

Player Profile Template For Basketball

This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

“A little sweet, a little sharp.” —Booklist, starred review High school nemeses fall in love in Kelly Quindlen's *She Drives Me Crazy*, a queer YA rom com perfect for fans of Becky Albertalli and Casey McQuisten. After an embarrassing loss to her ex-girlfriend in their first basketball game of the season, seventeen-year-old Scottie Zajac gets into a fender bender with the worst possible person: her nemesis, Irene Abraham, head cheerleader for the Fighting Reindeer. Irene is as mean as she is beautiful, so Scottie makes a point to keep her distance. When the accident sends Irene's car to the shop for weeks' worth of repairs and the girls are forced to carpool, their rocky start only gets bumpier. But when an opportunity arises for Scottie to get back at her toxic ex—and climb her school's social ladder—she bribes Irene into an elaborate fake-dating scheme that threatens to reveal some very real feelings. From author Kelly Quindlen comes a new laugh-out-loud romp through the ups and downs of teen romance, perfect for fans of Becky Albertalli.

Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. *Developing Endurance* shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level.

Journey inside the numbers for an exceptional set of statistical tools and rules that can help explain the winning, or losing, ways of a basketball team. *Basketball on Paper* doesn't diagram plays or explain how players get in shape, but instead demonstrates how to interpret player and team performance. Dean Oliver highlights general strategies for teams when they're winning or losing and what aspects should be the focus in either situation. He describes and quantifies the jobs of team leaders and role players, then discusses the interactions between players and how to achieve the best fit. Oliver conceptualizes the meaning of teamwork and

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how to quantify the value of different types of players working together. He examines historically successful NBA teams and identifies what made them so successful: individual talent, a system of putting players together, or good coaching. Oliver then uses these statistical tools and case studies to evaluate the best players in history, such as Magic Johnson, Wilt Chamberlain, Bill Russell, and Charles Barkley and how they contributed to their teams' success. He does the same for some of the NBA's oddball players—Manute Bol, Muggsy Bogues, and Dennis Rodman—and for the WNBA's top players. *Basketball on Paper* is unique in its incorporation of business and analytical concepts within the context of basketball to measure the value of players in a cooperative setting. Whether you are looking for strategies or new ideas to throw out while watching the ballgame at a sports bar, Dean Oliver's *Basketball on Paper* will give you amazing new insights into teamwork, coaching, and success."

Despite being one of the most popular sports worldwide, basketball has received limited research attention compared to other team sports. Establishing a strong evidence base with high-quality and impactful research is essential in enhancing decision-making processes to optimize player performance for basketball professionals. Consequently, the book entitled *Improving Performance and Practice in Basketball* provides a collection of novel research studies to increase the available evidence on various topics with strong translation to practice in basketball. The book includes work by 40 researchers from 16 institutions or professional organizations from 9 countries. In keeping with notable topics in basketball research, the book contains 2 reviews focused on monitoring strategies to detect player fatigue and considerations for travel in National Basketball Association players. In addition, 8 applied studies are also included in the book, focused on workload monitoring, game-related statistics, and the measurement of physical and skill attributes in basketball players. This book also has a strong focus on increasing the evidence available for female basketball players, who have traditionally been under-represented in the literature. The outcomes generated from this book should provide new insights to inform practice in many areas for professionals working in various roles with basketball teams.

Why do underdogs succeed so much more than we expect? How do the weak outsmart the strong? In *'David and Goliath'* Malcolm Gladwell takes us on a scintillating and surprising journey through the hidden dynamics that shape the balance of power between the small and the mighty. From the conflicts in Northern Ireland and Vietnam, through the tactics of civil rights leaders and the problem of privilege, Gladwell demonstrates how we misunderstand the true meaning of advantage and disadvantage.

J-Rod moves like a small tank on the court, his face mean, staring down his opponents. "I play just like my father," he says. "Before my father died, he was a problem on the court. I'm a problem." Playing basketball for him fuses past and present, conjuring his father's memory into a force that opponents can feel in each bone-snapping drive to the basket. On the street, every ballplayer has a story. Onaje X. O. Woodbine, a former streetball player who became an all-star Ivy Leaguer, brings the sights and sounds, hopes and dreams of street basketball to life. He shows that big games have a trickster figure and a master of black talk whose commentary interprets the game for audiences. The beats of hip-hop and reggae make up the soundtrack, and the ballplayers are half-men, half-heroes, defying the ghetto's limitations with their flights to the basket. Basketball is popular among

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young black American men but not because, as many claim, they are "pushed by poverty" or "pulled" by white institutions to play it. Black men choose to participate in basketball because of the transcendent experience of the game. Through interviews with and observations of urban basketball players, Onaje X. O. Woodbine composes a rare portrait of a passionate, committed, and resilient group of athletes who use the court to mine what urban life cannot corrupt. If people turn to religion to reimagine their place in the world, then black streetball players are indeed the hierophants of the asphalt.

Performance analysis techniques help coaches, athletes and sport science support officers to develop a better understanding of sport performance and therefore to devise more effective methods for improving that performance. Performance Analysis of Sport IX is the latest in a series of volumes that showcase the very latest scientific research into performance analysis, helping to bridge the gap between theory and practice in sport. Drawing on data from a wide variety of sports, the book covers every key topic and sub-discipline in performance analysis, including: analysis of technique technical effectiveness tactical evaluation studying patterns of play motor learning and feedback work rate and physical demands performance analysis technology analysis of elite athletes and teams effectiveness of performance analysis support observational analysis of injury risk analysis of referees Effective performance analysis is now an essential component of the high performance strategy of any elite sport team or individual athlete. This book is therefore essential reading for any advanced student or researcher working in performance analysis, and invaluable reading for any sport science support officer, coach or athletic trainer looking for ways to improve their work with athletes Kyle is a rising star on the school's basketball team, but when he connects with an old friend and auditions for the school play, he finds opposition both on and off the court.

Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical aspects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explanations and examples.

The Oxford Handbook of American Sports Law takes the reader through the most important controversies and critical developments in law and U.S. sports. Over the course of 30 chapters, leading scholars explore this expanding and captivating area of law. The Handbook is the first book to gather dozens of perspectives on sports law controversies in the United States, and will be of interest to those who study and practice sports law, as well as journalists, broadcasters, and legally minded sports fans. The Oxford Handbook of American Sports Law incorporates analysis of key historical events in sports law-such as the rise of free agency in professional sports and the concept of "amateurism" for college athletes-and their broader context. Contemporary legal controversies in U.S. sports and their accompanying questions are also of central importance: In a sensible legal system, how would long-term neurological injuries from contact sports be addressed? How would the use of racially insensitive team names be resolved? How would a seemingly trivial dispute over air pressure in footballs be studied from the competing perspectives of players, teams, and leagues? The Oxford Handbook of American Sports Law weighs not just the facts, but how courts and lawmakers ought to consider the most important questions at stake. The essays in this volume also

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canvass the types of legal controversies in sports likely to surface in the future. This is particularly true of law and technology matters, including those related to broadcasting and streaming. Legal doctrine has been and will continue to be forced to adapt to these developments, and the Handbook both forecasts coming debates and outlines where the law may be headed.

Nick Nurse distills the wisdom, insight, and experiences that helped him lead the Toronto Raptors to the NBA championship in his first year as head coach. Foreword by Phil Jackson. NBA fans had modest expectations for rookie coach Nick Nurse and his Toronto Raptors. But what those naysayers didn't realize was that Nurse had spent the past thirty years proving himself at every level of the game, from youth programs and college ball to the NBA D League and Britain's struggling pro circuit. While few coaches have taken such a circuitous path to pro basketball's promised land, the journey-which began at Kuemper Catholic high school in Carroll, Iowa-forged a coach who proved to be as unshakable as he is personable. On the road, he is known to bring his guitar and keyboard for late-night jazz and blues sessions. In the locker room, he's steadfast and even-keeled regardless of the score. On the court, he pulls out old-school tactics with astounding success. A rookie in name but a veteran in attitude, Nurse is seemingly above the chaos of the game and, with only two seasons on his résumé, has already established himself as one of the NBA's most admired head coaches. Now, in this revealing new book-equal parts personal memoir, leadership manifesto, and philosophical meditation-Nurse tells his own story. Given unprecedented access inside the Raptors' locker room, readers get an intimate study of not only the team culture he has built, but also of a rookie coach's unique dynamic with the star players-such as Kawhi Leonard, Kyle Lowry, and Pascal Siakam-who helped trailblaze the 2019 championship run. As much for readers of Ray Dalio as for fans of John Wooden and Pat Summitt, Rapture promises to be a necessary read for anyone looking to forge their own path to success. Statistics for Sport and Exercise Studies guides the student through the full research process, from selecting the most appropriate statistical procedure, to analysing data, to the presentation of results, illustrating every key step in the process with clear examples, case-studies and data taken from real sport and exercise settings. Every chapter includes a range of features designed to help the student grasp the underlying concepts and relate each statistical procedure to their own research project, including definitions of key terms, practical exercises, worked examples and clear summaries. The book also offers an in-depth and practical guide to using SPSS in sport and exercise research, the most commonly used data analysis software in sport and exercise departments. In addition, a companion website includes more than 100 downloadable data sets and work sheets for use in or out of the classroom, full solutions to exercises contained in the book, plus over 1,300 PowerPoint slides for use by tutors and lecturers. Statistics for Sport and Exercise Studies is a complete, user-friendly introduction to the use of statistical tests, techniques and procedures in sport, exercise and related subjects. Visit the companion website at:

www.routledge.com/cw/odonoghue

Sport performance analysis techniques help coaches, athletes and sport scientists develop an objective understanding of actual sport performance, as opposed to self-report, fitness tests or laboratory based experiments. For example, contemporary performance analysis enables elite sports people and coaches to obtain live feedback of match statistics and video sequences using flexible internet systems, systems that have become an indispensable tool for all those involved in high performance sport. The Routledge Handbook of Sports Performance Analysis is the most comprehensive guide to this exciting and dynamic branch of sport science ever to be published. The book explores performance analysis across the four main contexts in which it is commonly used: support for coaches and athletes; the media; judging sport contests, and academic research. It offers an up-to-date account of methodological advances in PA research, assesses the evidence underpinning contemporary theories of sport performance, and reviews developments in applied PA across a wide range of sports,

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from soccer to track and field athletics. Covering every important aspect of PA, including tactics, strategy, mechanical aspects of technique, physical aspects of performance such as work-rate, coach behaviour and referee behaviour, this is an essential reference for any serious student, researcher or practitioner working in sport performance analysis, sport coaching or high performance sport.

Reddick do naturally the things that Isaac Newton says they should.

Three boys struggle to come to terms with the death of a friend in a drunk-driving auto accident in which all four were involved, in a story told through newspaper stories, diary entries, school announcements, telephone conversations, and classroom assignments.

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research:

- Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span
- Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete
- The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity
- Considerations in the development of optimal programs for participants passing through each of the seven stages

Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants. Basketball covers the epidemiology of basketball injury, the physiological demands of basketball, preventive medicine, pre-participation examination and special considerations to be given to the young basketball player, and finally looks at the 'special' basketball player -- diabetics, asthmatics, epileptics, etc.

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In *Game Changer* Fergus Connolly shows how to improve performance with evidence-based analysis and athlete-focused training. Through his unprecedented experience with teams in professional football, basketball, rugby, soccer, Aussie Rules, and Gaelic football, as well as with elite military units, Connolly has discovered how to break down the common elements in all sports to their basic components so that each moment of any game can be better analysed, whether you're a player or coach. The lessons of game day can then be used to create valuable learning experience in training.

A financial advisor's job can be one of the most rewarding in today's economy. You follow the markets, help people reach their financial and personal goals, and make a decent living while doing it. But the recent downturn in the global economy and general skepticism regarding Wall Street has advisors working harder than ever to manage and grow their business. Every FA must sign more new clients to keep their practice viable. If you are a financial advisor who is struggling to balance all that it entails to run, market, and administer your business, then *Taming the Four-Headed Dragon* is the book for you. This phenomenal book, as one reviewer called it, is packed with proven tactics and strategies to help financial advisors be clear on who is an ideal prospect for them and arm their referral sources with relevant messaging to make these connections. Author Bill Walton provides a prospecting system that turns every conversation or meeting into a beneficial next step toward closing business. This must-have guide for all financial professionals who sell reveals how to: set meaningful goals that pull you toward action; profile your ideal client; write a clear and compelling value proposition; craft and share crisp messaging with referral sources and centers of influence; and conduct meetings that always lead to a next step. Bill Walton's sales training programs have been adopted by Wall Street's top firms and high-profile Fortune 500 companies. Drawing on his years of experience and success from the sales forces that he serves, Bill Walton has provided an essential guide for achieving success in the ever-competitive arena of financial sales.

Laterality in Sports: Theories and Applications summarizes recent research on the neurophysiological foundations of handedness, and how left or right lateralization (affecting primary hand use, foot use, and eye use) affects motor control, performance outcome, skill acquisition, and achievement of sports expertise—both for one-on-one sports and team sports. As laterality research has matured, greater focus has been given to applications in human endeavours and, in particular, sport. The book examines performance within individual sports, and discusses the coaching ramifications of coaching to a specific lateralization preference. Describes the neurophysiological foundations of handedness Discusses the origins and development of laterality in humans Summarizes the impact of laterality on motor control and sports performance Encompasses research on both individual and team sports Includes research on skill acquisition, coaching, and development of expertise Covers research on laterality in preferred hand, foot, and eye use in sports

This volume summarizes the proceedings of the Reicensburg workshop which took place at Reicensburg Castle in November 1997". The castle is built on the site of an ancient Roman compound and situated in the south of Germany at the Danube river. Scientists from Australia, Austria, Belgium, Estonia, Germany, Italy, Netherlands, South Africa, Switzerland, and the United States participated in the workshop. Like the 1996 workshop, the proceedings of which will be published in *Medicine and Science in*

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Sports and Exercise in 1998, the 1997 workshop also focused on the topic of overtraining in its widest sense to deepen our knowledge in this particularly sensitive field of sports science and sports practice. The authors see the present volume in a context with the proceedings presented by Guten (ed.) "Running Injuries"; Saunders, Philadelphia (1997) and Kneider, Fry, and O'Toole (eds.) "Overtraining in Sport"; Human Kinetics, Champaign IL (1997). Overtraining, that is, too much stress combined with too little time for regeneration, can be seen as a crucial and threatening problem within the modern athletic community, of which significance can already be recognized reading daily newspapers: ". . . During the 1996 European championships, a gymnast shook his head almost imperceptibly, closed his eyes briefly and left the arena without looking up. He was fatigue personified. 'Suddenly, I just couldn't do any more. I just wanted to rest'". A look at his schedule showed why.

More than 2,750 card sets are listed in this popular book. It's the most comprehensive basketball card source ever! Includes complete coverage of cards and collectibles from 1933 to present. Features how-to-collect guide, history of basketball cards and much more.

This book presents all the publicly available questions from the PISA surveys. Some of these questions were used in the PISA 2000, 2003 and 2006 surveys and others were used in developing and trying out the assessment.

"'Athletes Wanted' unlocks the secrets to successfully navigating the recruiting process through a proven strategy that author Chris Krause has used to help more than 20,000 collegiately. Students-athletes who have completed his system receive an average of more than \$15,000 in scholarship and aid per year"--Page 2 of cover.

The New York Times Bestseller, updated With a New Introduction This is the 20th anniversary of the explosive bestseller that changed the way the world viewed one of the greatest athletes in history, revealing for the first time Michael Jordan's relentless drive to win anything and everything, at any cost. NBA Hall of Fame columnist Sam Smith had unlimited access to the team and its players during their championship 1991-92 season, which he details in the new introduction, along with candid revelations about his sources, and the reaction from Michael, his teammates, the media, and the fans when the book blasted onto the bestseller lists in 1992 (where it stayed for three months). With more than a million copies in print, The Jordan Rules remains the ultimate inside look at one of the most legendary teams in sports history.

The most successful coach in college basketball history shares his complete coaching philosophy and demonstrates how to apply it to the leadership and team-building challenges in one's professional and personal life, emphasizing the three key principles of Play Hard, Play Smart, and Play Together.

"Considered the bible of scouting techniques" according to the Los Angeles Times, Football Scouting Methods explains the basic scouting strategies and insights of author Steve Belichick. He was widely viewed as the ablest football scout of his time and coached at the U.S. Naval Academy for 33 years; his son is New England Patriots coach Bill Belichick, a three-time Super Bowl winner. When Steve Belichick died in November 2005, the New York Times headline described him as "Coach Who Wrote the Book on Scouting," and cited Houston Texans General Manager Charley Casserly calling Football Scouting Methods "the best book on scouting he had ever read." The book explains how to scout opponents, recognize defenses, analyze offenses, discover "tip-offs," compose a useful report, self-scout, and conduct postgame analysis.

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The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

Gay college athletes have often faced homophobia from fellow players, coaches, and others on campus. Barriers are still being broken; there have been just two out gay men's basketball players at the college and professional levels combined, and some conservative institutions continue to force gay students into the closet. LGBTQ and questioning youth are already at increased risk for suicide and drug abuse, and those in hostile environments are significantly more likely to do self-harm than those in supportive or neutral settings. The responsibility for care of these students lies in part with the coaches and schools that provide the arenas and uniforms. While at some schools policies have changed with the times, Baylor serves as a high-profile example of a university that remains hostile to LGBTQ students. This report examines the experiences of two former Baylor women's basketball players and one graduating University of Massachusetts player, who came out before this past season. Context will be established by examining studies done on scholastic and collegiate out gay athletes in 2002 and 2010.

From the outside, being a professional athlete seems glamorous and sexy. But, what if your name is not Michael, Kobe or Lebron? What if the highest level of athleticism you achieve is as an almost 7-foot tall overseas professional basketball player? Overseas Famous chronicles the strangely humorous, challenging and inspiring story of former overseas professional basketball player Kevin Owens. Starting his basketball career as a senior in high school and not attending a nationally ranked collegiate program, Owens still found himself traveling across four continents, enduring the hustle of the game and the erratic lifestyle of an athlete. Owens' journey is far from ordinary. His unbelievable stories ranging from NBA workouts guarded by one of the best and dirtiest defenders in NBA history to an unwilling participant in a lit flare toss helps the reader understand what it's actually like playing basketball overseas. Overseas Famous tackles many issues Americans deal with while playing basketball abroad, including language barriers, different styles of play, and the inevitable downfalls like missed paychecks and being ghosted by an organization after a substantial injury. This story is an honest and entertaining tale about the travels and tribulations of playing pro basketball worldwide.

Contains a variety of projects to supplement classroom computer instruction using various components of Microsoft Office. Many projects can be adapted for use with other kinds of software.

Now updated—a practical guide to understanding rugby, North American—style Filled with illustrations and photographs of drills and shape-up exercises, *Rugby For Dummies* tackles North American rugby rules, levels of play, and how to coach junior players as well as adults. This revised edition includes the scoop on the fall 2007 rugby World Cup in France, expanded coverage of women's rugby, and updated information on North America's best players and teams.

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From the bestselling author of *Blink* and *The Tipping Point*, Malcolm Gladwell's *Outliers: The Story of Success* overturns conventional wisdom about genius to show us what makes an ordinary person an extreme overachiever. Why do some people achieve so much more than others? Can they lie so far out of the ordinary? In this provocative and inspiring book, Malcolm Gladwell looks at everyone from rock stars to professional athletes, software billionaires to scientific geniuses, to show that the story of success is far more surprising, and far more fascinating, than we could ever have imagined. He reveals that it's as much about where we're from and what we do, as who we are - and that no one, not even a genius, ever makes it alone. *Outliers* will change the way you think about your own life story, and about what makes us all unique. 'Gladwell is not only a brilliant storyteller; he can see what those stories tell us, the lessons they contain' Guardian 'Malcolm Gladwell is a global phenomenon ... he has a genius for making everything he writes seem like an impossible adventure' Observer 'He is the best kind of writer - the kind who makes you feel like you're a genius, rather than he's a genius' The Times

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There are a lot of books out there that show collections of logos. But David Airey's "Logo Design Love" is something different: it's a guide for designers (and clients) who want to understand what this mysterious business is all about. Written in reader-friendly, concise language, with a minimum of designer jargon, Airey gives a surprisingly clear explanation of the process, using a wide assortment of real-life examples to support his points. Anyone involved in creating visual identities, or wanting to learn how to go about it, will find this book invaluable. - Tom Geismar, Chermayeff & Geismar In *Logo Design Love*, Irish graphic designer David Airey brings the best parts of his wildly popular blog of the same name to the printed page. Just as in the blog, David fills each page of this simple, modern-looking book with gorgeous logos and real world anecdotes that illustrate best practices for designing brand identity systems that last. David not only shares his experiences working with clients, including sketches and final results of his successful designs, but uses the work of many well-known designers to explain why well-crafted brand identity systems are important, how to create iconic logos, and how to best work with clients to achieve success as a designer. Contributors include Gerard Huerta, who designed the logos for Time magazine and Waldenbooks; Lindon Leader, who created the current FedEx brand identity system as well as the CIGNA logo; and many more. Readers will learn: Why one logo is more effective than another How to create their own iconic designs What sets some designers above the rest Best practices for working with clients 25 practical design tips for creating logos that last

Practical Sports Coaching is a thorough and engaging guide for all sports coaching students and practitioners. Drawing on real-life case studies and examples, the book is designed to develop practical coaching skills and provides readers

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with the methods and tools they need to become an expert coach. Structured around all facets of the coaching process, the text comprehensively covers topics such as: preparation for coaching mentoring the philosophy of coaching direct intervention coaching methods the use of modern technology. The book's practical approach allows the reader to consider common challenges faced by coaches, suggesting solutions to performance concerns and preparing students for the realities of professional sports coaching. A companion website containing presentation slides and useful weblinks makes the book a complete resource for students and lecturers alike. Practical Sports Coaching helps to bridge the gap between theory and practical coaching skills, and is an essential text for coaching students looking to deepen their understanding of sports coaching and experienced coaches developing their own practical skills.

Learn the Inspiring Story of the Milwaukee Bucks' Rising Star Giannis Antetokounmpo! Read on your PC, Mac, smartphone, tablet or Kindle device. This holiday season, if you buy the print edition as a gift, you can keep the Kindle edition for yourself! In *Giannis Antetokounmpo: The Inspiring Story of One of Basketball's Rising Superstars*, you will learn the inspirational story of one of basketball's most promising young stars, Giannis Antetokounmpo. Often nicknamed "The Greek Freak", Giannis Antetokounmpo has quickly emerged as one of the most unique players in the league today. His incredible wingspan and athleticism have made him a dominant presence on both the offensive and defensive ends of the basketball court. He is easily one of the most difficult defensive assignments for opposing teams due to his ability to not only start as a forward, but also as a guard. In just four years, Giannis Antetokounmpo has gone from averaging 6.8 points per game to 22.9 points per game. He has also quickly become the face of the Milwaukee Bucks franchise. There is still much to be unveiled in the career of Giannis Antetokounmpo. At the time of this writing, Giannis is just twenty-two years old. In this book, we'll learn more about The Greek Freak's journey into the NBA, his impact on the game, and his growing legacy as one of the best up and coming stars to make his presence known in basketball. Here is a preview of what is inside this book: Childhood and Early Life NBA Career: Getting Drafted, Rookie Season, Working Under Jason Kidd, The Largest Point Guard in the League, and Becoming an All-Star International Career Personal Life Giannis Antetokounmpo's Player Profile and Impact on Basketball Antetokounmpo's Future An excerpt from the book: The NBA loves those rags to riches stories about how a person that lived and grew up through poverty worked his way up to get to the league, not only as an ordinary player, but a superstar ranking among the best in the world. These are the kinds of stories that makes the people adore the player and what he has been through to get to the top. More importantly, these are the stories that inspire young children to work just as hard, if not harder, than their idol to reach the success they aspire to achieve. Several of the greatest players in league history have had to endure poverty before they found success in the NBA. Allen Iverson barely had a home growing up before he starred at Georgetown. In his MVP

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speech back in 2014, Kevin Durant said that his mother raised him and his brother alone while the family moved from roof to roof. The same was true for LeBron James, who was raised alone by his mother when she was still 16 years old. These players not only earned millions as NBA superstars, but have also become fan favorites because of how they worked themselves up to get to the league. Likewise, the NBA has also found a liking for players that were seemingly genetically engineered to dominate in the game of basketball. These are the types of players that, at a glance, were naturally destined to be a great because of the physical tools they possess. If the NBA was a horse race, these kinds of players are your thoroughbreds judging by how much more physically gifted and talented they are than the rest of the competition. Tags: Giannis Antetokounmpo Bio, Giannis Antetokounmpo basketball, Milwaukee Bucks basketball, Jason Kidd, Kristaps Porzingis, Kyle Lowry, Jabari Parker, Matthew Dellavedova, Russell Westbrook, Kawhi Leonard, Anthony Davis, Kevin Durant, Thon Maker

When sixteen-year-old Rashad is mistakenly accused of stealing, classmate Quinn witnesses his brutal beating at the hands of a police officer who happens to be the older brother of his best friend. Told through Rashad and Quinn's alternating viewpoints.

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