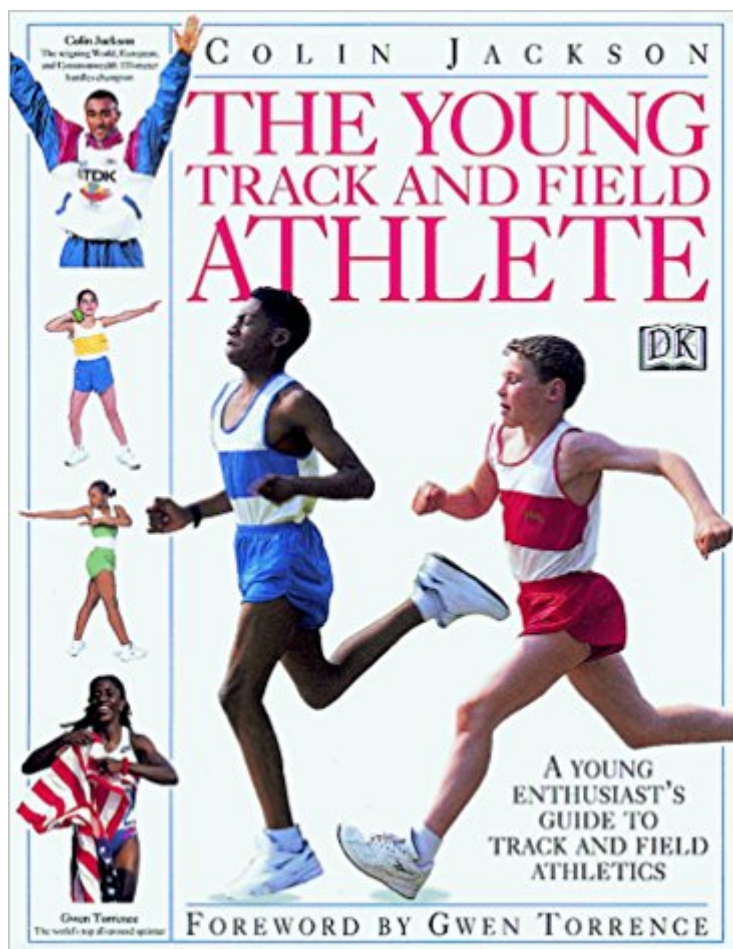




The book was found

Young Track And Field Athlete



Synopsis

Children who wish to become track-and-field athletes will find the book written by a hurdler invaluable.

Book Information

Age Range: 8 and up

Hardcover: 32 pages

Publisher: DK CHILDREN (April 4, 1996)

Language: English

ISBN-10: 0789408554

ISBN-13: 978-0789408556

Product Dimensions: 8.9 x 0.4 x 11.3 inches

Shipping Weight: 15.2 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,186,588 in Books (See Top 100 in Books) #93 in Books > Children's Books > Sports & Outdoors > Track & Field

Customer Reviews

Grade 3-6? Jackson combines excellent-quality full-color photographs and a supportive text to outline the preparation for and execution of a number of track-and-field events. The descriptions are clear and accurate with step-by-step diagrams of youngsters performing the skills. Some pages seem busy, but beginners will benefit from the detail. World record holders are shown competing in heptathlon and decathlon events. Vocabulary terms are defined within the text. This attractive, oversized title can be enjoyed for the pictures or for the information.?Janice C. Hayes, Middle Tennessee State University, Murfreesboro Copyright 1998 Reed Business Information, Inc.

Gr. 4[^]-7. Children who wish to become track-and-field athletes will find this book, written by a hurdler, invaluable. Focusing on the sequenced photographs of young boys and girls as they execute each event, the text clearly and concisely explicates the correct, essential technique for every move. Especially noteworthy are the necessary conditioning exercises that will help children improve their stamina and strength and avoid injury. In addition, since almost all the photographs are of average elementary-school-age boys and girls and one even highlights the paralympic games, children themselves will realize that the sport is attainable by almost everyone. The book also covers a brief history of track-and-field sports, as well as information on equipment and

competition rules. The final two-page spread combines all the individual events to describe the decathlon and the heptathlon, an especially nice finale in this, the year of the Atlanta Olympics.

Frances Bradburn

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

Track & Field News' Big Gold Book: Metric Conversion Tables for Track & Field, Combined Decathlon/Heptathlon Scoring and Metric Conversion Tables, and ... the Track Fan, Athlete, Coach and Official Young Track and Field Athlete Make Me the Best at Track and Field (Make Me the Best Athlete) Off Track Planet's Brooklyn Travel Guide for the Young, Sexy, and Broke (Off Track Planet's Travel Guide) Airframe Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) General Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Powerplant Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Fast Track Phonics Audio CD (Fast Track (Audio)) The Fast Track To Your Technician Class Ham Radio License: Covers all FCC Technician Class Exam Questions July 1, 2014 until June 30, 2018 (Fast Track Ham License Series) The Fast Track to Your General Class Ham Radio License: Covers all FCC General Class Exam Questions July 1, 2015 until June 30, 2019 (Fast Track Ham License Series) Ottawa Fast Track (Fast Track (Mapart)) Triumph!: An Athlete's Guide to Winning on and Off the Field Youth Strength Training:Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) The Young Female Athlete (Contemporary Pediatric and Adolescent Sports Medicine) Eat Like a Champion: Performance Nutrition for Your Young Athlete The Encyclopedia of Sports Parenting: Everything You Need to Guide Your Young Athlete Next Round: A Young Athlete's Journey to Gold Field Guide to Binoculars and Scopes (SPIE Field Guide Vol. FG19) (Apie Field Guides) A Field Guide to Western Reptiles and Amphibians: Field marks of all species in western North America, including Baja California (Peterson Field Guides(R)) 2017 NFHS Track and Field and Cross Country Rules Book

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)