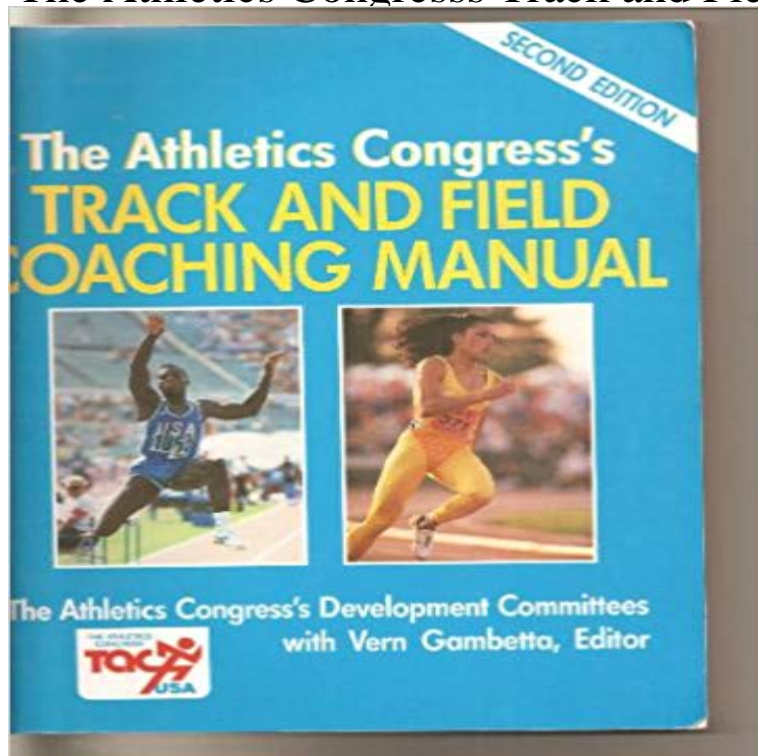


The Athletics Congress Track and Field Coaching Manual



The Athletics Congress Track and Field Coaching Manual features the latest in techniques and coaching principles. Over 50 of TACs Development Committee members, all master coaches and trainers, have contributed their expertise. The principles in this manual can be applied to help athletes at every level improve their track and field performances. The manual is designed for high school settings, but every coach from college level to youth sport will want this updated edition of the ultimate track and field coaching handbook. Use The Athletics Congress Track and Field Coaching Manual to enhance athletes knowledge of proper form and mechanics, to plan training sessions, and to learn the particulars for hosting competition.

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