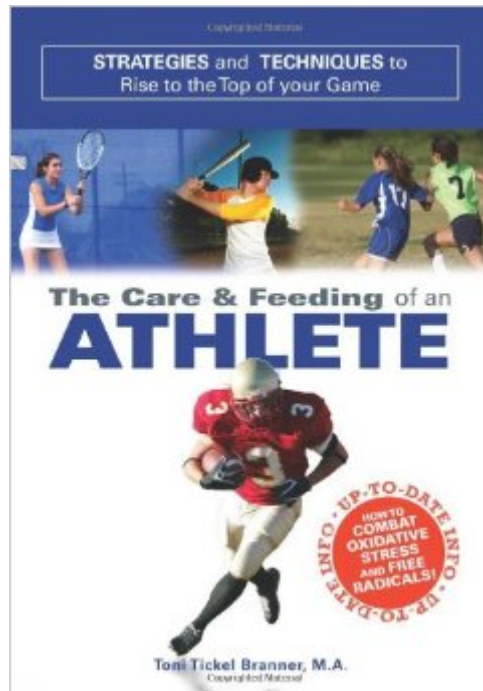


The book was found

Care And Feeding Of An Athlete: What You Need To Know To Rise To The Top Of Your Game



Synopsis

Is a Career as an Elite Athlete in your Future? Are you ready to reach the next level in your sport with state-of-the-art training and nutrition? Are you starting a new sport and want to do things right? Becoming a top-level athlete takes hard work, practice, commitment and dedication. But of course, you already know all that. But, did you also know that the decisions you're making about your mental and physical well-being right now can directly impact your future? The Care and Feeding of an Athlete is your guide to a successful and healthy future in your favorite sport. Being a leading high school player, collegiate or professional player means becoming physically and mentally prepared to take on the game. From effective stretching to proper diet and healthy sleep patterns, The Care and Feeding of an Athlete shows you smart strategies to put you ahead of the pack ensuring your success on the field. The Care and Feeding of an Athlete includes: Inspirational quotes from athletes and coaches the pros State of the Art training and stretching techniques Essential mental preparation exercises Injury prevention and treatment Smart nutrition for at home, on the road or at a restaurant Time management strategies for home, school and practice No matter what kind of equipment you use or what kind of sport you love, The Care and Feeding of an Athlete is a must-have guide to make it to the top as a serious athlete.

Book Information

Paperback: 144 pages

Publisher: Blue Water Press (September 1, 2007)

Language: English

ISBN-10: 0979604613

ISBN-13: 978-0979604614

Product Dimensions: 0.5 x 5 x 7.2 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,524,499 in Books (See Top 100 in Books) #26 in [Books > Teens >](#)

[Personal Health > Fitness & Exercise](#) #68 in [Books > Teens > Personal Health > Diet & Nutrition](#)

#181 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#)

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Toni Tickel Branner has three books out on the "Care & Feeding of ...". While there are differences

in this book (the quotes and some non-soccer advice) a lot of the language is exactly the same. My first review was of her book for the soccer player. So, I don't think you need all three. Just pick the one that is most focused on what it is you do. Just as she has adapted her text, I have only slightly altered my review. We all know that exercising our bodies is good for us. We also know that real life is full of competition and there is winning and losing in all that we do. Athletics lets us exercise, have fun, and learn about competition when the stakes seem big, but are usually small. Organized sports consume more and more time in the life of many American children and young adults. As the author notes, "you learn to push yourself to your fullest potential, learn to take criticism as a compliment, and learn to gain confidence from each experience." The author takes a responsible approach to fitness, nutrition, and competing to enhance your child's life, not consume it. Besides her own experience as an exercise physiologist, she has a board of medical and exercise experts who, I assume, looked over this material. She also realizes that kids play sports differently and have different skill requirements according to age or grade level. Her advice for playing, learning skills, and warming up take all this in mind. I particularly like her discussion of common injury types and what you can do to prevent them. She also discusses the mental and emotional aspects of the game, including handling stress. Her food advice is quite good; if a bit too vegetarian for my tastes, but nothing here will be anything but good for you.

[Download to continue reading...](#)

Care and Feeding of an Athlete: What You Need to Know to Rise to the Top of Your Game
The Care and Feeding of a Dancer: What You Need to Know On and Off the Stage
The Wild Game Birds Manual: A Guide To Raising, Feeding, Care, Diseases And Breeding Game Birds (Pet Birds) (Volume 4)
McGraw-Hill Education: Top 50 ACT English, Reading, and Science Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score)
McGraw-Hill Education: Top 50 ACT Math Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score)
Cats: Cat Care- Kitten Care- How To Take Care Of And Train Your Cat Or Kitten (Cat Care, Kitten Care, Cat Training, Cats and Kittens)
Dogs: Dog Care- Puppy Care- How To Take Care Of And Train Your Dog Or Puppy (Dog Care, Puppy Care, Dog Training, Puppy Training)
Everything You Need to Know About Snakes (Everything You Need Know)
Everything You Need To Know About Geography Homework (Everything You Need To Know..)
NCLEX-RN Drug Guide: 300 Medications You Need to Know for the Exam (Kaplan Nclex Rn Medications You Need to Know for the Exam)
50 Physics Ideas You Really Need to Know (50 Ideas You Really Need to Know Series) by Baker, Joanne (2007)
The Chicken Whisperer's Guide to Keeping Chickens: Everything You Need to Know . . . and Didn't Know You Needed to Know About

Backyard and Urban Chickens Pilgrim Tips & Packing List Camino de Santiago: What you need to know beforehand, what you need to take, and what you can leave at home. Everything You Need to Know about Std's (Need to Know Library) Everything You Need to Know about Down Syndrome (Need to Know Library) Don't Know Much About History, Anniversary Edition: Everything You Need to Know About American History but Never Learned (Don't Know Much About Series) Sulcata Tortoise Pet Owners Guide. The Captive Care of Sulcata Tortoises. Sulcata Tortoise care, behavior, enclosures, feeding, health, costs, myths and interaction. Cherry Hill's Horse Care for Kids: Grooming, Feeding, Behavior, Stable & Pasture, Health Care, Handling & Safety, Enjoying Teacher Created Materials - TIME For Kids Informational Text: In the Game: An Athlete's Life - Grade 4 - Guided Reading Level Q (Time for Kids Nonfiction Readers) Teacher Created Materials - TIME For Kids Informational Text: En el juego: La vida de un atleta (In the Game: An Athlete's Life) - Grade 4 - Guided ... Readers: Level 4.2) (Spanish Edition)

[Dmca](#)