



Making Champions: America s Special Operations Warriors Share Lessons Advice to Help Young Athletes Become Champions! (Paperback)

By Cole Tucker

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. NOTE: This book was previously released under the title KILLER ATHLETES. Navy SEALs, Army Rangers, Air Force Pararescuemen and members of other Special Operations Forces are renowned for their mental and physical toughness. These qualities are also essential for high achievement in the world of competitive sports. Written primarily for young athletes at the youth and high school levels, this book shares actionable advice that can be used by those that are striving for excellence. The first section of the book introduces readers to Special Operators and why athletes should adopt their habits and mindset. Topics covered include: The Warrior Code America s Special Operators 10 Special Operator Traits Habits The Invincible Mindset Two Types of Friction Found in War Sports (And how to neutralize them!) The next section contains training concepts, philosophies, techniques and advice shared by former special operators. Please note that this book does not contain specific workout routines, but instead focuses on introducing young readers to some of the fundamental concepts of sports nutrition, strength training, practice methodologies and other issues associated with high-level physical...



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