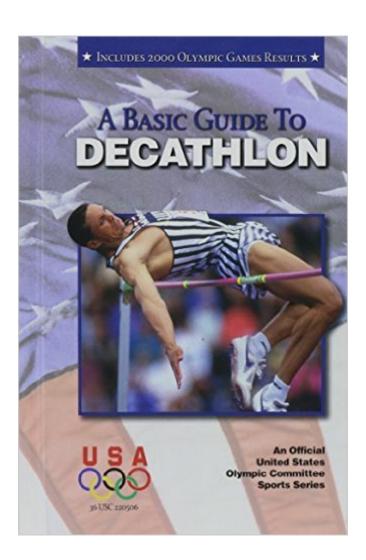
## The book was found

# A Basic Guide To Decathlon (Official U.S. Olympic Committee Sports)





## **Synopsis**

There's nothing more exciting and engaging than the Olympic Games. Athletes from across the globe unite to participate in the most exciting and vigorous competitions of their lives. These athletes didn't get to the Olympics by accident -- it takes years of dedication, sweat, and training to become an Olympic athlete. But you don't have to be training for the Olympics to enjoy sports. Whether you like cycling, playing softball, wrestling, or riding horses, the Olympic Guides will give you numerous tips on equipment, training, and improving your skills. Complete with up-to-date results from the 2000 Olympic Games in Sydney, Australia, these official U.S. Olympic Committee publications take a fascinating look at how to play sports, the history of sports, and everything in between. A Basic Guide to Decathlon is for the athlete who wants to become a decathlete and for the sports fan who wants a deeper appreciation and understanding of this challenging Olympic event. You'll learn the history of decathlon, how to get started, and the fundamentals of training. Written by Frank Zarnowski, Ph.D., the world's foremost authority on the decathlon, this book is packed with practical information.

### **Book Information**

Series: Official U.S. Olympic Committee Sports

Hardcover: 150 pages

Publisher: Gareth Stevens Publishing (January 1, 2001)

Language: English

ISBN-10: 0836827961

ISBN-13: 978-0836827965

Product Dimensions: 5.8 x 0.6 x 8.8 inches

Shipping Weight: 12.3 ounces

Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review)

Best Sellers Rank: #3,840,215 in Books (See Top 100 in Books) #108 in Books > Children's

Books > Sports & Outdoors > Track & Field #248 in Books > Children's Books > Sports &

Outdoors > Olympics

Age Range: 10 - 14 years

Grade Level: 5 - 9

### Customer Reviews

Dr. Zarnowski provides a throrough guide for any level of decathlete from beginner to Masters athletes. The author develops the text from a historical perspective and walks the reader/athlete

through the rules, equipment, training, and insightful competition tips that will benefit athletes of all ages. This book is not a one time read. This is a handbook that you will read over and over and it will be in training bag - not on your shelf. I am sure with the authors expertise in the event this could have been decathlons version of "War And Peace", but the writing is concise, entertaining and not over layden with training jargon. A must for your library.

#### Download to continue reading...

A Basic Guide to Decathlon (Official U.S. Olympic Committee Sports) The Olympic Experience in Your School Grades K-3 (United States Olympic Committee Curriculum Series) Decathlon, High Jump, Other Other Field Events (Olympic Sports (Saunders)) Great Moments in Olympic Gymnastics (Great Moments in Olympic Sports) Gabby Douglas: Historic Olympic Champion: Historic Olympic Champion (Big Buddy Biographies) Olympic Gymnastics (Great Moments in Olympic History) Olympic, Titanic, Britannic: An Illustrated History of the Olympic Class Ships Paralympic Sports (Winter Olympic Sports) Combat Sports (Summer Olympic Sports) Olympic Sports For Kids: Amazing Sports for Children Of All Ages The Itty Bitty Kitty Committee: The Ultimate Guide to All Things Kitten Dear Committee Members The Committee: A Novel (Middle East Literature In Translation) A Basic Guide to Skiing and Snowboarding (Olympic Guides) Cycling (Olympic Sports (Saunders)) Gymnastics (Summer Olympic Sports) Basketball (Summer Olympic Sports) Track and Field (Summer Olympic Sports)

<u>Dmca</u>