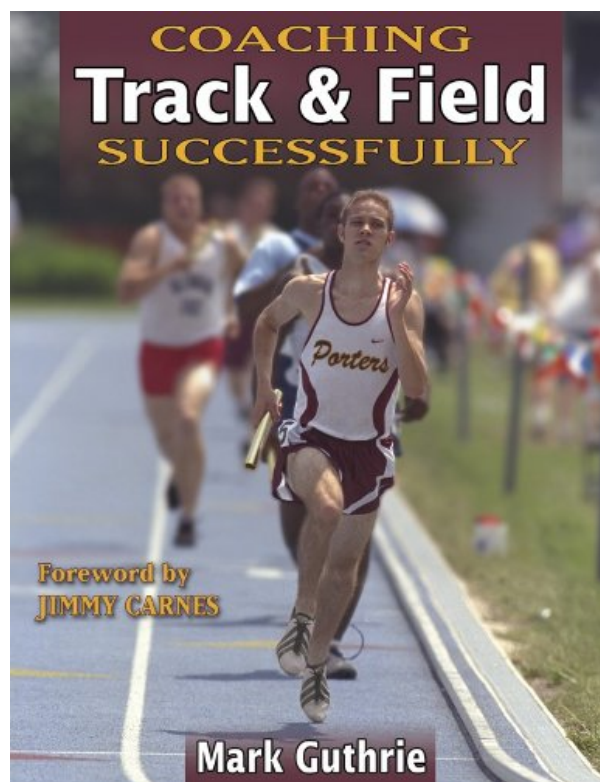
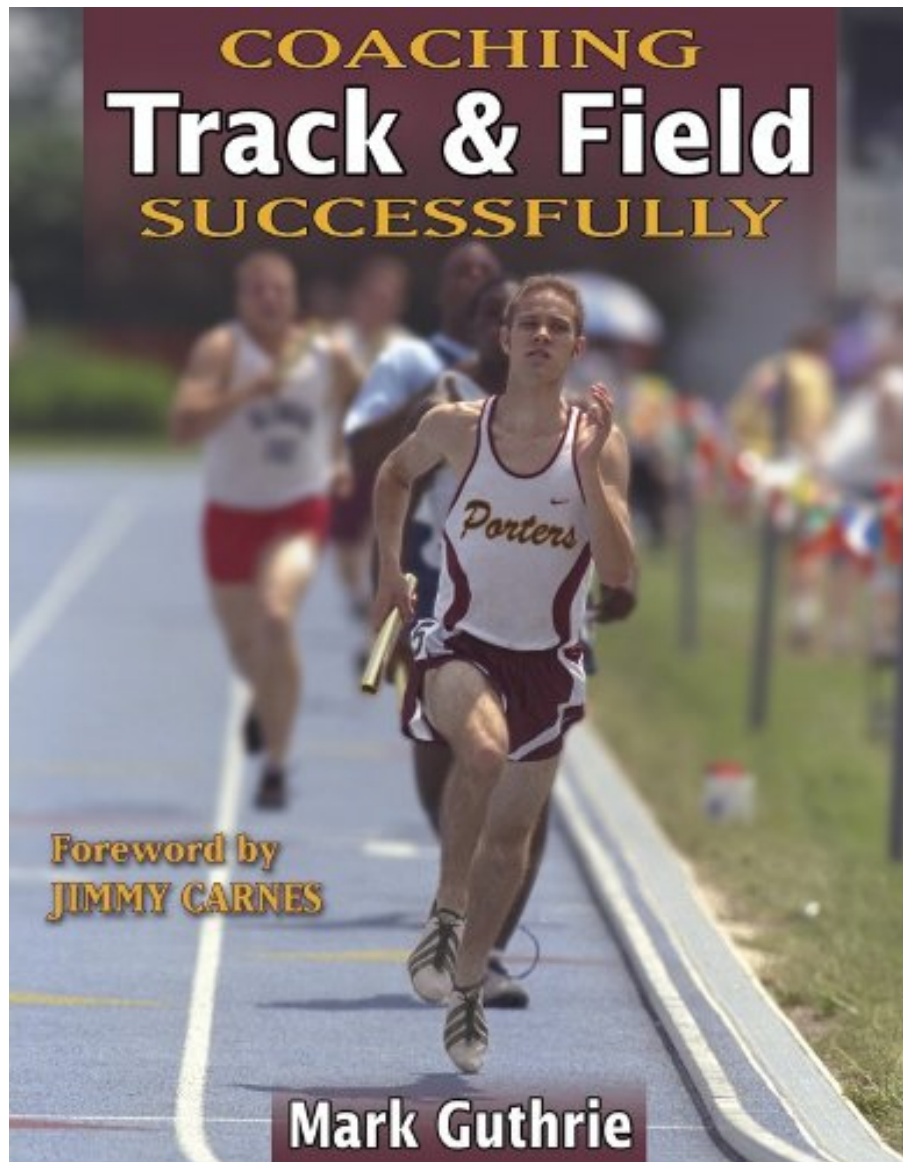


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Review

""""Mark has provided a valuable guide on the technical aspects of track and field, but more importantly he has captured the ""soul"" of coaching athletes in our sport. This book will help coaches at all levels to coach the events better, to get their athletes to believe in themselves, and to develop them physically, psychologically, and emotionally.""

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- Sales Rank: #806966 in Books
- Brand: Brand: Human Kinetics
- Published on: 2003-02-27
- Original language: English
- Number of items: 1
- Dimensions: 10.80" h x .61" w x 8.44" l, 1.35 pounds
- Binding: Paperback
- 224 pages

Features

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