



## **Track & Field Coach's Survival Guide: Practical Techniques and Materials for Building an Effective Program and Success in Every Event**



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# Track & Field Coach's Survival Guide: Practical Techniques and Materials for Building an Effective Program and Success in Every Event

*Edward L. Wallace*

**Track & Field Coach's Survival Guide: Practical Techniques and Materials for Building an Effective Program and Success in Every Event** Edward L. Wallace

This comprehensive, practical resource provides practical tools for building effective programs and winning teams. Written by a coach with over 30 years' experience, *the Guide* provides tested techniques and strategies with scores of drawings and photos. Over 100 reproducible letters, forms, diagrams, and training schedules are also included.

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402 pages

From the Author

**Concerning the javelin event**

Most of my coaching experience (38 years) has been in the state of Illinois on the high school level. The javelin is not a part of our track and field program. I am presently coaching the jumps, sprints and relays on the collegiate level. Since this book is basically a survival guide for coaches on the high school level I did not feel that it was my bounden duty to include the javelin. My book's major mission is to assist coaches who are without facilities, equipment, assistant coaches or budget. I feel my book accomplishes that objective. I have read 300 books on track and field and none of them have covered EVERY aspect of track and field from A to Z. I wrote 400 pages and my editor cautioned me not write any further. I regret that you have negative feelings about my book, but I wrote what I could within the parameters that I was given.

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