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The Book of Athletics (Classic Reprint)

By Paul Withington

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Pick up some tips and take your game or coaching to the next level with this collection of articles on various sports by successful athletes and coaches. The Book of Athletics opens with an introductory chapter written by the editor, accomplished amateur athlete and Harvard scholar Paul Withington, in which he details the essentials of an athlete and the place of athletics in high schools and colleges. It becomes clear from the introduction that this is a book intended for coaches and teachers working with athletes of a high proficiency. In all, thirteen sports are profiled, including football, baseball, athletics, hockey, wrestling, basketball, golf, and several others. The sections on football, athletics, and baseball are afforded the most space, with football alone receiving fifteen distinct articles written by various authors. The Book of Athletics is a detailed book and one that will appeal to those interested in high performance sport. Athletics historians or anybody interested in the evolution of sports will also certainly find this to be a meaningful book, full of useful information and interesting...



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