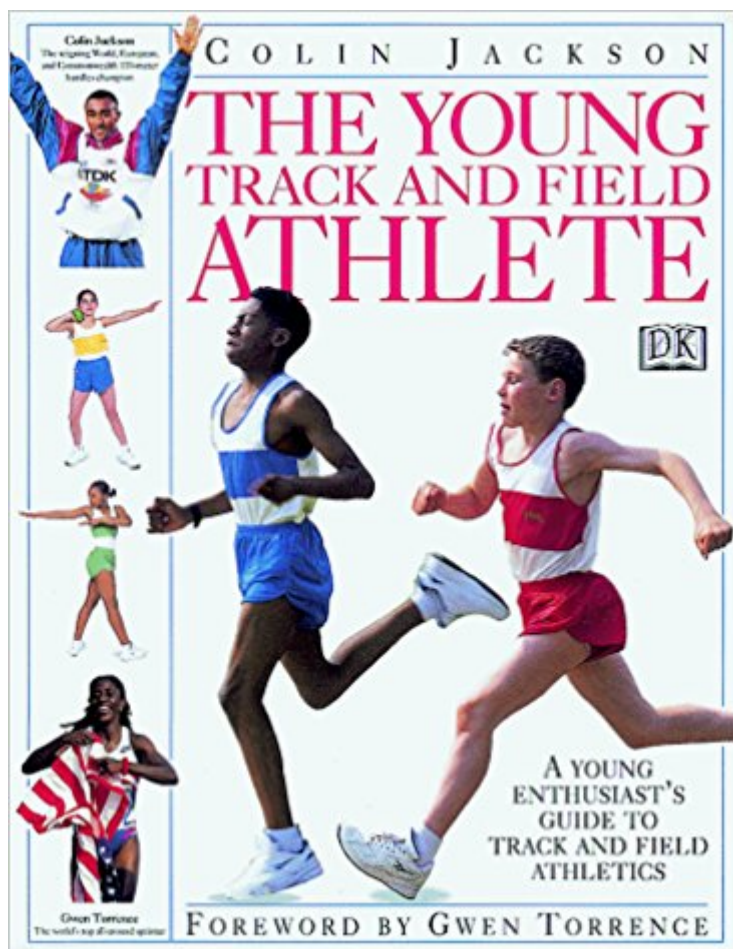


The book was found

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

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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

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