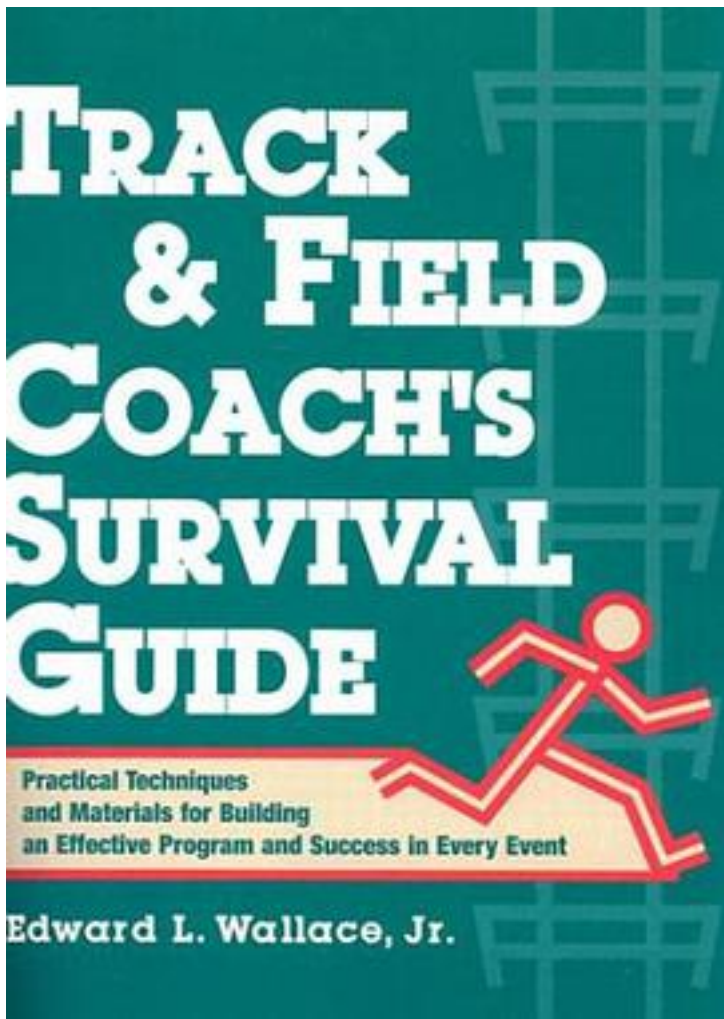


Track and Field Coach's Survival Guide



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This comprehensive, practical resource provides practical tools for building effective

programs and winning teams. Written by a coach with over 30 years' experience, the Guide provides tested techniques and strategies with scores of drawings and photos. Over 100 reproducible letters, forms, diagrams, and training schedules are also included.

作者介绍:

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