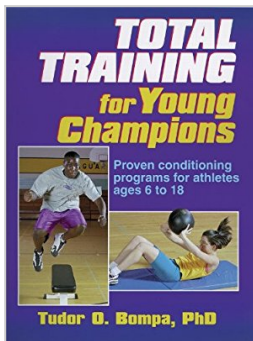


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Total Training for Young Champions

By Tudor Bompa

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Total Training for Young Champions By Tudor Bompa

Few athletes will be among the best in their sport at such a young age as Martina Hingis and Tiger Woods. But accelerated athletic development is now possible because of better, smarter training starting at an early age.

Total Training for Young Champions provides coaches, instructors, teachers, and parents of potential future sports stars the best conditioning advice and programs for establishing an overall fitness base and maximizing the athletic development of young people ages 6 to 18. Specifically, the book outlines how to increase a young athlete's coordination, flexibility, speed, endurance, and strength, thereby enabling them to excel in sports.

Tudor Bompa, one of the world's foremost sports conditioning experts who has trained 11 Olympic medalists, presents a safe, proven training regimen that builds upon each of the four stages of youth development:

- Initiation-prepuberty
- Athletic formation-puberty
- Specialization-postpuberty
- High performance-maturation

For the first three phases, Bompa provides nearly 300 exercises covering different ability levels, with several alternatives for variety. He also offers sport-specific training programs in 11 sports, including baseball, basketball, ice hockey, football, gymnastics, soccer, swimming, tennis, volleyball, and track and field.

Total Training for Young Champions is the comprehensive guide to developing the next generation of superior athletes. Use it to boost the physical tools every young athlete needs to succeed-and shine-in sports.

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""This unique book provides important lessons for those people training young athletes. The critical message is that the design and intensity of training regimens for child and adolescent athletes should not mimic those of their adult counterparts. Training programs for young athletes must be consistent with their level of anatomic, physiological, and emotional maturity. Failure to comply with such programs puts the child at risk for injury and/or early dropout from sports participation. This book provides useful, practical guidance for creating a positive athletic experience for young competitors.""

Thomas W. Rowland, MD

Editor, Pediatric Exercise Science

Author of Developmental Exercise Physiology

""Total Training for Young Champions encompasses topics that are essential for coaching younger athletes. With Bompa's explanatory writing style and superb training methods, coaches can give their young athletes the basis they need to excel in any sport.""

Lynne Rolley

Director of Programs, USA Tennis Player Development

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