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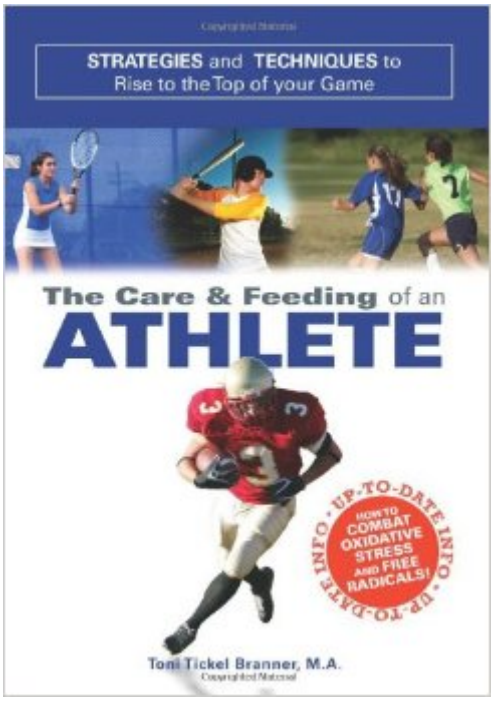
Care And Feeding Of An Athlete: What You Need To Know To Rise To The Top Of Your Game



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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

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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.

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