



Attention Coaches & Instructors!

Materials for Rhythmic Gymnastics!

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Building Blocks – Development Approach to Preschool Rhythmic Gymnastics

Item Number: 1311 • Price: \$15

Written by Joni Spata and Tracey Callahan Molnar this book is designed to help sell a Rhythmic Program to Gym Owners and Parents. It also includes information for getting the program started, teaching classes and keeping interest.

Beginner Ballet for Rhythmic Gymnastics

Item Number: 1312 • Price: \$25

This set includes a DVD of beginning ballet instruction for rhythmic gymnastics as well as an accompanying CD of music to be used in conjunction with the ballet combinations. New July 2009

Rhythmic Gymnastics Level 1 – 2 DVD and Workbook

Item Number: 1307 • Price: \$20

A package containing the Rhythmic Gymnastics Level 1&2 Training DVD (item # 1306) and a Student Workbook, which provides examples for each skill (Workbook is not sold separately.)

Rhythmic Compulsory Program – 2 set DVD

Item Number: 2322 • Price: \$40

Disc 1: Official Compulsory music CD for Levels 3-5 and Beginner Group.
Disc 2: Official Compulsory Routine DVD for Levels 3-5 and Beginner Group. Includes a Video Glossary of basic body and apparatus elements, a demonstration of each routine with the music, and a slow motion version of each routine with textual cues for the required elements. This is an invaluable teaching aid for both the gymnast and coach. For anyone new to rhythmic gymnastics, this is the entry point into learning rhythmic routines. Best used after completing the Level 1-2 Training materials

Sports Mechanics for Coaches

Item Number: 6124 • Price: \$39

Sport Mechanics for Coaches includes nearly 150 illustrations and photos and all-new content to help readers understand and incorporate technol-

ogy and state-of-the-art sport equipment to enhance training, identify errors in technique, and improve performance. Coaches, students, and athletes with a curiosity about how and why things work in the world of sport and a desire to improve performance will find Sport Mechanics for Coaches refreshingly easy to read, comprehend, and put into practice.

Sport Psychology for Coaches

Item Number: 6122 • Price: \$39

Sport Psychology for Coaches provides information that coaches need to help athletes build mental toughness and achieve excellence—in sport and in life. As a coach, you'll gain a big-picture perspective on the mental side of sport by examining how athletes act, think, and feel when they practice and compete. You'll learn to use such mental tools as goal setting, imagery, relaxation, energization, and self-talk to help your athletes build mental training programs. You'll also see how assisting your athletes in developing mental skills such as motivation, energy management, focus, stress management, and self-confidence leads to increased enjoyment, improved life skills, and enhanced performance. And you'll discover how to put it all together into mental plans and mental skills training programs that allow your athletes to attain and maintain a mind-set that fosters peak performance.

Sport Physiology for Coaches

Item Number: 6121 • Price: \$39

Sport Physiology for Coaches is designed to help coaches assess, refine, enhance, and improve athletes' performance through an applied approach to exercise physiology. Written primarily for high school coaches, this practical, user-friendly text not only covers training essentials for muscular and energy fitness, but it also provides the hands-on assessments, forms, and training plans to help you implement the concepts in your training sessions. To guide you in the development of a training program for your sport, the book features sample programs for sports involving skill, power, power endurance, intermittent activity, and aerobic activity.

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