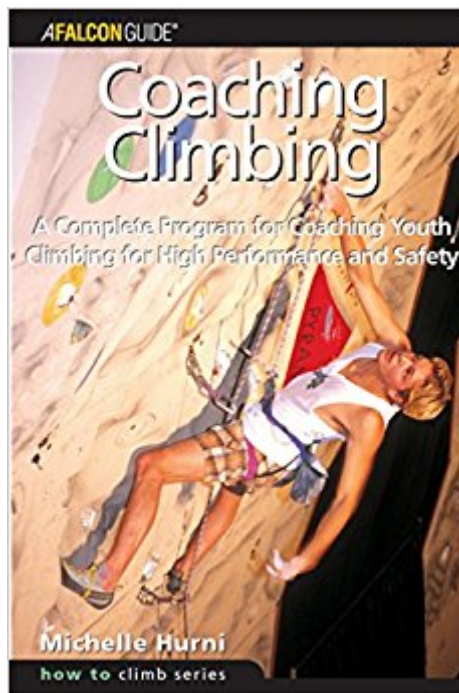


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Coaching Climbing: A Complete Program For Coaching Youth Climbing For High Performance And Safety (How To Climb Series)



Synopsis

This book is for climbing coaches and teachers and parents of young climbers. It presents an integrated approach to coaching, focusing on individualized evaluation and training of climbers as the key to improving performance and maintaining safety and enthusiasm. It includes exercises for working on movement, training for competitions, sensible physical conditioning, and injury prevention. This is the first comprehensive resource for coaching the fastest-growing sport in the United States today.

Book Information

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