

The Making of a Champion

A World-Class Swimmer



Paul Mason

Making Of A Champion World Class Swimmer

Michael Cohen



Making Of A Champion World Class Swimmer:

A World-Class Swimmer Paul Mason,2004 Topics covered include equipment technique freestyle butterfly breaststroke and backstroke training food and diet competition championships race tactics major competitions being a champion **A World-Class Gymnast** Lloyd Readhead,2004 Contents Introducing gymnastics How the sport has changed Champion qualities The people behind the gymnast A good coach Women s artistic gymnastics Women s floor and vault Men s artistic gymnastics Men s rings vaults and bars The training gym Learning in the gym Foundation skills More foundation skills Spectacular skills More spectacular skills The training programmed Training exercises Stamina and diet Safety and welfare Becoming a champion gymnast Records and landmarks *A World-Class Marathon Runner* Haydn Middleton,2004 Photographs and text describe what it takes to be a world class marathon runner **A World-class Ice Skater** David Curtis Preston,2005 Champions aren t born that way they re made through hard work Each inspirational and enlightening book in this series features close up case studies of world class athletes as it presents the training techniques and skills necessary to be a champion in each sport *A World-Class Boxer* Don Wood,2005 Introduces the professional sport of boxing includes a brief history of the sport describes the skills and tactics used and lists some of the most successful boxers *A World-Class Mountain Biker* Paul Mason,2004 Contents Battle with Gravity What is mountain biking Getting started Bike Types Biking Equipment Bike Setup Riding Style Technique Mountain Bike Muscle Training Diary Cross Training Eating for Fitness Racing Fuel Support Crew The Biking Year Starting to Race Race preparation Big Competitions The Racing Experience Pro Rider World Champions *A World-Class Sprinter* Clive Gifford,2004 Topics covered include technique training food and diet and competition *A Basketball All-star* Scott Ingram,2005 Introduces the professional and Olympic sport of basketball and includes a brief history describes the skills and tactics used and how to reach the highest levels and highlights or lists some of top players coaches and teams **A Football All-Pro** Scott Ingram,2004-06 Champions aren t born that way they re made through hard work Each inspirational and enlightening book in this series features close up case studies of world class athletes as it presents the training techniques and skills necessary to be a champion in each sport *An International Soccer Star* Ben Godsal,2005 Examines what it takes to become a champion soccer player including training and conditioning player positions defensive and offensive strategies and top players of yesterday and today *Michigan Ensian* ,1996

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The Swim Coaching Bible Volume II Dick Hannula,Nort Thornton,2012-04-09 For more than a decade top coaches have turned to one resource time and time again Collecting the wisdom insights and advice from the sport s legendary instructors The Swim Coaching Bible immediately established its place in the libraries of swim coaches around the globe Coaches it s time to make room alongside that classic for a new

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international competitions and U S participation in international events The work boasts photographs from the first trial national competition in 1942 to the World Championships of 2003 as well as a full bibliography

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