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Best Season Yet 12 Weeks to Train Athlete s Edition

By Rebekah Trittipoe

Lighthouse Publishing of the Carolinas. Paperback. Book Condition: New. Paperback. 180 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. Praise for Best Season Yet: 12 Weeks to Train: Athlete s Edition Find a game plan to keep the main thing the main thing. This book is about more than great performance; its about encouraging others to be great people fulfilling their God-given purpose for life! Jimmy Page Vice President of Field Ministry, Fellowship of Christian Athletes (FCA) An exceptional book written by an exceptional athlete, coach, guide, wife, mom, and person. Carey Green, Head Coach, Womens Basketball, Liberty University Best Season Yet: 12 Weeks to Train is a wonderful resource for teams or individual athletes looking for a concise tool to help focus the spiritual and mental components of their season. Chris Anderson National Director, Fellowship of Christian Athletes Endurance Ministry (FCA) Description: Its the first practice. Your back against the cold, dented locker, you take your spot on the floor, waiting. A posse of other hopefuls surrounds you. A tense excitement is palpable. Or maybe youre the coach, and you feel that same electricity. What will the season bring you ponder. How will these kids perform How can I lead them...



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