement. What began with a collection of conference proceedings has blossomed into an immense multiformat product line, including books, DVDs, e-books, mobile applications, online courses, and journals. With offices in the United States, Canada, Europe, and Australia, HK is the world's leading publisher of information on sports, coaching, and physical activity.

HK's growth and longevity would not have been possible without your continued support. From the perennial powerhouse *Nancy Clark's Sports Nutrition Guidebook* to the million-selling *Strength Training Anatomy*, you've supported our seasonal offerings and backlist titles. You've helped us reach this milestone, and I'd like to thank you for all your efforts.

Perhaps the best way to convey our gratitude is to continue to publish the superior products you've come to expect. On the pages that follow, you'll find a stellar lineup highlighted by the following titles:

- The new edition of the top-selling *Pilates* is one of this spring's most anticipated releases. With expanded coverage of mat work, apparatus exercises, and beautiful photo sequences, it is the definitive guide on the subject.
- *Dumbbell Training* is one of three new strength and conditioning offerings that will make a splash in the months to come. With 81 exercises and 40 programs, this complete workout guide will be a top performer for you when it debuts in January.
- *4:09:43: Boston 2013 Through the Eyes of the Runners* is a riveting account of that fateful Patriot's Day one year ago. Author Hal Higdon weaves together 75 stories into one unforgettable, single-voice narrative that captures the emotions. Backed by heavy promotion and media exposure for the 2015 event, this is one title you'll want to be sure to stock.

Of course, this is only a small sampling of what you can look forward to. On the pages that follow you'll find more information on our new frontlist releases. Once again, thank you for your support, and best wishes for a profitable 2014.

Jason Muzinic
Consumer Division Director

Pilates

Second Edition

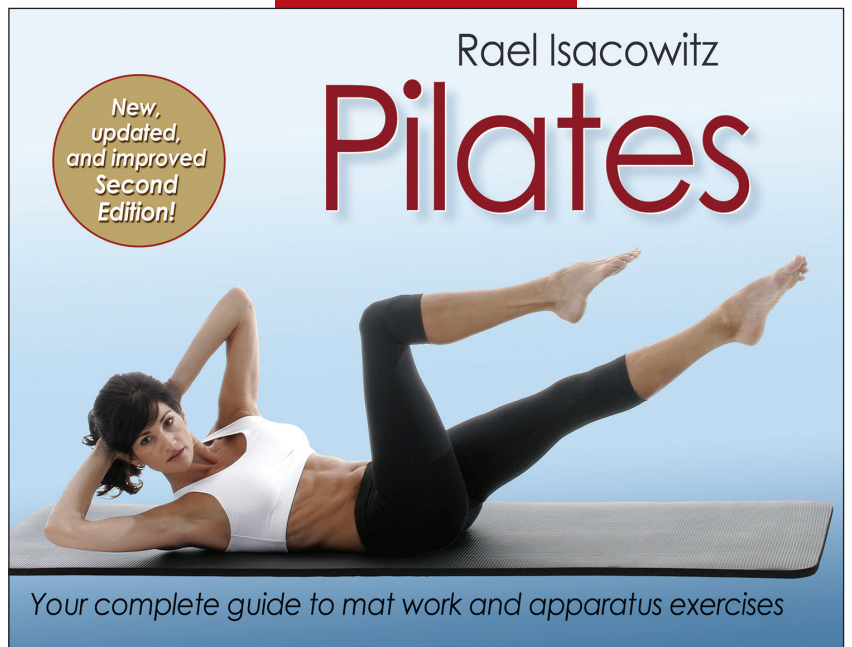
Rael Isacowitz

"Pilates 2E, brought to you by world-class master Rael Isacowitz, provides all of the necessary tools and then some for you to reap the wide-ranging benefits that the method has to offer. Whether you're new to Pilates or a seasoned practitioner, you will read this book—cover to cover—over and over again."

Amanda Altman
Managing Editor
Pilates Style magazine

Having sold more than 60,000 copies and been translated into several languages, *Pilates* is the most respected and comprehensive guide available on the Pilates method, offering a wealth of instruction and insight on both mat work and apparatus exercises not covered by other titles. This updated second edition of Rael Isacowitz's acclaimed book makes the practice of Pilates even more accessible to the millions of people who practice it and the professionals who teach it.

In addition to popular mat exercises, *Pilates* offers in-depth coverage of classic apparatus: universal reformer, cadillac, wunda chair, step and ladder barrels, ped-a-pul, arm chair, and magic circle. Exercises in this conveniently organized book include level of difficulty ratings, recommended resistance ranges, imagery cues, and explanations of not only how to perform the movements but also how readers will benefit from them. The exercises are categorized by body region and include variations to increase or decrease the challenge. Because breath control is an integral part of Pilates, notes on breathing patterns are included for each exercise. Readers will also benefit from the detailed information on fundamentals such as the mind-body connection, alignment, and posture.



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Paperback • Approx 376 pages • 11 x 8.5
Approx 983 illus • ISBN 978-1-4504-3416-4
\$22.95 U.S. • \$25.95 CDN • \$29.95 AUS • \$37.99 NZ

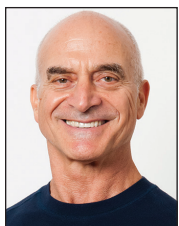
(Previous edition 978-0-7360-5623-6)

PROMOTION PLANS

- Advertising in *IDEA Fitness Journal* and *American Fitness*
- National direct mail
- National press release campaign

BEST-SELLING FITNESS TITLES

Pilates Anatomy (978-0-7360-8386-7)
Yoga Anatomy - 2nd Edition (978-1-4504-0024-4)
Total Knockout Fitness (978-0-7360-9434-4)



ABOUT THE AUTHOR

Rael Isacowitz, founder of Body Arts and Science International (BASI Pilates), which has developed over the past 25 years into one of the foremost Pilates education organizations in the world, has taught in over 100 locations spanning 30 countries.

Isacowitz is a world-renowned practitioner and teacher of Pilates. With over three decades of Pilates practice and achievement, he is a prominent lecturer and teacher at symposia, universities, colleges, and studios around the globe. He received his bachelor of education degree and teaching credentials from Israel's prestigious Wingate Institute, where he subsequently joined the teaching faculty. Isacowitz has mastered all levels of the Pilates repertoire and is noted in the industry for his unique athleticism; synthesis of body, mind, and spirit; and passion for teaching.

Isacowitz's first edition of *Pilates* (Human Kinetics, 2006) and his *Pilates Anatomy* (coauthored with Karen Clippinger, Human Kinetics, 2011) have received worldwide acclaim and been translated into multiple languages. He has published a series of movement analysis workbooks on all the Pilates apparatus, produced DVDs, designed the revolutionary Avalon System line of contemporary equipment, and created the groundbreaking Pilates Interactive software. He is a regular contributor to several industry publications. Isacowitz lives in Newport Beach, California.

High-Performance Training for Sports

Authoritative athletic conditioning from internationally acclaimed experts

Foreword by
Mark Verstegen



David Joyce • Daniel Lewindon
Editors

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Paperback • Approx 408 pages • 8.5 x 11
Approx 265 illus • ISBN 978-1-4504-4482-8
\$27.95 U.S. • \$30.95 CDN • \$36.95 AUS • \$45.99 NZ

PROMOTION PLANS

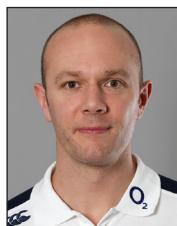
- Advertising in *Journal of Pure Power*, *FitnessRx for Men*, *FitnessRx for Women*, and *Muscular Development*
- National direct mail
- National press release campaign

BEST-SELLING CONDITIONING TITLES

Athletic Development (978-0-7360-5100-2)
Functional Training for Sports (978-0-7360-4681-7)
Training for Speed, Agility, and Quickness (978-0-7360-5873-5)

ABOUT THE EDITORS

David Joyce is one of the first people in the world to lecture on and hold master's degrees in both sport science and sports medicine. He has trained, rehabilitated and maintained multiple world and Olympic champions along with more than 100 national champions and 300 national representatives. The first athletic performance coach in history to work with the Chinese team after having worked with another national Olympic team, Joyce is currently head of athletic performance at Western Force, the most traveled team in world sport in the toughest club rugby competition in the world spanning Australia, New Zealand and South Africa. He lives in Western Australia.



Daniel Lewindon is uniquely qualified with master's degrees in both sport science and sports medicine. He has more than 10 years' experience working full-time in elite sport and is a physiotherapist for the England rugby team, a post he has held for more than four years. Working as part of an elite performance team to ensure the health and performance of England's best rugby players, Lewindon is a consultant physiotherapist for Red Bull extreme sports athletes. He lives in Market Harborough, UK.

High-Performance Training for Sports

David Joyce and Daniel Lewindon

Foreword by Mark Verstegen

High-Performance Training for Sports presents the best athlete conditioning protocols and programs in the world. An elite group of strength and conditioning specialists and sport physiotherapists share their expertise, philosophies, and strategies to maximize athletic performance.

Recognizing that every athlete and sport is unique, *High-Performance Training for Sports* takes an athlete-centered approach to training. Editors David Joyce and Daniel Lewindon assembled world-renowned authorities and practitioners to cover every element of a conditioning program that accounts for individual differences in athletic capacities, training and injury histories, age, experience, and other variables.

High-Performance Training for Sports is the first authoritative international text to combine principles of strength and conditioning with the disciplines of physiotherapy and athletic training, which is the future in the field. Selected chapters are augmented by case studies and insights of coaches of top teams and athletes around the globe. Readers will discover how scientific findings are currently being interpreted and applied in developing the world's best sport performers.

As an essential guide to developing all aspects of athletic performance, *High-Performance Training for Sports* boasts sample programs, the latest and most effective research, techniques, protocols, and programming available at the highest levels of sport conditioning. This is a groundbreaking work that offers rare insight into leading methods of athlete conditioning.

Strength Training for Fat Loss

Nick Tumminello

"Nick Tumminello's workouts aren't just effective; they're also fun to perform. Readers of Strength Training for Fat Loss are in for a real treat."

Lou Schuler
Award-Winning Fitness Journalist

As a highly sought-after coach and educator, Nick Tumminello is an innovator in the field of human performance and training. He is the owner and operator of Performance University International and the inventor of the Core Bar; a presenter at national fitness conferences and health clubs throughout the nation; and a consultant for major training and equipment companies such as Reebok, Hylete, Sorinex, and Dynamax. He is also a contributor to numerous popular magazines and websites, including *Men's Health*, *FitnessRx*, *Oxygen*, *T-Nation.com*, and *Bodybuilding.com*.

Now everyone can have access to Nick Tumminello's elite training program with *Strength Training for Fat Loss*. Offering readers a proven plan for melting fat, Tumminello provides over 150 exercises and nearly 30 ready-to-use workouts to help readers begin transforming their bodies. Presenting workouts for the gym and the home, the book features a nonintimidating approach to strength training with exercises using both body weight and equipment. It also includes nutrition guidelines to enhance results, along with details on the principles behind this program.

Strength Training for Fat Loss offers a comprehensive guide to burning fat for aesthetic, performance, and health purposes providing men and women a safe approach to strength training.



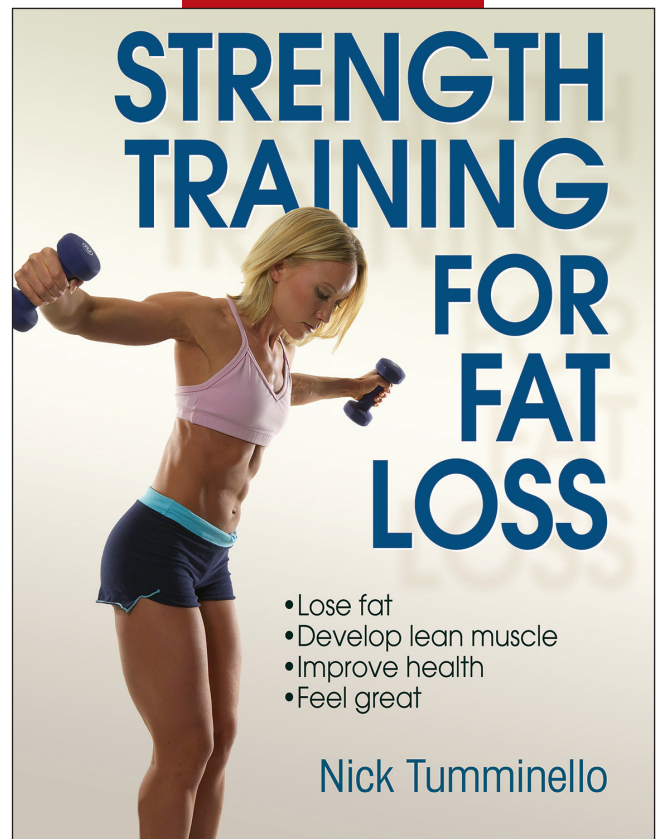
ABOUT THE AUTHOR

Coach Nick Tumminello is the owner of Performance University International, which provides hybrid strength training and conditioning for athletes and professional educational programs for trainers and coaches all over the world.

As an educator, Coach Nick has become known as the Trainer of Trainers. He has presented at international fitness conferences and has been a featured presenter at conferences held by such organizations as IDEA, NSCA, DCAC, and ECA. Tumminello holds workshops and mentorship programs in his hometown of Fort Lauderdale, Florida. He has produced more than 15 instructional DVDs and is a CEC provider for ACE and NASM.

Tumminello has been a fitness professional since 1998 and co-owned a private training center in Baltimore from 2001 to 2011. He has worked with a variety of exercise enthusiasts of all ages and fitness levels, including athletes from the amateur to the professional ranks. From 2002 to 2011, Tumminello served as the strength and conditioning coach for the Ground Control MMA fight team.

Tumminello's articles have appeared in over 30 major health and fitness magazines, including *Men's Health*, *Men's Fitness*, *FitnessRx*, *Sweat RX*, *Status*, *Train Hard Fight Easy*, *Fighters Only*, and *Fight!* He has been featured in two *New York Times* best-selling exercise books and on the front pages of Yahoo.com. He is also a featured contributor to several popular fitness training websites and writes a popular fitness training blog at PerformanceU.net. Tumminello lives in Lauderdale by the Sea, Florida.



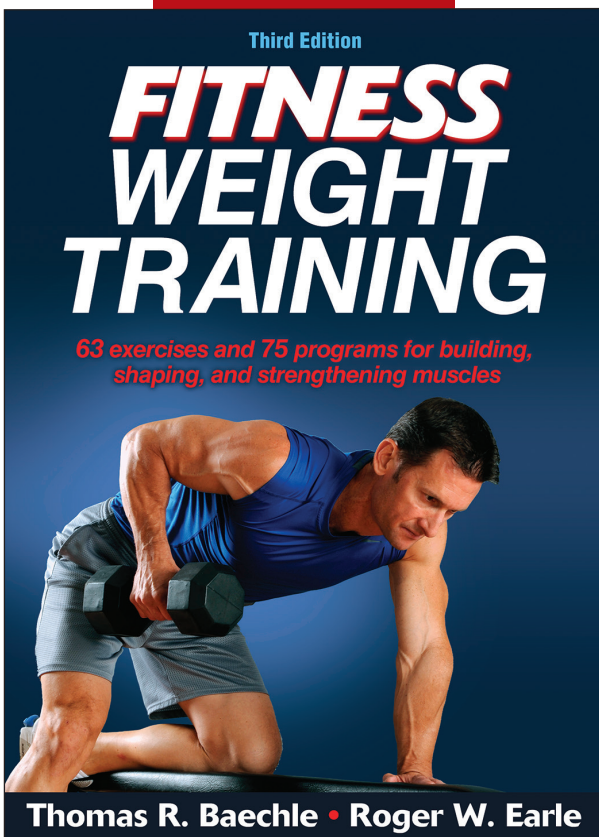
Paperback • Approx 248 pages • 8.5 x 11
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\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

PROMOTION PLANS

- Advertising in *Journal of Pure Power*, *FitnessRx*, and *Muscular Development*
- National direct mail
- National press release campaign

BEST-SELLING WORKOUT TITLES

Bodyweight Strength Training Anatomy (978-1-4504-2929-0)
Better Body Workouts for Women (978-1-4504-3276-4)
The Strength Training Anatomy Workout II (978-1-4504-1989-5)



Paperback • Approx 272 pages • 7 x 10
 Approx 169 illus • ISBN 978-1-4504-4513-9
 \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ
 (Previous edition 978-0-7360-5255-9)

PROMOTION PLANS

- Advertising in *FitnessRx*, *Muscular Development*, and *Journal of Pure Power*
- National direct mail
- National press release campaign

BEST-SELLING STRENGTH TRAINING TITLES

Strength Training Anatomy - 3rd Edition (978-0-7360-9226-5)
Body Trainer for Men (978-1-4504-1970-3)
Encyclopedia of Muscle & Strength (978-0-7360-5771-4)



ABOUT THE AUTHORS

Thomas R. Baechle, EdD, CSCS,*D, NSCA-CPT,*D, is a professor and chair of the exercise science department at Creighton University. He is a co-founder and past president of the National Strength and Conditioning Association (NSCA), and for 20 years he was the executive director of the NSCA Certification Commission. Baechle has authored, coauthored, or edited 15 books, including the first and second editions of *Fitness Weight Training*, four editions of the popular *Weight Training: Steps to Success*, and three editions of *Essentials of Strength Training and Conditioning*, all published by Human Kinetics. He lives in Omaha, Nebraska.



Roger W. Earle, MA, CSCS,*D, NSCA-CPT,*D, was the associate executive director and the director of exam development for the NSCA Certification Commission. He also served as the head strength and conditioning coach and was a faculty member of the exercise science and athletic training department at Creighton University. Earle has extensively lectured at national and international conferences about designing personalized exercise and training programs, weight management, and exercise motivation. Earle coedited both the *NSCA's Essentials of Personal Training* and the second and third editions of *Essentials of Strength Training and Conditioning*. He lives in east central Illinois.

Fitness Weight Training

Third Edition

Thomas R. Baechle and Roger W. Earle

"If it's important for you to make the greatest gains from your time in the gym, then this latest edition of Fitness Weight Training is the only training guide you need."

Dan Wagman, PhD, CSCS
 Publisher and Editor in Chief
Journal of Pure Power (JOPP)

With over 125,000 copies of previous editions in print, the third edition of *Fitness Weight Training* is a proven, practical guide for male and female fitness enthusiasts seeking to tone, shape, or strengthen their bodies.

Collectively, authors Thomas Baechle and Roger Earle have over a half century of strength and conditioning expertise. This new edition of *Fitness Weight Training* capitalizes on that expertise with more than 150 full-color photos that demonstrate exercises, 75 ready-to-use programs, and guidelines for developing a personalized program.

Baechle and Earle offer an overview of weight training do's and don'ts, ensuring a complete understanding of techniques, grips, equipment selection and use, and program design. With three results-oriented programs—muscle toning, body shaping, and pure strength training—readers then determine which program best fits their needs and overall objectives.

Then, using six color-coded six-week-long workout zones marking levels of difficulty and intensity, readers can move through their weight training programs at their own pace. In addition to 60-plus progressive exercises that target every muscle group, sample workout plans can be used as is or customized to formulate a personalized program.

Dumbbell Training

Allen Hedrick

People looking to build strength and power or tone their entire bodies rely on the convenience and effectiveness of hand weights. In 2011, nearly 47 million Americans used some form of hand weights as opposed to traditional barbells or weight machines. Whether readers are looking to start a new workout regimen or seeking a way to change things in their current programs, former NSCA Collegiate Strength and Conditioning Coach of the Year Allen Hedrick has developed a comprehensive guide to training with dumbbells for both strength and conditioning enthusiasts and athletes.

In *Dumbbell Training*, Hedrick describes the many benefits of training with dumbbells as opposed to other methods of free weights. The former strength and conditioning coach at the United States Olympic Training Center also shows how dumbbells can be an excellent alternative to traditional barbell workouts for just about anyone, including those just getting started with new routines and those preferring to workout in the comfort of their homes.

Loaded with 81 exercises, *Dumbbell Training* outlines how to incorporate dumbbells into a routine that many people may have never previously considered. It also includes 40 ready-to-use programs for increased power, speed, agility, and balance for athletes in 11 popular sports: basketball, cycling, ice hockey, skiing, soccer, softball, speed skating, swimming, track and field, volleyball, and wrestling.

Perfect for everyone, including those striving to take their workouts to a new level and those simply seeking alternative exercises to break up an existing program, *Dumbbell Training* provides the blueprint to success regardless of overall objectives.

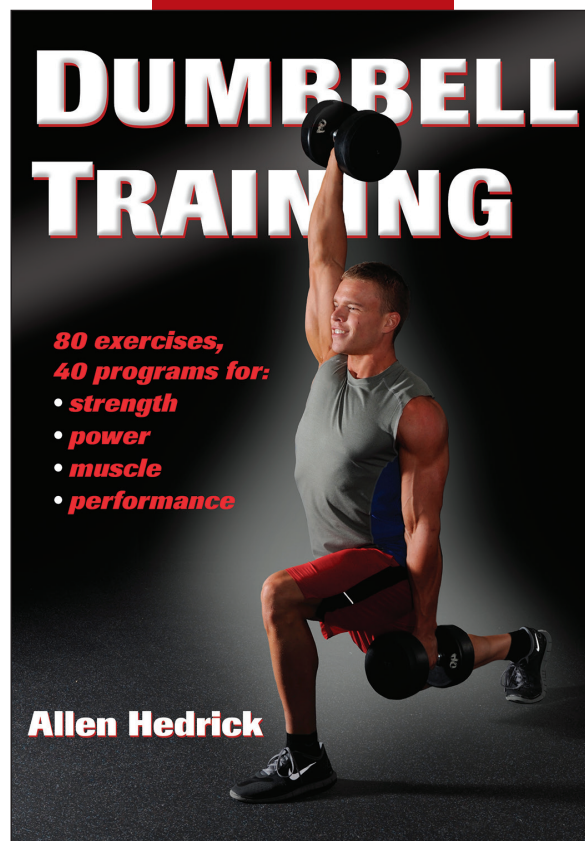


ABOUT THE AUTHOR

Allen Hedrick was named the first-ever head strength and conditioning coach at Colorado State University at Pueblo in September 2009. For three years he worked as a strength and conditioning coach at the United States Olympic Training Center in Colorado Springs, Colorado. He then worked as the assistant strength and conditioning coach at the United States Air Force Academy for three years before being named the head strength and conditioning coach at the academy, a position he held for nine years.

Hedrick then moved to the National Strength and Conditioning Association's headquarters as the head strength and conditioning coach and later as education coordinator. He stayed in that position until moving into his current position at CSU-Pueblo.

During his career, Hedrick has worked with a variety of athletes, from elementary school age to professionals and Olympic medalists (speed skater Bonnie Blair and Greco-Roman wrestler Matt Ghaffari). Hedrick's work has been published over 100 times, and he has written a book on strength and conditioning for football. He has also produced numerous DVDs including *Strength for Sports Performance* (Human Kinetics, 2007). Hedrick has spoken at various conferences and clinics worldwide and in 2003 was selected by his peers as the National Strength and Conditioning Association's Collegiate Strength and Conditioning Coach of the Year. He lives in Pueblo West, Colorado



Paperback • Approx 232 pages • 7 x 10
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PROMOTION PLANS

- Advertising in *FitnessRx*, *Muscular Development*, and *Journal of Pure Power*
- National direct mail
- National press release campaign

BEST-SELLING STRENGTH TRAINING TITLES

Kettlebell Training (978-1-4504-3011-1)
Strength Band Training - 2nd Edition (978-0-7360-9037-7)
Bodyweight Strength Training Anatomy (978-1-4504-2929-0)

Complete Linebacking

Second Edition

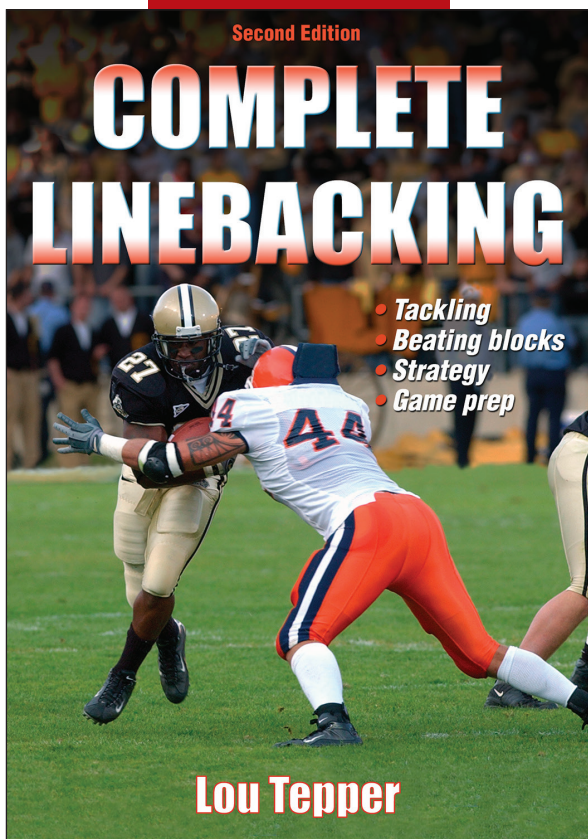
Lou Tepper

Football offenses have evolved since Lou Tepper penned the first edition of *Complete Linebacking*. Today's no-huddle, misdirection, and air-it-out offensive philosophies require linebackers to be more agile, quick, strong, and intelligent. In this updated second edition, Tepper has assembled the most comprehensive resource on linebacking available today, providing linebackers and coaches with the knowledge for demystifying and defending today's complex offensive schemes and systems.

With over 45 years of coaching experience, three Butkus Award winners, and more than 20 NFL linebackers to his credit, Tepper is the foremost authority on developing top-quality linebackers. His insights and unparalleled expertise on skill instruction, defensive strategies and techniques, and game preparation are augmented by vital new information addressing presnap communication and defending today's most popular offensive systems, including the spread, option, and hurry-up.

A new highlight to the second edition is Tepper's complete day-by-day game preparation and focal points. Each day's practice is broken down and scripted sequentially to address specific linebacking drills, techniques, and schemes that put players in position to defeat that week's opponent. Multiple breakdowns account for opponents' varying offensive schemes and tendencies.

With *Complete Linebacking*, readers will learn from one of the greatest defensive minds in football. It's sure to be a game changer for those who coach and play the position.



Final cover image not available

Paperback • Approx 280 pages • 7 x 10
 Approx 274 illus • ISBN 978-1-4504-6645-5
 \$22.95 U.S. • \$25.95 CDN • \$29.95 AUS • \$37.99 NZ

(Previous edition 978-0-88011-797-5)

PROMOTION PLANS

- Advertising in *Coaching Management-Football*, *Coach & Athletic Director*, and *American Football Monthly*.
- National direct mail
- National press release campaign

BEST-SELLING FOOTBALL TITLES

Defensive Football Strategies (978-0-7360-0142-7)

Football Kicking and Punting (978-0-7360-7470-4)

Football Skills & Drills - 2nd Edition (978-0-7360-9076-6)



ABOUT THE AUTHOR

Since 2012, **Lou Tepper** has served as defensive coordinator and linebackers coach at the University of Buffalo. As head coach, Tepper led at the University of Illinois (1991-96), Edinboro University of Pennsylvania (2000-05), and Indiana University of Pennsylvania (2006-10). He took the Illini to three bowl games, including a win in the 1994 Liberty Bowl. At Edinboro, Tepper guided his teams to three Pennsylvania State Athletic Conference (PSAC) titles, and he was twice named PSAC West Coach of the Year. At Indiana University of Pennsylvania, he was named PSAC West Coach of the Year for the third time.

In compiling an impressive 101-75-2 overall record as head coach, Tepper is well known for his genius on the defensive side of the ball. He held the positions of defensive coordinator and linebackers coach at Louisiana State University (1997-99); defensive coordinator and assistant head coach at Illinois (1988-91); linebackers coach, defensive coordinator, and assistant head coach at the University of Colorado (1983-87); and linebackers coach at Virginia Tech (1978-82). As linebackers coach, Tepper mentored three Butkus Award winners—Colorado's Alfred Williams and Illinois' Dana Howard and Kevin Hardy—and developed more than 20 NFL linebackers. He lives in Williamsville, New York.

Attacking Soccer

Jay Miller

Having coached at all levels of the game and enjoyed several successful international coaching appointments, editor Jay Miller brings together a who's who of soccer coaches in *Attacking Soccer* including:

Ken Lolla, Soccer America's Coach of the Year (2010) and the head men's soccer coach at the University of Louisville;

Tony DiCicco, coach of the U.S. women's national team from 1994 to 1999, during which time the team won the Olympic gold medal and 1999 FIFA Women's World Cup;

Bobby Clark, head coach of men's soccer at the University of Notre Dame, where he has a record of 153-68-35 (.666) and his teams have been ranked in the final National Soccer Coaches Association of America (NSCAA) top 25 poll in 10 of Clark's 12 seasons; and

Anson Dorrance, head coach of women's soccer at the University of North Carolina, where he has won 20 of the 28 NCAA women's soccer championships and recorded a .963 winning percentage (696-35-22)

Attacking Soccer is the definitive guide for every offensive facet of the game. Coverage includes individual skills such as passing, crossing, and heading; strategies for attacking from the flanks, the defensive, middle, and attacking thirds; and restart plays for capitalizing on corner kicks, free kicks, and throw-ins.

Each chapter is written by a different coach and includes that coach's personal philosophy and training methods, real-world examples, and 5 to 10 favorite drills along with a detailed description and field diagrams for sharpening the skills, teamwork, and execution that are essential to the attack.

To succeed, athletes learn from others who have already achieved success at the highest level. With over 320 years of combined coaching experience and over 3,500 victories at all levels of competition, the contributors to *Attacking Soccer* offer that insight to the more than 240 million soccer players and coaches in the world.



ABOUT THE EDITOR

Jay Miller's 40-year coaching career is the culmination of a life of competition and mentoring at every level of soccer. With a BS and MED in health and physical education from East Stroudsburg University, Miller began his career at Lebanon County High School, where he won the state championship, a first for the school. Later, coaching at the collegiate level, he led the University of Tampa to their first national title. As head coach for the University of South Florida, Miller won three conference titles.

Miller has served as a national teams coach and coaching instructor for the United States Soccer Federation since 1978. He has contributed to several technical reports for competitions, including the 1994 World Cup, 1996 Olympic Games, and the 1999 Women's World Cup. His international coaching includes qualifying the U-17 national team for the 1997 World Championships and serving as a national coach for the U-18, U-20, U-23, and full national teams. Coach Miller represented the U.S. State Department's Sports Envoy Program as an instructor and coach on tours to Morocco, Bolivia, and Thailand. In 2012 he joined New England Revolution Professional Soccer Club as the first assistant. The following year the Revs returned to the MLS Playoffs after a four-year absence. Miller lives in Suwanee, Georgia.

ATTACKING SOCCER

**Skills and drills
for a high-scoring
offense**

Jay Miller
Editor



Paperback • Approx 192 pages • 7 x 10
Approx 103 illus • ISBN 978-1-4504-2240-6
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

PROMOTION PLANS

- Advertising in *Soccer Journal*, *Success in Soccer*, and *Coach & Athletic Director*.
- National direct mail
- National press release campaign

BEST-SELLING SOCCER TITLES

The Complete Soccer Goalkeeper (978-0-7360-8435-2)
Skills & Strategies for Coaching Soccer - 2nd Edition
(978-0-7360-8022-4)
Soccer Skills & Drills (978-0-7360-5629-8)

Triathletes in Motion

Assessing Movement for
World-Class Technique and Performance

Marc Evans
Jane Cappaert, PhD

Final cover image not available

Paperback • Approx 416 pages • 8.5 x 11
Approx 435 illus • ISBN 978-1-4504-3220-7
\$29.95 U.S. • \$33.95 CDN • \$39.95 AUS • \$48.99 NZ

PROMOTION PLANS

- Advertising in *Triathlete*, *Marathon & Beyond*, and *Running Times*.
- National direct mail
- National press release campaign

BEST-SELLING TRIATHLON TITLES

Triathlon Anatomy (978-1-4504-2138-6)
Triathlon Science (978-1-4504-2380-9)
Complete Triathlon Guide (978-1-4504-1260-5)



ABOUT THE AUTHORS

Marc Evans has been inspiring excellence in endurance athletes and their coaches since becoming triathlon's first professional coach in 1981. A two-time head coach for USA Triathlon, Evans led the 12-member team at the first World Championships in 1989 when Mark Allen won the gold medal for the U.S. team. As the director of endurance sports for the Ironman Sports and Endurance Center from 1985 to 1987, Evans worked with medical director and conference founder Ferdy Massimino, MD. During that time, Evans directed the endurance sport training camp for triathletes and lectured on swimming, cycling, and running biomechanics and training periodization. He has lectured and conducted clinics for triathlon federations all over the world and continues to fine-tune technique of athletes at all levels. Working alongside coaches, he provides movement evaluations and consultations on the broader aspects of training and preparation.

Jane Cappaert, PhD, is a leading expert in the field of biomechanics. Cappaert began her career at the U.S. Olympic Training Center in Colorado Springs, Colorado. She initially analyzed the biomechanics of athletes competing in a variety of sports. She then spent nine years studying and improving the technique of swimmers and triathletes while working at USA Swimming. Cappaert designed, developed, tested, and patented Speedo International's first full-body swimsuit called FastSkin. During its debut at the 2000 Olympics in Sydney, swimmers wearing FastSkin suits won 83 percent of Olympic medals. After the 2000 Olympics, Cappaert took a position at Reebok International, where she engineered athletic shoes to meet the specific functional and biomechanical demands of running, power motions, cutting motions, and jumping.

Triathletes in Motion

Marc Evans and Jane Cappaert

"Triathletes in Motion will ensure you're getting the most out of your training."

Scott Molina

Winner of the 1988 Hawaii Ironman World Championships and over 100 professional races

Marc Evans' distinguished coaching career began when he became triathlon's first professional coach in 1981. Since then, he has been teaching, coaching, mentoring, and collaborating with endurance athletes and coaches from all over the world, including Dave Scott, Scott Tinley, and Mark Allen, triathletes who have won a combined total of 14 Ironman World Championship titles. As a two-time head coach for USA Triathlon and one of the world's most experienced and respected triathlon and endurance sport teachers, Evans continues to set the standard for technique instruction and movement analysis for triathletes, swimmers, cyclists, and runners.

Authoritative, practical, and accessible, *Triathletes in Motion: Assessing Movement for World-Class Technique and Performance* is the most powerful resource ever written on the evaluation of individual movement, corrective tests, and technique development. Featuring an all-encompassing approach and principle-based coaching model, this manual will help triathletes, coaches, and federations striving to improve technique and results.

Evans' career is built on the knowledge that the first steps of any good training plan or adjustment to form must include an initial analysis of movement and stability. Therefore, Evans outlines the same assessments and analysis he uses with triathletes and coaches he mentors to identify performance limiters related to asymmetry, mobility, flexibility, and strength. He then presents multiple targeted exercises proven to correct these limiters and promote stronger, more efficient movement and reduced risk of injury. Evans also offers advice on nutrition, recovery, and mental training, all of which are essential to triathletes' training programs. *Triathletes in Motion* is as applicable to every athlete, coach, and triathlon federation seeking ways to make the most of their training time as it is to highly skilled athletes who are looking for help in achieving even greater results.

Mastering Running

Cathy Utzschneider

"Anyone interested in improving running—whether 35 or over 70—will find much valuable information in *Mastering Running*. Cathy Utzschneider combines her scientific background with all she has learned as a masters runner to bring you what you need to know and tell you how it will make you a faster, stronger, healthier runner."

Amby Burfoot
1968 Boston Marathon Winner
Runner's World Editor at Large

Running is booming—the number of race finishers has increased by 80 percent since 2000, according to Running USA. In 2012 there were a record 15.5 million race finishers in the United States alone. And unlike many fitness activities, running is more popular than ever among mature athletes. The average age of male runners in the United States is 43.8 years, and the average age of female runners is 39.3.

Masters runner and coach Dr. Cathy Utzschneider has had much success since she began running competitively at age 40. She was ranked fifth in the world in her age group and won six USA Track and Field age-group titles. She is currently head coach of the Liberty Athletic Club, where she has led its members to three world and six American age-group records and 45 national masters age-group championships. Now in *Mastering Running*, Utzschneider shares nearly 20 years of extensive experience in training masters athletes.

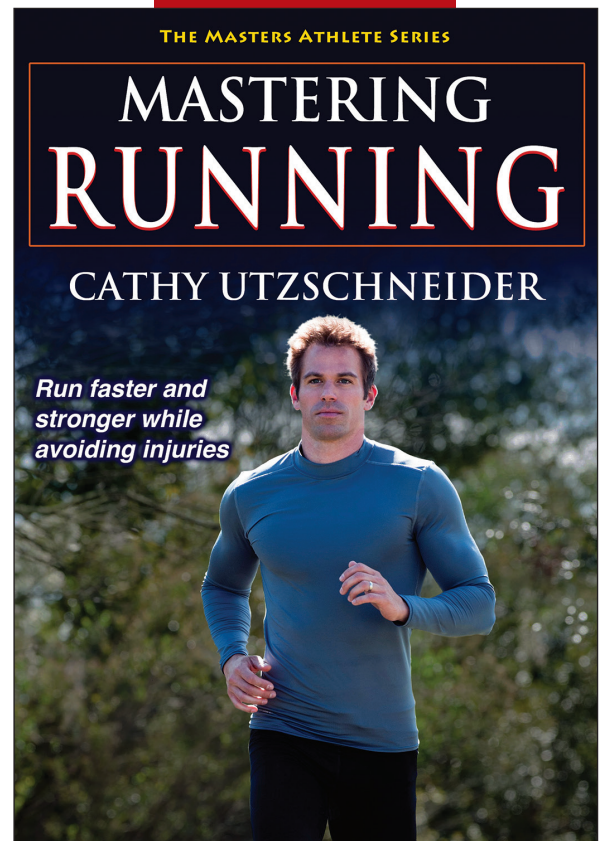
A comprehensive resource for fitness and competitive runners aged 35 and older, *Mastering Running* proves that age is no obstacle to excellence. With information and advice on topics that matter most to older runners, this resource contains master-specific drills, exercises, and training plans. Readers will learn how to improve their running form, creating efficiencies that will increase speed, minimize injury, and stave off natural declines in strength and flexibility. Using proven event-specific programming for the mile, 5K, 10K, half marathon, and marathon, runners will be running longer and stronger and setting new personal bests—regardless of age.



ABOUT THE AUTHOR

Masters runner and coach **Dr. Cathy Utzschneider** began running competitively at age 40. Between the ages of 40 and 50 she was ranked fifth in the world in her age group and won six USA Track and Field age-group titles and a silver medal at the Nike World Masters Games. She also won the 8K race at the North, Central American, and Caribbean World Masters Athletics. For the past 20 years she has trained hundreds of runners ranging from beginners to Olympians and served as Boston Marathon coach to employees of John Hancock Insurance. As current head coach of the Liberty Athletic Club, the longest-operating all-women's running club in the country, Utzschneider has coached members to championships. She also served as president of the club for three years. In 2010, she and three other Liberty teammates set an American age-group record in the 4x1600-meter relay.

Utzschneider is certified as a level 1 USA Track and Field coach and in levels 1 to 3 in the Burdenko method of water and sports therapy. She is a national site coach for www.women-running-together.com. In addition to coaching, Utzschneider writes a column for *National Masters News* and is an adjunct professor at Boston College. She also published *Move! How Women Can Achieve Athletic Goals at Any Age*. Utzschneider lives in Chestnut Hill, Massachusetts.



Paperback • Approx 232 pages • 7 x 10
Approx 87 illus • ISBN 978-1-4504-5972-3
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

PROMOTION PLANS

- Advertising in *Running Times* and *Marathon and Beyond*
- National direct mail
- National press release campaign

BEST-SELLING RUNNING TITLES

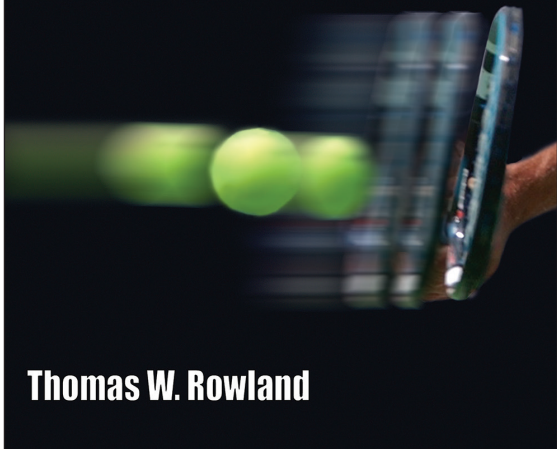
Daniels' Running Formula - 3rd Edition
(978-1-4504-3183-5)

Running Science (978-0-7360-7418-6)

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Tennisology

Inside the Science of Serves,
Nerves, and On-Court Dominance



Paperback • Approx 210 pages • 6 x 9
Approx 12 illus • ISBN 978-1-4504-6969-2
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

PROMOTION PLANS

- Advertising in *Tennis Life*, *Inside Tennis*, and *Tennis View*
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- National press release campaign

BEST-SELLING TENNIS TITLES

Championship Tennis (978-1-4504-2453-0)
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Tennis Anatomy (978-0-7360-8936-4)

Tennisology

Inside the Science of Serves, Nerves,
and On-Court Dominance

Thomas W. Rowland

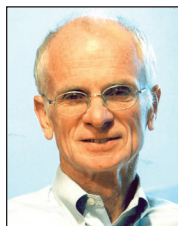
The United States Tennis Association reports that in 2012, tennis participation in the United States grew 4%, reaching over 28 million players from coast to coast. As more players participate in tennis, they are looking for resources on all aspects of the sport. *Tennisology* provides a unique and insightful view of the sport, delivering an engaging analysis on the science and psychology of tennis.

For players, coaches, and fans alike, *Tennisology* is the sport's version of Malcolm Gladwell's best-selling *Outliers: The Story of Success*. Just as *Outliers* enthralled readers with the unexpected, *Tennisology* will entertain and inform players and enthusiasts with surprising views of their game.

Tennisology is an engaging analysis of the latest research, studies, and science related to learning and mastering today's game. With an in-depth examination of player and performance trends, readers will gain new insights on the factors that influence training, competition, and on-court play. This book outlines how a true myriad of factors—psychological, physiological, and physical—combine to affect the game of tennis. Author Thomas Rowland comments on legendary pros and matches, connecting their success and importance to ideas he provides in the pages.

Tennisology delves into subjects that most tennis players have not previously considered, which can then be used to increase their skill and improve their game. Topics in *Tennisology* include how genetics and societal factors influence success on the court; how physics affects serves, returns, volleys, ball movement, spin, and reaction time; how to use mental preparation as well as prematch and in-game strategies to thrive in pressure situations; and how to counter opponents' strengths, personal weaknesses, and external factors influencing play.

From the historical roots of modern tennis to the physical laws that define the game, *Tennisology* includes everything players need for a one-of-a-kind view into the world of tennis. It is an essential read for passionate players, coaches, and fans.



ABOUT THE AUTHOR

Thomas W. Rowland is the director of pediatric cardiology at the Baystate Medical Center in Springfield, Massachusetts. He serves as a professor of pediatrics at Tufts University School of Medicine and was a past adjunct professor of exercise science at the University of Massachusetts.

Rowland is the author of two books, *The Athlete's Clock* and *Children's Exercise Physiology, Second Edition*. He has served as editor of the journal *Pediatric Exercise Science* and president of the North American Society for Pediatric Exercise Medicine (NASPEM) and was on the board of trustees of the American College of Sports Medicine (ACSM). He is past president of the New England chapter of the ACSM and received the ACSM Honor Award in 1993.

Rowland is a competitive tennis player and distance runner. He resides in Longmeadow, Massachusetts.

The Tennis Drill Book

Second Edition

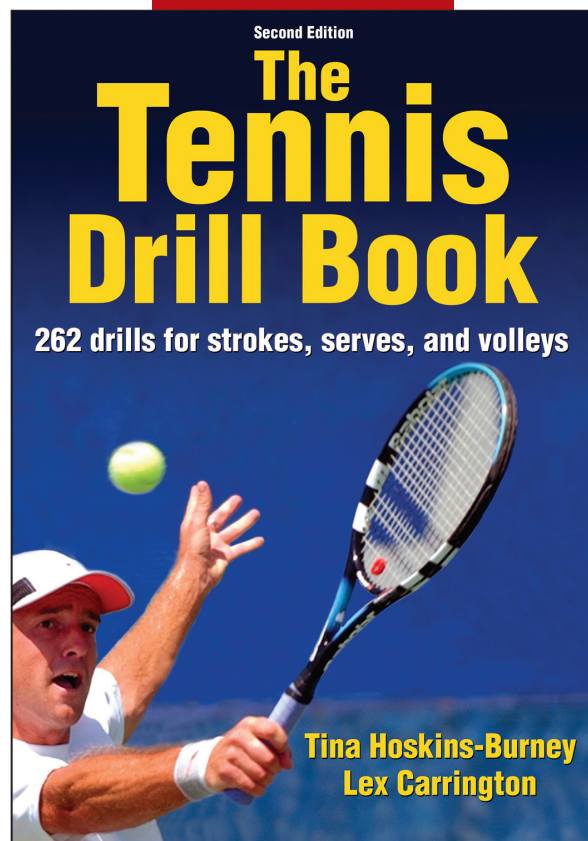
Tina Hoskins-Burney and Lex Carrington

Current teaching pro and former Women's Tennis Association (WTA) player Tina Hoskins-Burney has teamed with Lex Carrington, a coach with over 20 years of experience at every level, including the professional ranks where he guided Vera Zvonareva to a No. 2 world ranking. Together, they serve up over 260 of the most effective drills and games to improve every aspect of the game in *The Tennis Drill Book, Second Edition*.

Success on the tennis court requires an understanding of skills and strategies, and *The Tennis Drill Book* will help players and coaches build that solid foundation. With chapters covering the basic groundstrokes, volleys, serves, singles and doubles drills, and offensive and defensive strategy, *The Tennis Drill Book* is the most comprehensive collection of drills available.

An estimated 25 million tennis players in the world play with partners, team members, friends, or the old reliable backboard. Players and coaches alike will find drills of varying degrees of difficulty to improve game play. Special drills are included to help players learn the unique elements involved with playing on various types of court surfaces and in competitive group games, and tips from the pros are included to help coaches organize more effective practices and develop skilled players.

Player or instructor, beginner or professional, young or old, *The Tennis Drill Book* will help readers improve their skills and enjoy the competition.



Paperback • Approx 280 pages • 7 x 10
 Approx 121 illus • ISBN 978-1-4504-5992-1
 \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

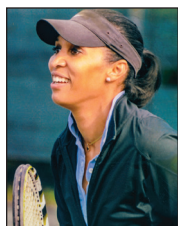
(Previous edition 978-0-7360-4912-2)

PROMOTION PLANS

- Advertising in *Tennis Life*, *Inside Tennis*, and *Tennis View*
- National direct mail
- National press release campaign

BEST-SELLING TENNIS TITLES

Complete Conditioning for Tennis (978-0-7360-6938-0)
Tennis Skills & Drills (978-0-7360-8308-9)
Bollettieri's Tennis Handbook (978-0-7360-4036-5)



ABOUT THE AUTHORS

Tina Hoskins-Burney is a former professional player on the Women's Tennis Association (WTA) and satellite tours and is a certified professional from the United States Professional Tennis Association (USPTA). She has trained and traveled with top pros, including Arthur Carrington, Lori McNeil, Zina Garrison, and Rodney Harmon.

Hoskins-Burney has more than 30 years of experience in both playing and teaching tennis to all age groups and ability levels. She has helped many young players achieve USTA rankings, find jobs as teaching professionals, and achieve college scholarships. For over 20 years, Hoskins-Burney worked as the head tennis instructor at a prestigious racket club in New Jersey before relocating to Nantucket, Massachusetts, where she continued her teaching at a private club before branching out on her own to offer instruction and equipment through the Tennis Loft.



Lex Carrington has over 20 years of experience coaching both recreational players and athletes who have gone on to play for top Division I, Division II, and Division III varsity tennis teams. He has spent the majority of his career working with junior players. In addition to several other professional players, Carrington coached Vera Zvonareva for four years. Achieving a career-high No. 2 world ranking by the WTA, Zvonareva was a finalist at both Wimbledon and the U.S. Open in 2010. Carrington lives in South Hadley, Massachusetts.

4:09:43: Boston 2013 Through the Eyes of the Runners

Hal Higdon

Foreword by Kathrine Switzer

"Hal Higdon's book 4:09:43 is full of inspiring personal stories that reflect how running's worst day may also have been its best".

Amby Burfoot

Boston Marathon Champion

Editor at Large, *Runner's World*

In the first book on this iconic event, Hal Higdon, a contributing editor at *Runner's World*, tells the tale of Boston 2013. The book's title refers to the numbers on the finish-line clock when the first bomb exploded. In *4:09:43*, Higdon views Boston 2013 through the eyes of those running the race, focusing on 75 runners and their individual stories, collected uniquely through social media: blogs posted online, stories offered on Facebook, and e-mails sent to the author.

In *4:09:43*, Higdon presents these stories, condensing and integrating them into a smooth-flowing narrative that begins with runners boarding the buses at Boston Common, continues with the wait at the Athletes' Village in Hopkinton, and flows through eight separate towns. The story does not end until the 23,000 participants encounter the terror on Boylston Street. "These are not 75 separate stories," says Higdon. "This is one story told as it might have been by a single runner with 75 pairs of eyes."

One warning about reading *4:09:43*: readers will cry. But they will laugh too, because for most of those who covered the 26 miles 385 yards from Hopkinton to Boylston Street, this was a joyous journey. In future years as people look back on the Boston Marathon bombings, *4:09:43* will be the book that everyone will need to have read.



Paperback • 152 pages • 5.5 x 8.5

2 illus • ISBN 978-1-4504-9710-7

\$14.95 U.S. • \$16.95 CDN • \$19.95 AUS • \$24.99 NZ

PROMOTION PLANS

- Advertising in *Running Times*, the *Boston Marathon Magazine*, *Marathon & Beyond*, and *Foreword Review*.
- National direct mail
- National press release campaign

BEST-SELLING RUNNING TITLES

Runners on Running (978-0-7360-9570-9)

Daniels' Running Formula (978-0-7360-5492-8)

I Run, Therefore I Am—STILL Nuts! (978-1-4504-2856-9)



ABOUT THE AUTHOR

Hal Higdon has contributed to *Runner's World* for longer than any other writer. An article by Higdon appeared in the publication's second issue in 1966. He is the author of more than 36 books, including the best-selling *Marathon: The Ultimate Training Guide*, a novel titled simply *Marathon*, and a coffee table book titled *Boston: A Century of Running*, which was published before the 100th running of the Boston Marathon in 1996.

Higdon ran eight times in the Olympic Trials and won four world masters championships. He has run 111 marathons, 18 of them at Boston. He continues to run and bike with his wife, Rose, from their winter and summer homes in Florida and Indiana. They have three children and nine grandchildren.

Youth Baseball Drills

Peter M. Caliendo

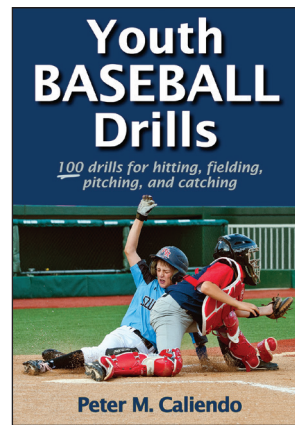
Peter Caliendo's 30 years of experience at coaching and playing baseball have secured his position as one of the foremost authorities on developing coaches and players at nearly every level of the game worldwide. He now brings his expertise to *Youth Baseball Drills*, a comprehensive resource to help baseball coaches teach the skills of the game to young players and ensure kids enjoy playing. This collection of team-oriented drills covers all of the game's essential skills including hitting, fielding, throwing, catching, and game execution. Featuring more than 100 drills and multiple practice plans, *Youth Baseball Drills* emphasizes player involvement, teamwork, and fun.



ABOUT THE AUTHOR

Peter M. Caliendo serves as president of Caliendo Sports International, a global baseball organization specializing in the training of individuals, teams, and coaches. He recently worked in Japan alongside Japanese baseball legend and all-time home run champion Sadaharu Ho. Caliendo studied the development of youth coaching at the legendary Mickey Owen Baseball School and served as the director of the Pan American Youth Baseball Association for six

years, overseeing three gold medals and more than 20 players who entered Major League Baseball. Caliendo's resume includes stops at baseball franchises and organizations as a player, coach, and director. He is in his 14th year as a technical commissioner for the International Baseball Federation.



MAY 2014

Paperback • Approx 200 pages • 7 x 10
Approx 110 illus • ISBN 978-1-4504-6028-6
\$18.95 U.S. • \$19.95 CDN • \$24.95 AUS • \$30.99 NZ

PROMOTION PLANS

- Advertising in *Baseball America* and *Coaching Management-Baseball*
- National direct mail
- National press release campaign

BEST-SELLING YOUTH BASEBALL TITLES

Coaching Youth Baseball the Ripken Way (978-0-7360-6782-9)
Survival Guide for Coaching Youth Baseball (978-0-7360-8773-5)
Play Ball: 100 Baseball Practice Games (978-0-7360-8157-3)

Youth Soccer Drills Third Edition

Jim Garland

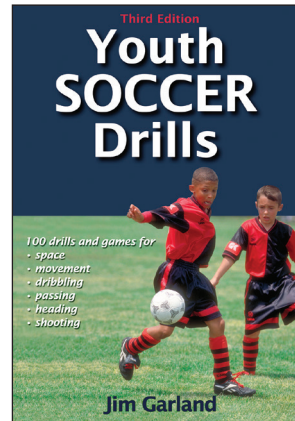
Each year, millions of young soccer players take to the practice field to learn and play the most popular sport in the world. Thousands of newly appointed volunteer coaches wonder how they will channel all that energy and enthusiasm into a functioning soccer team. *Youth Soccer Drills, Third Edition*, has everything those coaches need to make practices productive and put the fun into fundamentals. Having sold more than 70,000 copies of the first two editions, *Youth Soccer Drills* presents 100 drills and games that develop skills in dribbling, passing, collecting, heading, and shooting. Practice plans are also included.



ABOUT THE AUTHOR

For 37 years **Jim Garland** worked with children ages 5 to 11 as an elementary physical education teacher. For more than 20 years he coordinated summer soccer camps and clinics for Motion Concepts Summer Camps, where he coached teams from beginning to high school levels. As an undergraduate at Towson University in Maryland, Garland earned Most Valuable Player and All Conference Awards for two consecutive years. Garland earned a National Soccer

Coaches license from the National Soccer Coaches Association of America (NSCAA) in 1998 and a doctorate in youth and child studies from Nova South-eastern University in Fort Lauderdale, Florida, in 1999. Garland has been a featured clinician at the local, state, and national levels.



JUNE 2014

Paperback • Approx 264 pages • 6 x 9
Approx 113 illus • ISBN 978-1-4504-6823-7
\$17.95 U.S. • \$19.95 CDN • \$23.95 AUS • \$29.99 NZ

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PROMOTION PLANS

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- National press release campaign

BEST-SELLING YOUTH SOCCER TITLES

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Coaching Youth Soccer - 5th Edition (978-0-7360-9217-3)

Golf: Steps to Success

Second Edition

Paul G. Schempp and Peter Mattsson

The first edition of *Golf: Steps to Success* has helped thousands of beginning and intermediate golfers hone their skills and succeed on the course. As part of the best-selling *Steps to Success Sport Series*, the book offered progressive, high-quality instruction. The new second edition contains updated information, full-color photography, and new sections focused on today's game.

Golf: Steps to Success, Second Edition, is the guide to golfing success. Detailed, progressive instruction and full-color photographs cover all the game's essential skills—putting, chipping, pitching, full swing, and trouble shots—as well as strategies for practice and keys to the mental game. Following 12 essential steps, readers first learn the simplest stroke, putting, and then learn to master progressively more challenging and distant strokes. Keys to Success descriptions explain how each technique should be performed, and a gamelike scoring system promotes skill development and tracks players' improvement along the way.

New to this edition is detailed information on using a variety of putters, including the standard, belly, and long putters. Three new steps are also presented: Overcoming Difficult Lies and Shots From the Rough, Practice to Improve Performance, and Continuing to Improve. A games for understanding approach ensures that readers go beyond mastery of basic techniques to learn the strategic thinking that is necessary for golf success. The book also presents new mental drills based on the latest research on decision making and stress management.



Paperback • Approx 232 pages • 8.5 x 11
Approx 183 illus • ISBN 978-1-4504-5002-7
\$22.95 U.S. • \$25.95 CDN • \$29.95 AUS • \$37.99 NZ

(Previous edition 978-0-7360-5902-2)

PROMOTION PLANS

- Advertising in *Coach & Athletic Director*
- National direct mail
- National press release campaign

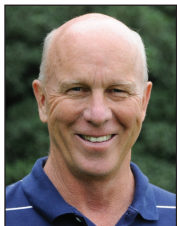
BEST-SELLING GOLF TITLES

Golf Flow (978-1-4504-3404-1)

Golf Anatomy (978-0-7360-8434-5)

Complete Conditioning for Golf (978-0-7360-6779-9)

ABOUT THE AUTHORS



Paul G. Schempp is the director of the Sport Instruction Research Laboratory at the University of Georgia. He has spent the last quarter century studying the development of expertise in sport and coaching. Schempp has designed performance programs for the Swedish Golf Federation and Mexican national golf teams. He has coached several champions on the PGA and European PGA professional golf tours, including Jesper Parnevik, Richard S. Johnson, and Niclas Fasth. A longtime consultant for the PGA of America, he has also served on the National Education Advisory Board for the Ladies' Professional Golf Association (LPGA). Schempp's groundbreaking research has made him a sought-after keynote speaker for professional associations and corporate conferences committed to improving performance. Clients include the Condé Nast Publications, General Electric, the Swiss Soccer Federation, and USA Track and Field. Schempp lives in Athens, Georgia.



Peter Mattsson serves as the director of elite performance at the Swedish Sports Confederation. He served six years as the director of coaching for the English Golf Union. Before going to England, Mattsson was the head coach for the Swedish national teams, a role he held from 1998 to 2005. He has coached Swedish teams and individual players at numerous European and World Amateur Championships at the World Cup and at professional events on the men's and women's tours. He resides in Stockholm, Sweden.

Bowling Fundamentals

Second Edition

Michelle Mullen

"In the second edition of Bowling Fundamentals, Michelle combines her vast knowledge of the game and almost three decades of experience as a world-class player and premier coach to help bowlers of all ages and levels advance their skills and techniques."

Rod Ross
U.S. Head Coach
Director of International Training Center

Bowling is enjoyed by millions in more than 90 countries and is an excellent activity for all ages and ability levels. *Bowling Fundamentals, Second Edition*, provides bowlers with comprehensive coverage on the essential skills for success in this popular sport.

Michelle Mullen is a USBC Gold status coach with almost three decades of experience that includes multiple PWBA titles and collegiate championships. In *Bowling Fundamentals, Second Edition*, she shares the same expertise that has made her one of the world's most highly sought-after instructors.

The second edition of *Bowling Fundamentals* presents the most up-to-date information on equipment and a guide to selecting the equipment that will suit individual needs. Technique instruction covers all aspects of the shot, including stance, approach, arm swing, release, and follow-through. Mullen includes in-depth instruction and advice on basic and advanced lane play as well as her traditional and advanced spare-shooting system. The content in this book is applicable to both right-handed and left-handed bowlers.

As is true of most sports, a positive mental approach to the game is just as important as the fundamental physical skills. In *Bowling Fundamentals, Second Edition*, Michelle shares her firsthand experiences on the lanes as a coach and bowler and sheds light on the psychology involved when making adjustments to improve technique, increase scores, and enjoy the game.

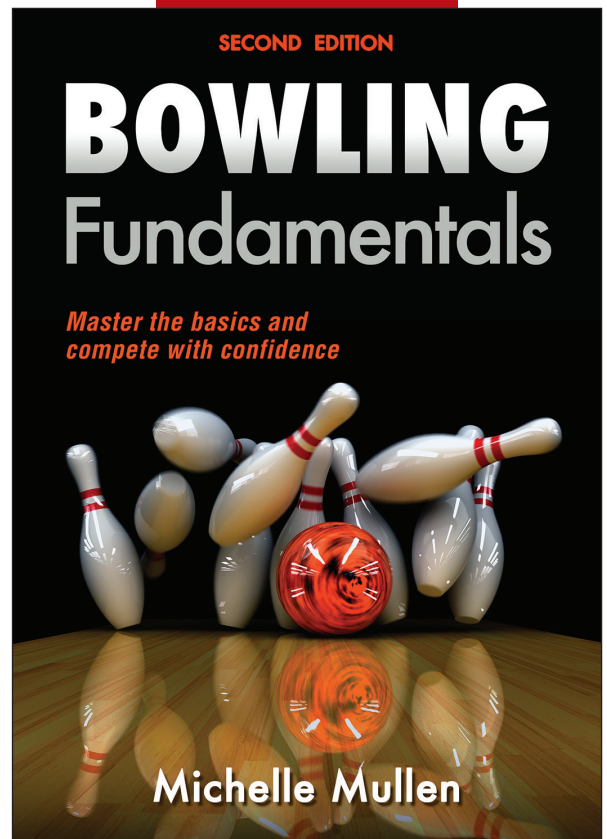


ABOUT THE AUTHOR

Michelle Mullen, a United States Bowling Congress (USBC) Gold coach, has coached bowlers of all skill levels for almost three decades. She is co-owner of Your Bowling Coach (www.yourbowlingcoach.com) with renowned pro bowler Aleta Sill, and they also operate Aleta Sill's Bowling World, a premier pro shop in Metro Detroit.

Mullen has competed and won championships at every level, including high school and collegiate bowling and Professional Women's Bowling Association (PWBA) regional and national bowling. She holds four national titles and a record nine regional titles in the PWBA. She was also the 1990-1999 PWBA Regional Player of the Decade. In 1985 she represented the United States in the World Cup in Seoul, Korea, and is a former coach for the U.S. team.

Mullen is also an established international writer and author. She has been published in *Bowler's Journal*, *Bowling Magazine*, *Bowling This Month*, *Asian Bowling Digest*, and various other publications. She is a member of the International Bowling Writers Association. Mullen is from Chicago and lives in Livonia, Michigan.



Paperback • Approx 208 pages • 7 x 10
Approx 237 illus • ISBN 978-1-4504-6580-9
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

(Previous edition 978-0-7360-5120-0)

PROMOTION PLANS

- Advertising in *Bowling This Month* and *Bowlers Journal International*.
- National direct mail
- National press release campaign

BEST-SELLING BOWLING TITLES

Bowling Execution - 2nd Edition (978-0-7360-7538-1)
Bowling: Steps to Success (978-0-7360-5528-4)
Focused for Bowling (978-0-7360-3708-2)

Hiking Ohio

Gary S. Williams

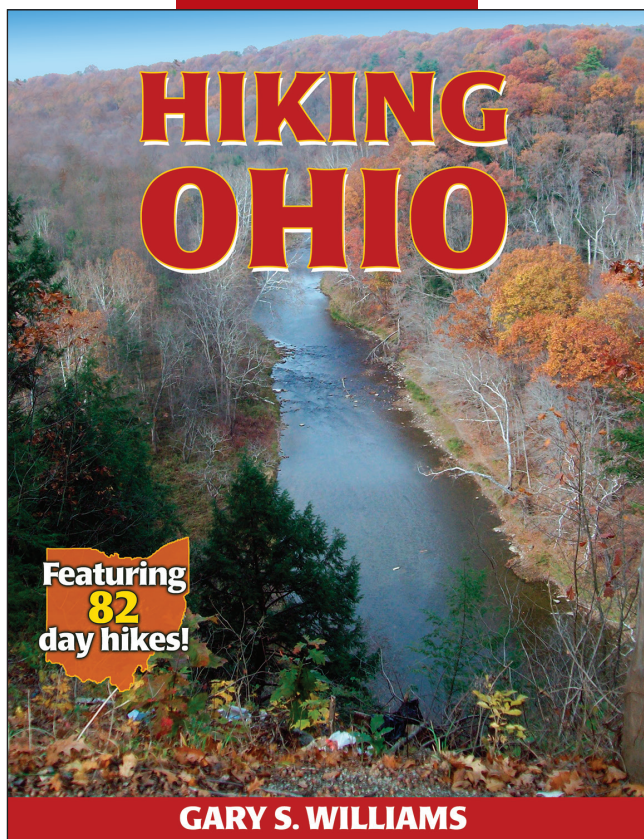
"Not only is Hiking Ohio a perfect guide for Ohio hikers, but history buffs, too, will enjoy Williams' extensive knowledge of Ohio's history and Buckeye State lore they'll find strolling through the book."

Steve Stephens
Columbus Dispatch newspaper
Travel Writer

For the more than 33 million Americans who enjoy day hiking each year, Human Kinetics' renowned hiking series covers the most scenic hikes for 9 states. The newest addition to the series, *Hiking Ohio*, features over 75 of the best trails found in 65 scenic parks and preserves in the Buckeye State.

From the state's most popular hiking areas to some off-the-beaten-path favorites of the author, *Hiking Ohio* presents each hike according to four geographical regions, with descriptions of the topography, flora, fauna, and climate of each. Parks and preserves are described in depth, accompanied by an overview map and smaller trail maps that indicate highlights and special points of interest along each route. Detailed descriptions include estimated hiking time and distance, difficulty ratings, summaries of trail features and available facilities, phone numbers and websites, park hours, and rules.

GPS coordinates are included for key landmarks, and photos show readers what they will see along the way. A detailed table of contents and trail finder make it easy to navigate through the book. Most hikes and route maps are included on a single page, making it easy for readers to scan or photocopy trails of interest and carry the information along in a pack or pocket.



Paperback • Approx 248 • 8.5 x 11
Approx 189 illus • ISBN 978-1-4504-1253-7
\$22.95 U.S. • \$25.95 CDN • \$29.95 AUS • \$37.99 NZ

PROMOTION PLANS

- National direct mail
- National press release campaign

BEST-SELLING HIKING/OUTDOORS TITLES

Hiking Missouri - 2nd Edition (978-0-7360-7588-6)
Hiking Illinois - 2nd Edition (978-0-7360-7474-2)
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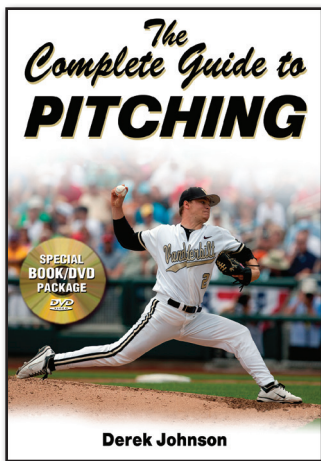


ABOUT THE AUTHOR

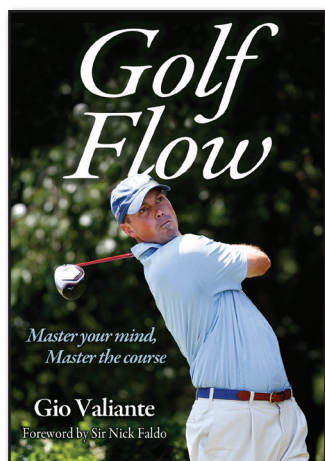
Gary S. Williams is a lifelong Ohioan and hiker. Since 1987, he has been actively involved with the Buckeye Trail Association, an all-volunteer group that builds, maintains, and promotes a 1,444-mile hiking trail that loops around Ohio. In the association, he has been on the board of trustees, a columnist and editor of the organization's *Trailblazer* newsletter, the head of publicity, a member of the trail building crew, and a section supervisor for a 50-mile section of the Buckeye Trail.

Williams has a bachelor's degree from Marietta College, a master's degree in library science from Kent State University, and 25 years of experience as a librarian. As a freelance writer, he has written many articles on Ohio's natural heritage and has self-published four books on early Ohio history: *The Forts of Ohio: A Guide to Military Stockades; Spies, Scoundrels, and Rogues of the Ohio Frontier; Historic Tours of Ohio; and Gliding to a Better Place: Profiles From Ohio's Territorial Era.*

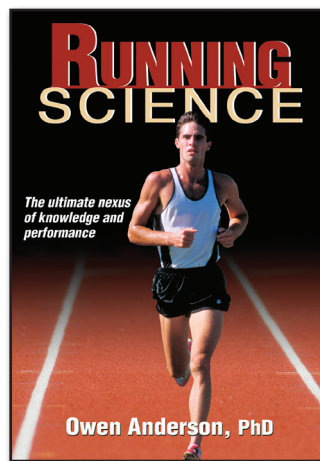
In addition to hiking, Williams enjoys canoeing and cross-country skiing. He resides in Wintersville, Ohio.



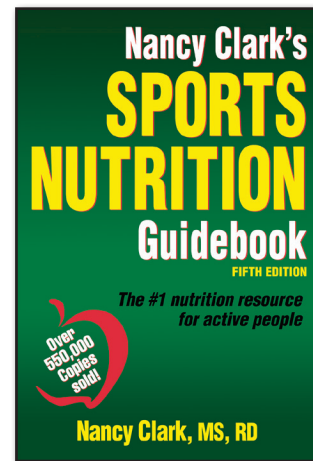
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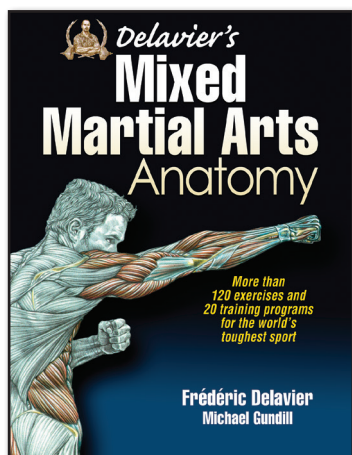
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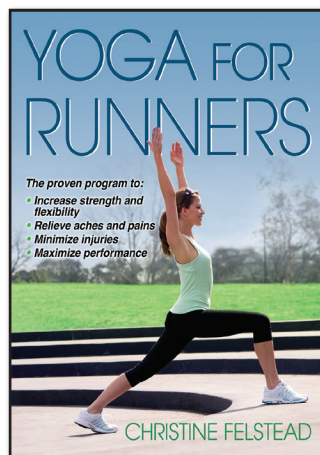
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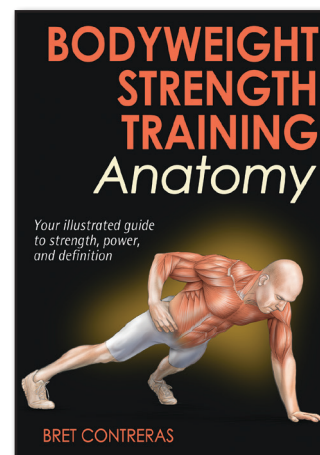
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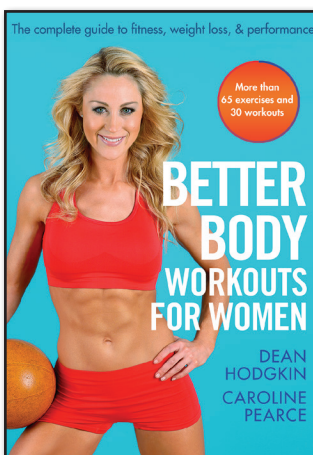
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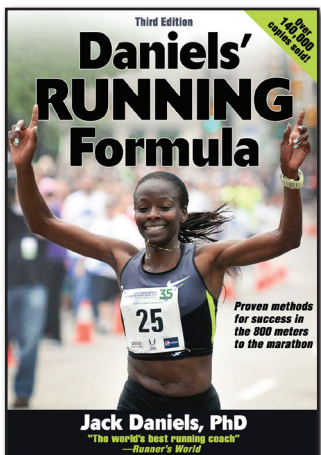
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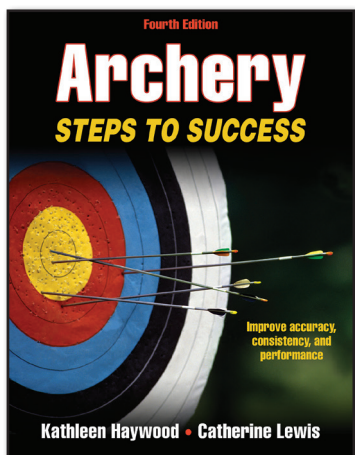
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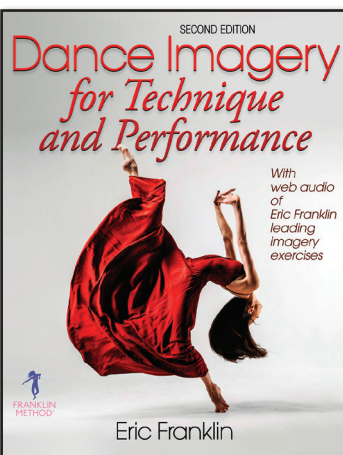
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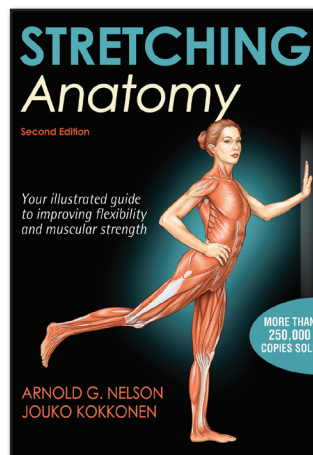
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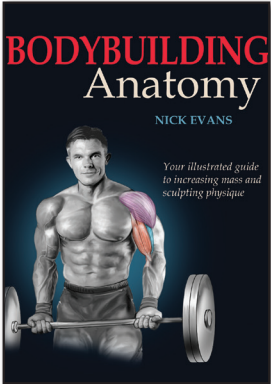
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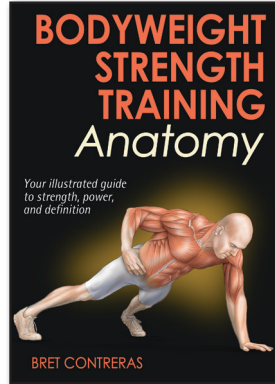
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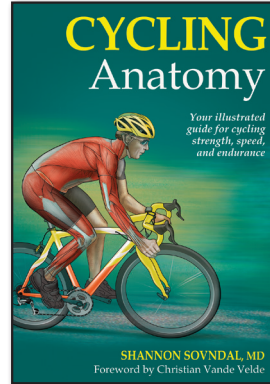
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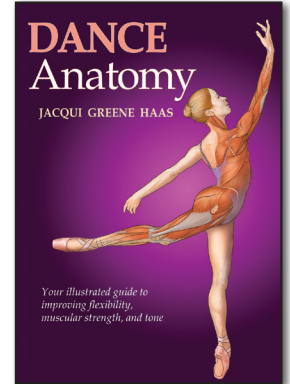
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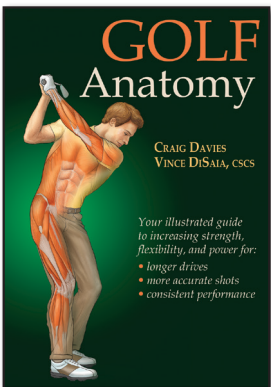
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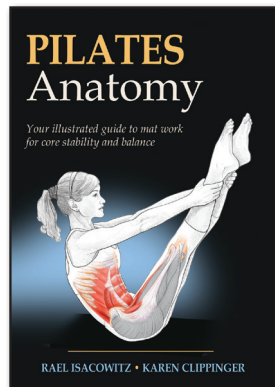
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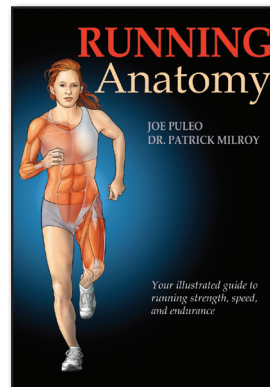
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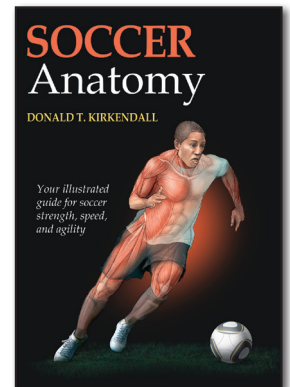
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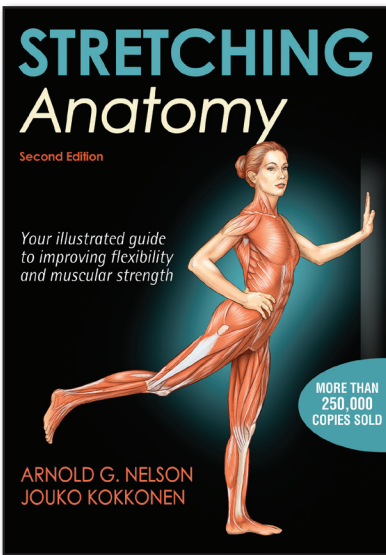
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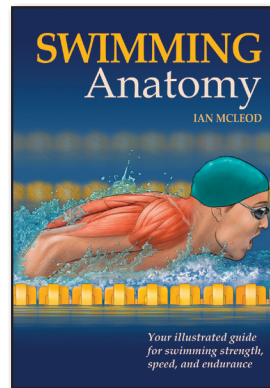
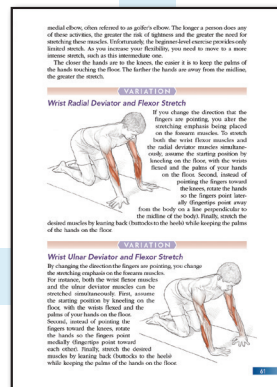
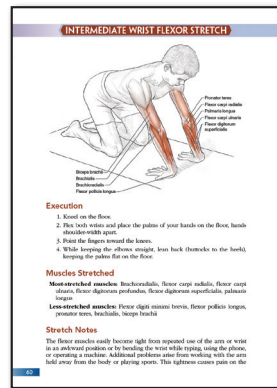
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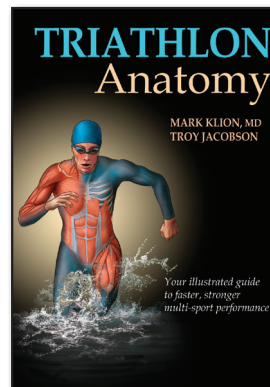
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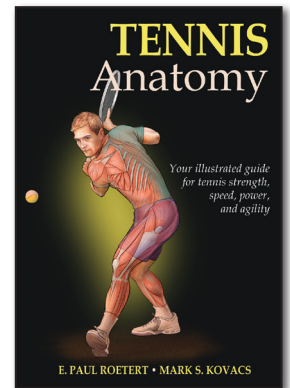
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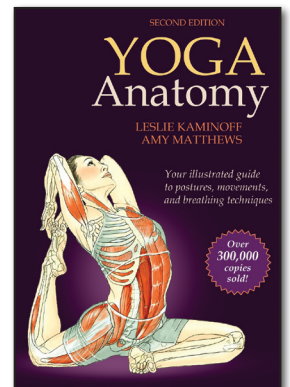
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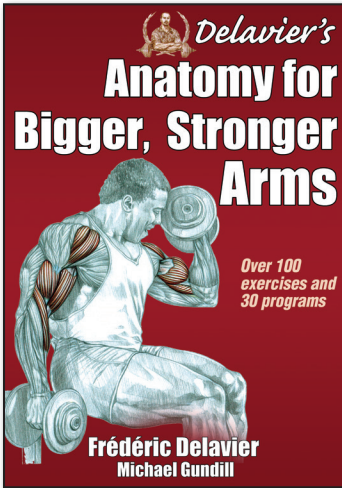


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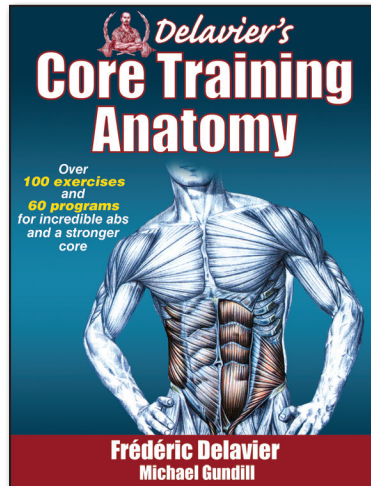
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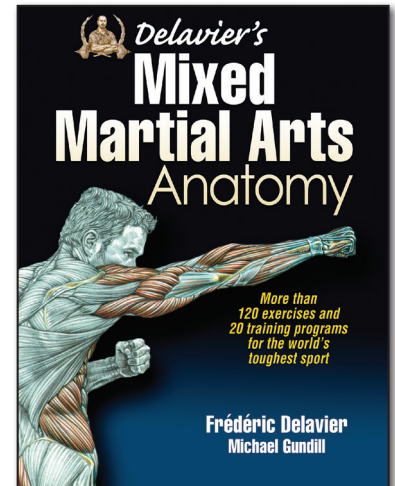
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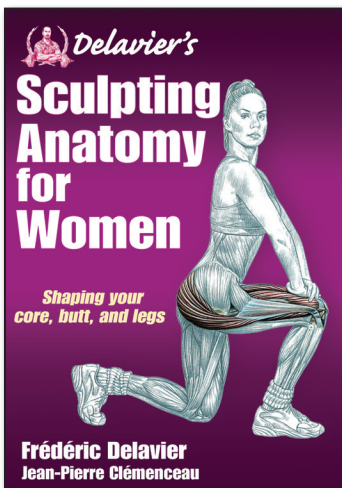
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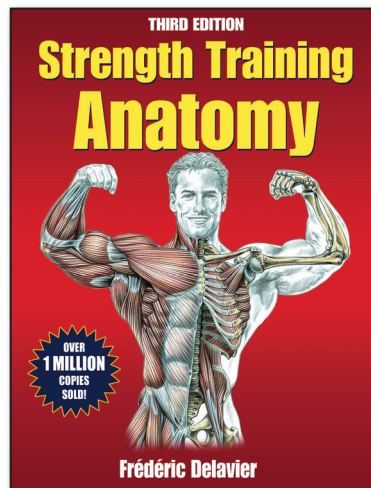
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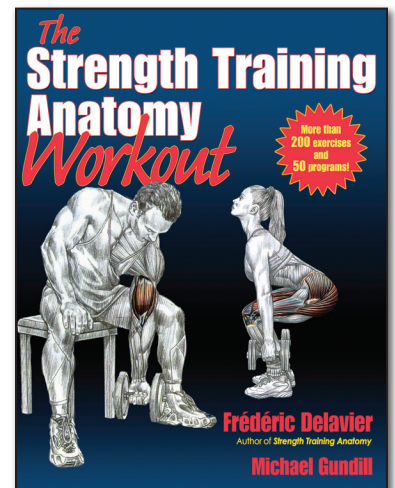
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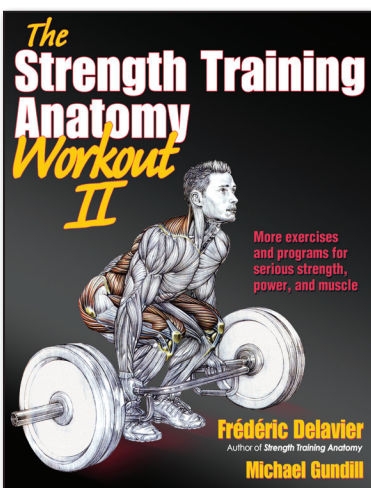
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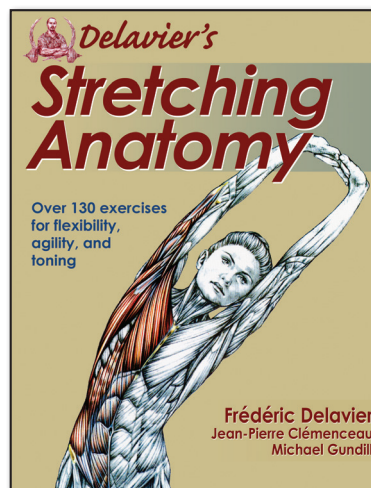
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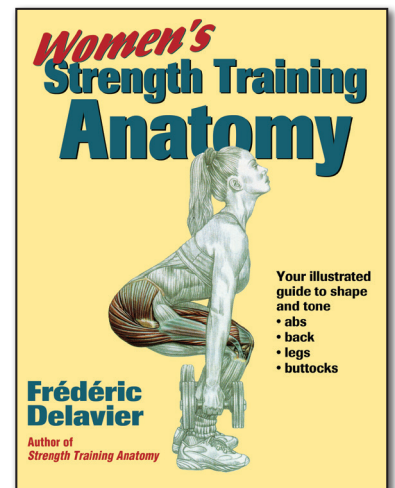
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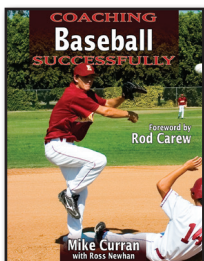
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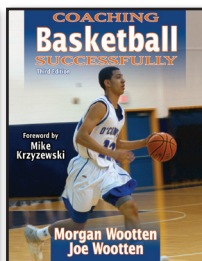
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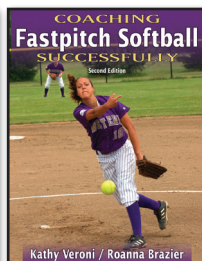
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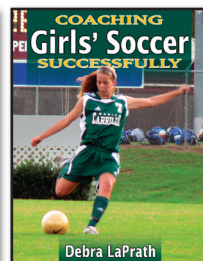
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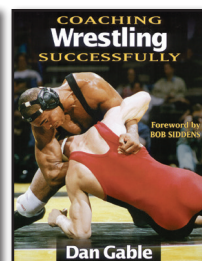
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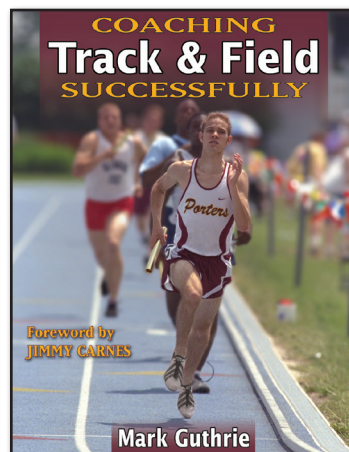
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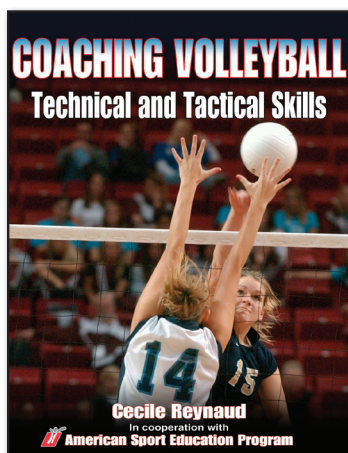


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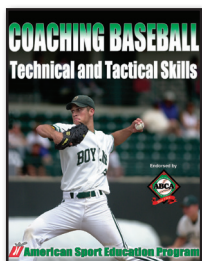
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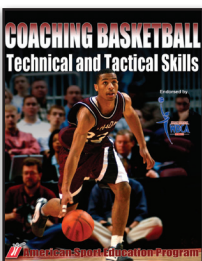


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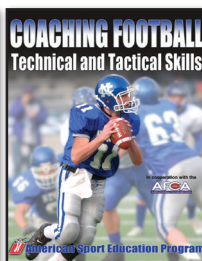
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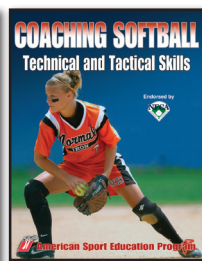
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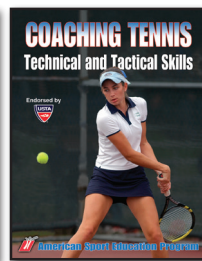
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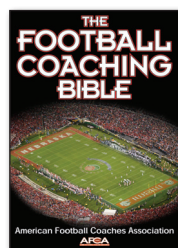
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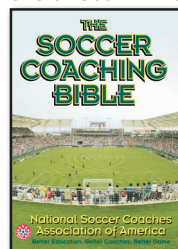
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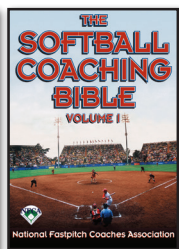
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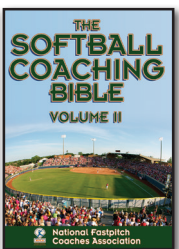
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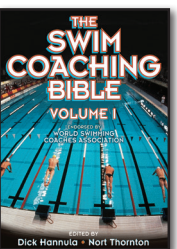
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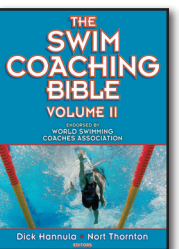
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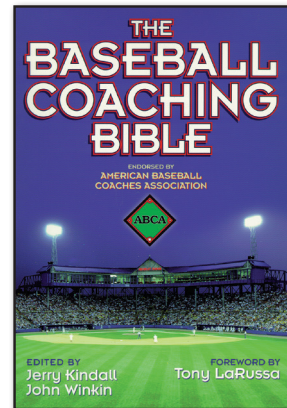
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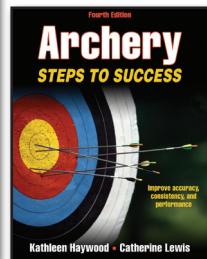
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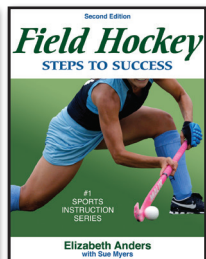


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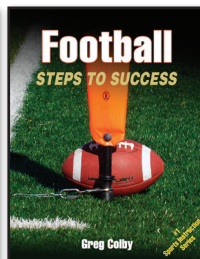
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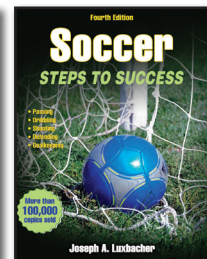
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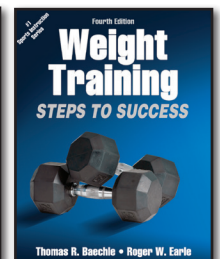
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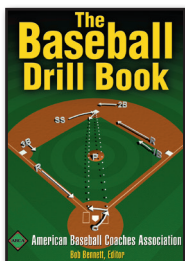
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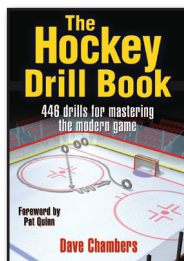
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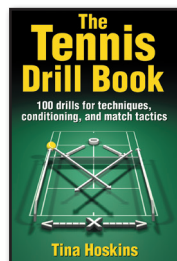
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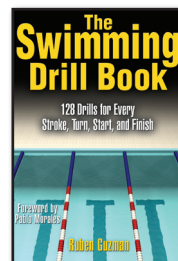
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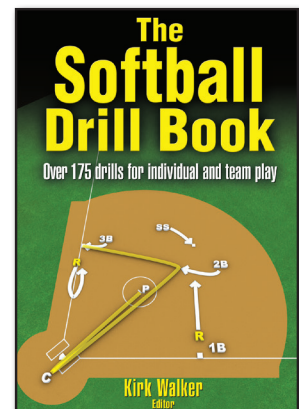
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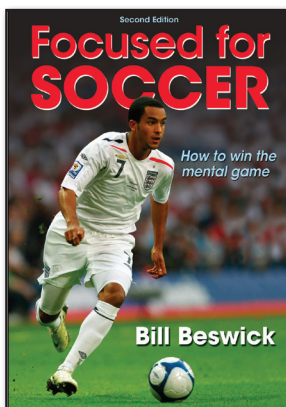
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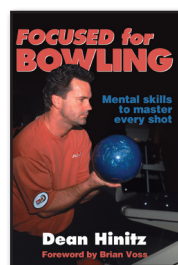
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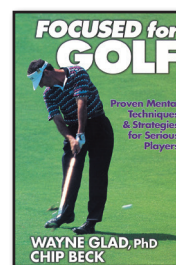
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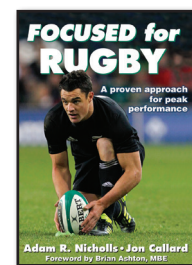
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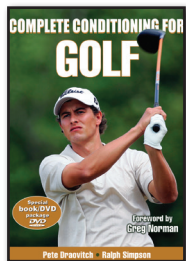
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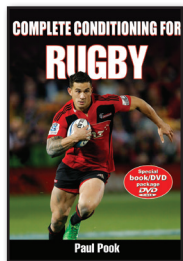
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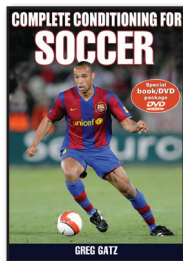
No matter what the sport, today's athletes need to have more strength and endurance than ever to be competitive. The *Complete Conditioning for Sports Series* offers the programs, insights, and expert advice to take any athlete to the top of their game. These books, and book/DVD packages, are written by the conditioning leaders in each sport, including the United States Tennis Association, members of the University of Missouri football program, and individual trainers who have worked with some of the world's best-conditioned athletes.



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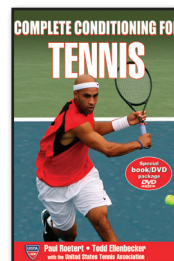
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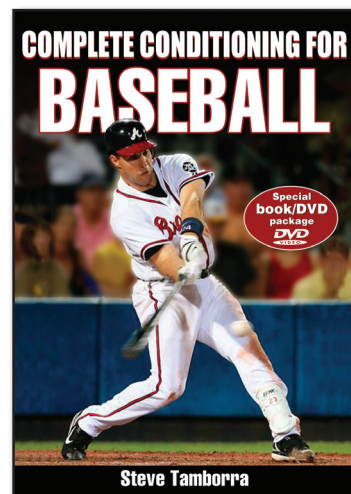
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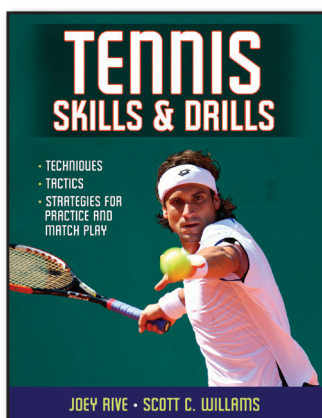
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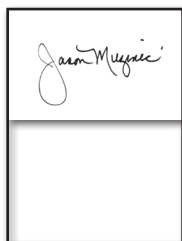
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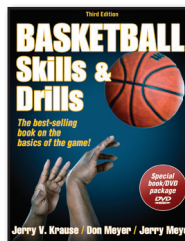
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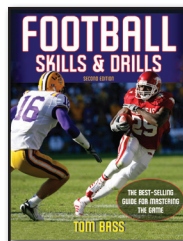
Each book in the *Skills & Drills Series* serves as a great foundation for learning proper techniques and for mastering all the essential skills needed for individual and team success. Written by national organizations such as the American Baseball Coaches Association and the American Volleyball Coaches Association, and renowned experts such as Tom Bass and Judi Garman, coaches and athletes will be ready to play and compete at the highest level.



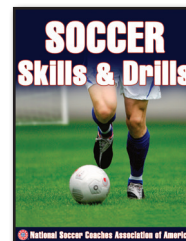
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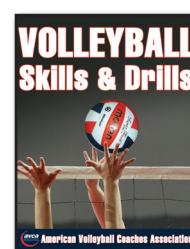
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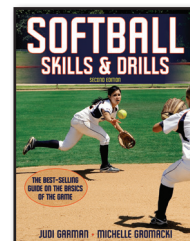
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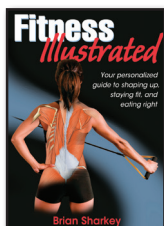
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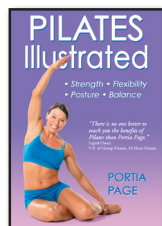
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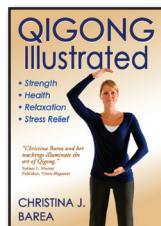
Fitness enthusiasts and practitioners of yoga, tai chi, Pilates, and qigong will find it easier to address their health and fitness needs and get on the path to better health and self-awareness with the straightforward explanations, expert advice, and hundreds of full-color illustrations and photographs in these books. These excellent "hands-on" guides ensure the poses, stretches, advice, and routines are interpreted safely and correctly.



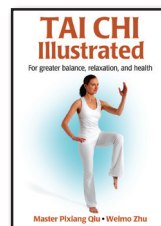
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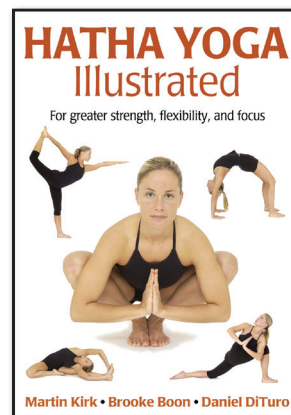
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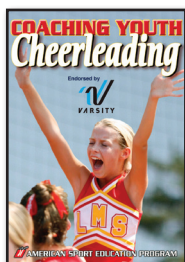
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COACHING YOUTH SPORTS SERIES

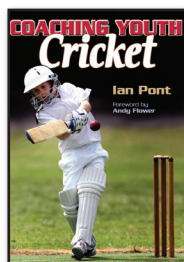
The *Coaching Youth Sports Series* is geared to anyone who has not had formal training as a sport coach or who is coaching children ages 6-14 for the first time. Each of these books offers a unique blend of coaching principles and sport-specific information.



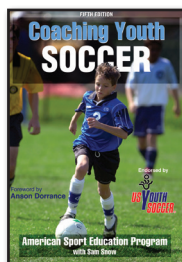
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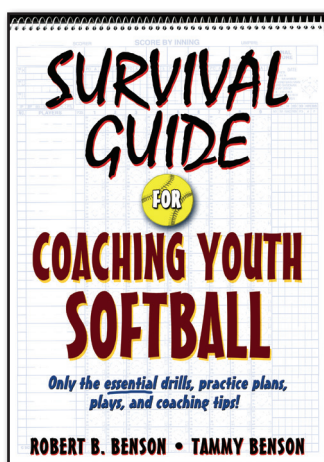
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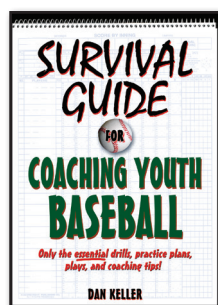
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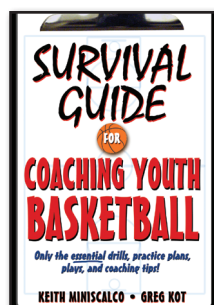
The *Survival Guide Series* provides rookie coaches with the most relevant tools for teaching, coaching, and developing young players. All the essential drills, practice plans, plays, and coaching tips are presented with a straight-forward and light-hearted approach.



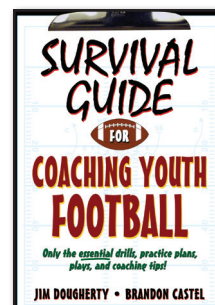
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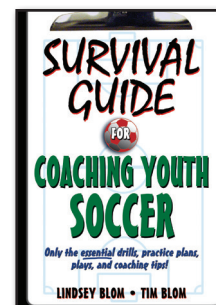
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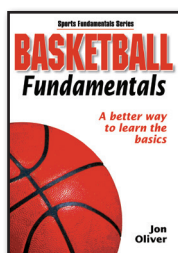
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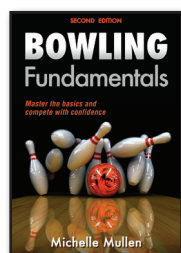
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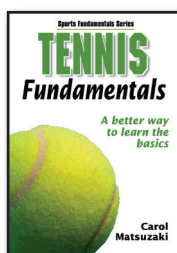
The *Sports Fundamentals Series* is written to get readers into the action as soon as possible. They will learn by doing, spending less time reading and more time engaged in activity. With simple instructions and accompanying photographs, readers will find it easy to learn basic sports skills quickly.



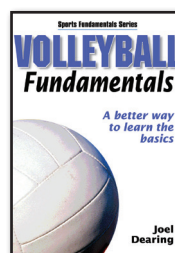
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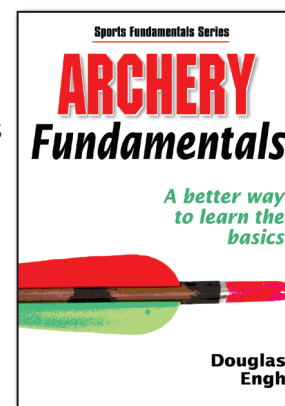
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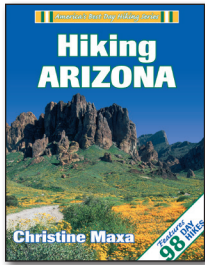
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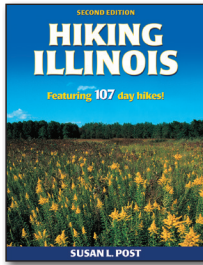
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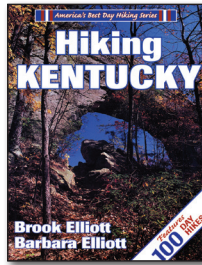
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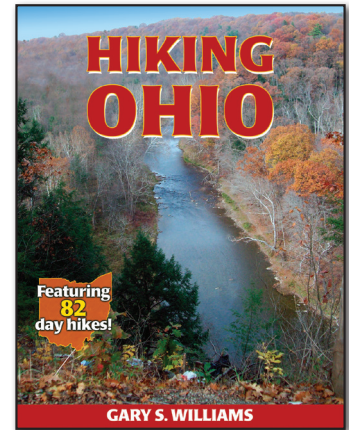
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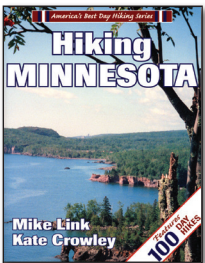
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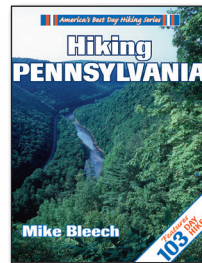
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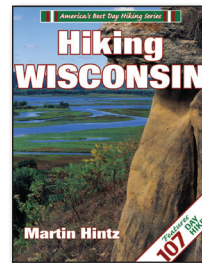
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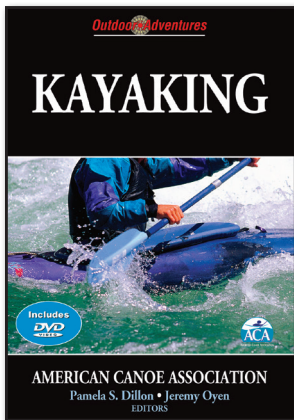


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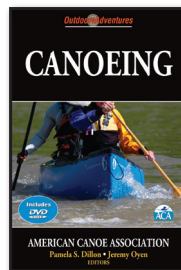


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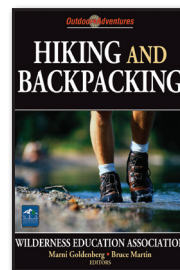
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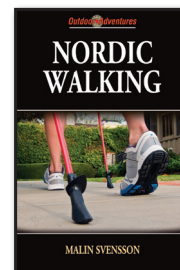
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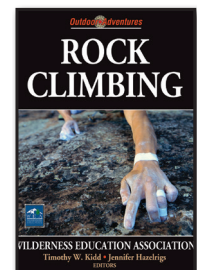
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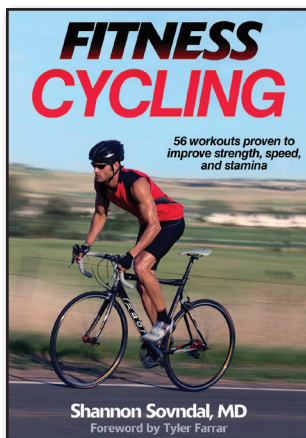
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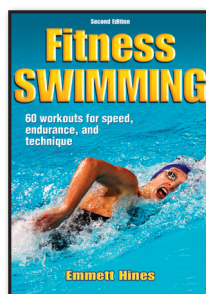
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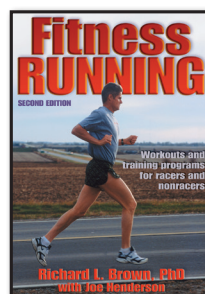
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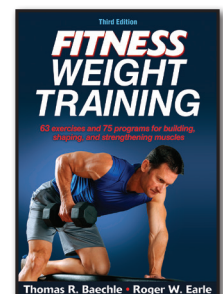
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Tom Robson • Foreword by John Olerud • 2003 • Paperback • 192 pp
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The Pitching Edge, 2nd Ed.

Tom House • Foreword by Rod Dedeaux • 2000 • Paperback • 168 pp
8.5 x 11 • 137 illus • ISBN 978-0-7360-0155-7 • \$23.95 U.S.
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106 illus • ISBN 978-0-7360-8157-3 • \$18.95 U.S. • \$20.95 CDN
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Presents over 100 practice games, with coverage on everything from the fundamentals of fielding, pitching, catching, and hitting to special situations.

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American Baseball Coaches Association • Bob Bennett, Editor • 2010
Paperback • 256 pp • 7 x 10 • 67 illus • ISBN 978-0-7360-8713-1
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Top collegiate coaches share their approaches, experiences, and philosophies on organizing, running, and evaluating practices.

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Dan Keller • 2011 • Paperback • 176 pp • 7 x 10
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American Sport Education Program • 2007 • Paperback • 272 pp
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7 x 10 • 137 illus • ISBN 978-0-7360-5630-4 • \$27.95 U.S. • \$30.95 CDN
\$36.95 AUS • \$45.99 NZ

This book and DVD combine to teach the authentic form of Argentine tango in a progressive, easy-to-follow approach.

Social Dance: Steps to Success, 3rd Ed.

Judy Patterson Wright • 2013 • Paperback • 344 pp **with DVD** • 8.5 x 11
137 color photos; 75 color illus • ISBN 978-0-7360-9507-5 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

For beginning and experienced dancers, easy-to-follow instruction for 10 popular social dances. Instructional DVD offers music-only option.

FENCING**Fencing: Steps to Success**

Elaine Cheris • 2002 • Paperback • 160 pp • 8.5 x 11 • 163 illus
ISBN 978-0-87322-972-2 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Covers all of the essential skills of the epee and foil forms of fencing.

FITNESS/WELLNESS

See *Pilates 2E*, page 3.

28-Day Body Shapeover

Brad Schoenfeld • 2006 • Paperback • 248 pp • 7 x 10 • 409 illus
ISBN 978-0-7360-6045-5 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Popular fitness expert provides a day-by-day nutritional plan and metabolically based workout regimen for either gym or home use.

ACSM's Complete Guide to Fitness & Health

American College of Sports Medicine • 2011 • Paperback • 408 pp
7 x 10 • 218 color photos; 27 color illus • ISBN 978-0-7360-9337-8
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Activities and sample programs for every age group and fitness level and features strategies for planning and tracking progress over time.

Action Plan for Allergies

William Briner, MD • 2007 • Paperback • 200 pp
7 x 10 • 51 illus • ISBN 978-0-7360-6279-4 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Offers authoritative advice for alleviating allergy symptoms, reducing dependence on medication, and getting healthier through exercise.

Action Plan for Arthritis

A. Lynn Millar • 2003 • Paperback • 216 pp
7 x 10 • 67 illus • ISBN 978-0-7360-4651-0 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Combines the latest scientific and medical knowledge on how exercise can effectively diminish the impact of living with arthritis.

Action Plan for High Cholesterol

Larry Durstine, PhD • 2006 • Paperback • 208 pp
7 x 10 • 75 illus • ISBN 978-0-7360-5440-9 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Contains proven programs to bring cholesterol levels under control quickly.

Action Plan for Menopause

Barbara Bushman, PhD and Janice Clark Young, EdD
2005 • Paperback • 232 pp • 7 x 10 • 95 illus • ISBN 978-0-7360-5618-2
\$17.95 U.S. • \$19.95 CDN • \$23.95 AUS • \$29.99 NZ

Presents a comprehensive exercise plan for controlling or alleviating the symptoms of menopause.

Action Plan for Osteoporosis

Kerri Winters-Stone, PhD • 2005 • Paperback • 208 pp
7 x 10 • 65 illus • ISBN 978-0-7360-5482-9 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Presents the latest scientific research on the benefits of exercise and proper nutrition to prevent and potentially reverse bone loss.

Active Start for Healthy Kids

Stephen J. Virgilio • 2006 • Paperback • 240 pp
6 x 9 • 117 illus • ISBN 978-0-7360-5281-8 • \$20.95 U.S. • \$22.95 CDN
\$27.95 AUS • \$33.99 NZ

Contains easy-to-implement activities that are specifically designed to teach 2- to 6-year-old children important health concepts.

Athletic Abs

Scott Cole and Tom Seabourne • 2003 • Paperback • 224 pp
8.5 x 11 • 245 illus • ISBN 978-0-7360-4121-8 • \$18.95 U.S.
\$20.95 CDN • \$24.95 AUS • \$30.99 NZ

Utilizes principles found in martial arts, gymnastics, interval training, and yoga to develop the entire abdominal region.

Beth Shaw's YogaFit®, 2nd Ed.

Beth Shaw • 2009 • Paperback • 288 pp • 7 x 10 • 132 illus
ISBN 978-0-7360-7536-7 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Combines aerobic exercise with strength- and flexibility-building yoga to create a total body workout.

Diabetic Athlete's Handbook

Sheri R. Colberg, PhD • 2009 • Paperback • 296 pp • 7 x 10 • 38 illus
ISBN 978-0-7360-7493-3 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Up-to-date information on fitness and exercise basics, sport nutrition, injury prevention and treatment, and more.

Energy Every Day

Ron Woods and Chris Jordan with the Human Performance Institute • 2010
Paperback • 248 pp • 7 x 10 • 201 color photos; 8 color illus
ISBN 978-0-7360-8208-2 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Based on principles from the Human Performance Institute, explains how to incorporate physical activity into daily routines.

Fit for Duty, 2nd Ed.

Robert Hoffman and Thomas R. Collingwood • 2005 • Paperback
208 pp • 8.5 x 11 • 105 illus • ISBN 978-0-7360-5543-7
\$24.95 U.S. • \$30.95 CDN • \$36.95 AUS • \$40.99 NZ

Provides job-specific training for law officers to improve cardiovascular endurance, flexibility, strength, agility, speed, and power.

Fit in 5

Greg Whyte • 2009 • Paperback • 192 pp • 7.5 x 9.25 • 326 color illus
ISBN 978-0-7360-8271-6 • \$16.95 U.S. • \$18.95 CDN • Not available for
sale through Human Kinetics in regions outside of North America.

Features 5-, 10- and 30-minute workouts that target strength, flexibility, and endurance.

Fitness After 50

Walter H. Ettinger, MD, Brenda S. Wright, PhD, and Steven N. Blair, PED
2006 • Paperback • 256 pp • 8.5 x 11 • 112 color photos;
31 illus • ISBN 978-0-7360-4413-4 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

This resource and workbook addresses the challenges that older adults face in their quest to become and remain physically active.

Fitness Illustrated

Brian Sharkey • 2011 • Paperback • 328 pp • 7 x 10 • 264 color photos;
64 color illus • ISBN 978-0-7360-8158-0 • \$21.95 U.S. • \$24.95 CDN
\$28.95 AUS • \$35.99 NZ

Presents core fitness concepts, exercise programming, nutrition, and weight management in a way that is easy to understand and implement.

Hatha Yoga Asanas

Daniel DiTuro and Ingrid Yang • 2012 • Paperback • 192 pages • 6 x 9
174 color photos • ISBN 978-1-4504-1485-2 • \$15.95 U.S. • \$17.95 CDN
\$20.95 AUS • \$25.99 NZ

A quick reference to 150+ classic hatha yoga asanas (poses), each depicted by stunning photography and instruction.

Hatha Yoga Illustrated

Martin Kirk, Brooke Boon, and Daniel DiTuro • 2006 • Paperback • 248 pp
7 x 10 • 501 color photos; 2 color illus • ISBN 978-0-7360-6203-9
\$14.95 U.S. • \$16.95 CDN • \$19.95 AUS • \$24.99 NZ

Presents, from start to finish, 77 standard poses and 11 sample programs that apply to all major hatha styles.

The Healthy Heart Book

Morag Thow, Keri Graham, and Choi Lee • 2013 • Paperback • 160 pp
7 x 10 • 91 illus • ISBN 978-1-4504-3278-8
\$17.95 U.S. • \$19.95 CDN • \$23.95 AUS • \$29.99 NZ

A user-friendly resource that focuses on exercise, diet and stress management and provides a blueprint for recovery.

Jump Rope Training, 2nd Ed.

Buddy Lee • 2010 • Paperback • 224 pp • 7 x 10 • 87 illus
ISBN 978-0-7360-8159-7 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS
\$30.99 NZ

Presents progressive programs for improving speed, agility, balance, strength, power, and endurance, in any sport and fitness training program.

Morning Cardio Workouts

June Kahn and Lawrence Biscontini • 2007 • Paperback • 224 pp • 7 x 10
62 illus • ISBN 978-0-7360-6369-2 • \$16.95 U.S. • \$18.95 CDN
\$21.95 AUS • \$27.99 NZ

Includes dozens of fun and effective cardio workouts for indoor or outdoor training that fit every lifestyle and schedule.

Morning Pilates Workouts

Cathleen Murakami • 2007 • Paperback • 232 pp • 7 x 10
571 illus • ISBN 978-0-7360-5954-1 • \$16.95 U.S. • \$18.95 CDN
\$21.95 AUS • \$27.99 NZ

Nine routines offer variations on classic Pilates moves and incorporate proper breathing technique and body alignments for beneficial workouts.

Morning Strength Workouts

Annette Lang • 2007 • Paperback • 240 pp • 7 x 10 • 422 illus
ISBN 978-0-7360-6064-6 • \$16.95 U.S. • \$18.95 CDN
\$21.95 AUS • \$27.99 NZ

Increase body strength and add variety to routines with 20-, 30-, 45-, and 60-minute workouts for building endurance, strength, size, and power.

Morning Yoga Workouts

Zack Kurland • 2007 • Paperback • 232 pp • 7 x 10
566 illus • ISBN 978-0-7360-6401-9 • \$16.95 U.S. • \$18.95 CDN
\$21.95 AUS • \$27.99 NZ

Covers a full range of yoga postures, sequences, and breathing techniques for building strength and flexibility and improving posture.

Motherwell Maternity Fitness Plan

Bonnie Berk • 2005 • Paperback • 232 pp • 7 x 10 • 149 illus
ISBN 978-0-7360-5293-1 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Written by a pioneer in maternity fitness, this book is the gold-standard, complete guide to keep women fit before, during, and after pregnancy.

Pilates Anatomy

Rael Isacowitz and Karen Clippinger • 2011 • Paperback • 216 pp • 7 x 10
243 color photos; 213 color illus • ISBN 978-0-7360-8386-7 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Combines more than 200 full-color anatomical illustrations of muscles in action with step-by-step instructions for 46 effective mat exercises.

Pilates Illustrated

Portia Page • 2011 • Paperback • 248 pp • 7 x 10 • 885 color photos
ISBN 978-0-7360-9290-6 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Provides instruction for learning Pilates with a sequence of photos depicting the starts, movement sequence, and ending position for each exercise.

Precision Heart Rate Training

Edmund R. Burke, PhD, Editor • Foreword by Dave Scott • 1998
Paperback • 224 pp • 6 x 9 • 51 illus • ISBN 978-0-88011-770-8
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Explains how to design training programs for walking, running, cycling, in-line skating, multisport training, circuit training, and group exercise.

Qigong Illustrated

Christina J. Barea • 2011 • Paperback • 168 pp • 7 x 10 • 306 color photos;
7 color illus • ISBN 978-0-7360-8981-4 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Offers detailed, step-by-step instructions to popular traditional routines for strengthening the body, optimizing health, and reducing tension.

Sculpting Her Body Perfect, 3rd Ed.

Brad Schoenfeld • 2008 • Paperback • 256 pp with DVD • 8.5 x 11
223 illus • ISBN 978-0-7360-7388-2 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$35.99 NZ

Provides exercises to improve muscle tone, sculpt the physique, and tone up hard-to-reach and troublesome body areas, all demonstrated on the DVD.

Tai Chi Illustrated

Master Pixiang Qiu and Weimo Zhu • 2013 • Paperback • 240 pages
7 x 10 • 740 color photos; 16 color illus • ISBN 978-1-4504-0160-9
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

A comprehensive look at the mind-body exercise with full-color photo sequences that demonstrate how to perform the most popular.

Total Knockout Fitness

Martin McKenzie and Stefanie Kirchner • 2014 • Paperback • 200 pp with
DVD • 7 x 10 • 237 color illus • ISBN 978-0-7360-9434-4 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

A blend of boxing, cardio, and cross-training to produce the ultimate total-body workout.

Women's Home Workout Bible

Brad Schoenfeld • 2010 • Paperback • 336 pp • 8.5 x 11
395 color photos; 8 color illus • ISBN 978-0-7360-7828-3 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Fitness expert Brad Schoenfeld makes sense of home-based workouts by covering fitness routines for every training style, budget, and home space.

Yoga Anatomy, 2nd Ed.

Leslie Kaminoff and Amy Matthews • 2012 • Paperback • 288 pp
7 x 10 • 4 color photos; 320 color illus • ISBN 978-1-4504-0024-4
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Features full-color anatomical illustrations, providing an inside look into each yoga pose and a better understanding of the movements involved.

Your Personal Trainer

Douglas Brooks • 1999 • Paperback • 264 pp • 8.5 x 11 • 83 illus
ISBN 978-0-88011-861-3 • \$23.95 U.S. • \$26.95 CDN • \$31.95 AUS
\$38.99 NZ

Guaranteed results through Douglas Brooks' efficient workouts and proven cardiovascular, stretching, and strengthening programs.

FLEXIBILITY/MASSAGE/STRETCHING

Delavier's Stretching Anatomy

Frédéric Delavier, Jean-Pierre Clémenceau and Michael Gundill • 2012
Paperback • 144 pp • 7.75 x 10 • 253 color photos; 311 color illus
ISBN 978-1-4504-1398-5 • \$21.95 U.S. • \$23.95 CDN • \$28.95 AUS
\$35.99 NZ

With over 550 full-color photos and illustrations, this guide depicts 130+ exercises to increase flexibility, tone muscles, and reduce injury.

End Back & Neck Pain

Vincent Fortanasce, MD, David Gutkind, DPT and Robert G. Watkins, III, MD
2012 • Paperback • 224 pp • 7 x 10 • 144 illus • ISBN 978-0-7360-9528-0
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

A comprehensive guide to the relief and prevention of common forms of spinal pain. Provides advice for self-treatment, finding a physician & more.

Facilitated Stretching, 3rd Ed.

Robert E. McAtee and Jeff Charland • 2007 • Paperback • 192 pp with
DVD
8.5 x 11 • 395 illus • ISBN 978-0-7360-6248-0 • \$29.95 U.S.
\$33.95 CDN • \$39.95 AUS • \$48.99 NZ

This book and DVD provide users with a dynamic, comprehensive approach to learning proper stretching techniques.

Full-Body Flexibility, 2nd Ed.

Jay Blahnik • 2011 • Paperback • 272 pp • 7 x 10 • 671 color photos;
2 color illus • ISBN 978-0-7360-9036-0 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Blends yoga, Pilates, martial arts, and sport training in stretching sequences used for warm-ups, cool-downs, and challenging workouts.

Massage for Sport Performance

Michael McGillicuddy • 2011 • 192 pp with DVD • 7 x 10
223 color photos; 12 color illus • ISBN 978-0-7360-8301-0 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Covers massage techniques with detailed pictures and a 60-minute DVD showing all the necessary techniques to give a sport massage.

Prescriptive Stretching

Kristian Berg • 2011 • Paperback • 152 pages • 8.5 x 11
73 color illus • ISBN 978-0-7360-9936-3 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Presents detailed, full-color anatomical illustrations of 40 stretches, demonstrating exactly how each stretch targets a specific muscle.

Sport Stretch, 2nd Ed.

Michael J. Alter • 1998 • Paperback • 232 pp • 8.5 x 11 • 354 illus
ISBN 978-0-88011-823-1 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Includes stretches for 41 sports to help athletes and coaches take the guesswork out of stretching; features 311 different exercises.

Stretching Anatomy, 2nd Ed.

Arnold G. Nelson and Jouko Kokkonen • 2014 • Paperback • 232 pp • 7 x 10
119 color photos; 118 color illus • ISBN 978-1-4504-3815-5 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Full-color illustrated guide for performing 86 stretches that will improve flexibility and muscular strength.

Stretch to Win

Ann Frederick and Chris Frederick • 2006 • Paperback • 264 pp • 7 x 10
247 illus • ISBN 978-0-7360-5529-1 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Presents a complete, scientifically based flexibility training system to bolster athletes' speed, strength, agility, quickness, and athleticism.

FOOTBALL

See *Complete Linebacking 2E*, page 8.

AFCA's Defensive Football Drills

American Football Coaches Association • Foreword by Grant Teaff
1996 • Paperback • 168 pp • 6 x 9 • 74 illus • ISBN 978-0-88011-476-9
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Features 70 innovative drills and insights from many of the country's best college and high school defensive coaches.

AFCA's Offensive Football Drills

American Football Coaches Association • Foreword by Grant Teaff
1998 • Paperback • 184 pp • 6 x 9 • 81 illus • ISBN 978-0-88011-526-1
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Features 75 offensive position-specific and team drills.

Coaching Football Successfully

Allan Trimble • Foreword by Bob Stoops • 2005 • Paperback • 256 pp
8.5 x 11 • 288 illus • ISBN 978-0-7360-5544-4 • \$21.95 U.S.
\$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Comprehensive guide providing 130 offensive, defensive, and special teams plays, 30 field-tested drills, and off-field fundamentals.

Coaching Football Technical and Tactical Skills

American Sport Education Program • 2006 • Paperback • 376 pp
8.5 x 11 • 168 illus • ISBN 978-0-7360-5184-2 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Endorsed by the AFCA, covers the basic and intermediate skills necessary for developing successful, confident players.

Coaching Youth Football, 5th Ed.

American Sport Education Program with Joe Galat • 2010 • Paperback
248 pp • 7 x 10 • 133 illus • ISBN 978-0-7360-8566-3 • \$16.95 U.S.
\$18.95 CDN • \$21.95 AUS • \$27.99 NZ

Features updated information, including an enhanced section about players' safety on the field and new drills, games, and coaching tips.

Complete Conditioning for Football

Pat Ivey and Josh Stoner • 2012 • Paperback • 264 pp with DVD
7 x 10 • Foreword by Gary R. Pinkel • 149 illus • ISBN 978-0-7360-9319-4
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

A comprehensive training approach that builds players' abilities as well as the football-specific skills their positions require.

Complete Guide to Special Teams

American Football Coaches Association • Foreword by Frank Beamer
2005 • Paperback • 272 pp • 7 x 10 • 188 illus • ISBN 978-0-7360-5291-7
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Sixteen top U.S. coaches share technical and tactical expertise they used in developing championship-level special teams players and units.

Complete Offensive Line

Rick Trickett • 2012 • Paperback • 200 pp • 7 x 10 • 211 illus
ISBN 978-0-7360-8651-6 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Includes in-depth instruction and drills for mastering essential skills, tactics, and schemes to dominate the line and the opposition.

Complete Quarterbacking

Don Read • Foreword by Dan Fouts • 2002 • Paperback • 296 pp
6 x 9 • 204 illus • ISBN 978-0-7360-3984-0 • \$21.95 U.S. • \$24.95 CDN
\$28.95 AUS • \$35.99 NZ

Presents drills, techniques, and diagrams showing specific defensive keys to help recognize and react to an opponent's coverage.

Complete Wide Receiver

Jay Norvell • 2013 • Paperback • 232 pp • 7 x 10 • 149 illus
ISBN 978-1-4504-2455-4 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Details everything about the wide receiver position, including catching, blocking, route running, ball security, game preparation, and training.

Defensive Football Strategies

American Football Coaches Association • 2000 • Paperback • 320 pp
8.5 x 11 • 607 illus • ISBN 978-0-7360-0142-7
\$24.95 U.S. • \$26.95 CDN • \$35.95 AUS • \$40.99 NZ

The 73 defensive tactics and 600 X-and-O diagrams show how to counter offensive formations and attacks.

The Football Coaching Bible

American Football Coaches Association • 2002 • Paperback • 376 pp
7 x 10 • 161 illus • ISBN 978-0-7360-4411-0 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

Contains original information, insight, and game-winning advice from 27 of the most revered football coaches in the country.

Football Coaching Strategies

American Football Coaches Association • Foreword by Grant Teaff
1995 • Paperback • 216 pp • 8.5 x 11 • 370 illus
ISBN 978-0-87322-869-5 • \$20.95 U.S. • \$22.95 CDN • \$27.95 AUS
\$33.99 NZ

Contains 67 articles contributed during the last 25 years by many of the greatest football coaches ever. Covers every crucial aspect of the game.

Football Kicking and Punting

Ray Guy and Rick Sang • Foreword by John Madden • 2009 • Paperback
288 pp • 7 x 10 • 179 illus • ISBN 978-0-7360-7470-4 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Hall of Famer and NFL 75th Anniversary Team member Ray Guy and veteran kicking coach Rick Sang share techniques and strategies.

Football Offenses & Plays

American Football Coaches Association • Foreword by Hayden Fry
2006 • Paperback • 248 pp • 8.5 x 11 • 469 illus • ISBN 978-0-7360-6261-9
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

More than 430 Xs and Os cover formations, situations, and plays from some of the game's top offensive minds.

Football Skills & Drills, 2nd Ed

Tom Bass • 2012 • Paperback • 240 pp • 8.5 x 11 • 213 color photos;
54 color illus • ISBN 978-0-7360-9076-6 • \$23.95 U.S. • \$26.95 CDN
\$31.95 AUS • \$38.99 NZ

Full-color photos, step-by-step instruction, and 100+ drills teach the game's essential skills: tackling, passing, catching, blocking, and kicking.

Football's Best Offensive Playbook

Dwight "Dee" Hawkes, Editor • Foreword by Dennis Erickson • 1995
Paperback • 144 pp • 8.5 x 11 • 105 illus • ISBN 978-0-87322-574-8
\$22.95 U.S. • \$25.95 CDN • \$29.95 AUS • \$37.99 NZ

Many of football's greatest coaches have contributed their expertise to this book, which provides 100 plays—all expertly diagrammed.

Football's Eagle & Stack Defenses

Ron Vanderlinden • Foreword by Joe Paterno • 2008 • Paperback
248 pp • 7 x 10 • 136 illus • ISBN 978-0-7360-7253-3 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

A thorough explanation of the two defenses, their base structures and adjustments, key reads and techniques, and positional responsibilities.

Football: Steps to Success

Greg Colby • 2013 • Paperback • 248 pp • 8.5 x 11 • 50 color photos;
123 color illus • ISBN 978-1-4504-1170-7 • \$21.95 U.S. • \$24.95 CDN
\$28.95 AUS • \$35.99 NZ

Straightforward instruction and more than 58 developmental drills for every essential skill.

Football's West Coast Offense

Frank Henderson and Mel Olson • Foreword by LaVell Edwards • 1997
Paperback • 192 pp • 6 x 9 • 279 illus • ISBN 978-0-88011-662-6
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

The "West Coast" offense is still popular and is here to stay. This book shows how to run the offensive scheme of many championship teams.

Offensive Football Strategies

American Football Coaches Association • 2000 • Paperback • 336 pp
8.5 x 11 • 748 illus • ISBN 978-0-7360-0139-7
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

The most popular and effective offensive philosophies, systems, formations, and plays from the past 40 years.

Survival Guide for Coaching Youth Football

Jim Dougherty and Brandon Castel • 2010 • Paperback • 168 pp
7 x 10 • 108 illus • ISBN 978-0-7360-9113-8 • \$15.95 U.S.
\$17.95 CDN • \$20.95 AUS • \$25.99 NZ

Provides practical advice, simple skills, practice plans, and drills for teaching the basics of football using a lighthearted and humorous tone.

Winning Football

Bill Ramseyer • 2011 • Paperback • 208 pp • 8.5 x 11
222 illus • ISBN 978-0-7360-8695-0 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Presents 85 drills and serves as a guide for both sides of the ball, special teams play, practice plans, and game-day preparation.

GAMES

Best New Games

Dale N. Le Fevre • 2002 • Paperback • 232 pp • 6 x 9 • 238 illus
ISBN 978-0-7360-3685-6 • \$22.95 U.S. • \$24.95 CDN • \$27.95 AUS
\$37.99 NZ

A great source of party games, ice breakers for a conference or meeting, or activities for any group; features 77 games and seven trust activities.

Celebration Games

Barb Wnek • 2006 • Paperback • 184 pp • 6 x 9 • 91 illus
ISBN 978-0-7360-5955-8 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Combines a year's worth of holiday and seasonal themes with physical fitness activities, skills, games, and rhythm and dance activities.

Cooperative Games and Sports, 2nd Ed.

Terry Orlick • 2006 • Paperback • 176 pp • 6 x 9 • 56 illus
ISBN 978-0-7360-5797-4 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Presents versatile games and sports designed to build children's self-esteem by learning to play with, rather than against, one another.

Junkyard Sports

Bernie DeKoven • 2005 • Paperback • 184 pp • 6 x 9 • 38 illus
ISBN 978-0-7360-5207-8 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Presents more than 75 innovative, challenging game starters that utilize nontraditional equipment for the major team sports.

Physical Activities for Improving Children's Learning and Behavior

Billye Ann Cheatum and Allison A. Hammond • 2000 • Paperback
360 pp • 6 x 9 • 134 illus • ISBN 978-0-88011-874-3 • \$27.95 U.S.
\$30.95 CDN • \$36.95 AUS • \$46.00 NZ

Find possible reasons behind children's learning, behavior, and motor problems as well as fun activities to help improve their condition.

Team Building Through Physical Challenges

Donald R. Glover and Daniel W. Midura • 1992 • Paperback • 160 pp
6 x 9 • 80 illus • ISBN 978-0-87322-359-1 • \$20.95 U.S. • \$22.95 CDN
\$27.95 AUS • \$33.99 NZ

Contains 22 Outward Bound-type tasks that challenge upper elementary through high school students to work together.

GOLF

See *Golf: Steps to Success 2E*, page 16.

Accessible Golf

Ladies Professional Golf Association with Dan Drane and Martin Block
2006 • Paperback • 216 pp • 8.5 x 11 • 32 illus
ISBN 978-0-88011-979-5 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Offers all the tools to successfully implement an all-access program within the guidelines of the Americans with Disabilities Act (ADA).

Coaching Golf Successfully

Bill Madonna • 2001 • Paperback • 208 pp • 8.5 x 11
72 illus • ISBN 978-0-7360-3391-6 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Helps coaches and instructors build a winning golf program by providing philosophies, guidelines, and proven teaching systems.

Complete Conditioning for Golf

Pete Draovitch and Ralph Simpson • Foreword by Greg Norman
2007 • Paperback • 208 pp with DVD • 7 x 10 • 143 illus
ISBN 978-0-7360-6779-9 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Book/DVD provides step-by-step approach to conditioning, with functional exercises and actual programs pros use to achieve their best scores.

Golf Anatomy

Craig Davies and Vince DiSaia • 2010 • Paperback • 200 pp • 7 x 10
322 color photos; 184 color illus • ISBN 978-0-7360-8434-5 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Anatomical illustrations give golfers the tools to develop proper physical conditioning for longer, more accurate, and consistent shots.

Golf Flow

Gio Valiante • Foreword by Sir Nick Faldo • 2013 • Paperback • 240 pp
7 x 10 • 34 illus • ISBN 978-1-4504-3404-1 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Valiante teaches cues for staying in the moment, simple steps for overcoming adversity, and details each of the 10 keys to achieving flow on the course.

I Golf, Therefore I Am—Nuts!

George Fuller • 2009 • Paperback • 248 pp • 6 x 9 • 47 illus
ISBN 978-0-7360-7528-2 • \$15.95 U.S. • \$17.95 CDN • \$20.95 AUS
\$25.99 NZ

Popular golf humorist George Fuller makes light of the idiosyncrasies of otherwise sane people addicted to the frustrating game of golf.

LPGA's Guide to Every Shot

Ladies Professional Golf Association • 2000 • Paperback • 200 pp
7 x 10 • 208 color photos • ISBN 978-0-88011-980-1 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Written by many of the LPGA's top tour players and teaching professionals, this full-color book gives the basics of hitting each shot.

Your Perfect Swing

Jim Suttie • 2006 • Paperback • 216 pp • 7 x 10 • 314 illus
ISBN 978-0-7360-3423-4 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Leading PGA instructor Dr. Jim Suttie shows how to identify tendencies and master a swing that's consistent and repeatable under pressure.

GYMNASTICS

Coaching Youth Gymnastics

American Sport Education Program with USA Gymnastics • Foreword by
Shannon Miller • 2011 • Paperback • 272 pp • 7 x 10
594 illus • ISBN 978-0-7360-8403-1 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Covers all the basics of coaching and gymnastics in a concise style that is customized for entry-level gymnastics coaches.

HIKING/OUTDOORS

See *Hiking Ohio*, page 18.

The Gentle Art of Horseback Riding

Gincy Self Bucklin • 2013 • Paperback • 256 pp • 8.5 x 11
245 color photos; 13 color illus • ISBN 978-1-4504-1274-2
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Valuable information for riders at all levels who want to develop a confident rider-horse partnership.

Hiking and Backpacking

Wilderness Education Association • Marni Goldenberg and
Bruce Martin, Editors • 2008 • Paperback • 272 pp • 7 x 10
95 color photos; 18 illus • ISBN 978-0-7360-6801-7 • \$20.95 U.S.
\$22.95 CDN • \$27.95 AUS • \$33.99 NZ

Master teachers present all the essential information needed in introducing hiking, overnight camping, and backpacking.

Hiking Arizona

Christine Maxa • 2003 • Paperback • 208 pp • 8.5 x 11 • 162 illus
ISBN 978-0-7360-4157-7 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

A comprehensive guide to exploring 98 trails in one of the most scenic U.S. states.

Hiking Illinois, 2nd Ed.

Susan L. Post • 2009 • Paperback • 256 pp • 8.5 x 11 • 200 illus
ISBN 978-0-7360-7474-2 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

A guide to 107 of the most scenic day hikes within the Land of Lincoln.

Hiking Kentucky

Brook Elliott and Barbara Elliott • 1998 • Paperback • 216 pp
8.5 x 11 • 163 illus • ISBN 978-0-88011-812-5 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Features 100 of the best day hiking trails in all parts of the state and 144 easy-to-read maps.

Hiking Michigan, 2nd Ed.

Roger Storm and Susan Wedzel • 2009 • Paperback • 328 pp • 8.5 x 11
254 illus • ISBN 978-0-7360-7507-7 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

A guide to 146 of the most scenic day hikes in the Great Lakes State, complete with a trail finder providing a summary of trail features and more.

Hiking Minnesota

Mike Link and Kate Crowley • 1999 • Paperback • 216 pp • 8.5 x 11
165 illus • ISBN 978-0-88011-900-9 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Contains 100 of the best day hikes in Minnesota including urban hiking trails for those who want to explore Minnesota's more scenic cities.

Hiking Missouri, 2nd Ed.

Kevin Lohraff • 2009 • Paperback • 288 pp • 8.5 x 11 • 202 illus
ISBN 978-0-7360-7588-6 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

A guide to 127 of the most scenic day hikes in the Show-Me State, complete with a trail finder providing a summary of trail features and more.

Hiking Pennsylvania

Mike Bleech • 2000 • Paperback • 224 pp • 8.5 x 11 • 170 illus
ISBN 978-0-7360-0166-3 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Showcases 103 of the best day hiking trails throughout the state.

Hiking Wisconsin

Martin Hintz • 1997 • Paperback • 224 pp • 8.5 x 11 • 163 illus
ISBN 978-0-88011-567-4 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

This handy guide to 107 of the best day hiking trails in Wisconsin features 148 easy-to-read maps.

Mountaineering: Training and Preparation

Carlton Cooke, Dave Bunting and John O'Hara, Editors • 2010 • Paperback
288 pp • 8.5 x 11 • 170 color photos; 10 color illus
ISBN 978-0-7360-8469-7 • \$27.95 U.S. • \$30.95 CDN • \$36.95 AUS
\$45.99 NZ

Presents comprehensive information on planning and conditioning for a mountaineering expedition and building the leadership skills required.

Nordic Walking for Total Fitness

Suzanne Nottingham and Alexandra Jurasin • 2010 • Paperback • 216 pp
7 x 10 • 131 color photos; 2 color illus • ISBN 978-0-7360-8178-8
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

A complete guide to the power of Nordic walking, with a range of programs for cardio health, full-body conditioning, and sport-specific cross-training.

Outdoor Athlete, The

Courtenay Schurman and Doug Schurman • 2009 • Paperback • 296 pp
7 x 10 • 163 illus • ISBN 978-0-7360-7611-1 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Provides 65 exercises, dozens of locales, and 20 programs for preparing and excelling at over 15 outdoor activities.

Outdoor Survival Guide

Randy Gerke • 2010 • Paperback • 248 pp • 6 x 9 • 48 color photos;
35 illus • ISBN 978-0-7360-7525-1 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Provides essential and practical survival information for overcoming the most frequently encountered outdoor hazards.

Rock Climbing

Wilderness Education Association • Timothy W. Kidd and
Jennifer Hazelrigs, editors • 2009 • Paperback • 328 pp • 7 x 10
215 color photos; 20 color illus • ISBN 978-0-7360-6802-4 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Learn to be a capable beginning climber, with easy-to-follow instruction on fundamentals, knots, building anchor systems, descending, and more.

HOCKEY-FIELD**Field Hockey: Steps to Success, 2nd Ed.**

Elizabeth Anders with Sue Myers • 2008 • Paperback • 240 pp
8.5 x 11 • 165 illus • ISBN 978-0-7360-6837-6 • \$22.95 U.S.
\$25.95 CDN • \$29.95 AUS • \$37.99 NZ

Includes team play formations, tactics and decision making during team play, fitness, functional conditioning, and warm-up exercises.

Field Hockey Techniques & Tactics

Claire Mitchell-Taverner • 2005 • Paperback • 216 pp
8.5 x 11 • 181 illus • ISBN 978-0-7360-5437-9 • \$23.95 U.S.
\$26.95 CDN • \$31.95 AUS • \$38.99 NZ

Teaches the skills and tactics the Australian women's field hockey team, the Hockeyroos, employed to revolutionize the sport.

HOCKEY-ICE**Complete Conditioning for Hockey**

Peter Twist • 2007 • Paperback • 232 pp **with DVD** • 7 x 10 • 128 illus
ISBN 978-0-7360-6034-9 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS •
\$40.99 NZ

This book/DVD package provides the ultimate training tool for players and coaches looking to take their game to the next level.

The Hockey Drill Book

Dave Chambers • Foreword by Pat Quinn • 2008 • Paperback • 392 pp
7 x 10 • 501 illus • ISBN 978-0-7360-6534-4 • \$21.95 U.S. • \$24.95 CDN
\$28.95 AUS • \$35.99 NZ

Features 446 drills covering each position and every facet of the sport, along with detailed diagrams, illustrations, and coaching tips.

Hockey Goaltending

Brian Daccord, Editor • Foreword by John Vanbiesbrouck • 2009 • Paperback
280 pp **with DVD** • 7 x 10 • 262 illus • ISBN 978-0-7360-7427-8
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Provides comprehensive instruction on every facet of this challenging position. Bonus DVD brings the instruction to life.

Hockey Plays and Strategies

Ryan Walter and Mike Johnston • Foreword by Mike Babcock • 2010
Paperback • 232 pp • 8.5 x 11 • 247 illus • ISBN 978-0-7360-7634-0
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Covers offensive, defensive, and special teams systems, and tactical advice on making in-game adjustments and player match-ups.

Hockey Tough

Saul L. Miller • Foreword by Mark Messier • 2003 • Paperback • 224 pp
6 x 9 • 24 illus • ISBN 978-0-7360-5123-1 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Provides players and coaches proven methods for mastering the mental side of the game.

Laura Stamm's Power Skating, 4th Ed.

Laura Stamm • Foreword by Luc Robitaille • 2010 • Paperback • 288 pp
7 x 10 • 350 illus • ISBN 978-0-7360-7620-3 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Presents the system used by thousands of top players and teams, with over 300 skill-demonstration photographs and illustrations.

ICE SKATING**The Complete Book of Figure Skating**

Carole Shulman • 2002 • Paperback • 240 pp • 8.5 x 11 • 188 illus
ISBN 978-0-7360-3548-4 • \$24.95 U.S. • \$26.95 CDN • \$35.95 AUS
\$40.99 NZ

Provides proven technique instruction for more than 100 skills, presented progressively from beginning to advanced levels of expertise.

Ice Skating: Steps to Success

Karin Künzle-Watson and Stephen J. DeArmond • 1996 • Paperback
168 pp • 8.5 x 11 • 300 illus • ISBN 978-0-87322-669-1
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

The 300 detailed illustrations and 50 drills come with performance goals and a list of key points to remember when performing.

LACROSSE

Coaching Youth Lacrosse, 2nd Ed.

American Sport Education Program • 2003 • Paperback • 296 pp • 6 x 9
211 illus • ISBN 978-0-7360-3794-5 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Includes chapters on communicating with athletes and parents, teaching and developing skills, and coaching in game situations.

Men's Lacrosse

Don Zimmerman and Peter England • 2013 • Paperback • 256 pp
7 x 10 • 292 illus • ISBN 978-1-4504-1119-6 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Expert instruction, coaching tips, and insights to learn essential individual skills and team strategies.

Winning Women's Lacrosse

Kelly Amonte Hiller with Ashley Gersuk and Ann Elliott • 2010 • Paperback
208 pp • 7 x 10 • 169 illus • ISBN 978-0-7360-8000-2 • \$21.95 U.S.
\$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Covers offensive and defensive skills, specialty skills for field players and goalkeepers, drills, and techniques for maximizing practices.

MARTIAL ARTS/SELF-DEFENSE

Attack Proof, 2nd Ed.

John Perkins, Al Ridenhour, and Matt Kovsky • 2009 • Paperback • 296 pp
8.5 x 11 • 254 illus • ISBN 978-0-7360-7876-4 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Presents a proven personal protection system, called guided chaos, for anticipating and fending off even the most brutal assaults.

Competitive Karate

Adam Gibson and Bill Wallace • 2004 • Paperback • 192 pp • 7 x 10
383 illus • ISBN 978-0-7360-4492-9 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Presents in-depth instruction in the technique, tactics, training methods, and mindset that made Bill "Superfoot" Wallace a martial arts legend

Competitive Taekwondo

Master Yong Sup Kil • 2006 • Paperback • 224 pp • 7 x 10 • 272 illus
ISBN 978-0-7360-5870-4 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS
\$30.99 NZ

Former world taekwondo champion shares techniques, tactics, and strategies essential for success in competition.

Essential Brazilian Jiu Jitsu

Marc Walder • 2008 • Paperback • 128 pp • 7 x 10
253 color photos • ISBN 978-0-7360-7488-9 • \$19.95 U.S. • \$21.95 CDN
Not available through Human Kinetics in Australia or New Zealand

Full-color photo sequences provide clear instruction for the basic movements, attacks, and defensive tactics needed for success.

Delavier's Mixed Martial Arts Anatomy

Frédéric Delavier and Michael Gundill • 2014 • Paperback • 144 pp
7.75 x 10 • 357 color illus • ISBN 978-1-4504-6359-1 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

More than 120 exercises and 20 training programs for MMA fighters of all levels of experience.

Freestyle Sparring

Grandmaster Woo Jin Jung • 2000 • Paperback • 208 pp • 8.5 x 11
178 illus • ISBN 978-0-7360-0129-8 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Over 175 photos illustrate 100 sparring techniques, including punches, kicks, blocks, and strikes.

Mastering Judo

Masao Takahashi and Family • 2005 • Paperback • 224 pp • 8.5 x 11
368 illus • ISBN 978-0-7360-5099-9 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

The world-renowned Takahashi family teaches the history, culture, principles, techniques, and tactics of judo both as an art and a sport.

Mastering Jujitsu

Renzo Gracie and John Danaher • Foreword by Carlos Gracie, Jr. • 2003
Paperback • 248 pp • 8.5 x 11 • 234 illus • ISBN 978-0-7360-4404-2
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Renzo Gracie teaches the techniques and tactics that have made the Gracies so successful. Includes the Gracie concept of combat phases.

Mastering Karate

Jerry Beasley • 2003 • Paperback • 192 pp • 8.5 x 11 • 195 illus
ISBN 978-0-7360-4410-3 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Offers advice for enhancing individual performance as well as specific strategies for success in sparring situations.

Self-Defense: Steps to Survival

Katy Mattingly • 2007 • Paperback • 166 pp • 8.5 x 11 • 166 illus
ISBN 978-0-7360-6689-1 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Provides individuals with the actions and maneuvers needed to identify, prevent, and defend against physical attacks.

Self-Defense Techniques & Tactics

Joseph B. Walker • 2003 • Paperback • 200 pp • 7 x 10 • 178 illus
ISBN 978-0-7360-3775-4 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Shows readers how to quickly assess threats; disarm opponents; and defend against punches, kicks, and more.

MENTAL TRAINING

Embracing Your Potential

Terry Orlick, PhD • 1998 • Paperback • 208 pp • 6 x 9 • 31 illus
ISBN 978-0-88011-831-6 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS
\$27.99 NZ

Shares the collective wisdom of athletes and performers and includes 66 self-help exercises that can make lasting changes in readers' lives.

Flow in Sports

Susan A. Jackson and Mihaly Csikszentmihalyi • 1999 • Paperback
192 pp • 6 x 9 • 31 illus • ISBN 978-0-88011-876-7 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Strives to make optimal experiences and performances common by explaining what conditions need to be in place for flow to occur.

In Pursuit of Excellence, 4th Ed.

Terry Orlick, PhD • 2008 • Paperback • 320 pp • 7 x 10 • 28 illus
ISBN 978-0-7360-6757-7 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

A guide to daily living and motivation as well as a road map to long-term achievement.

Inside Sport Psychology

Costas Karageorghis and Peter Terry • Foreword by Paul Dickenson • 2011
Paperback • 248 pp • 7 x 10 • 48 illus • ISBN 978-0-7360-3329-9
\$26.95 U.S. • \$29.95 CDN • \$35.95 AUS • \$43.99 NZ

Covers key aspects of sport psychology, including effective methods for enhancing performance and preparing mentally for competitions.

The Mental Athlete

Kay Porter • 2003 • Paperback • 224 pp • 6 x 9 • 21 illus
ISBN 978-0-7360-4654-1 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Readers will use their inner-thought process and learn to initiate action and respond intuitively to negative results in positive ways.

Mistakes Worth Making: How to Turn Sports Errors Into Athletic Excellence

Susan Halden-Brown • 2003 • Paperback • 304 pp
6 x 9 • 19 illus • ISBN 978-0-7360-4171-3 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Learn how mistakes can lead to new strategies and tactics, build mental toughness, and enhance performance.

Sport Hypnosis

Donald R. Liggett, PhD • 2000 • Paperback • 208 pp • 6 x 9 • 23 illus
ISBN 978-0-7360-0214-1 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS • \$29.99 NZ

Helps athletes sharpen mental focus, relax the body, visualize a successful performance, think positively, and control emotions.

The Sport Psych Handbook

Shane Murphy, Editor • 2005 • Paperback • 368 pp • 7 x 10 • 68 illus
ISBN 978-0-7360-4904-7 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

21 of sport psychology's most notable experts cover a wealth of information on what it takes to excel in the mental game.

NETBALL**The Netball Handbook**

Jane Woodlands • 2006 • Paperback • 248 pp • 7 x 10 • 107 illus
ISBN 978-0-7360-6265-7 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Covers the essential skills and tactics as well as physical training and mental conditioning to improve all aspects of game performance.

Netball: Steps to Success, 2nd Ed.

Wilma Shakespeare and Margaret Caldwell • 2009 • Paperback • 216 pp
8.5 x 11 • 162 color photos; 52 color illus • ISBN 978-0-7360-7984-6
\$20.95 U.S. • \$22.95 CDN • \$27.95 AUS • \$33.99 NZ

Provides newcomers with a sound understanding of key skills and game play and gives more experienced players the necessary coaching to advance.

NUTRITION/WEIGHT CONTROL**Advanced Sports Nutrition, 2nd Ed.**

Dan Benardot, PhD • 2012 • Paperback • 424 pp • 7 x 10 • 67 illus
ISBN 978-1-4504-0161-6 • \$23.95 U.S. • \$26.95 CDN • \$31.95 AUS
\$38.99 NZ

The latest research, topics, and innovations, provides effective and cutting-edge strategies for optimal fueling and performance.

The Athlete's Guide to Making Weight

Michele A. Macedonio and Marie Dunford • 2009 • Paperback • 272 pp
7 x 10 • 26 illus • ISBN 978-0-7360-7586-2 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Analyzes today's top athletes, competitive trends, and positional demands across 21 sports to help athletes achieve optimal competitive weight.

The Athlete's Guide to Sports Supplements

Kimberly Mueller and Josh Hingst • 2013 • Paperback • 304 pp
7 x 10 • 27 illus • ISBN 978-0-7360-9369-9 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Covers the most popular supplements and includes performance benefits, current research, recommended dosages, and potential health concerns.

Caffeine for Sports Performance

Louise Burke, Ben Desbrow, and Lawrence Spriet • 2013 • Paperback
216 pp • 7 x 10 • 15 illus • ISBN 978-0-7360-9511-2
\$18.95 U.S. • \$20.95 CDN • \$24.95 AUS • \$30.99 NZ

Covers all issues related to caffeine and sports performance and a commonsense discussion of benefits and risks of using caffeine.

Endurance Sports Nutrition, 3rd Ed.

Suzanne Girard Eberle • 2014 • Paperback • 392 pp • 7 x 10 • 3 illus
ISBN 978-1-4504-3215-3 • \$23.95 U.S. • \$26.95 CDN • \$31.95 AUS
\$38.99 NZ

Will help endurance athletes of all levels to benefit from high-performance eating, reach and maintain a healthy weight.

Fuel for Young Athletes

Ann Litt, MS, RD • 2004 • Paperback • 192 pp • 7 x 10 • 22 illus
ISBN 978-0-7360-4652-7 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS
\$30.99 NZ

Lays the foundation for success in sports with guidelines for meeting the nutritional requirements of adolescent athletes.

Gold Medal Nutrition, 5th Ed.

Glenn Cardwell • 2012 • Paperback • 256 pp • 8.5 x 11 • 50 illus
ISBN 978-1-4504-1120-2 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Practical resource takes the guesswork out of sports nutrition by explaining how to use it for maximizing performance.

Nancy Clark's Sports Nutrition Guidebook, 5th Ed.

Nancy Clark, MS, RD • 2014 • Paperback • 520 pp • 6 x 9 • 31 illus
ISBN 978-1-4504-5993-8 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Best-selling sports nutrition book includes the latest research on hydration, vitamins, supplements, energy drinks, clean eating, and nutrient timing.

Nutrient Timing for Peak Performance

Heidi Skolnik, MS, CDN, FACSM and Andrea Chernus, MS, RD, CDE
2010 • Paperback • 248 pp • 7 x 10 • 25 illus • ISBN 978-0-7360-8764-3
\$18.95 U.S. • \$20.95 CDN • \$24.95 AUS • \$30.99 NZ

Explains how athletes can manipulate food intake to maximize the results of training and compete at their highest level.

Performance Nutrition

Krista Austin and Bob Seebohar • 2011 • Paperback • 200 pp • 8.5 x 11
54 illus • ISBN 978-0-7360-7945-7 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

Blends theory with applied content and real-life examples to show how to optimize training, improve performance, and enhance recovery.

Power Eating, 4th Ed.

Susan Kleiner, PhD, RD with Maggie Greenwood-Robinson • 2013
Paperback • 376 pp • 7 x 10 • 10 illus • ISBN 978-1-4504-3017-3
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Proven strategies for gaining power, reducing body fat, building muscle, and enhancing training

Sport Nutrition for Coaches

Leslie Bonci, MPH, RD, CSSD • 2009 • Paperback • 272 pp • 8.5 x 11
38 illus • ISBN 978-0-7360-6917-5 • \$26.95 U.S. • \$29.95 CDN
\$35.95 AUS • \$43.90 NZ

Helps athletes maximize performance through proper nutrition and adapt basic nutrition and hydration needs to training schedules.

Vegetarian Sports Nutrition

D. Enette Larson-Meyer, PhD, RD • Foreword by Scott Jurek • 2007
Paperback • 272 pp • 7 x 10 • 24 illus • ISBN 978-0-7360-6361-6
\$18.95 U.S. • \$20.95 CDN • \$24.95 AUS • \$30.99 NZ

Shows athletes of all sports how to reap the full performance potential and health benefits of a vegetarian diet.

PADDLESPORTS/BOATING**Canoeing**

American Canoe Association • Pamela S. Dillon and Jeremy Oyen, Editors
2008 • Paperback • 264 pp **with DVD** • 7 x 10 • 134 color photos;
65 color illus • ISBN 978-0-7360-6715-7 • \$29.95 U.S. • \$33.95 CDN
\$39.95 AUS • \$48.99 NZ

Book/DVD teaches fundamental paddling skills and techniques and builds on those skills to learn more complicated strokes and maneuvers.

Kayaking

American Canoe Association • Pamela S. Dillon and Jeremy Oyen, Editors
2009 • Paperback • 248 pp **with DVD** • 7 x 10 • 182 color photos;
45 color illus • ISBN 978-0-7360-6716-4 • \$29.95 U.S. • \$33.95 CDN
\$39.95 AUS • \$48.99 NZ

Book/DVD helps beginning kayakers explore waterways safely and confidently while building skills for more challenging trips.

Rowing Faster, 2nd Ed.

Volker Nolte, Editor • 2011 • Paperback • 336 pp • 7 x 10 • 167 illus
ISBN 978-0-7360-9040-7 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Presents the techniques, training methods, and racing strategies that make rowers faster and more efficient on the water.

Water Skiing and Wakeboarding

Ben Favret • 2010 • Paperback • 200 pp • 8.5 x 11
150 color photos; 26 color illus • ISBN 978-0-7360-8634-9 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Provides instruction on the fundamental techniques for riding and skiing successfully and safely, with full-color action photos.

RACQUETBALL

Championship Racquetball

Fran Davis and Jason Mannino • 2011 • Paperback • 296 pp • 7 x 10
163 illus • ISBN 978-0-7360-8979-1 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Features solo and partner drills covering attacking forehands, penetrating backhands, dominating serves and returns, and numerous specialty shots.

Racquetball: Steps to Success

Dennis Fisher • 2008 • Paperback • 208 pp • 8.5 x 11 • 145 illus
ISBN 978-0-7360-6939-7 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS
\$30.99 NZ

Step-by-step instruction on a variety of serves, serve returns, and front-wall, side-wall, ceiling, and back-wall shots. Includes more than 80 drills.

RUGBY

Complete Conditioning for Rugby

Paul Pook • 2012 • Paperback • 256 pp with DVD • 7 x 10 • 125 illus
ISBN 978-0-7360-9830-4 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Book/DVD package provides exercises, drills and programs for improving the essential elements of the sport—strength, power, quickness, and agility.

Focused for Rugby

Adam R. Nicholls and Jon Callard • Foreword by Brian Ashton, MBE
2012 • Paperback • 208 pp • 7 x 10 • 73 illus • ISBN 978-1-4504-0212-5
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

A mental training program for maximizing performance, with strategies for coping with stress, building confidence, managing emotions & more.

Rugby Games & Drills

Rugby Football Union and Simon Worsnop • 2012 • Paperback • 216 pp
8.5 x 11 • 131 illus • ISBN 978-1-4504-0213-2 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Packed with 140 of the most effective games and drills for improving core skills and bringing out the best in players.

Rugby: Steps to Success, 2nd Ed.

Tony Biscombe and Peter Drewett • Foreword by Sir Ian McGeechan • 2010
Paperback • 240 pp • 8.5 x 11 • 124 color photos; 109 color illus
ISBN 978-0-7360-8173-3 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Step-by-step instruction on essential skills, including footwork, ball handling, tackling and kicking, accompanied by 90 drills.

RUNNING/TRACK & FIELD/ATHLETICS

See 4:09:43: *Boston 2013 Through the Eyes of the Runners*, page 14;
Mastering Running, page 11.

5K and 10K Training

Brian Clarke • 2006 • Paperback • 192 pp • 7 x 10 • 44 illus
ISBN 978-0-7360-5940-4 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Details a breakthrough system that synchronizes energy levels with training effort so runners can train smarter to excel on race day.

Advanced Marathonng, 2nd Ed.

Pete Pfitzinger and Scott Douglas • Foreword by Ryan Hall • 2009
Paperback • 264 pp • 7 x 10 • 89 illus • ISBN 978-0-7360-7460-5
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Provides the latest information on training methods, recovery, nutrition, and hydration.

The Art of Running Faster

Julian Goater and Don Melvin • 2012 • Paperback • 216 pp
7 x 10 • 25 illus • ISBN 978-0-7360-9550-1 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Challenges stereotypes of how distance runners should train and teaches them how to overcome factors that prevent running faster.

Coaching Cross Country Successfully

Pat Tyson with Doug Binder • Foreword by Alberto Salazar • 2014 •
Paperback • 168 pp • 8.5 x 11 • 123 illus • ISBN 978-1-4504-4019-6
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Proven training, motivation, and race tactics and advice for managing off-course cross country tasks.

Coaching Track & Field Successfully

Mark Guthrie • Foreword by Jimmy Carnes • 2003 • Paperback • 224 pp
8.5 x 11 • 190 illus • ISBN 978-0-7360-4274-1 • \$26.95 U.S.
\$29.95 CDN • \$35.95 AUS • \$43.99 NZ

Covers all the issues a coach must effectively address in building and maintaining a winning program.

Coaching Youth Track & Field

American Sport Education Program • 2008 • Paperback • 232 pp • 7 x 10
100 illus • ISBN 978-0-7360-6914-4 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Covers instruction for all events contested at Junior Olympic and Hershey's competitions, for ages 14 and under.

Complete Book of Throws

Jay Silvester, Editor • 2003 • Paperback • 176 pp • 8.5 x 11 • 338 illus
ISBN 978-0-7360-4114-0 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Presents the techniques and conditioning used by many of the most accomplished athletes of the shot put, discus, javelin, and hammer throw

Daniels' Running Formula, 3rd Ed.

Jack Daniels, PhD • 2014 • Paperback • 320 pp • 7 x 10 • 56 illus • ISBN
978-1-4504-3183-5 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

The world's best running coach offers proven training plans for events from 800 meters to the marathon.

Developing Endurance

National Strength & Conditioning Association • Ben Reuter, Editor • 2012
Paperback • 312 pp • 7 x 10 • 164 illus • ISBN 978-0-7360-8327-0
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

11 top NSCA experts cover how to achieve optimal stamina through science-based aerobic, anaerobic, and resistance training.

Fitness Running, 2nd Ed.

Richard L. Brown, PhD with Joe Henderson • 2003 • Paperback • 200 pp
7 x 10 • 35 illus • ISBN 978-0-7360-4510-0 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Provides the framework to reach both fitness and racing goals, with a system of workouts based on ability and variety.

Fundamentals of Track and Field, 2nd Ed.

Gerry Carr • 1999 • Paperback • 304 pp • 8.5 x 11 • 285 illus
ISBN 978-0-7360-0008-6 • \$27.95 U.S. • \$29.95 CDN • \$35.95 AUS
\$43.99 NZ

Takes the guesswork out of learning and teaching the basics. Includes nearly 300 illustrations showing correct techniques.

I Run, Therefore I Am—Nuts!

Bob Schwartz • 2001 • Paperback • 264 pp • 6 x 9 • 46 illus
ISBN 978-0-7360-4035-8 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS
\$27.99 NZ

Running humorist Bob Schwartz makes light of runners' idiosyncratic approaches and the strange and hilarious situations they run into.

I Run, Therefore I Am—STILL Nuts!

Bob Schwartz • 2013 • Paperback • 264 pp • 6 x 9 • 49 illus
ISBN 978-1-4504-2856-9 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS
\$27.99 NZ

Captures the comedy of the running life with 43 hilarious essays interspersed with illustrations that complement the amusing aspects of each story.

Lore of Running, 4th Ed.

Tim Noakes, MD • 2003 • Paperback • 944 pp • 7 x 10 • 209 illus
ISBN 978-0-87322-959-3 • \$29.95 U.S. • \$33.95 CDN • \$39.95 AUS
\$48.99 NZ

Defines the modern era of running with the unique combination of running physiology, training and racing programs, and more.

New York Running Guide

Bob McCullough and Miles Jaffe • 1998 • Paperback • 168 pp • 6 x 9
60 illus • ISBN 978-0-88011-765-4 • \$16.95 U.S. • \$38.90 NZ
Not available through Human Kinetics in Canada and Australia.

Provides detailed course information for 44 of the best routes throughout New York's five boroughs, Long Island, and New Jersey.

Officiating Track & Field and Cross Country

American Sport Education Program • 2006 • Paperback • 176 pp
7 x 10 • 74 illus • ISBN 978-0-7360-5360-0 • \$16.00 U.S. • \$17.95 CDN
\$20.95 AUS • \$26.00 NZ

Guide for promoting, administering, and officiating meets, based on rules of the National Federation of State High School Associations (NFHS).

The Olympic Marathon: The History and Drama of Sport's Most Challenging Event

David E. Martin and Roger W.H. Gynn • 2000 • Paperback • 528 pp
7 x 10 • 107 illus • ISBN 978-0-88011-969-6 • \$27.95 U.S. • \$30.95 CDN
\$36.95 AUS • \$45.99 NZ

Relive the past century of marathon races in a one-of-a-kind resource that looks at races from both a physiological and social perspective.

Road Racing for Serious Runners

Pete Pfiztinger and Scott Douglas • Foreword by Bill Rodgers • 1999
Paperback • 200 pp • 6 x 9 • 50 illus • ISBN 978-0-88011-818-7
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Presents a training and racing plan for competitive runners to excel in the full spectrum of road racing distances.

Running Science

Owen Anderson, PhD • 2013 • Paperback • 608 pp • 7 x 10
161 illus • ISBN 978-0-7360-7418-6 • \$27.95 U.S. • \$30.95 CDN
\$36.95 AUS • \$45.99 NZ

The most current research-grounded knowledge in running physiology, biomechanics, medicine, genetics, biology, psychology, training and racing.

Run Strong

Kevin Beck, Editor • 2005 • Paperback • 272 pp • 7 x 10 • 99 illus
ISBN 978-0-7360-5362-4 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS
\$30.99 NZ

An international team of 13 running experts addresses every aspect of training for developing greater strength and speed.

The Runner's Edge

Stephen J. McGregor, PhD and Matt Fitzgerald • 2010 • Paperback • 224 pp
7 x 10 • 23 illus • ISBN 978-0-7360-8115-3 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

A three-step plan for using technology to monitor, analyze, and plan training for peak performance, while avoiding overtraining and minimizing injuries.

Runners on Running

Rich Elliott, editor • 2011 • Paperback • 312 pp • 7 x 10
ISBN 978-0-7360-9570-9 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Readers will enjoy 30 of the best nonfiction running stories ever published, focused on spirit, body, mind, mentor, race, bonds, and heart.

Running Anatomy

Joe Puleo and Dr. Patrick Milroy • 2010 • Paperback • 200 pp • 7 x 10
2 color photos; 186 color illus • ISBN 978-0-7360-8230-3 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Anatomical illustrations and step-by-step exercises convey proper form and the link between muscle development and the runner in motion.

Running for Women

Jason R. Karp and Carolyn S. Smith • 2012 • Paperback • 232 pp
7 x 10 • 85 illus • ISBN 978-1-4504-0467-9 • \$17.95 U.S. • \$19.95 CDN
\$23.95 AUS • \$29.99 NZ

Information on training female runners based on cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics.

Running Tough

Michael Sandrock • 2001 • Paperback • 216 pp • 7 x 10 • 8 illus
ISBN 978-0-7360-2794-6 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS
\$27.99 NZ

Workouts from the best runners and coaches of our time organized by training goals to create a user-friendly handbook.

Running Well

Sam Murphy and Sarah Connors • 2008 • Paperback • 184 pp
7.5 x 9.25 • 326 color photos; 3 color illus • ISBN 978-0-7360-7745-3
\$18.95 U.S. • \$20.95 CDN • Not available for sale through Human Kinetics
in regions outside of North America.

A full-color guide to maximizing training and preventing, diagnosing, and rehabilitating specific running injuries.

Running Within

Jerry Lynch and Warren Scott • 1999 • Paperback • 216 pp • 6 x 9
28 illus • ISBN 978-0-88011-832-3 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

A special book for all runners who want to eliminate the physical and mental challenges of their sport and run burden-free.

San Francisco Running Guide

Bob Cooper • 1998 • Paperback • 160 pp • 6 x 9 • 59 illus
ISBN 978-0-88011-703-6 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS
\$27.99 NZ

Provides detailed descriptions and maps of 35 of the Bay Area's best running routes and 10 of its major races.

Timeless Running Wisdom

Richard Benyo • Foreword by Deena Kastor • 2011 • Paperback • 200 pp
7 x 10 • 40 illus • ISBN 978-0-7360-9934-9 • \$16.95 U.S. • \$18.95 CDN
\$21.95 AUS • \$27.99 NZ

Covers the concepts of running success and satisfaction by providing stories, insights, and instruction that help runners meet their specific goals.

Training for Young Distance Runners, 2nd Ed.

Larry Greene and Russ Pate • 2004 • Paperback • 240 pp • 7 x 10
101 illus • ISBN 978-0-7360-5091-3 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Provides technique, training, and nutritional advice while dealing with common psychological issues and injuries.

USA Track & Field Coaching Manual

USA Track & Field • 2000 • Paperback • 328 pp • 8.5 x 11 • 124 illus
ISBN 978-0-88011-604-6 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$53.99 NZ

The official coaching manual of USA Track & Field, this is an essential guide for men's and women's track and field coaches at all levels.

Waterlogged: The Serious Problem of Overhydration in Endurance Sports

Tim Noakes, MD, DSc • 2012 • Paperback • 448 pp • 7 x 10 • 158 illus
ISBN 978-1-4504-2497-4 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Debunks hydration beliefs and outlines practices and guidelines athletes should follow to maintain proper fluid balance in training and performance.

Winning Jumps and Pole Vault

Ed Jacoby, Editor • 2009 • Paperback • 232 pp • 8.5 x 11 • 187 illus
ISBN 978-0-7360-7419-3 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Covers long jump, triple jump, high jump, and pole vault—the basic science behind techniques, training drills, conditioning, and training programs.

Yoga for Runners

Christine Felstead • 2014 • Paperback • 264 pp • 7 x 10 • 387 illus
ISBN 978-1-4504-3417-1 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Introduces 88 yoga poses and 10 sequences to improve strength, flexibility, endurance, breathing, mental sharpness, and overall running performance.

SKATEBOARDING**Mastering Skateboarding**

Per Welinder and Pete Whitley • 2012 • Paperback • 272 pp
8.5 x 11 • 443 color photos; 62 color illus • ISBN 978-0-7360-9599-0
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Features high-quality full-color photo sequences of all the biggest tricks while spanning techniques and equipment for riders of every level.

SKIING/SNOWBOARDING/WINTER SPORTS

Alpine Skiing

Ronald W. Kipp • 2012 • Paperback • 224 pp • 7 x 10 • 113 color photos; 9 color illus • ISBN 978-0-7360-8355-3 • \$19.95 U.S. • \$21.95 CDN \$25.95 AUS • \$32.99 NZ

Introduces novice skiers to the basics of the sport, assists intermediate skiers in refining skills, and advises experts in specialized situations.

Mastering Snowboarding

Hannah Teter and Tawnya Schultz • 2013 • Paperback • 216 pp • 8.5 x 11 341 color photos; 2 color illus • ISBN 978-1-4504-1064-9 • \$24.95 U.S. \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Step-by-step instructions and color photo sequences depict essential techniques and tricks in park, halfpipe, and backcountry snowboarding.

Total Skiing

Chris Fellows • 2011 • Paperback • 264 pp • 7 x 10 • 280 color photos; 12 color illus • ISBN 978-0-7360-8365-2 • \$24.95 U.S. • \$27.95 CDN \$32.95 AUS • \$40.99 NZ

Full-color book includes a customizable four-step training program with assessments and suggestions for improvement based on skier level.

Ultimate Skiing

Ron LeMaster • 2010 • Paperback • 224 pp • 8.5 x 11 • 245 color photos; 35 color illus • ISBN 978-0-7360-7959-4 • \$23.95 U.S. • \$26.95 CDN \$31.95 AUS • \$38.99 NZ

A definitive guide to the latest developments in technique and technology, complete with one-of-a-kind, full-color photo montages and 3-D diagrams.

SOCCER

See *Attacking Soccer*, page 9; *Youth Soccer Drills 3E*, page 15.

Coaching Girls' Soccer Successfully

Debra LaPrath • 2009 • Paperback • 208 pp • 8.5 x 11 • 163 illus ISBN 978-0-7360-7212-0 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS \$32.99 NZ

Complete guide to building and maintaining a successful program. Includes drills, training plans, tools, checklists and forms.

Coaching Youth Soccer, 5th Ed.

American Sport Education Program with Sam Snow • Foreword by Anson Dorrance • 2011 • Paperback • 216 pp • 7 x 10 • 143 illus ISBN 978-0-7360-9217-3 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS \$27.99 NZ

Provides coaches with sport- and age-specific tips and advice as well as general coaching principles and information.

Complete Conditioning for Soccer

Greg Gatz • 2009 • Paperback • 208 pp with DVD • 7 x 10 • 145 illus ISBN 978-0-7360-7713-2 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS \$40.99 NZ

Book/DVD package builds players' physical abilities and skills required for dribbling, tackling, passing, heading, shooting, and goalkeeping.

The Complete Soccer Goalkeeper

Tim Mulqueen with Mike Voitalla • Foreword by Tim Howard • 2011 Paperback • 208 pp • 7 x 10 • 152 illus • ISBN 978-0-7360-8435-2 \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS • \$30.99 NZ

Offers tips for selecting, training, and developing athletes and the psychological and physical attributes needed to develop great keepers.

Developing Youth Football Players

Horst Wein • 2007 • Paperback • 264 pp • 8.5 x 11 • 21 color photos; 218 color illus • ISBN 978-0-7360-6948-9 • \$23.95 U.S. • \$26.95 CDN \$31.95 AUS • \$38.99 NZ

Contains over 150 games and drills to help coaches become more effective and give players the extra edge to succeed.

Elite Soccer Drills

Michael J. Matkovich with Jason Davis • Foreword by Jerry Yeagley • 2009 Paperback • 208 pp • 7 x 10 • 148 illus • ISBN 978-0-7360-7386-8 \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS • \$29.99 NZ

Features instruction on execution in high-level play, arming players with the ability to excel and preparing them for more challenging leagues.

Focused for Soccer, 2nd Ed.

Bill Beswick • Foreword by Steve McClaren • 2010 • Paperback • 216 pp 7 x 10 • 38 illus • ISBN 978-0-7360-8411-6 • \$19.95 U.S. • \$21.95 CDN \$25.95 AUS • \$32.99 NZ

A progressive psychological training guide providing the key components for mastering soccer's mental game.

More Than Goals

Claudio Reyna with Mike Voitalla • Foreword by Pelé • 2004 • Paperback 224 pp • 7 x 10 • 96 illus • ISBN 978-0-7360-5171-2 • \$17.95 U.S. \$19.95 CDN • \$23.95 AUS • \$29.99 NZ

International soccer star Claudio Reyna provides an in-depth look at his life and his sport.

Premier Soccer

Michael Parker • 2008 • Paperback • 208 pp • 7 x 10 • 142 illus ISBN 978-0-7360-6824-6 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS \$30.99 NZ

Presents intermediate to advanced techniques and tactics and the keys to using them in various situations during a match.

Skills & Strategies for Coaching Soccer, 2nd Ed.

Alan Hargreaves and Richard Bate • 2010 • Paperback • 392 pp • 7 x 10 121 color photos; 187 color illus • ISBN 978-0-7360-8022-4 • \$24.95 U.S. \$27.95 • CDN \$32.95 AUS • \$40.99 NZ

Over 125 drills for teaching skills and techniques, with coverage on how to develop the skills in realistic game situations at all levels.

Soccer Anatomy

Donald Kirkendall • 2011 • Paperback • 224 pp • 7 x 10 • 198 color photos; 191 color illus • ISBN 978-0-7360-9569-3 • \$21.95 U.S. \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Combines instructions and illustrations to convey proper form of 79 soccer-specific exercises that increase speed, strength, and agility.

The Soccer Coaching Bible

National Soccer Coaches Association of America • 2004 • Paperback 328 pp • 7 x 10 • 125 illus • ISBN 978-0-7360-4227-7 • \$24.95 U.S. \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

30 top soccer coaches tackle every aspect of coaching the sport.

Soccer Fundamentals

Human Kinetics with Danny Mielke • 2003 • Paperback • 144 pp • 7 x 10 146 illus • ISBN 978-0-7360-4506-3 • \$15.95 U.S. • \$17.95 CDN \$20.95 AUS • \$25.99 NZ

Features more than 28 game-like activities and drills to speed learning and improve performance.

Soccer Practice Games, 3rd Ed.

Joe Luxbacher • 2010 • Paperback • 224 pp • 7 x 10 • 187 illus ISBN 978-0-7360-8366-9 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS \$29.99 NZ

Presents 175 small-sided games for developing technique, skills, and soccer sense, while keeping players interested and enthused.

Soccer Skills & Drills

National Soccer Coaches Association of America • 2006 • Paperback 176 pp • 8.5 x 11 • 235 illus • ISBN 978-0-7360-5629-8 • \$17.95 U.S. \$19.95 CDN • \$23.95 AUS • \$29.99 NZ

Presents essential instruction for improving at every position on the field along with 80 progressively arranged drills that reinforce learning.

Soccer: Steps to Success, 4th Ed.

Joseph A. Luxbacher • 2014 • Paperback • 272 pp • 8.5 x 11 127 color photos; 38 color illus • ISBN 978-1-4504-3542-0 \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Offers progressive steps to help players learn and master dribbling, passing, receiving, shooting, tackling, heading, and goalkeeping.

Soccer Systems & Strategies

Jens Bangsbo and Birger Peitersen • 2000 • Paperback • 144 pp
7 x 10 • 80 illus • ISBN 978-0-7360-0300-1 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Shows coaches how to benefit from the strategies and systems used by the international soccer powers.

Survival Guide for Coaching Youth Soccer

Lindsey Blom and Tim Blom • 2009 • Paperback • 256 pp • 7 x 10 • 129 illus
ISBN 978-0-7360-7732-3 • \$15.95 U.S. • \$17.95 CDN • \$20.95 AUS
\$25.99 NZ

Provides inexperienced coaches with the most relevant tools for developing players' dribbling, passing, shooting, and goalkeeping skills.

Teaching Soccer Fundamentals

Nelson McAvooy • 1998 • Paperback • 184 pp • 6 x 9 • 82 illus
ISBN 978-0-88011-855-2 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS
\$27.99 NZ

Easy-to-read and augmented by helpful photographs and illustrations.

SOFTBALL**Coaching Fastpitch Softball Successfully, 2nd Ed.**

Kathy Veroni and Roanna Brazier • 2006 • Paperback • 232 pp
8.5 x 11 • 166 illus • ISBN 978-0-7360-6010-3 • \$21.95 U.S.
\$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Hall of Fame coach Veroni and pitching expert Brazier draw on their expertise to explain every facet of building a successful program.

Coaching Softball Technical and Tactical Skills

American Sport Education Program • 2009 • Paperback • 272 pp
8.5 x 11 • 193 illus • ISBN 978-0-7360-5376-1 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Covers evaluating techniques; season, practice, and game planning; pregame, game, and postgame strategies; and more.

Complete Guide to Slowpitch Softball

Rainer Martens and Julie Martens • 2011 • Paperback • 336 pp with DVD
8.5 x 11 • 321 illus • ISBN 978-0-7360-9406-1 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

Presents a comprehensive analysis of the strategies and tactics of the sport and guidelines on preparing physically and psychologically.

Defensive Softball Drills

Jacque Joseph • 1998 • Paperback • 192 pp • 6 x 9 • 126 illus
ISBN 978-0-88011-715-9 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Presents 66 drills for learning and mastering skills at each position and for developing players defensively.

Focused for Fastpitch

Gloria Solomon and Andrea Becker • 2004 • Paperback • 208 pp • 6 x 9
35 illus • ISBN 978-0-7360-5084-5 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Includes 80 drills to develop mental and physical skills, proper execution, coaching tips, and variations to increase or decrease difficulty.

High-Scoring Softball

Ralph Weekly and Karen Weekly • 2012 • Paperback • 192 pp • 7 x 10
139 illus • ISBN 978-1-4504-0139-5 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Applicable to all levels of competition, includes 61 ready-to-use individual and team drills for generating high run totals every inning.

The Softball Coaching Bible

National Fastpitch Coaches Association • 2002 • Paperback • 360 pp
7 x 10 • 119 illus • ISBN 978-0-7360-3827-0 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

This landmark work covers all the bases, from recruiting players to teaching offensive and defensive skills to attracting fans.

The Softball Coaching Bible, Volume II

National Fastpitch Coaches Association • 2014 • Paperback • 384 pp
7 x 10 • 53 illus • ISBN 978-1-4504-2465-3 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

The game's top coaches share advice for hitting, fielding, conditioning, forming a coaching staff, and developing well-rounded student athletes.

The Softball Drill Book

Kirk Walker, Editor • 2007 • Paperback • 280 pp • 7 x 10 • 176 illus
ISBN 978-0-7360-6070-7 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Features 180 drills for improving position skill and team execution, from the practice sessions of the game's most successful programs.

Softball Skills & Drills, 2nd Ed.

Judi Garman and Michelle Gromacki • 2011 • Paperback • 328 pp
8.5 x 11 • 170 color photos; 51 color illus • ISBN 978-0-7360-9074-2
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Includes drills and skills, offensive and defensive strategies, and explanations of new technologies.

Softball: Steps to Success, 3rd Ed.

Diane L. Potter and Lynn V. Johnson • 2007 • Paperback • 224 pp
8.5 x 11 • 163 illus • ISBN 978-0-7360-5953-4 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Provides in-depth instruction in catching, throwing, fielding, pitching, hitting, and baserunning, and includes crisp illustrations and 127 drills.

Survival Guide for Coaching Youth Softball

Robert B. Benson and Tammy Benson • 2010 • Paperback • 192 pp • 7 x 10
102 illus • ISBN 978-0-7360-7883-2 • \$15.95 U.S. • \$17.95 CDN
\$20.95 AUS • \$25.99 NZ

Offers inexperienced coaches tools for teaching, coaching, and developing players, complete with 40 drills, practice plans, and in-game coaching tips.

SQUASH**Squash: Steps to Success, 2nd Ed.**

Philip Yarrow and Aidan Harrison • 2010 • Paperback • 200 pp • 8.5 x 11
154 color photos; 52 color illus • ISBN 978-0-7360-8001-9 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Essential on-court movement, volleys, serves, returns, and drop shots. Includes 93 drills with a scoring system to gauge progress.

STRENGTH/POWER TRAINING

See *Dumbbell Training*, page 7; *Fitness Weight Training 3E*, page 6; *High-Performance Training for Sports*, page 4; *Strength Training for Fat Loss*, page 5.

Abs Revealed

Jonathan Ross • 2011 • Paperback • 176 pages • 8.5 x 11 • 141 color
photos; 6 color illus • ISBN 978-0-7360-8650-9 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Includes creative, cutting-edge exercises and a ready-to-use workout plan that fits any fitness level or lifestyle.

A Man's Guide to Muscle and Strength

Stephen Cabral • 2012 • Paperback • 288 pp • 8.5 x 11 • 385 illus
ISBN 978-1-4504-0220-0 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Provides detailed instruction, over 140 exercises, 300+ technique photos, the latest nutrition advice and more for sculpting a perfect physique.

A Woman's Guide to Muscle and Strength

Irene Lewis-McCormick • 2012 • Paperback • 224 pp • 8.5 x 11
265 illus • ISBN 978-0-7360-9035-3 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Using kettlebells, foam rollers, exercise balls, and more, provides over 100 exercises and progressive programs for beginner to advanced exercisers.

The Athlete's Clock

Thomas W. Rowland, MD • 2011 • Paperback • 232 pp • 7 x 10
24 illus • ISBN 978-0-7360-8274-7 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Offers a broad look at the physiological clock and a unique approach to understanding how various aspects of time affect sport performance.

Athletic Body in Balance

Gray Cook • 2003 • Paperback • 232 pp • 8.5 x 11 • 236 illus
ISBN 978-0-7360-4228-4 • \$22.95 U.S. • \$25.95 CDN • \$29.95 AUS
\$37.99 NZ

Covers movement assessment and corrective training for mobility, stability, power, speed, and endurance.

Athletic Development

Vern Gambetta • 2007 • Paperback • 312 pp • 7 x 10 • 122 illus
ISBN 978-0-7360-5100-2 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

Provides proven, innovative methods for enhancing athletes' work capacity and movement skills.

Athletic Fitness for Kids

Scott Lancaster and Radu Teodorescu • 2008 • Paperback • 184 pp
7 x 10 • 137 illus • ISBN 978-0-7360-6242-8 • \$16.95 U.S.
\$18.95 CDN • \$21.95 AUS • \$27.99 NZ

Enhances athletic skills for young athletes using a fun, self-directed, and self-tested system. Gamelike activities develop seven key sport skills.

Better Body Workouts for Women

Dean Hodgkin and Caroline Pearce • 2014 • Paperback • 264 pp • 7 x 10
241 color photos • ISBN 978-1-4504-3276-4 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

At-home and gym workouts for fat loss, strength, endurance, agility, and power.

Bigger Faster Stronger, 2nd Ed.

Greg Shepard • 2009 • Paperback • 240 pp • 7 x 10 • 156 illus
ISBN 978-0-7360-7963-1 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Presents the most popular strength training system for high school and college athletes. Develops strength, power, agility, and speed, and more.

Bodybuilding Anatomy

Nick Evans • 2007 • Paperback • 200 pp • 7 x 10
1 color photo; 208 color illus • ISBN 978-0-7360-5926-8 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Provides beautiful, full-color illustrations that detail the perfect technique and form for each bodybuilding exercise.

Body Trainer for Men

Ray Klerck • 2014 • Paperback • 296 pp • 8.5 x 11 • 194 color photos;
10 color illus • ISBN 978-1-4504-1970-3 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

More than 125 exercises and training techniques that address different fitness goals and target various muscle groups and body regions.

Bodyweight Strength Training Anatomy

Bret Contreras • 2014 • Paperback • 224 pp • 7 x 10 • 160 color photos;
174 color illus • ISBN 978-1-4504-2929-0 • \$21.95 U.S. • \$23.95 CDN
\$28.95 AUS • \$35.99 NZ

Details how to create a customized, equipment-free workout program for building a stronger, more toned body.

Breathe Strong, Perform Better

Alison McConnell • Foreword by Sir Matthew Pinsent • 2011 • Paperback
288 pp • 7 x 10 • 206 illus • ISBN 978-0-7360-9169-5 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Explains how anyone can use breathing training to increase power and comfort, improve performance, accelerate recovery, and reduce injury risk.

Conditioning to the Core

Greg Brittenham and Daniel Taylor • 2014 • Paperback • approx. 336 pp
8.5 x 11 • approx. 115 color illus • ISBN 978-1-4504-1969-7
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Includes the most effective assessment tools and proven training programs complete with sport-specific examples, tips, and applications.

Delavier's Anatomy for Bigger, Stronger Arms

Frédéric Delavier and Michael Gundill • 2012 • Paperback • 176 pp
7.75 x 10 • 330 color photos; 130 color illus • ISBN 978-1-4504-4021-9
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Includes over 330 full-color photos, 130 illustrations and 100+ exercises to help serious weightlifters increase mass, definition, and strength in their biceps, triceps, and forearms.

Delavier's Core Training Anatomy

Frédéric Delavier and Michael Gundill • 2012 • Paperback • 144 pp
7.75 x 10 • 362 color photos; 98 color illus • ISBN 978-1-4504-1399-2
\$21.95 U.S. • \$23.95 CDN • \$28.95 AUS • \$35.99 NZ

A guide for increasing core strength, stability, flexibility, and tone, bolstered by 362 full-color photos, 100+ exercises and 60 programs.

Delavier's Mixed Martial Arts Anatomy

Frédéric Delavier and Michael Gundill • 2013 • Paperback • 144 pp
7.75 x 10 • 237 color photos; 120 color illus • ISBN 978-1-4504-6359-1
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

More than 120 exercises and 20 training programs for MMA fighters of all levels of experience.

Delavier's Sculpting Anatomy for Women

Frédéric Delavier and Jean-Pierre Clémenceau • 2012 • Paperback • 144 pp
7.75 x 10 • 120 color photos; 125 color illus • ISBN 978-1-4504-3475-1
\$21.95 U.S. • \$23.95 CDN • \$28.95 AUS • \$35.99 NZ

An effective approach to strengthening and stabilizing the abdominal wall and back. Over 75 exercises through 245 full-color photos and illustrations.

Developing Agility and Quickness

National Strength & Conditioning Association • Jay Dawes and Mark
Roosen, Editors • 2012 • Paperback • 200 pp • 7 x 10 • 204 illus
ISBN 978-0-7360-8326-3 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Applicable to almost every sport, focuses on improving fleetness of foot, change-of-direction speed, and reaction time, including 100+ drills.

Developing Endurance

National Strength & Conditioning Association • Ben Reuter, Editor • 2012
Paperback • 312 pp • 7 x 10 • 164 illus • ISBN 978-0-7360-8327-0
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

8 top NSCA experts cover everything coaches and athletes need to increase speed and achieve performance goals.

Developing Speed

National Strength & Conditioning Association • Ian Jeffreys, Editor • 2013
Paperback • 224 pp • 7 x 10 • 144 illus
ISBN 978-0-7360-8328-7 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

11 top NSCA experts cover how to achieve optimal stamina through science-based aerobic, anaerobic, and resistance training

Developing the Core

National Strength and Conditioning Association • Jeffrey M. Willardson,
Editor • 2014 • Paperback • 224 pp • 7 x 10 • 196 illus
ISBN 978-0-7360-9549-5 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Contributions from 17 NSCA experts cover 50 effective core development exercises and 11 ready-to-use sport-specific programs.

Encyclopedia of Muscle & Strength

Jim Stoppani, PhD • 2006 • Paperback • 408 pp • 8.5 x 11 • 373 illus
ISBN 978-0-7360-5771-4 • \$22.95 U.S. • \$25.95 CDN • \$29.95 AUS
\$37.99 NZ

Complete reference and training guide that features 277 exercises along with terminology, concepts, and sample programs.

Explosive Lifting for Sports - Enhanced Edition

Harvey Newton • 2006 • Paperback • 208 pp with DVD • 8.5 x 11
51 illus • ISBN 978-1-4504-0168-5 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

Enhanced edition shows how to perform the snatch, clean, jerk, and their variations correctly, and provides access to online collection of video analysis.

Functional Training for Sports

Michael Boyle • 2004 • Paperback • 208 pp • 8.5 x 11 • 146 illus
ISBN 978-0-7360-4681-7 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

This whole-body, sport-applied system of athlete development focuses on conditioning the body in the way it will be used in competition.

Fundamental Weight Training

David Sandler • 2010 • Paperback • 224 pp • 7 x 10 • 216 illus
ISBN 978-0-7360-8280-8 • \$16.95 U.S. • \$18.95 CDN • \$21.95 AUS
\$27.99 NZ

Over 100 exercises and photo demonstrations provide basic knowledge and programs to develop a sound strength training program.

High-Intensity Training

John Philbin • 2004 • Paperback • 224 pp • 7 x 10 • 136 illus
ISBN 978-0-7360-4820-0 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS
\$30.99 NZ

Teaches how to perform the perfect rep, minimizing momentum and maximizing muscle tension to develop optimal strength in less time.

High-Performance Sports Conditioning

Bill Foran, Editor • 2001 • Paperback • 376 pp • 8.5 x 11 • 275 illus
ISBN 978-0-7360-0163-2 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$40.99 NZ

This landmark book brings together 21 of the most respected experts ever assembled, presenting training principles and practices.

High-Powered Plyometrics

James C. Radcliffe and Robert C. Farentinos • 1999 • Paperback • 184 pp
8.5 x 11 • 361 illus • ISBN 978-0-88011-784-5
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Covers it all, from the principles of high-intensity plyometric training to the development of long- and short-term programs for 21 sports.

Jumpmetrics

Alan Tyson and Ben Cook • 2004 • Paperback • 200 pp • 8.5 x 11
265 illus • ISBN 978-0-7360-4838-5 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Presents in-depth descriptions of more than 160 drills and exercises showing how to improve vertical jumping and lateral movement skills.

Kettlebell Training

Steve Cotter • 2014 • Paperback • 224 pp • 8.5 x 11 • 371 illus
ISBN 978-1-4504-3011-1 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

No-nonsense guide on getting started with kettlebells – setting goals, assessing fitness, using safe technique for over 100 exercises.

Men's Body Sculpting, 2nd Ed.

Nick Evans • 2011 • Paperback • 256 pp • 8.5 x 11 • 127 illus
ISBN 978-0-7360-8321-8 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Offers an in-depth look at lifting for mass and definition with the use of instructional photos and tips on performing each exercise correctly.

Muscle Mechanics, 2nd Ed.

Everett Aaberg • 2006 • Paperback • 232 pp • 8.5 x 11
200 color photos; 70 color illus • ISBN 978-0-7360-6181-0 • \$22.95 U.S.
\$25.95 CDN • \$29.95 AUS • \$37.99 NZ

Contains 65 full-color illustrations of the best strength training exercises, along with explanations on proper alignment, positioning, and technique.

Optimal Muscle Training

Ken Kinakin • 2009 • Paperback • 136 pp with DVD • 6 x 9 • 154 illus
ISBN 978-0-7360-8172-6 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

A unique book and DVD package presenting all the keys to mastering the technical aspects of resistance exercises.

Optimizing Strength Training

William J. Kraemer and Steven J. Fleck • 2007 • Paperback • 256 pp
6 x 9 • 91 illus • ISBN 978-0-7360-6068-4 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Explains how nonlinear, or undulating, periodization works and then demonstrates how to create nonlinear periodization training programs.

The Path to Athletic Power

Boyd Epley • Foreword by Steve Pederson • 2004 • Paperback • 328 pp
7 x 10 • 172 illus • ISBN 978-0-7360-4701-2 • \$21.95 U.S.
\$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Presents the conditioning principles behind Nebraska's Husker Power and explains how to implement them in any athletic program.

Periodization Training for Sports, 2nd Ed.

Tudor O. Bompá, PhD and Michael C. Carrera • 2005 • Paperback
272 pp • 8.5 x 11 • 81 illus • ISBN 978-0-7360-5559-8
\$23.95 U.S. • \$26.95 CDN • \$31.95 AUS • \$38.99 NZ

Explains and prescribes the most effective strength exercises for developing speed, endurance, and power.

Plyometrics

Donald A. Chu, PhD and Gregory D. Myer, PhD • 2013 • Paperback
248 pp with DVD • 8.5 x 11 • 391 illus
ISBN 978-0-7360-7960-0 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Presents the best science-based and tested exercises and programs to ensure optimal power with minimal risk of injury.

Powerlifting

Dan Austin and Bryan Mann • 2012 • Paperback • 224 pp • 8.5 x 11
115 illus • ISBN 978-0-7360-9464-1 • \$21.95 U.S. • \$24.95 CDN
\$28.95 AUS • \$35.99 NZ

Breaks down every aspect of the sport, including fueling, preparation, and execution of the three primary lifts: bench press, squat, and deadlift.

Serious Strength Training, 3rd Ed.

Tudor Bompá, Mauro DiPasquale, and Lorenzo Cornacchia • 2013
Paperback • 368 pp • 8.5 x 11 • 254 illus • ISBN 978-1-4504-2244-4
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Features solid scientific principles and research, to provide the blueprint for increasing muscle mass and achieving strength gains and definition.

Sports Power

David Sandler • 2005 • Paperback • 256 pp • 7 x 10 • 150 illus
ISBN 978-0-7360-5121-7 • \$18.95 U.S. • \$20.95 CDN • \$24.95 AUS
\$30.99 NZ

Provides readers the tools to understand and achieve their ideal mix of strength- and speed-based power required for their sport.

Strength Ball Training, 2nd Ed.

Lorne Goldenberg and Peter Twist • 2007 • Paperback
304 pp with DVD • 7 x 10 • 257 illus • ISBN 978-0-7360-6697-6
\$22.95 U.S. • \$25.95 CDN • \$29.95 AUS • \$37.99 NZ

Provides essential tools for building safe, effective, at-home or gym-based routines to improve strength and performance.

Strength Band Training, 2nd Ed.

Phil Page and Todd Ellenbecker • 2011 • 224 pp • 7 x 10
234 illus • ISBN 978-0-7360-9037-7 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Details over 100 exercises for major muscle groups with predesigned workouts, including power, endurance, and rotational sport programs.

Strength Basics: Your Guide to Resistance Training for Health and Optimal Performance

Brian B. Cook and Gordon W. Stewart • 1996 • Paperback • 216 pp
6 x 9 • 148 illus • ISBN 978-0-87322-843-5 • \$14.95 U.S. • \$16.95 CDN
\$19.95 AUS • \$24.99 NZ

Readers will learn how and why resistance training works, how to choose equipment, and how to get results.

Strength Training

National Strength & Conditioning Association • Lee E. Brown, Editor
2007 • Paperback • 368 pp • 7 x 10 • 237 color photos; 37 color illus
ISBN 978-0-7360-6059-2 • \$23.95 U.S. • \$25.95 CDN • \$29.95 AUS
\$37.99 NZ

A full-color book with 96 exercises and customizable sample programs for beginners, intermediate and advanced strength trainers.

Strength Training Anatomy, 3rd Ed.

Frédéric Delavier • 2010 • Paperback • 192 pp • 7.75 x 10 • 639 color illus
ISBN 978-0-7360-9226-5 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Over 600 anatomical illustrations demonstrate exercises, showcasing muscles and delineating how they react with surrounding structures.

The MAX Muscle Plan

Brad Schoenfeld • Foreword by Layne Norton • 2013 • Paperback
240 pp • 7 x 10 • 219 illus • ISBN 978-1-4504-2387-8 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Leading fitness expert shows how to complete a total-body transformation with six months of scientifically proven, targeted, periodized routines.

The Strength Training Anatomy Workout

Frédéric Delavier and Michael Gundill • 2011 • Paperback • 256 pp
7.75 x 10 • 1,230 color photos; 196 color illus • ISBN 978-1-4504-0095-4
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Offers step-by-step instruction, anatomical illustrations and photos, callouts for variation, and safety considerations for 200-plus exercises.

The Strength Training Anatomy Workout II

Frédéric Delavier and Michael Gundill • 2012 • Paperback • 352 pp
7.75 x 10 • 516 color photos; 485 color illus • ISBN 978-1-4504-1989-5
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Full-color photos demonstrate exercises, stretches & workouts that show how muscles interact with surrounding joints & skeletal structures.

Strength Training for Young Athletes, 2nd Ed.

William J. Kraemer, PhD and Steven J. Fleck, PhD • 2005 • Paperback
296 pp • 7 x 10 • 263 illus • ISBN 978-0-7360-5103-3 • \$21.95 U.S.
\$24.95 CDN • \$28.95 AUS • \$35.99 NZ

An authoritative guide to strength development for 7- to 18-year-old athletes, with programs for 24 sports included.

Strength Training Past 50, 2nd Ed.

Wayne L. Westcott and Thomas R. Baechle • 2007 • Paperback
264 pp • 7 x 10 • 155 illus • ISBN 978-0-7360-6771-3 • \$17.95 U.S.
\$19.95 CDN • \$23.95 AUS • \$29.99 NZ

Exercises and programs for individuals over 50 who wish to improve their quality of life.

Stronger Abs and Back

Dean Brittenham and Greg Brittenham • 1997 • Paperback • 248 pp
6 x 9 • 216 illus • ISBN 978-0-88011-558-2 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

This heavily illustrated book provides 165 exercises to develop greater flexibility, stability, fitness, strength, and power at the body's core.

Stronger Arms & Upper Body

Joe Wuebben and Jim Stoppani, PhD • 2009 • Paperback • 264 pp
7 x 10 • 265 illus • ISBN 978-0-7360-7401-8 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Includes 33 programs, ready-to-use workout plans, 225 technique photos and numerous special tips for the development of the upper body.

Stronger Legs & Lower Body

Tim Bishop • 2012 • Paperback • 192 pages • 7 x 10 • 245 Illus
ISBN 978-0-7360-9295-1 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Provides 15 training routines and over 80 exercises for increasing strength, size, power, and definition in lower-body muscle groups.

Tapering and Peaking for Optimal Performance

Iñigo Mujika • Foreword by Miguel Indurain • 2009 • Paperback • 224 pp
8.5 x 11 • 126 illus • ISBN 978-0-7360-7484-1 • \$27.95 U.S.
\$30.95 CDN • \$36.95 AUS • \$45.99 NZ

In-depth discussion of the science, strategy, and program design of the tapering phase of training, and how it effects athletic performance.

Total Training for Young Champions

Tudor O. Bompa, PhD • 2000 • Paperback • 224 pp • 8.5 x 11
184 illus • ISBN 978-0-7360-0212-7 • \$21.95 U.S. • \$24.95 CDN
\$28.95 AUS • \$35.99 NZ

This book provides programs to develop the coordination, balance, flexibility, speed, strength, and endurance of athletes ages 6 to 16.

Training for Speed, Agility, and Quickness, 2nd Ed.

Lee E. Brown and Vance A. Ferrigno, Editors • 2005 • Paperback
264 pp **with DVD** • 8.5 x 11 • 226 illus • ISBN 978-0-7360-5873-5
\$23.95 U.S. • \$26.95 CDN • \$31.95 AUS • \$38.99 NZ

This book-DVD package contains 195 drills on testing, techniques, drills, and training programs for successful performance.

Weight Training: Steps to Success, 4th Ed.

Thomas R. Baechle and Roger W. Earle • 2012 • 240 pp • 8.5 x 11
116 color photos; 22 color illus • ISBN 978-1-4504-1168-4 • \$21.95 U.S.
\$24.95 CDN • \$28.95 AUS • \$35.99 NZ

A progressive approach to weight training using free weights or machines, explains and illustrates 30+ exercises through full-color photos.

Women's Strength Training Anatomy

Frédéric Delavier • 2003 • Paperback • 136 pp • 7 x 10 • 400 color photos
ISBN 978-0-7360-4813-2 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Full-color, detailed anatomical drawings show exactly how women can maximize the effectiveness and efficiency of each exercise.

Youth Strength Training

Avery D. Faigenbaum and Wayne L. Westcott • 2009 • Paperback • 248 pp
8.5 x 11 • 303 illus • ISBN 978-0-7360-6792-8 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Leading experts Avery Faigenbaum and Wayne Westcott provide guidance in developing safe, effective, and enjoyable training programs for ages 7 to 18.

SWIMMING/AQUATICS**Aquatic Rescue and Safety: How to recognize, respond to, and prevent water-related injuries**

Dennis K. Graver • 2004 • Paperback • 256 pp • 7 x 10 • 155 illus
ISBN 978-0-7360-4122-5 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS
\$41.99 NZ

This potentially lifesaving guide contains practical information for anyone who participates in recreational boating and water sports.

Championship Swim Training

Bill Sweetenham and John Atkinson • 2003 • Paperback • 312 pp
8.5 x 11 • 252 illus • ISBN 978-0-7360-4543-8 • \$26.95 U.S.
\$29.95 CDN • \$35.95 AUS • \$43.99 NZ

Provides practical workouts, sets, and training programs for developing elite swimming performances.

Coaching Swimming Successfully, 2nd Ed.

Dick Hannula • Foreword by Teri McKeever • 2003 • Paperback
192 pp • 8.5 x 11 • 62 illus • ISBN 978-0-7360-4519-3 • \$23.95 U.S.
\$26.95 CDN • \$31.95 AUS • \$38.99 NZ

Features the latest stroke concepts for improved performance and speed from one of the most successful swim coaches of all time.

Complete Conditioning for Swimming

Dave Salo, PhD and Scott A. Riewald, PhD • 2008 • Paperback
256 pp **with DVD** • 7 x 10 • 140 illus • ISBN 978-0-7360-7242-7
\$24.95 U.S. • \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

The book/DVD package includes over 125 exercises and drills to enhance endurance, flexibility, core strength and explosive power.

Developing Swimmers

Michael Brooks • 2011 • Paperback • 240 pp • 7 x 10
83 illus • ISBN 978-0-7360-8935-7 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

Offers a comprehensive, long-term plan for recognizing and nurturing swimming talent in swimmers aged 14 and younger.

Diving Science

Michael B. Strauss, MD, and Igor V. Aksenov, MD, PhD • 2004
Paperback • 408 pp • 7 x 10 • 73 illus • ISBN 978-0-7360-4830-9
\$29.95 U.S. • \$33.95 CDN • \$39.95 AUS • \$48.99 NZ

A detailed guide to understanding the inherent risks of the sport.

Fantastic Water Workouts, 2nd Ed.

MaryBeth Pappas Baun • 2008 • Paperback • 264 pp • 7 x 10 • 271 illus
ISBN 978-0-7360-6808-6 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
\$35.99 NZ

Over 130 exercises to improve body tone, strengthen muscles, increase aerobic/muscular endurance, and improve flexibility and coordination.

Fitness Swimming, 2nd Ed.

Emmett Hines • 2008 • Paperback • 232 pp • 7 x 10 • 13 color photos;
42 color illus • ISBN 978-0-7360-7457-5 • \$18.95 U.S. • \$20.95 CDN
\$24.95 AUS • \$30.99 NZ

60 workouts and 16 sample programs, each arranged into training zones to correspond to fitness level and performance goals.

Janet Evans' Total Swimming

Janet Evans • 2007 • Paperback • 224 pp • 7 x 10 • 76 illus
ISBN 978-0-7360-6848-2 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS
\$29.99 NZ

Presents 60 easy-to-follow, progressive workouts organized into 12 programs for various fitness levels and aspirations.

Mastering Swimming

Jim Montgomery and Mo Chambers • Foreword by Rowdy Gaines • 2009
Paperback • 224 pp • 7 x 10 • 89 illus • ISBN 978-0-7360-7453-7
\$21.95 U.S. • \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Readers over 18 will refine their strokes, improve speed and efficiency, and reap the health benefits of swimming.

Open Water Swimming

Steven Munatones • Foreword by John Flanagan • 2011 • Paperback
264 pp • 7 x 10 • 70 illus • ISBN 978-0-7360-9284-5 • \$21.95 U.S.
\$24.95 CDN • \$28.95 AUS • \$35.99 NZ

Prepare logistically, physically, and mentally for open-water swims. Includes training plans for triathlon, middle-distance, and marathon-distance swims.

Scuba Diving, 4th Ed.

Dennis K. Graver • 2010 • Paperback • 248 pp • 8.5 x 11
100 color photos; 85 color illus • ISBN 978-0-7360-7900-6 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Step-by-step instruction on preparing for and managing a dive safely, accompanied by full-color photographs and illustrations.

Scuba Diving Safety

Dan Orr and Eric Douglas • 2007 • Paperback • 216 pp • 7 x 10
107 illus • ISBN 978-0-7360-5251-1 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

Contains information on buddy and self-rescue techniques, first aid advice, and safety recommendations for any type of dive.

Springboard & Platform Diving, 2nd Ed.

Ron O'Brien • 2003 • Paperback • 232 pp • 8.5 x 11 • 765 illus
ISBN 978-0-7360-4378-6 • \$26.95 U.S. • \$29.95 CDN • \$35.95 AUS
\$43.99 NZ

Includes information on how to plan for the training year and a six-week peaking-for-competition program used for training champion divers.

The Swim Coaching Bible, Volume I

Dick Hannula and Nort Thornton, Editors • 2001 • Paperback • 376 pp
7 x 10 • 113 illus • ISBN 978-0-7360-3646-7 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

This massive compilation presents the knowledge of the most prolific group of swimming experts ever assembled in one book.

The Swim Coaching Bible, Volume II

Dick Hannula and Nort Thornton, Editors • 2012 • Paperback • 368 pp
7 x 10 • 110 illus • ISBN 978-0-7360-9408-5 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

27 leading coaches cover the keys to a successful program—from establishing priorities to teaching technique and training.

Swimming Anatomy

Ian McLeod • 2010 • Paperback • 200 pp • 7 x 10 • 191 color photos;
203 color illus • ISBN 978-0-7360-7571-8 • \$21.95 U.S. • \$24.95 CDN
\$28.95 AUS • \$35.99 NZ

Illustrates swimmers' muscles and how they are developed through 200+ expertly drawn illustrations and anatomically grouped exercises.

The Swimming Drill Book

Ruben Guzman • Foreword by Pablo Morales • 2007 • Paperback • 296 pp
7 x 10 • 407 illus • ISBN 978-0-7360-6251-0 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

More than 130 drills show exactly how to master every stroke, along with starts, turns, and finishes, for faster times.

Swimming Fastest

Ernest W. Maglischo • 2003 • Hardcover • 800 pp • 8.5 x 11 • 509 illus
ISBN 978-0-7360-3180-6 • \$49.95 U.S. • \$53.95 CDN • \$65.95 AUS
\$81.99 NZ

The sport's epic work explains the physiological basis for training methods and includes sample workouts and training programs.

Swimming: Steps to Success, 3rd Ed.

David Thomas • 2005 • Paperback • 200 pp • 8.5 x 11
196 illus • ISBN 978-0-7360-5436-2 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Offers 153 drills designed to help swimmers learn and master basic strokes, dives, and other aquatic skills.

Water Exercise

Martha White • Foreword by Leland Winston, MD • 1995 • Paperback
192 pp • 6 x 9 • 94 illus • ISBN 978-0-87322-726-1
\$19.95 U.S. • \$21.95 CDN • \$52.95 AUS • \$32.99 NZ

Features 78 clearly described and illustrated aquatic exercises that range from beginning to advanced levels of difficulty.

Water Fun

Terri Lees • 2007 • Paperback • 192 pp • 7 x 10 • 184 illus
ISBN 978-0-7360-6378-4 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Includes more than 100 stunts, skills, games, and workouts that may be tailored to meet specific needs, age, and skill level.

TABLE TENNIS**Table Tennis: Steps to Success**

Richard McAfee • 2009 • Paperback • 224 pp • 8.5 x 11 • 267 illus
ISBN 978-0-7360-7731-6 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS
\$32.99 NZ

Features an 11-step approach designed to maximize instruction, starting with execution of the basic strokes, then building on core techniques.

Winning Table Tennis: Skills, Drills, and Strategies

Dan Seemiller and Mark Holowchak • 1997 • Paperback • 184 pp
6 x 9 • 122 illus • ISBN 978-0-88011-520-9 • \$19.95 U.S. • \$21.95 CDN
\$25.95 AUS • \$32.99 NZ

Five-time U.S. singles and 11-time doubles champion Dan Seemiller teaches players the best techniques and strategies for success.

TENNIS

See *Tennis Drill Book 2E*, page 13; *Tennisology*, page 12

Bollettieri's Tennis Handbook

Nick Bollettieri • 2001 • Paperback • 456 pp • 7 x 10 • 179 illus
ISBN 978-0-7360-4036-5 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS •
\$40.99 NZ

Bollettieri covers everything from stroke techniques and strategies to skill development and physical and mental conditioning.

Championship Tennis

Frank Giampaolo with Jon Levey • 2013 • Paperback • 256 pp
8.5 x 11 • 299 illus • ISBN 978-1-4504-2453-0 • \$19.95 U.S.
\$21.95 CDN • \$25.95 AUS • \$32.99 NZ

In-depth resource for improving technique, match preparation, strategy, and shot execution.

Coaching Tennis Successfully, 2nd Ed.

United States Tennis Association • 2004 • Paperback • 208 pp
8.5 x 11 • 81 illus • ISBN 978-0-7360-4829-3 • \$26.95 U.S.
\$29.95 CDN • \$35.95 AUS • \$43.99 NZ

Top USTA coaches and players explain how to conduct productive practices and instruct players in every facet of the game.

Coaching Tennis Technical and Tactical Skills

American Sport Education Program • 2009 • Paperback • 272 pp
8.5 x 11 • 164 illus • ISBN 978-0-7360-5380-8 • \$24.95 U.S.
\$27.95 CDN • \$28.95 AUS • \$35.99 NZ

Endorsed by the USTA, guides coaches through basic to intermediate skills in a progressive manner, with over 150 photo sequences.

Coaching Youth Tennis, 4th Ed.

American Sport Education Program • 2008 • Paperback • 192 pp
7 x 10 • 116 illus • ISBN 978-0-7360-6419-4 • \$16.95 U.S. • \$18.95 CDN
\$21.95 AUS • \$27.99 NZ

Features step-by-step instructions for executing basic technical skills and tactical aspects of singles and doubles play.

Complete Conditioning for Tennis

Paul Roetert and Todd Ellenbecker with the United States Tennis Association • 2007 • Paperback • 224 pp **with DVD** • 7 x 10 • 189 illus ISBN 978-0-7360-6938-0 • \$24.95 U.S. • \$27.95 CDN • \$32.95 AUS \$40.99 NZ

Book/DVD includes exercises, drills, and programs that develop footwork, speed, flexibility, and quickness.

Playing Tennis After 50

Kathy Woods and Ron Woods • 2008 • Paperback • 232 pp • 7 x 10 141 illus • ISBN 978-0-7360-7244-1 • \$18.95 U.S. • \$20.95 CDN \$24.95 AUS • \$30.99 NZ

Provides everything 50-plus players need to build a solid foundation or fine-tune their game to enjoy tennis for a lifetime.

Serious Tennis

Scott Williams • 2000 • Paperback • 272 pp • 8.5 x 11 • 91 illus ISBN 978-0-88011-913-9 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS \$35.99 NZ

Combines conditioning methods with mental training techniques to enable any player to reach his or her full potential on the court.

Tennis Anatomy

E. Paul Roetert and Mark S. Kovacs • 2011 • Paperback • 216 pp • 7 x 10 230 color photos; 194 color illus • ISBN 978-0-7360-8936-4 • \$24.95 U.S. \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Includes over 194 full-color anatomical illustrations depicting strokes, movements, and strengthening and injury-prevention exercises.

Tennis Fundamentals

Human Kinetics with Carol Matsuzaki • 2004 • Paperback • 152 pp 7 x 10 • 133 illus • ISBN 978-0-7360-5151-4 • \$16.95 U.S. • \$18.95 CDN \$21.95 AUS • \$27.99 NZ

Covers all the essential skills and discusses basic court strategies and tactics.

Tennis Skills & Drills

Joey Rive and Scott C. Williams • 2012 • Paperback • 272 pp • 8.5 x 11 121 color photos; 45 color illus • ISBN 978-0-7360-8308-9 • \$24.95 U.S. \$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Over 110 proven drills demonstrate appropriate technique for players to master a skill and then use that targeted skill during competition.

Tennis: Steps to Success, 4th Ed.

Jim Brown and Camille Soulier • 2013 • Paperback • 224 pp • 8.5 x 11 87 color photos; 75 color illus • ISBN 978-1-4504-3208-5 • \$19.95 U.S. \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Over 80 proven drills and a progressive approach to teach skills required for success on the court.

Tennis Tactics: Winning Patterns of Play

United States Tennis Association • Foreword by Jim Courier • 1996 Paperback • 248 pp • 6 x 9 • 136 illus • ISBN 978-0-88011-499-8 \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

USTA experts identify 58 patterns of play that show players how to maximize their own strengths and exploit their opponents' weaknesses.

Women's Tennis Tactics

Rob Antoun • 2007 • Paperback • 232 pp • 7 x 10 • 90 illus ISBN 978-0-7360-6572-6 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS \$35.99 NZ

Shows how to capitalize on female players' individual strengths and playing styles with tactical solutions, tips, and 68 drills.

World-Class Tennis Technique

Paul Roetert and Jack Groppe, Editors • 2001 • Paperback • 288 pp 7 x 10 • 193 color photos; 10 color illus • ISBN 978-0-7360-3747-1 \$27.95 U.S. • \$30.95 CDN • \$36.95 AUS • \$45.99 NZ

Full-color photos and detailed analysis that describes how to hit each shot.

TRIATHLON/ADVENTURE RACING

See *Triathletes in Motion*, page 10.

Adventure Racing

Jacques Marais and Lisa de Speville • Foreword by Cathy Sassin 2004 • Paperback • 160 pp • 8.5 x 11 • 279 color photos; 39 color illus ISBN 978-0-7360-5911-4 • \$17.95 U.S. • \$19.95 CDN • \$23.95 AUS \$29.99 NZ

A complete introduction to the skills, navigation, equipment, nutrition, team strategy, and medical knowledge necessary for competition.

Championship Triathlon Training

George M. Dallam, PhD and Steven Jonas, MD • Foreword by Hunter Kemper 2008 • Paperback • 320 pp • 7 x 10 • 65 illus ISBN 978-0-7360-6919-9 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS \$32.99 NZ

Contains advanced conditioning concepts and programming used by elite triathletes, which are customized by ability, distance, and stage.

Complete Triathlon Guide

USA Triathlon • 2012 • Paperback • 368 pp • 7 x 10 • 61 illus ISBN 978-1-4504-1260-5 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS \$35.99 NZ

Offers readers authoritative advice from top triathletes and coaches on training, technique, competitive strategies, health, and nutrition.

Heart Rate Training

Roy Benson and Declan Connolly • 2011 • Paperback • 224 pp • 7 x 10 26 illus • ISBN 978-0-7360-8655-4 • \$18.95 U.S. • \$20.95 CDN \$24.95 AUS • \$30.99 NZ

Includes specific strategies for increasing endurance, raising anaerobic threshold, and boosting power.

Lactate Threshold Training

Peter Janssen, MD • 2001 • Paperback • 312 pp • 7 x 10 • 289 illus ISBN 978-0-7360-3755-6 • \$28.95 U.S. • \$31.95 CDN \$37.95 AUS • \$47.99 NZ

Practical programs to improve your lactate threshold and race faster.

SERIOUS Training for Endurance Athletes, 2nd Ed.

Rob Sleamaker and Ray Browning • 1996 • Paperback • 320 pp • 6 x 9 68 illus • ISBN 978-0-87322-644-8 • \$19.95 U.S. • \$21.95 CDN \$25.95 AUS • \$32.99 NZ

Offers workouts to achieve high level of fitness.

Supplements for Endurance Athletes

Jose Antonio and Jeffrey R. Stout • 2002 • Paperback • 136 pp • 6 x 9 35 illus • ISBN 978-0-7360-3773-0 • \$19.95 U.S. • \$21.95 CDN \$25.95 AUS • \$32.99 NZ

Practical information on 20 top supplements for endurance sports.

Swim Bike Run

Wes Hobson, Clark Campbell, and Mike Vickers • 2001 • Paperback 264 pp • 7 x 10 • 110 illus • ISBN 978-0-7360-3288-9 • \$21.95 U.S. \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

From swimming strokes, to cycling position, to great running form, this book includes everything needed to improve in the triathlon.

Triathlete's Edge

Marc Evans • 2003 • Paperback • 216 pp • 7 x 10 • 91 illus ISBN 978-0-7360-4653-4 • \$19.95 U.S. • \$21.95 CDN • \$25.95 AUS \$32.99 NZ

Presents advanced technique work, training intensities, and long-term balanced programs developed by coaching legends of the sport.

Triathlon Anatomy

Mark Klion, MD, and Troy Jacobson • 2013 • Paperback • 208 pp • 7 x 10 54 color photos; 193 color illus • ISBN 978-1-4504-2138-6 • \$21.95 U.S. \$24.95 CDN • \$28.95 AUS • \$35.99 NZ

82 exercises and 177 full-color illustrations provide detailed instruction for developing muscles essential for swimming, biking, and running.

Triathlon 101, 2nd Ed.

John Mora • 2009 • Paperback • 200 pp • 7 x 10 • 42 color photos; 18 color illus • ISBN 978-0-7360-7944-0 • \$18.95 U.S. • \$20.95 CDN \$24.95 AUS • \$30.99 NZ

The latest information on racing equipment, creating a program, tapering, sport nutrition, preventing overtraining and recovering from injuries.

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Joe Friel and Jim Vance, Editors • 2013 • Paperback • 664 pp • 7 x 10
209 illus • ISBN 978-1-4504-2380-9 • \$27.95 U.S. • \$30.95 CDN
\$36.95 AUS • \$45.99 NZ

Offers the latest science related to triathlon specific swimming, biking, running from the sport's most authoritative experts.

Triathlon Training

Michael Finch • 2004 • Paperback • 160 pp • 8.5 x 11
210 color illus • ISBN 978-0-7360-5444-7 • \$18.95 U.S. • \$20.95 CDN
(Not available through Human Kinetics in Australia or New Zealand).

Offers six race-specific training plans, one base-building program, and expert advice on equipment, nutrition, and injury prevention.

Triathlon Workout Planner

John Mora • 2006 • Paperback • 224 pp • 7 x 10 • 18 illus
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Provides key workouts, customizable racing plans for sprint distances to Ironman, and a training log for achieving maximum results.

The Woman Triathlete

Christina Gandolfo, Editor • 2005 • Paperback • 248 pp • 7 x 10 • 55 illus
ISBN 978-0-7360-5430-0 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
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Covers every aspect of competitive training by the world's top female triathletes and coaching professionals.

ULTIMATE**Essential Ultimate**

Michael Baccarini and Tiina Booth • 2008 • Paperback • 192 pp
8.5 x 11 • 213 illus • ISBN 978-0-7360-5093-7 • \$24.95 U.S.
\$27.95 CDN • \$32.95 AUS • \$40.99 NZ

Provides information on techniques, drills, preparing for competition, and starting and administering Ultimate programs.

Ultimate Techniques & Tactics

James Parinella and Eric Zaslow • 2004 • Paperback • 208 pp
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Presents in detail all the offensive and defensive skills and principles required for excellence in the sport of Ultimate.

VOLLEYBALL**Aggressive Volleyball**

Pete Waite • 2009 • Paperback • 216 pp • 7 x 10 • 126 illus
ISBN 978-0-7360-7441-4 • \$21.95 U.S. • \$24.95 CDN • \$28.95 AUS
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Covers how to elevate offense, defense, out-of-system, and transition play through a full-team effort of heightened competitiveness and aggression.

Coaching Volleyball Technical and Tactical Skills

Cecile Reynaud and American Sport Education Program • 2011
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Helps coaches teach players essential volleyball skills and transfer the knowledge and ability they gain in practice to matches.

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American Sport Education Program • 2007 • Paperback • 208 pp • 7 x 10
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Focuses on teaching skills through gamelike drills and conveying them to players aged 14 and under in an engaging and positive manner.

Complete Conditioning for Volleyball

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Weight room workouts and on-court drills will have players serving with power, jumping higher, and covering the court with increased quickness.

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American Sport Education Program • 2007 • Paperback • 136 pp
7 x 10 • 139 illus • ISBN 978-0-7360-5358-7 • \$16.00 U.S. • \$17.95 CDN
\$20.95 AUS • \$25.99 NZ

Offers seasoned and up-and-coming high school volleyball officials comprehensive guidelines for officiating matches.

The Volleyball Coaching Bible

Don Shondell and Cecile Reynaud, Editors • 2002 • Paperback • 384 pp
7 x 10 • 252 illus • ISBN 978-0-7360-3967-3 • \$24.95 U.S. • \$27.95 CDN
\$32.95 AUS • \$40.99 NZ

Features 24 top U.S. volleyball coaches sharing their strategies, methods, and experiences to help readers learn new and better ways to coach.

The Volleyball Drill Book

American Volleyball Coaches Association • 2012 • Paperback
256 pp • 7 x 10 • 122 illus • ISBN 978-1-4504-2386-1
\$19.95 U.S. • \$21.95 CDN • \$25.95 AUS • \$32.99 NZ

Presents over 115 drills that simulate real game situations to improve skill development, team tactics, conditioning, and in-match performance.

Volleyball Fundamentals

Human Kinetics with Joel Dearing • 2003 • Paperback • 152 pp
7 x 10 • 160 illus • ISBN 978-0-7360-4508-7 • \$16.95 U.S. • \$18.95 CDN
\$21.95 AUS • \$27.99 NZ

Covers essential skills; discusses offensive and defensive tactics.

Thinking Volleyball

Mike Hebert • 2014 • Paperback • 280 pp • 7 x 10 • 29 illus
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\$35.99 NZ

A legend's perspective for teaching players, developing team play, maximizing practice time, and coaching games.

Volleyball Skills & Drills

American Volleyball Coaches Association • 2006 • Paperback • 208 pp
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Instruction on the techniques and tactics of all positions, presented by 11 of the nation's top coaches. Features more than 90 drills.

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Bonnie Kenny and Cindy Gregory • 2006 • Paperback • 192 pp
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USA Volleyball • 2009 • Paperback • 248 pp **with DVD** • 7 x 10 • 139 illus
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Full-color information on preparing physically for Nordic walking, etiquette and safety, and tips for selecting the correct gear and apparel.

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A complete guide to the power of Nordic walking, with a range of programs for cardio health, full-body conditioning, and sport-specific cross-training.

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Gable covers it all—from his blueprint for developing champions to proper technique in performing leg tackles.

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American Sport Education Program • 2008 • Paperback • 208 pp • 7 x 10
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Teaches fundamental folk-style wrestling skills and techniques through matchlike activities to wrestlers ages 8 to 14 in a positive manner.

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Covers every aspect of officiating wrestling, based on rules of the National Federation of State High School Associations (NFHS).

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Bill Welker, Editor • Foreword by Zeke Jones • 2013 • Paperback • 392 pp
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Nine top coaches offer more than 160 drills for mastering essential techniques: takedowns, reversals, escapes, riding, and pinning combinations.

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Mark Mysnyk, Barry Davis, and Brooks Simpson • Foreword by Dan Gable
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Presents a composite image of the ultimate mental wrestler, revealing the steps in developing those attributes.

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328 pp • 6 x 9 • 32 illus • ISBN 978-1-4504-2352-6 • \$17.95 U.S.
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Provides an intimate look at basketball hall of famer, businessman, and politician Dave Bing, and the challenges he faces as mayor of Detroit.

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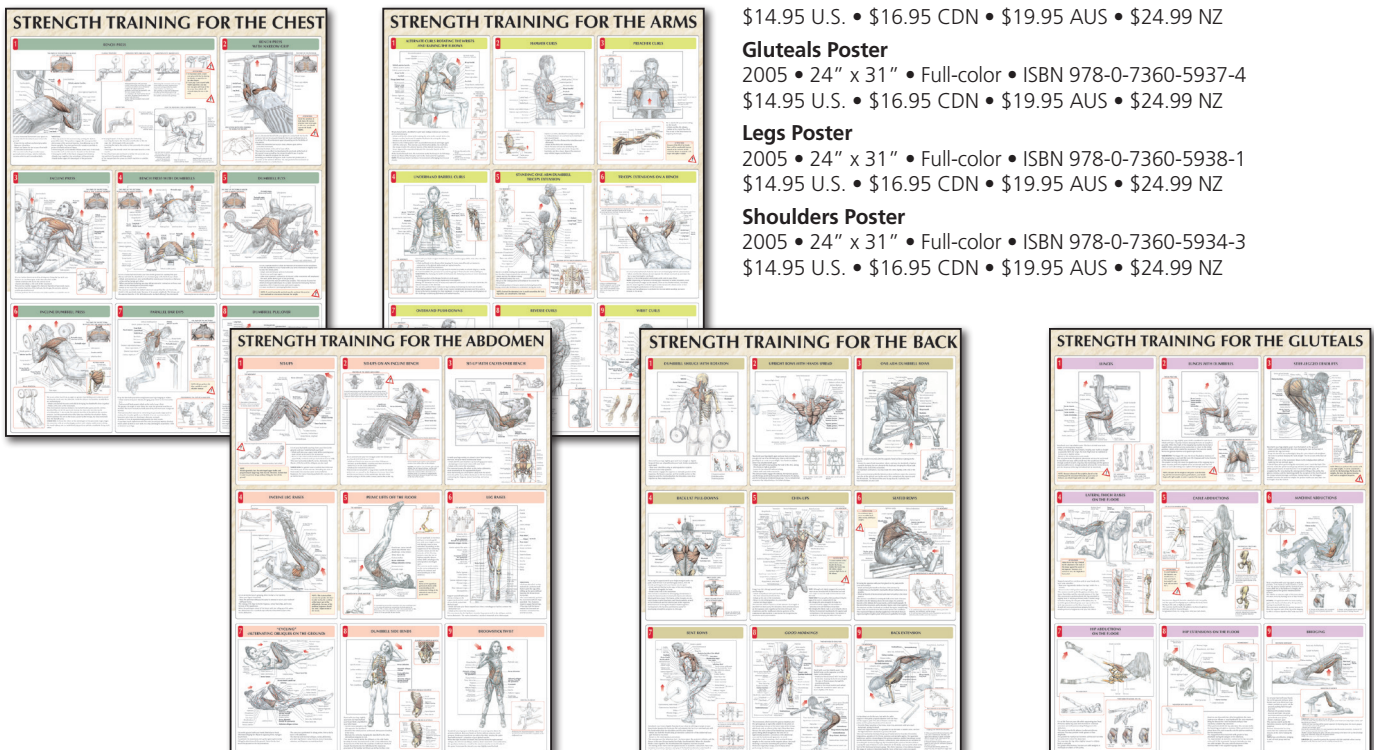
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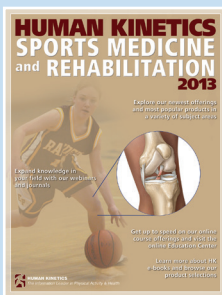
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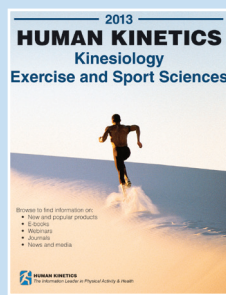
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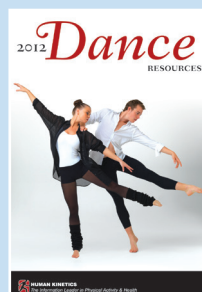
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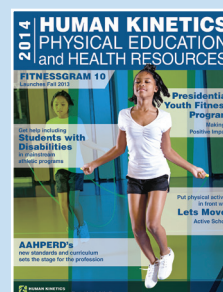
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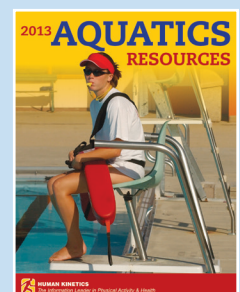
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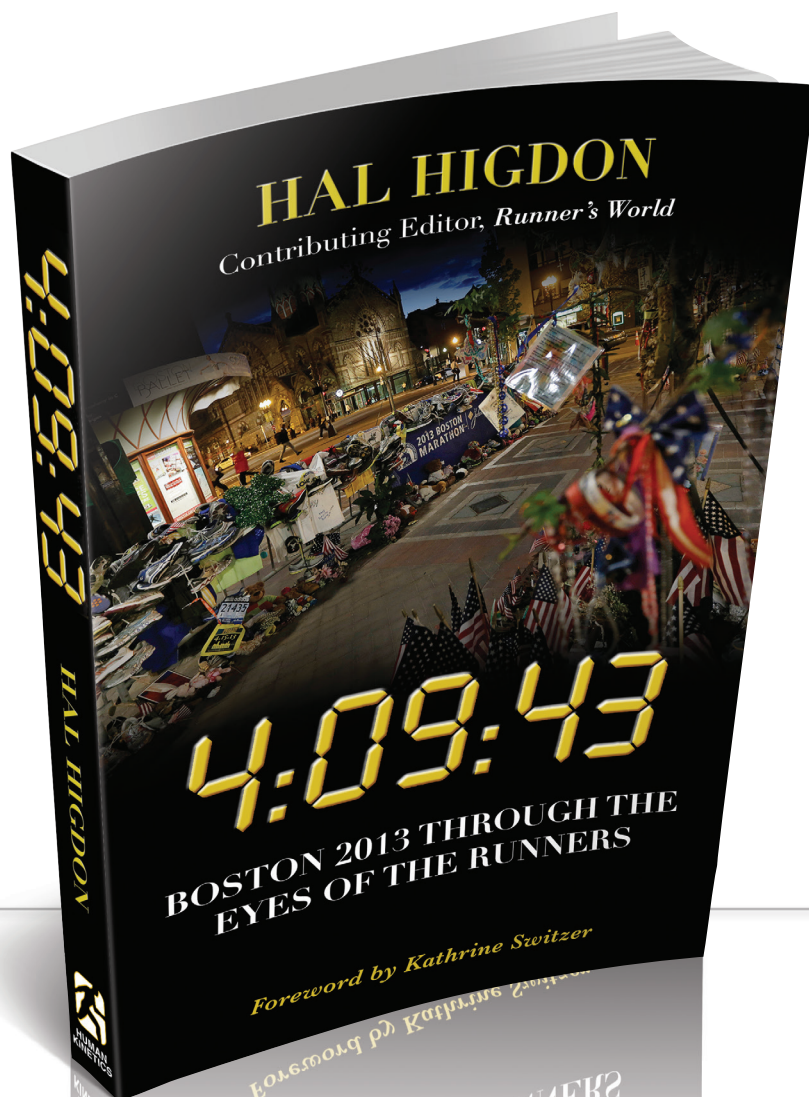


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