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THE SPORTS
PUBLISHER

FALL 2025



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WHO IS MEYER & MEYER SPORT?

Meyer & Meyer Sport is Europe's leading specialist sport publishing house. Founded in 1984 in Aachen, Germany, it is widely accepted as one of the best sports publishers in the world. Meyer & Meyer Sport is renowned for the quality of its products and authors—many are leading figures and experts within their respective fields.

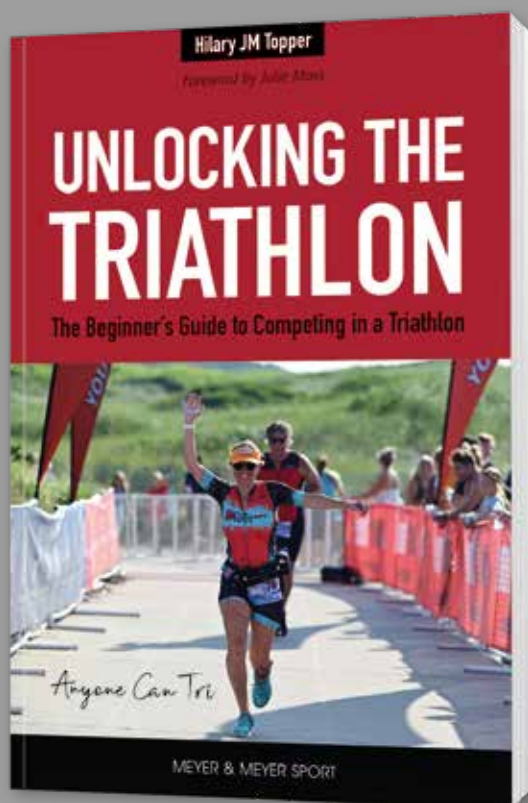
Meyer & Meyer Sport publishes books on a broad range of subjects in sport, fitness, strength training, and health. Its focus is on providing quality content for its readers. With this in mind, Meyer & Meyer Sport produces books on **core training**, i.e., foundational information for the beginner or average enthusiast; **elite training** for the more advanced athlete; **core coaching**, i.e., foundational information for the new coach or parent coach; and **elite coaching** for the more advanced coach of elite-performance athletes and teams. Additionally, its list includes **narratives** and **biographies**, all with sport as their central theme.

With a list of more than 2,000 titles in both English and German, the company provides a range of products from handbooks, practical how-to guides, and self-improvement manuals to biographies, the inspirational and the fun. Meyer & Meyer Sport is also home to numerous prestigious academic books, journals, and theses in the field of Sports Science.

UNLOCKING THE TRIATHLON

THE BEGINNER'S GUIDE TO COMPETING IN A TRIATHLON

JANUARY 2026



The ultimate guide to mastering the triathlon for the beginner. With tailored training plans and expert tips on gear and nutrition, every new triathlete will gain the confidence and endurance needed to excel. All aspects of training for that first triathlon are covered. USA Triathlon coach Hilary Topper also breaks down the race itself, even explaining how to practice transitions 1 and 2, from the swim to the bike and from the bike to the run. The reader will feel confident and ready to compete.

Not only are training basics covered. Readers will also discover how to cultivate the mindset of a champion and stay motivated through the success stories told by real-life triathletes. These individual stories prove anyone can triumph with the proper guidance.

Unlocking the Triathlon is the starting point of the reader's exciting new journey. The beginner can embrace the challenge of competing in their first race and unlock their triathlon potential. With this book, anyone can tri!

HILARY TOPPER is a USA Triathlon Coach, USMS Level 3 Swim Coach, and RRCA Running Coach. She is also certified by the World Open Water Swimming Association with an open-water certification. Hilary is an accomplished triathlete. With years of experience in the sport, she has completed numerous races and shares her passion through engaging and practical guidance. Her journey from novice to seasoned athlete makes her a relatable mentor for aspiring triathletes. Hilary resides in New York, where she trains and motivates others to unlock their potential.

288 p., b/w, 45 photos & illus.

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100 AMERICAN SOCCER LEGENDS

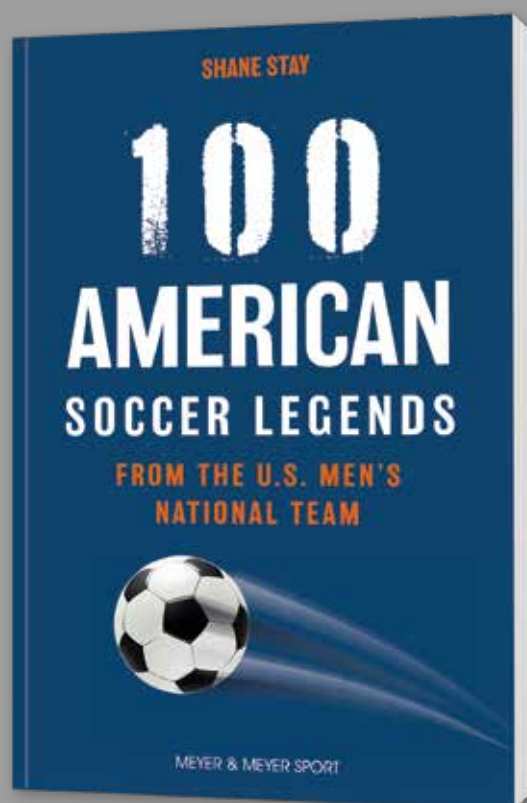
FROM THE U.S. MEN'S NATIONAL TEAM

DECEMBER 2025

A fun and entertaining look at the top 100 soccer players to have played for the US Men's National Team! In *100 American Soccer Legends*, the soccer fan will find an elite list of the best players in American soccer history, from Harry Keough, Pat McBride, and Steve Pecher to Clint Dempsey and Christian Pulisic. Each player's background, stats, and contribution to the game is examined in detail.

The US has some of the best athletes in the world. But though its athletes have dominated in the Olympics and in other sports, it has yet to win a World Cup in men's soccer. Readers will learn more about this athletic frontier and what the upcoming players need to bring to the game to finally win a world championship.

This book is the perfect read for every soccer fan and enthusiast.



SHANE STAY is an author of entertaining soccer biographies. Shane has also written stories in the genres of sport, humor, and modern culture which have appeared in various online and print publications. In 2008, he coauthored a print book, published a magazine story, bottled Leaf Dressing, worked clubs as a comedian, played professional soccer, was a restaurateur, and received a Master of Arts from Southern Illinois University. He has appeared on TV and has featured on numerous radio broadcasts, including ESPN and NPR. He lives in Chicago, Illinois.

336 p., b/w, 5 photos & ill.

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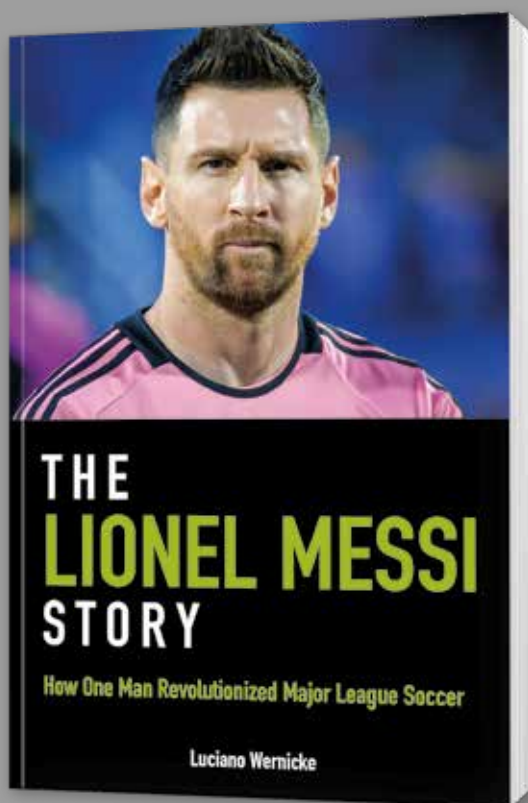
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THE LIONEL MESSI STORY

HOW ONE MAN REVOLUTIONIZED MAJOR LEAGUE SOCCER

DECEMBER 2025



Considered the best player of all time, Lionel Messi holds 46 titles, including one World Cup and four European Champion League titles and eight Ballon d'Ors, the highest individual honor in soccer. In 2024, he won Major League Soccer's MVP award. But who is the player behind these impressive stats? This book takes a deep dive into Messi's background, examining his beginnings, his struggles to reach the top, and even his thoughts on his soccer career.

With Messi's arrival to Major League Soccer (MLS) in 2023, the most popular sport in the world experienced a revolution in the US. More stars from Europe, South America, and Africa followed, and the matches were soon aired on more platforms than ever before. The explosive success of MLS motivated *Time* magazine to name Messi the greatest sports figure of 2023.

This book takes a dynamic and in-depth look into the amazing story of how one of the world's greatest soccer players revolutionized MLS.

LUCIANO WERNICKE was born in Buenos Aires, Argentina. He holds a degree in Journalism from the University of Salvador, and he is a professor of Sport History and Soccer History at the Instituto Universitario River Plate. In 2019, Luciano was the assistant to the Costa Rica National Soccer team manager. He has written 25 books on soccer, including *Unforgettable Soccer* and *Why Is Soccer Played Eleven Against Eleven?*, and his books have been translated into several different languages.



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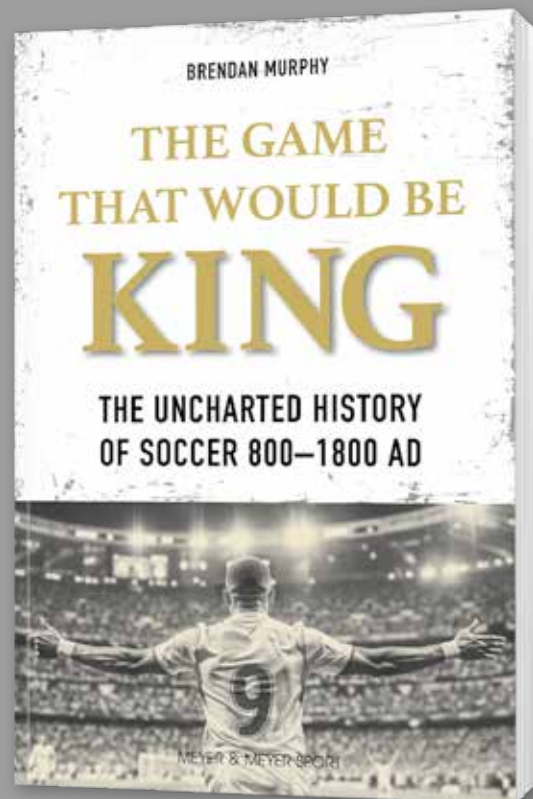
THE GAME THAT WOULD BE KING

THE UNCHARTED HISTORY OF SOCCER 800–1800 AD

DECEMBER 2025

A time traveler's guide to the history of soccer, tracing its origins from a humble beginning to an established sport beloved worldwide. From the Middle Ages onwards, Britain and Ireland unfurl their lineage, from the lesser-known trapball and stoolball to the lamentably extinct camping and knappan. Primarily a narrative of British and Irish ball games, esteemed foreigners are welcomed: baggataway, knattleikur, soule, kolven, and calcio. Many games come to life, revealing their motivations, and their complex inner world. Still, soccer is firmly center stage.

As the games sweep across history, the social, religious, and political contexts are threaded throughout, with news snippets, anecdotes, comedy, and intrigue, which give the centuries life. Crammed with eccentric sports ephemera, untold tales, and unearthed facts, it is the most comprehensive work on the early history of ball games ever written.



BRENDAN MURPHY is the author of *From Sheffield with Love*, a history of the world's oldest soccer club. He has published two young adult fantasy books, *Beyond the Gloaming* and *The Traitor's Trap*. He is an adjunct associate professor of psychiatry and has written widely on youth mental health. He was raised in Sheffield, England, and lives in Melbourne with his two children in a mudbrick house built for the composer Dorian Le Gallienne. They share three acres with shy sugar gliders, sturdy spiders, a colony of bats, colorful birdlife, charming kookaburras, and a mob of kangaroos.

344 p., b/w, 3 photos & illus.

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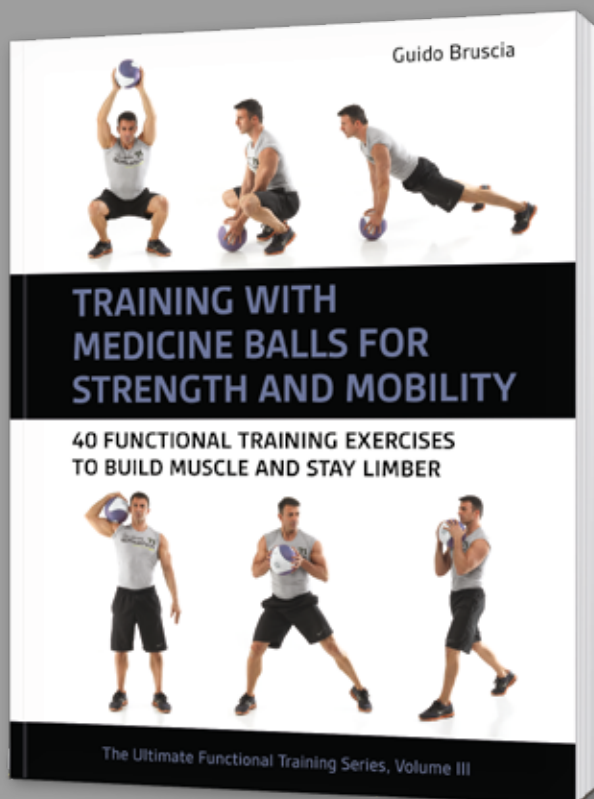
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TRAINING WITH MEDICINE BALLS FOR STRENGTH AND MOBILITY

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Volume III in the Ultimate Functional Training Series, *Training With Kettlebells for Strength and Mobility* includes 40 functional medicine ball exercises that improve strength, build muscle, and reduce the risk of injury.

The exercises target the lower body, core, and upper body. As the reader has progressed in strength and mobility by mastering the bodyweight exercises found in volume I, they will build on their foundation by adding additional medicine ball weight. Also included are sample training plans for strength, hypertrophy, and toning which can be implemented into any workout routine, at home or at the gym. With *Training With Medicine Balls*, readers will revolutionize their health and athletic performance!

The Ultimate Functional Training Series is a compilation of the best functional training exercises in four volumes: *Training With Bodyweight*, *Training With Kettlebells*, *Training With Medicine Balls*, and *Training With Sandbags*.

GUIDO BRUSCIA is a master trainer who is well known worldwide for functional and kettlebell training. He is the technical director of the Functional Training School, and he also teaches at institutions for fitness and bodybuilding coaches and personal trainers. He has written several bestselling books. He invented Personal Care, an innovative method of personal training with the goal of revolutionizing the lives of its students. Guido lives in Rimini.

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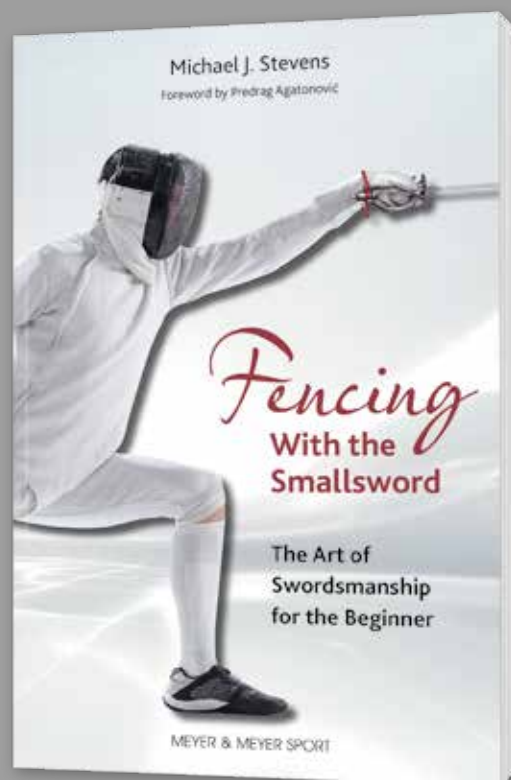
FENCING WITH THE SMALLSWORD

THE ART OF SWORDSMANSHIP FOR THE BEGINNER

SEPTEMBER 2025

This is a practical guide to smallsword fencing intended for beginners, foilists who wish to try a dueling weapon, and coaches looking for practical exercises for their students. The exercises provided were the same used in fencing academies centuries ago and are still applicable today. They are easily incorporated into practice sessions. Also included are fight sequences designed to guide the fencer in employing good swordplay when sparring.

This book offers a bit of everything. Fencing expert Michael Stevens outlines for the reader how fencing with a smallsword differs from modern competitive sports fencing, focusing on scoring points and on avoiding injury. He briefly examines the history of the smallsword and has included a section on fencing theory, explaining how to hold the sword and outlining the various thrusts and parries. He provides advice on how to best spar with the smallsword and how to cope with fencers who present different challenges.



MICHAEL J. STEVENS started fencing in the late 1960s. He practiced fencing with foil, sabre, and épée, gained a reputation for adopting a classical style, and assisted with teaching novices. Growing disappointment with the way modern competitive fencing has diverged from its classical origins led to his recent interest in smallsword fencing which is more like dueling and where all the old fencing theories are still relevant. He has also published books on schooling horses, which is another of his major interests.

104 pages, b/w,

30 photos & illus.

Paperback, 5.5" x 8.5"

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We look forward to hearing from you!



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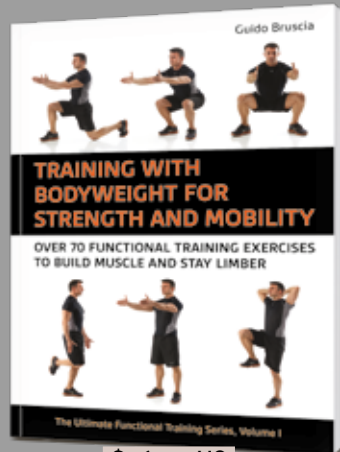


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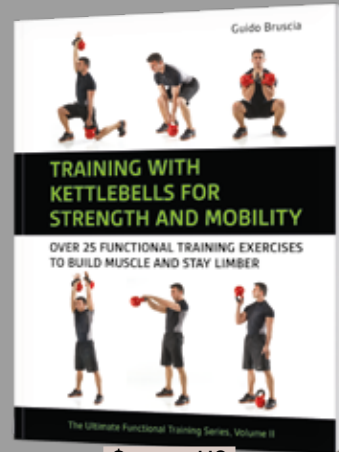
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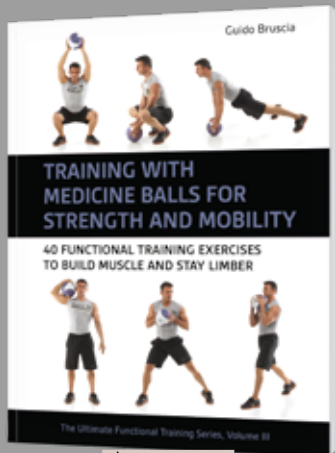
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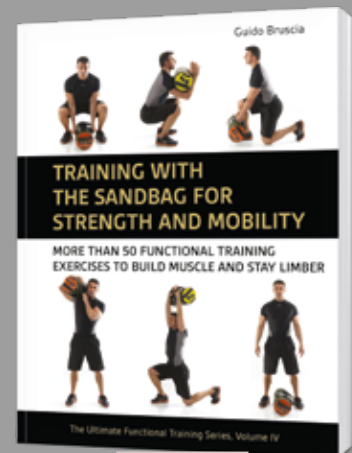
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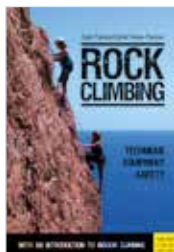
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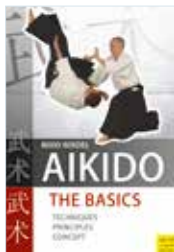
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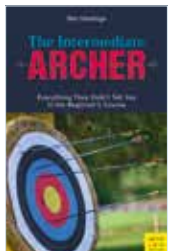
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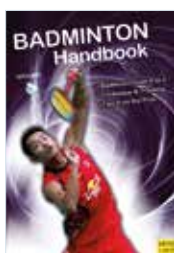
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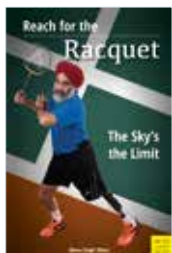
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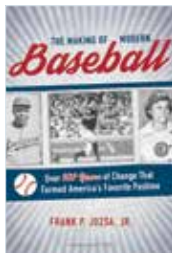
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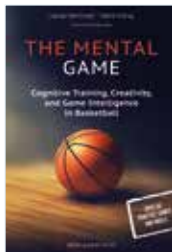
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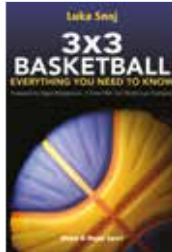
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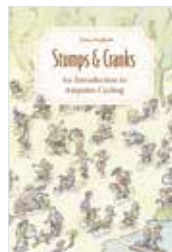
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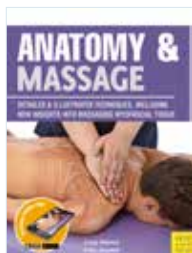
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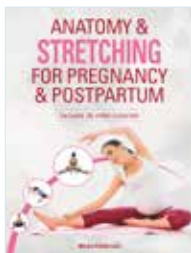
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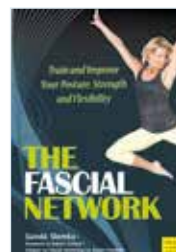
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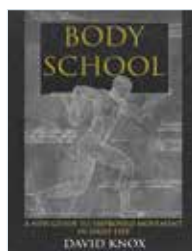
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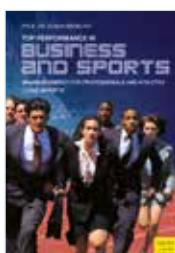
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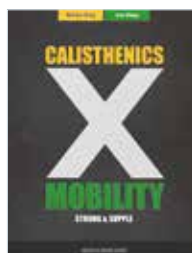
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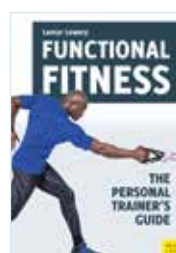
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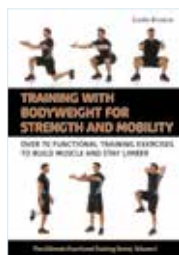
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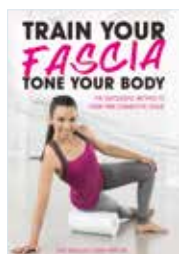
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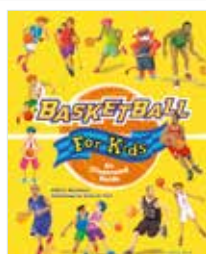


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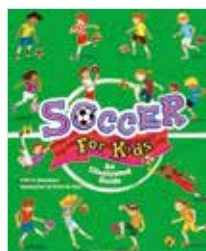
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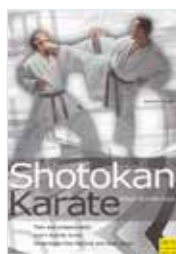
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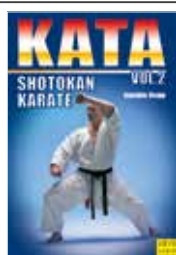
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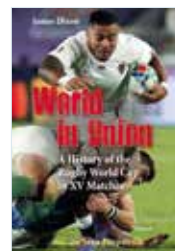


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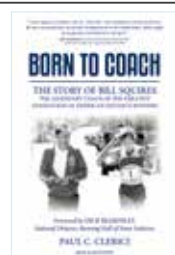
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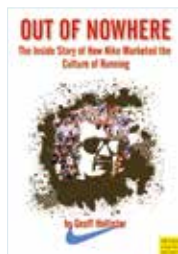
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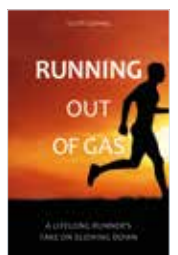
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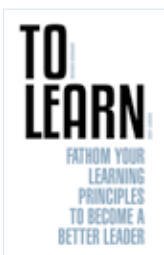
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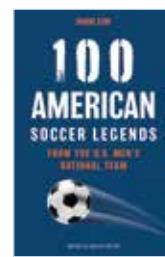


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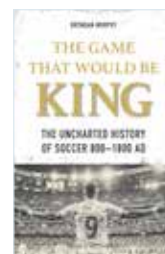
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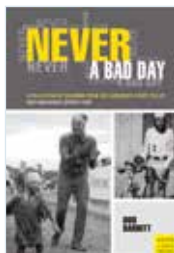


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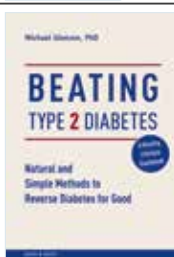
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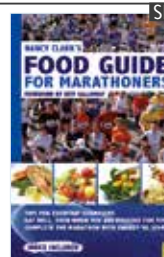
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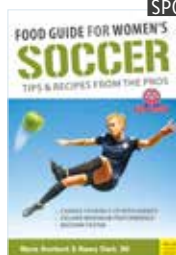
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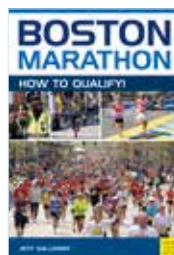
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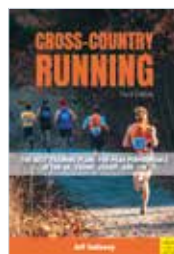
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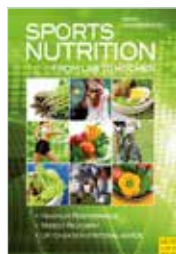


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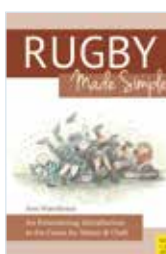
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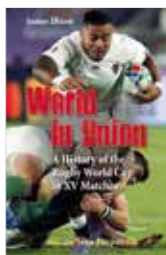
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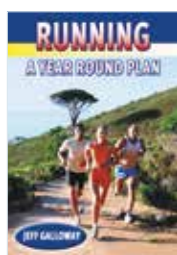
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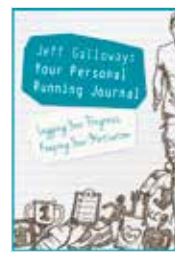
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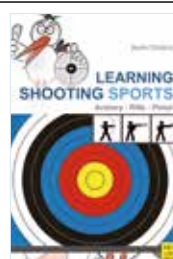
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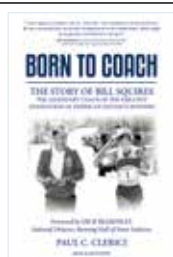


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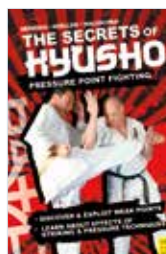
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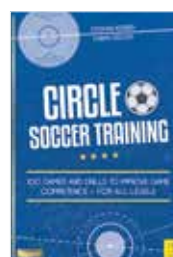
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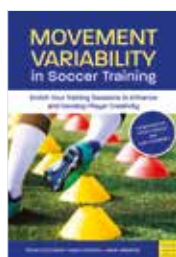
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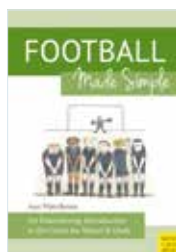
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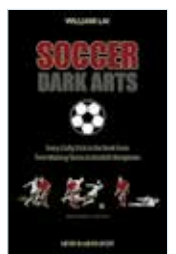
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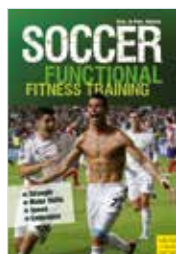
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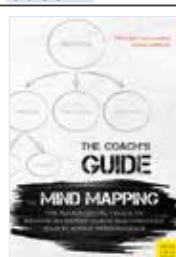
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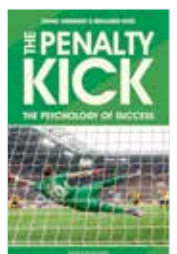
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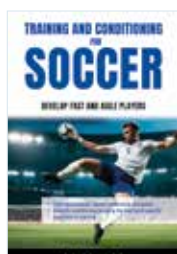
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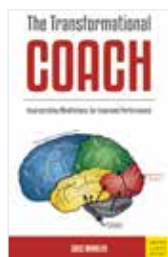
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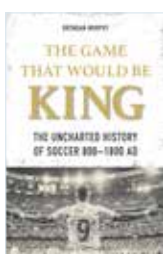
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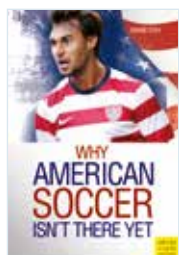
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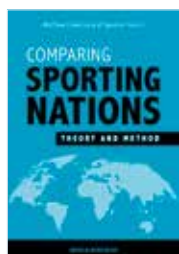


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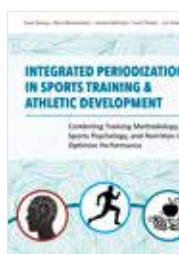
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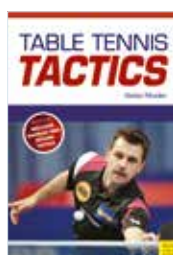


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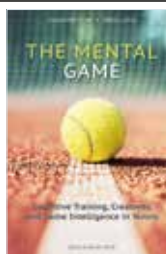


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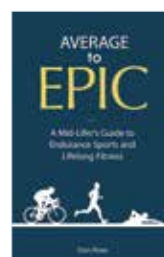


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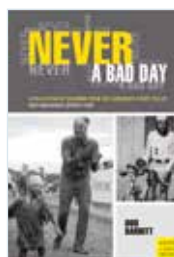


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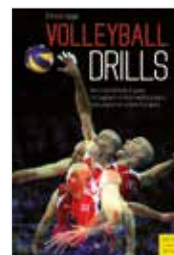
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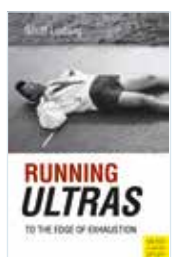
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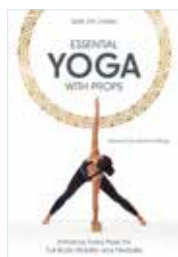
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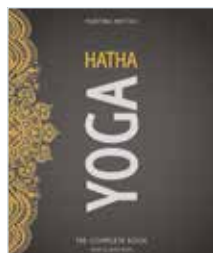
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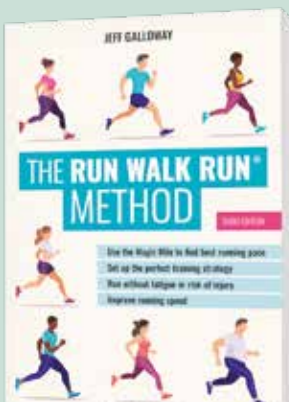
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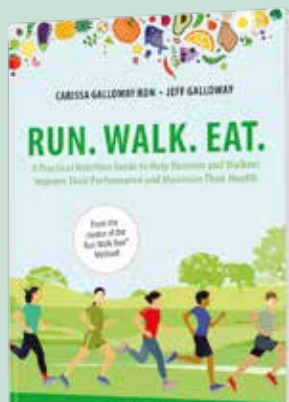


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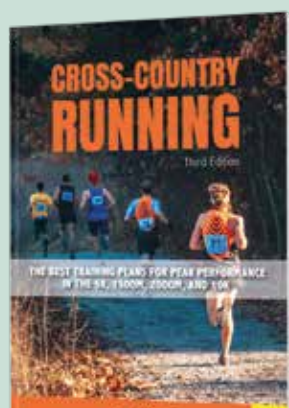
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