Power Skating: A Pro Coach's Secrets

Stamm, Laura

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Power Skating A Pro Coachs Secrets

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Power Skating A Pro Coachs Secrets:

Power Skating Laura Stamm, Stan Fischler, Richard Friedman, 1982-01-01 Details the techniques taught to NHL players to improve agility balance and speed with numerous action photographs that demonstrate on ice maneuvers drills and off ice training Power Skating Laura Stamm, Stan Fischler, Richard Friedman, 1982 Skater's Edge Sourcebook Alice Berman, 1998 The SKATER S EDGE SOURCEBOOK is a comprehensive resource book 3 RINKS profiles of more than 1100 skating rinks in the U S address phone number of ice surfaces whether enclosed months open etc 4 BOOKS more than 1200 skating books dating back to 1792 5 VIDEOS over 190 skating videos where to find them Other sections include associations boots blades champions fan clubs federations training centers summer skating schools more New chapters on adult skaters hockey precision speedskating The SKATER S EDGE SOURCEBOOK 1998 456pp 39 95 ISBN 0 9643027 1 3 is published by SKATER S EDGE an instructional skating magazine with articles tips by the world s top coaches pros The SKATER S EDGE SOURCEBOOK is available from Koen Book Distributors Baker Taylor or direct from the publisher Contact SKATER S EDGE Box 500 Kensington MD 20895 Phone FAX 301 946 1971 E MAIL Skateredge aol com WEBSITE www skatersedgemag com

Subject Catalog, 1982 Library of Congress, 1982 Subject Catalog Library of Congress, The Journal of Health & Fitness Excellence Robert K. Cooper, 1989 A comprehensive vital and Musculoskeletal Medicine ,1985 practical program of health and fitness for those who want to achieve their unlimited potential **American Book** Publishing Record ,1982 7 Pre-Game Habits of Pro Hockey Players Brett Henning, 2008 **Scholastic Coach** Paperbound Books in Print ,1992 .1985 **National Union Catalog**, 1982 Includes entries for maps and atlases Books in Print .1982 Whitaker's Books in Print ,1990 **The Cumulative Book Index**, 1983 A world list of books in the English language National Union Catalog, 1982, 1983 Whitaker's Cumulative Book List ,1984 British **Books in Print** .1986 Subject Guide to Books in Print ,1983 **British Paperbacks in Print** ,1984

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