

MEYER  
& MEYER  
SPORT

FALL 2018

MEYER  
& MEYER

THE SPORTS PUBLISHER









# FALL 2018

## CONTENTS

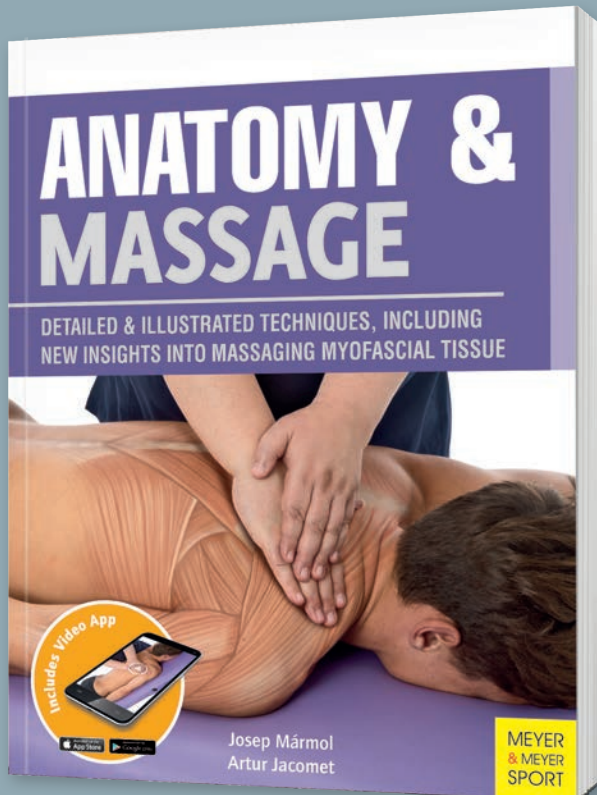
---

<b>NEW TITLES</b> .....	<b>4-19</b>
HEALTH .....	4, 7
FITNESS & STRENGTH TRAINING .....	5-6
TRIATHLON .....	8
RUNNING .....	9-11
TABLE TENNIS .....	12
SOCCER .....	13-17
COMMEMORATIVE PUBLICATIONS .....	18
SWIMMING .....	19
<b>BACKLIST</b> .....	<b>20-42</b>
THE BEST OF JEFF GALLOWAY .....	37
THE BEST IN SOCCER .....	38
THE BEST IN FITNESS .....	39
BEST OF MEYER & MEYER SPORT .....	40-41
THE BEST IN RUNNING .....	42
AUTHORS & EDITORS .....	44-45
INDEX .....	46
CONTACTS .....	47

JULY 2018

# ANATOMY & MASSAGE

DETAILED & ILLUSTRATED TECHNIQUES, INCLUDING NEW INSIGHTS INTO MASSAGING MYOFASCIAL TISSUE



Massage techniques can be used not only for relaxation, but also in sports—where the right massage technique can be applied for regeneration, rehabilitation, and injury prevention. Sports massage is a manual therapy method that is integrated into the training programs of professional athletes to strengthen and improve their health. The main objectives are as follows:

- To optimize muscle performance
- To reduce congestion in blood circulation
- To reduce regeneration times
- To prevent injuries to the tissues and joints

*Anatomy & Massage* is a practical guide for anyone interested in learning more about this massage discipline. This book presents the new standard, which can be used by athletes, trainers, massage therapists, physiotherapists, and fitness trainers. It includes an approach to massaging deep-level tissues and their interpretation from the myofascial chain point of view. The unique mixture of photos and anatomical drawings makes it easy to understand every technique and put them into practice. The book is supplemented with 21 tutorial videos that can be downloaded using the Augmented Reality app.

**JOSEP MÁRMOL** is an osteopath with over 25 years of experience in the treatment of athletes. He is an active member of a multidisciplinary health team whose involvement with swimmers at the 1992 Barcelona Olympic Games created new perspectives on how to apply fascial massage therapy.

**ARTUR JACOMET** qualified as a physiotherapist in 1991, subsequently completing a postgraduate course in osteopathy. He has taught for many years at La Escuela Universitaria de Fisioterapia de Salt in Girona, Spain, where he also has lectured in specialized courses at graduate level. Artur currently combines his clinical practice with university teaching.

160 p., in color

150 photos + illus.

Paperback, 8.3" x 10.8"

ISBN: 9781782551386

**\$ 26.95 US/  
£ 19.95 UK/€ 26.95 EUR**



9 781782 551386



# THE PERFECT WEDDING WORKOUT

OCTOBER 2018

## LOOK YOUR BEST ON THE BIG DAY IN JUST 10 WEEKS

Making that last-minute effort to have a flat belly and firm arms for a strapless wedding dress? Every woman dreams of looking perfect on one of the most important days of her life. After all, she doesn't want to be upset about little problem areas when looking at her wedding photos.

So listen up, Brides, because there is good news! Michael Limmer, personal trainer to female celebrities, has developed the Perfect Wedding Workout. This at-home fitness program is designed specifically for the needs of the bride-to-be and can easily be integrated into any stressful part of wedding planning. The different performance levels allow every bride to work out at her own pace, and after only 10 weeks, she will be looking at her dream body in the mirror. Dr. Gabriele Anderl, nutritionist, shares the secrets of a target-oriented diet, and Anna Scharl, makeup artist, introduces professional beauty tips for a perfect wedding day look. In *The Perfect Wedding Workout*, the bride will have all the tools she needs to look and feel beautiful on her Big Day.



**MICHAEL LIMMER** has been working internationally as an independent personal trainer since 2011. In doing so he often worked with women just before their Big Day and guided them to their dream figure with a special fitness program. Michael shares his tips and tricks in his first book, *The Perfect Wedding Workout*.



216 p., in color

215 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551461

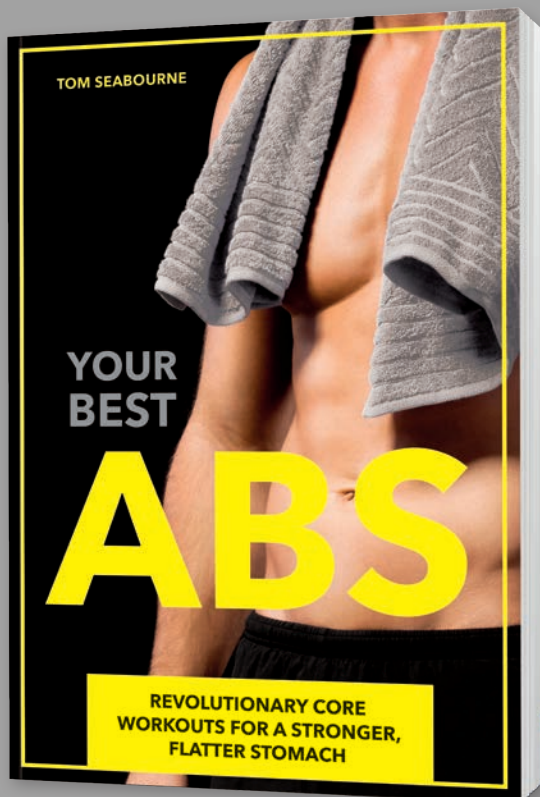
**\$ 16.95 US/****£ 12.95 UK/€ 16.95 EUR**

9 781782 551461

SEPTEMBER 2018

# YOUR BEST ABS

## REVOLUTIONARY CORE WORKOUTS FOR A STRONGER, FLATTER STOMACH



*Your Best Abs* is revolutionary in its approach, but the research behind its benefits has been around for years. The premise is simple: Train the abs as they are designed to work, not by doing crunches and sit-ups, but by properly bracing the core. The purpose of the abs is to resist spinal extension—to brace and hold, not to push and pull. *Your Best Abs* provides a way to sculpt the abs without damaging the lower back or any other part of the body. This holistic approach includes warm-ups, cool-downs, stretching, strengthening, power training, and a nutrition plan designed to deliver maximum results. Whether performing upper- or lower-body moves, using core isometrics to stabilize the core is the deciding factor for performance enhancement. The research-based, martial-arts inspired strategies presented in this book help to train the abs from the inside-out, enhancing neutral spine alignment, strengthening postural muscles, and improving athletic performance. *Your Best Abs* is a revolutionary way to a smaller waistline and stronger core. It will change the way you train your abdominals at home and at the gym.



**TOM SEABOURNE** received his PhD in Sports Psychology at the University of North Texas. He was the American Council on Exercise (ACE) Fitness Educator of the Year finalist in 2005 and Guinness World Record holder for indoor cycling in 2009. Tom received the Piper Award in 2014, honoring him as the top professor of all colleges and universities in Texas. He was an International Taekwondo Champion and winner of the Race Across America (RAAM) Open West in ultracycling. He has been featured in *Sports Illustrated* magazine three times as Athlete of the Month. Tom has also authored numerous articles and books. His focus on core training led him to produce videos, which are available at [www.ntcc.edu/live](http://www.ntcc.edu/live).



250 p., in color  
100 photos + illus.,  
Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551454

**\$ 16.95 US/  
£ 12.95 UK/€ 16.95 EUR**



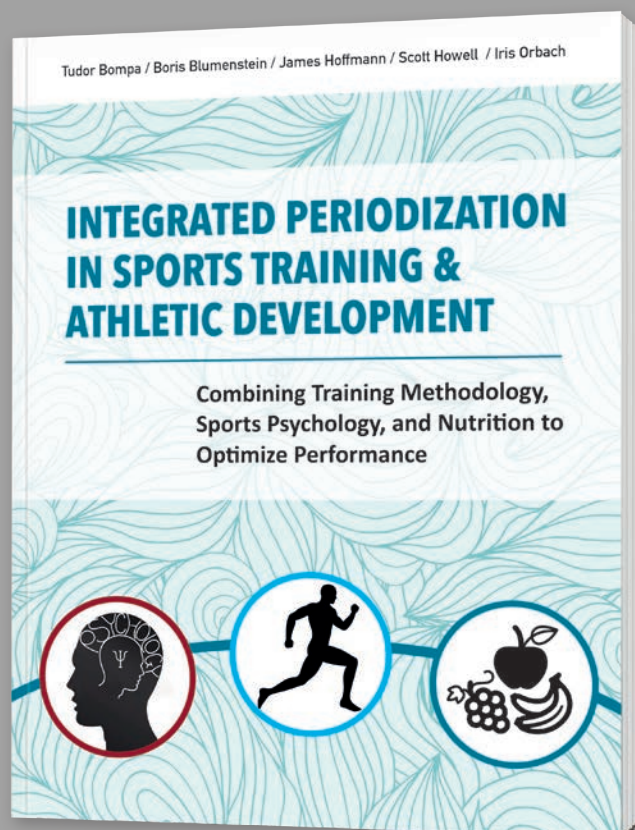
9 781782 551454

# INTEGRATED PERIODIZATION IN SPORTS TRAINING & ATHLETIC DEVELOPMENT

AUGUST 2018

COMBINING TRAINING METHODOLOGY, SPORTS PSYCHOLOGY,  
AND NUTRITION TO OPTIMIZE PERFORMANCE

*Integrated Periodization in Sports Training & Athletic Development* considers the large problem of training specialists working in isolation and builds a case for integrated periodization as conceived by Tudor Bompa. The book begins by defining periodization as a specific theory and methodology, historically detailing how the term was formally derived, differentiating it from the current view of periodization as a Russian concept. Next, the authors clarify some common misconceptions of periodization by integrating evidence-based practice with an emphasis on sports nutrition, psychological preparation, and training methodology. The book explores sport-specific applications of integrated periodization, development of biomotor abilities, and long-term planning. A novel paradigm for viewing adaptation is introduced, moving past homeostasis to include allostasis, and one approach (Maximum Recoverable Volume) that may be used to more effectively manage fatigue is detailed. Finally, the book includes a chapter on tapering strategies to peak athletes for competition using an integrated approach.



**TUDOR BOMPA**, PhD, has revolutionized many aspects of periodization of training starting with periodization of strength and power in 1963. He has published 16 books on training, planning, political science, and social anthropology. Most of them were translated into 19 languages. He has received 23 international awards in 21 countries.

**SCOTT HOWELL**, MD, PhD, is the international director of the Tudor Bompa Institute. His current research involves inpatient morbidity and mortality associated with androgens. He educates sports professionals on applied periodization theory and methodology and is a recipient of the APU Academic Scholar Achievement Award.



250 p., B &amp; W

150 photos + illus.

Paperback, 8 1/2" x 11"

ISBN: 9781782551416

**\$ 34.95 US/  
£ 24.95 UK/€ 34.95 EUR**



JULY 2018

# COURAGE TO TRI

FINISH YOUR FIRST TRIATHLON.  
A MOTIVATIONAL HOW-TO FOR WOMEN.



Have you dreamed of crossing a finish line but felt like you had no idea how to get from where you are now to the starting line? Whether it's a 5K, triathlon, or some other starting line, this book is here to give you all the insights you need to make it to your first race. Even if you've never done anything athletic in your entire life, completing a triathlon is ultimately up to your willingness to dedicate the time and put in the effort to "try." This book is also full of stories from women who will inspire and motivate you. These women not only successfully completed a race, they found new confidence and overcame unhealthy lifestyle choices. Meant for each and every woman—whether you're fit or a self-proclaimed couch potato—this book is the perfect guide to successfully completing a triathlon with just a few months of effort and dedication.

After a life-changing experience, the author went from a career-driven woman to a triathlon enthusiast. She shares her own story as well as those of the women she interviewed for this book. After reading *Courage to Tri*, you'll be inspired to sign up for your first race as well as given the tools to actually conquer it.



USA Triathlon coach and author **BETHANY RUTLEDGE** believes that crossing a finish line can change your life in amazing ways. Once an unlikely endurance athlete herself, she and her husband are now co-owners of Atlanta Triathlon Club, a large triathlon community in Atlanta, GA, and Energy Lab, a cycling and coaching studio. Bethany is a two-time Kona qualifier and has worked with hundreds of athletes as a coach. She regularly writes for *Triathlete Magazine*, *Women's Running Magazine*, and *Training Peaks*. Bethany also co-hosts a weekly podcast, "Grit and Dirt," showcasing athletes who have made huge life changes.



256 p., B & W

50 photos + illus.

Paperback, 5 1/2" x 8 1/2"

ISBN: 9781782551355

**\$ 19.95 US/  
£ 14.95 UK/€ 19.95 EUR**



9 781782 551355



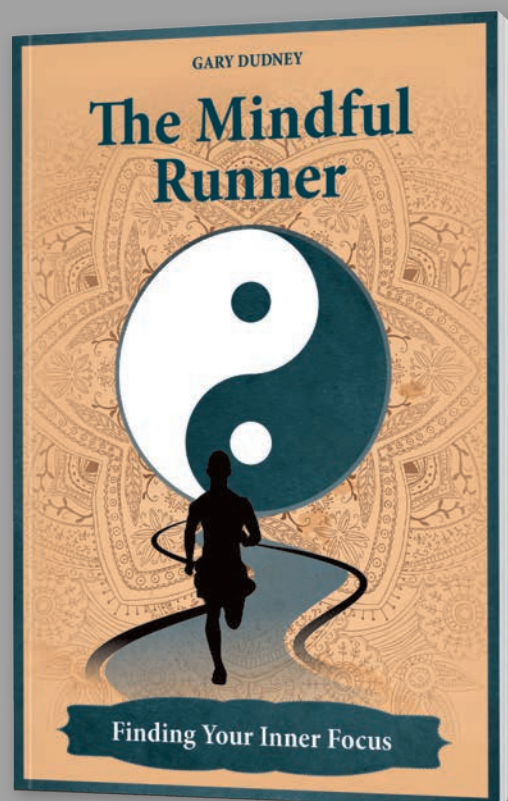
# THE MINDFUL RUNNER

NOVEMBER 2018

## FINDING YOUR INNER FOCUS

Runners know there's a profound truth behind the old joke: Running is fifty percent physical and ninety percent mental. *The Mindful Runner* focuses on the mental side of running. It thoroughly explores the complex landscape of the runner's mind, offering fresh perspectives on how to get the most out of yourself while enjoying the journey along the way.

Do you enjoy reading about running but think you've heard it all? Then this book will delight and surprise you. Full of great stories, it offers new ways to think about running. Running can be a transformative experience, or it can just be great exercise with a tidy bonus of enhanced self-esteem and self-awareness. Learn how to maximize your mental game out there to reach your goals; you're guaranteed to gain a greater appreciation for the rewards and possibilities inherent in running. *The Mindful Runner* builds on the author's first running book, *The Tao of Running*, but broadens the focus to all runners going any distance, ensuring that you're covered with advice on mental strategies that apply in any running situation. Running is a great adventure. Make sure you're not missing out on it.



Long-time columnist for *Ultrarunning* magazine and author of *The Tao of Running*, GARY DUDNEY is thrilled to share his hard-won understanding of the mind of the runner from being "out there" himself during 40 years of running. He has also written advice pieces and adventure stories for all the major running magazines. Gary has completed over 200 marathons and ultramarathons, including over sixty 100-mile races. His home base is Monterey, California.



250 p., B & W  
20 photos + illus.  
Paperback, 5 1/2" x 8 1/2"

ISBN: 9781782551539

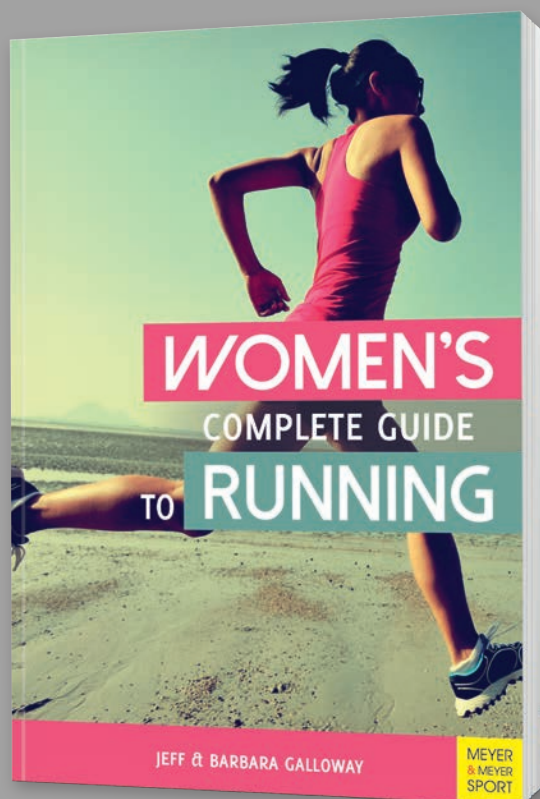
**\$ 14.95 US/  
£ 11.95 UK/€ 14.95 EUR**



9 781782 551539

# WOMEN'S COMPLETE GUIDE TO RUNNING

AUGUST 2018



This is the book that will take any woman, at any fitness level, into the running lifestyle. Jeff Galloway, a US Olympian in 1972, has helped over 150,000 people make this journey while reducing or eliminating aches, pains, and injuries suffered during most training programs. Jeff developed the Run Walk Run® method of training, and together with his wife Barbara, he offers a step-by-step program specifically designed for the needs and concerns of women. Included are lots of tips on staying motivated, building endurance, selecting shoes, stretching, and strengthening, as well as making smart nutrition choices, and much more.



Olympian **JEFF GALLOWAY** has run for over 50 years and still runs a marathon about every month. He has coached over a million runners to their goals through his retreats (in several locations), clinics at events, individual consultations, running schools, and books.



**BARBARA GALLOWAY** has been a serious runner for years and was on the Florida State women's track team. Barbara runs practically every day and has competed in over 30 marathons. Her best 10K time is 41:50, and marathon time 3:18. She has a master's degree in Physical Education and conducts running clinics during running vacation retreats at Lake Tahoe and Athens, Greece.



4th revised edition

232 p., in color

50 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551485

**\$ 16.95 US/  
£ 12.95 UK/€ 16.95 EUR**



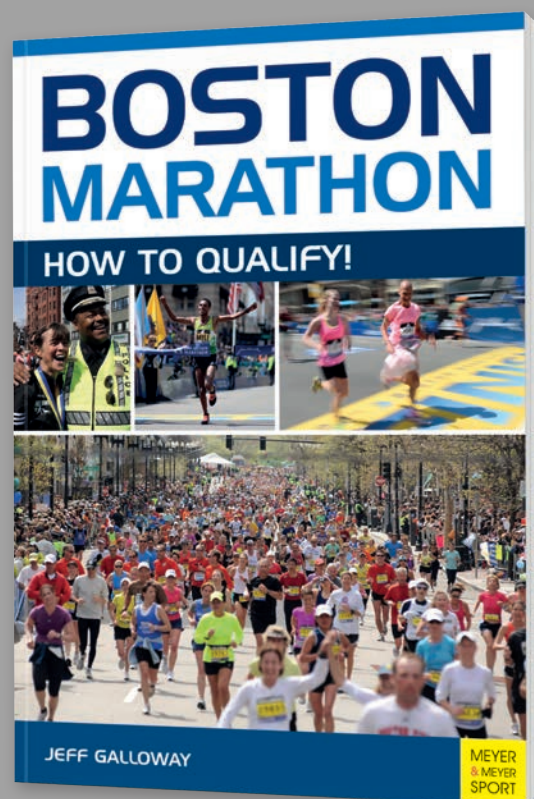


# BOSTON MARATHON

## HOW TO QUALIFY!

AUGUST 2018

With the Galloway program, it's possible to be in the best shape of your life and still have energy to enjoy family and career. The highly successful training schedules include all the elements needed to qualify based on the Boston Marathon standards. Train using Galloway's successful Run Walk Run® Method to achieve maximum performance without risking injury. Galloway's magic mile gives a reality check on progress and sets realistic pacing goals for long runs and the race itself. With Galloway's training expertise, you will be ready to compete at your best on race day. This new edition includes up-to-date information on the Boston Marathon.



3rd revised edition

212 p., in color

26 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551492



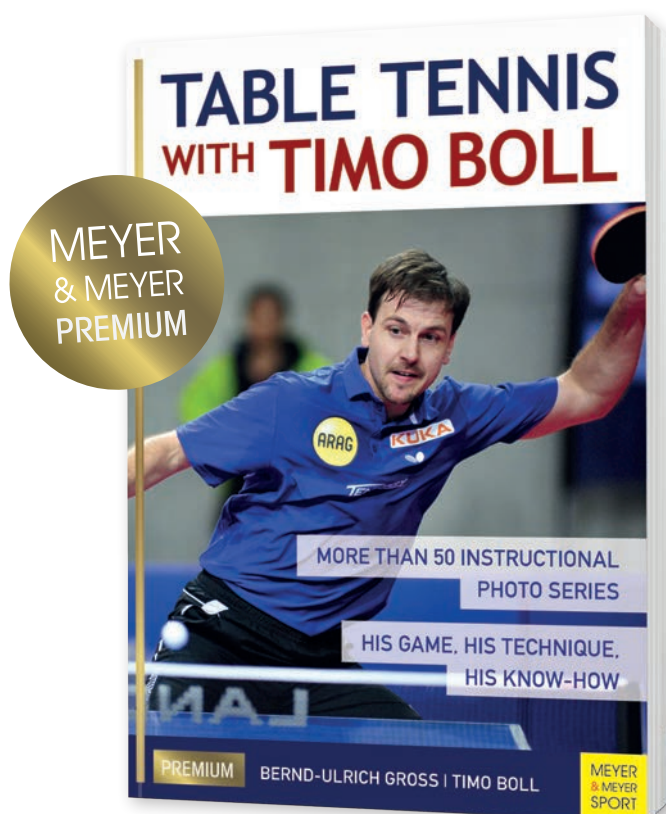
**\$ 16.95 US/**  
**£ 12.95 UK/€ 16.95 EUR**



# TABLE TENNIS WITH TIMO BOLL

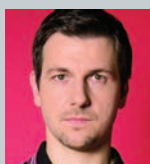
JULY 2018

MORE THAN 50 INSTRUCTIONAL PHOTO SERIES.  
HIS GAME, HIS TECHNIQUE, HIS KNOW-HOW



Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold!

In this book, Timo Boll and Bernd-Ulrich Groß provide the reader with as much information as possible about modern table tennis. Timo's exceptional technique and successful game are analyzed in more than 50 instructional photo series with nearly 700 serial photos and more than 100 individual photos. The left-hander is considered the master of rotation, and this book will tell you exactly why. Timo's many checks and tips provide a wealth of information for your own practice. His thoughts on tactics and playing philosophy, as well as information on racket material and training, complete the book. It is a tutorial for all players and coaches who want to take their game to the next level. The extensive photo material will be a valuable resource for achieving ambitious goals in table tennis.



**TIMO BOLL** is the most successful German table tennis player of all time. The left-hander was ranked number one on the world ranking list three times (in 2003 and 2011). Since 2002, he has been among the top 10 players in the world. No other player has won as many European championships. He is considered as one of the most fair players in the world.



**BERND-ULRICH GROSS** has been a table tennis coach for nearly 40 years. He has also written numerous books and articles on the subject. His book *Table Tennis: Tips From a World Champion* is "poised to become a standard work on table-tennis technique" (G. Straub, TTL 3/2015). He is currently teaching PE and French at a high school in Aachen, Germany.

280 p., in color

850 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782550730

**\$ 24.95 US/  
£ 18.95 UK/€ 24.95 EUR**



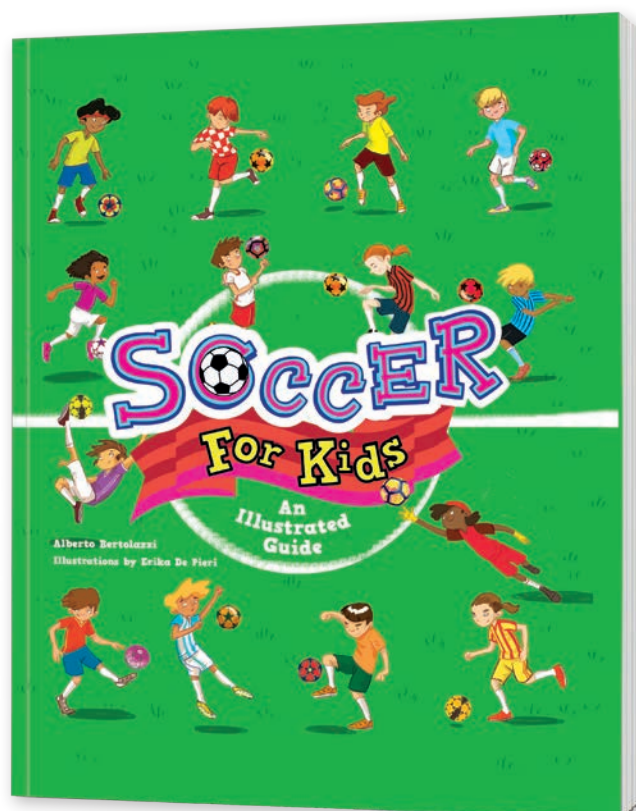


# SOCCER FOR KIDS

## AN ILLUSTRATED GUIDE

NOVEMBER 2018

With over a billion players, soccer is the most widely played sport in the world. The reasons for its success are simple: All that is required to play it is an open space and a ball. *Soccer for Kids* is an illustrated guide with a simple approach to the sport aimed at children and young teens. A brief introduction includes facts about the history of soccer from its origins to present day. The core of the book covers principal rules and basic techniques of the game: the dribble, pass, and much more. It defines individual and team moves with a focus on tactics (i.e., behavior on the field). Another chapter is about the goalkeeper and the skills required. The tutorial offers advice on how to get into soccer with the help of humorous illustrations. The final chapter is devoted to teams and players that have helped to raise the popularity of soccer worldwide—from Real Madrid to Milan, from Maradona to Messi. *Soccer for Kids* is an enjoyable, easy-to-understand guide for kids to help them take their first steps in the game.



**ALBERTO BERTOLAZZI** has collaborated with many newspapers and created numerous illustrated books. In 2011 he launched his writing career with the novel *Il rugby salverà il mondo* (*Rugby Will Save the World*). He has practiced many types of sports, some at a competitive level, others as an amateur. Alberto has been a diving instructor, the president of an amateur soccer league, and the coach and trainer of junior soccer and rugby teams. He also contributed to drafting educational and informative books about sports.



100 p., in color

200 photos + illus.

Flexible binding, 8.3" x 11.7"

ISBN: 9781782551508

**\$ 16.95 US/**

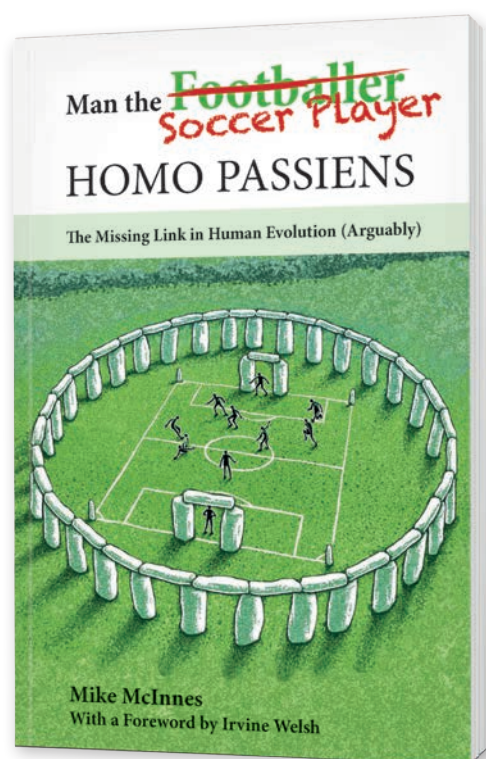
**£ 12.95 UK/€ 16.95 EUR**



# MAN THE ~~FOOTBALLER~~ Soccer Player —HOMO PASSIENS

SEPTEMBER 2018

## THE MISSING LINK IN HUMAN EVOLUTION (ARGUABLY)



In this book you will discover the truth—that *Homo passiens* is the missing link in human evolution. That *Homo sapiens* is a recently arrived imposter in the evolution of the genus *Homo*—a charlatan, a fraud, a villain, a quack! That all the academic stuff about consciousness, language, science, and so on, emanating exclusively from (and created by) *Homo sapiens* is evolutionary hogwash!

It all came not from *Homo sapiens*—as this recently arrived, pathological lying subspecies claims repeatedly in schools, textbooks, literature, and all institutions of higher learning—but from the founder species, *Homo passiens*—*Man the Soccer Player*! As evidenced in this book, humans evolved two legs for soccer, domed head and flat face for subtle power heading, and flat and levered feet with non-opposable big toes for shooting. We all love to be clever, and this book is to be associated with its seminal ideas and not necessarily to read from left to right. The thinking soccer fans will want to be associated with the mad science presented here. After reading *Man the Soccer Player*, soccer will never be the same again!



**MIKE MCINNES** is a retired pharmacist from Edinburgh, Scotland. He has a special interest in cerebral energy metabolism and its modern impairments. Mike has written *The Hibernation Diet*, *The Honey Revolution*, and *The Honey Diet*, all of which argue that human sleep is a high-energy enterprise with respect to the brain and its energy supply. His research into the evolution of the large and greedy human brain led to the conclusion that this is the direct result of our strange selection of upright bipedalism as a locomotive strategy, and consequently this research led to the book on *Homo passiens*.



184 p., in color  
50 photos + illus.  
Paperback, 5.8" x 8.3"

ISBN: 9781782551447

**\$ 16.95 US/  
£ 12.95 UK/€ 16.95 EUR**





# ALL ABOUT PRESSING IN SOCCER

HISTORY. THEORY. PRACTICE.

Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold!

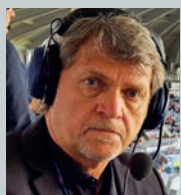
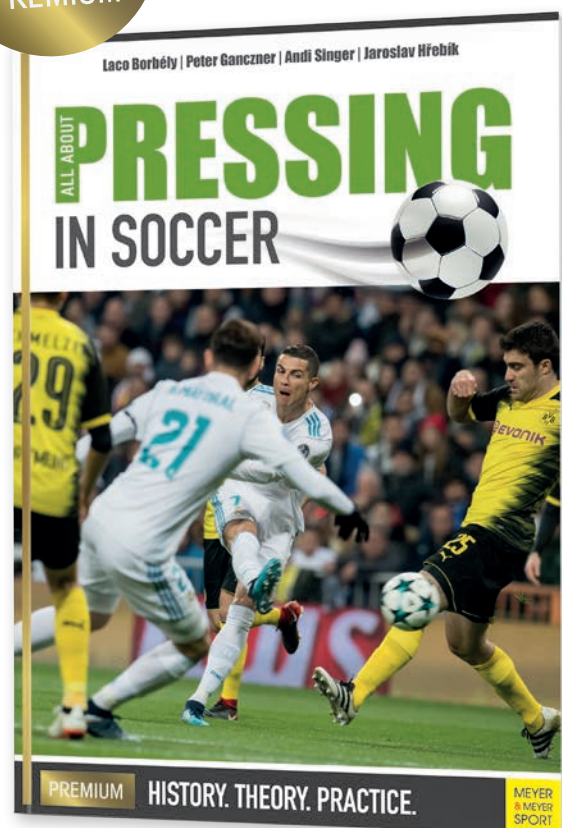
*All About Pressing in Soccer* provides a detailed look at the history, theory, and practice of pressing in soccer. With this comprehensive resource, the coach and player will improve their understanding of the game, making them stronger and more successful as a coach or player.

Beginning with a look at the history of pressing, the reader will gain background knowledge crucial for understanding the theory behind pressing, which is presented in the following section. Once the reader understands the why and the how of pressing, he will be able to use the practical techniques presented in the third section.

With this book, the reader, whether a coach or a player, will have all the tools necessary to implement a strong pressing tactic in the game, giving them that necessary edge over their opponents.

MEYER  
& MEYER  
PREMIUM

OCTOBER 2018



**PHDR. LACO BORBÉLY** studied soccer coaching at FTVS UK. He played for Dukla Banská Bystrica, Sparta Praha, and ZTS Kosice. He has coached various first and second league teams in Slovakia and Hungary. Laco was president of UFTS (Football Coaches Union of Slovakia) and a chairman of the technical committee of SFA (Slovakia Football Association). He has co-authored several publications on tactics in soccer. He holds a UEFA EuroPro License.



400 p., in color

450 photos + illus.

Paperback, 8.27" x 11.69"

ISBN: 9781782551478

**\$ 39.00 US/**

**£ 27.95 UK/€ 39.00 EUR**



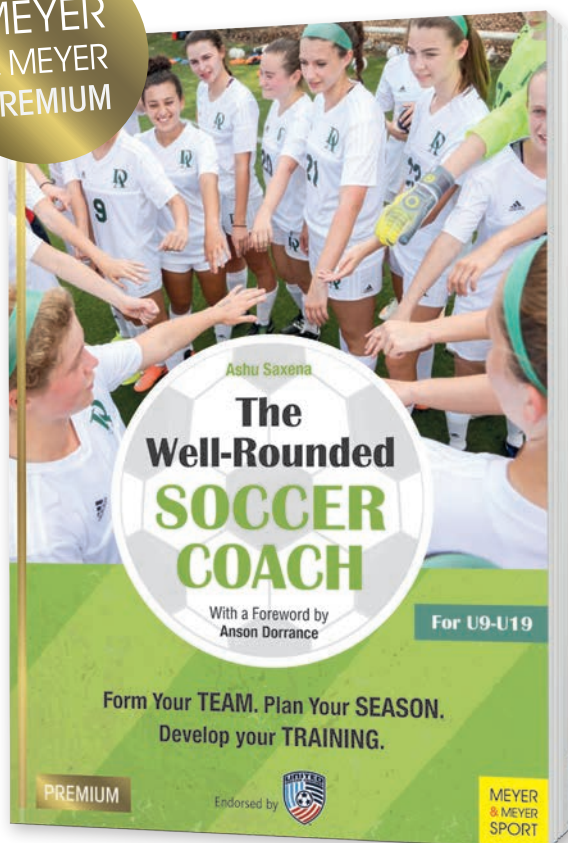
9 781782 551478

# THE WELL-ROUNDED SOCCER COACH

AUGUST 2018

FORM YOUR TEAM. PLAN YOUR SEASON.  
DEVELOP YOUR TRAINING. FOR U9-U19

MEYER  
& MEYER  
PREMIUM



Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold!

*The Well-Rounded Soccer Coach* is a unique book about coaching soccer. The author shares successful secrets for long-term player development, which is a current hot topic in the soccer world. This special resource combines credibility, experiences of a coach who has coached U9-U19 age groups (competitive club and high school teams), and comprehensive coverage of coaching soccer. The book raises the standards for coaching resources by including:

- Proven methods and techniques
- Examples of a complete season of actual training sessions
- Explanations as to the “hows” and “whys” of selected exercises
- Useful resources for coaches, players, and parents in a variety of areas on and off the field
- Credibility through anecdotes from coaches, players, and parents
- Objective results achieved by teams
- Access to someone who is actively involved in the areas of player development, coaching excellence, team culture, and education

Anyone wishing to become a successful coach of a winning team needs this book on his shelf.



**ASHU SAXENA** has been coaching soccer since 1986, and he holds the United Soccer Coaches (formerly NSCAA) Master Coach Diploma. He has received the United States Youth Soccer Association National Girls Coach of the Year Award as well as the United States Olympic Committee National Developmental Soccer Coach of the Year Award. He has also received various coaching and champion of character awards. Ashu is passionate about improving player development, team culture, and coaching excellence, whether by writing articles or teaching courses as a United Soccer Coaches Associate Staff Coach.

2nd revised edition

160 p., in color

80 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551423



**\$ 24.95 US/  
£ 18.95 UK/€ 24.95 EUR**





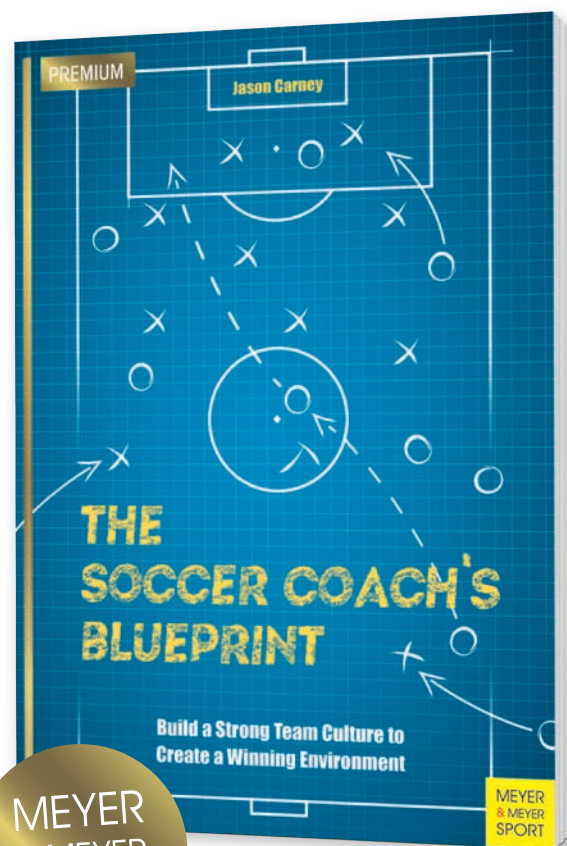
# THE SOCCER COACH'S BLUEPRINT

**BUILD A STRONG TEAM CULTURE  
TO CREATE A WINNING ENVIRONMENT**

SEPTEMBER 2018

Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold!

To build a strong team, you must start with a strong foundation. But where to go from there? Every coach needs a blueprint she or he can follow to form a structurally sound coaching philosophy. *The Soccer Coach's Blueprint* has the plan all coaches need. This blueprint is geared toward making decisions. Coaches can use these ready-made methods to improve both themselves and their teams. In this book, the reader will be encouraged to focus on the long-term goals of the coach and the players and to look at the bigger picture. If coaching isn't challenging, then nothing will improve. Everything coaches need to challenge themselves and to develop can be found in this book. They will be ready to step onto the field, full of confidence, and walk off the field knowing they are making a difference in their players' lives. Follow the guide presented in *The Soccer Coach's Blueprint* to build a strong team and sound playing philosophy.



MEYER  
& MEYER  
PREMIUM

**JASON CARNEY** was raised in Lancashire, England. He played at all levels and is a UEFA qualified soccer coach. After coaching professionally for six years with Preston North End FC, he moved to the United States. There, he learned the importance of understanding the game at the grass-roots level. When Jason obtained the position of technical director, he gained the opportunity to put a development plan into place. He saw the growth and team bonding it created throughout the soccer club. Jason decided to put all his experiences into *The Soccer Coach's Blueprint* in hopes that other coaches can develop, too.



120 p., in color

100 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551430

**\$ 24.95 US/  
£ 18.95 UK/€ 24.95 EUR**

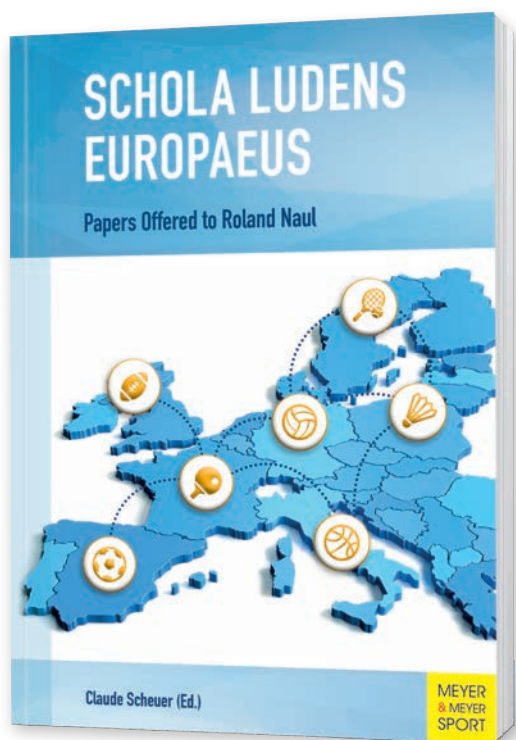


9 781782 551430

# SCHOLA LUDENS EUROPAEUS

OCTOBER 2018

PAPERS OFFERED TO ROLAND NAUL



This collection of essays celebrates the 70th birthday of Professor Roland Naul. The chapters, written by colleagues and friends, illustrate the development of sport and physical activity research over four decades. The objectives were to give an overview and update of relevant fields that determined the academic work of Naul and to give new insights. Chapters have been grouped under the following aspects: secondary education and vocational training in Germany and Europe, with a focus on sport qualifications and professions; old and new challenges for the Olympic Games movement, as described from the perspective of different countries; health-enhancing physical activity (HEPA), a key policy area which Naul has contributed to shaping in the European Union; the relationship between sport pedagogy and social pedagogy; a focus on the well-being of athletes, with contributions tackling the prevention of harassment or doping; and finally, sport policy on a local level. This commemorative publication acknowledges the merits of Roland Naul for European studies in physical education and youth sports, as well as for the sport policy context in Europe.



**CLAUDE SCHEUER** (Ed.) works at the University of Luxembourg for the research unit ECCS (Education, Culture, Cognition and Society) at the Institute of Applied Educational Sciences (AES). He teaches in the primary school teacher education program. His research focuses on basic motor skills of children and adolescents

and on active school settings. Scheuer is member of the board of the Luxembourg teacher association (APEP) and the president of EUPEA (European Physical Education Association). He is the vice delegate for Luxembourg for FIEP Europe (Fédération Internationale de l'Éducation Physique) and an executive board member in ICSSPE (International Council of School Sports and Physical Education). In 2015 Claude Scheuer co-founded CEREPS (Conseil Européen de la Recherche en Éducation Physique et Sportive) together with Professor Roland Naul.



300 p., B &amp; W

100 photos + illus.

Paperback, 5.8" x 8.3"

ISBN: 9781782551362

**\$ 36.00 US/  
£ 27.50 UK/€ 36.00 EUR**





# SHAPING SUCCESSFUL JUNIOR SWIMMERS

**BUILD A FOUNDATION. STREAMLINE YOUR TRAINING. CREATE WINNERS.**

**AUGUST 2018**

For three decades, David Wright has coached international swimmers who began their swimming careers in his *Learn to Swim* program, and this book is based on his experience guiding these swimmers. Wright saw many pitfalls that resulted in the sport losing 80% of its participants in their early teenage years—pitfalls that resulted in swimmers ending their careers broken and disillusioned. *Shaping Successful Junior Swimmers* examines the nature of the sport's early dropout rate and proposes steps to correct the problem. It discusses qualities that should be present in good conditioning and speed training programs as well as why these qualities encourage continued participation and championship performance. Also included are danger signs of poor programs that cause early dropout. In addition to important training factors are the decisions and behavior outside the pool that coaches, parents, administrators, and national federations can make and do to extend and improve every swimmer's involvement in the sport. Swimming champions are the product of good care in and out of the pool, and using this book provides the means for that good care.



**DAVID WRIGHT** lives in Auckland, New Zealand. He is an International Level Five American Swim Coaches Association certified coach. For 30 years he has coached national representatives in New Zealand, the United Kingdom, the United States, the US Virgin Islands, and Saudi Arabia. His athletes have competed in the Olympic Games, World Championships, Commonwealth Games, among others, and have won 10 medals. His swimmers have won 81 national championships, have broken two master's world records, and have set 73 national records. In 2007 David was awarded the US Swim Coaches Association Certificate of Excellence.



150 p., B & W

100 photos + illus.

Paperback, 8 1/2" x 11"

ISBN: 9781782551409

**\$ 24.95 US/  
£ 18.95 UK/€ 24.95 EUR**

