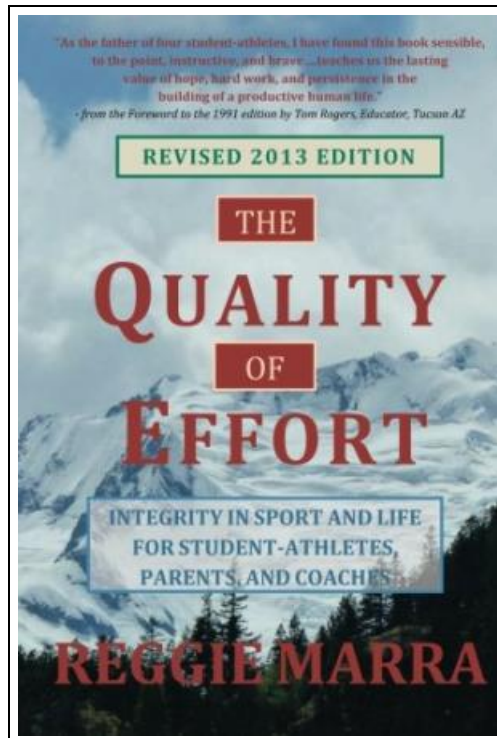


The Quality of Effort: Integrity in Sport and Life for Student-Athletes, Parents and Coaches



Filesize: 4.04 MB

Reviews

*A whole new e book with a brand new standpoint. I have read through and i also am certain that i am going to planning to read again yet again later on. I found out this book from my i and dad advised this pdf to learn.
(Audrey Lowe I)*

THE QUALITY OF EFFORT: INTEGRITY IN SPORT AND LIFE FOR STUDENT-ATHLETES, PARENTS AND COACHES

[DOWNLOAD PDF](#)

From the Heart Press. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. If you've been waiting for a book on youth, interscholastic and intercollegiate sport that honors and addresses the need for cooperation among student-athletes, parents and coaches, and that embraces physiology, philosophy, and ongoing development with a focus on what's best for the student-athlete, welcome home. The 2013 editions of *The Quality of Effort* and *The Quality of Effort Workbook* invite student-athletes, parents and coaches to observe and explore their unique and necessary roles in bringing about a healthy athletic experience. Reggie Marra writes through the soul of a poet-athlete-teacher-caregiver, and kid who got cut from the team he later went on to coach. He takes us by the hand and challenges us to inquire into our own values, behaviors, and relationships. If we're willing to take up the challenge, this inquiry helps us see ourselves and all those heroes and villains out there from increasingly comprehensive and balanced perspectives. Preaching only what he practices, in *The Quality of Effort*, Reggie Marra authentically engages each of us to become increasingly more aware of our stories, the interpretations we choose, and how they affect, and even effect, what we do next as parents, coaches, student-athletes and human beings. Early Praise As a former college athlete and longtime leader of high-performance military units, I recommend Reggie Marra's work with unbridled enthusiasm. Following this comprehensive approach to training will not only produce better athletes, but also happier and healthier citizens as our youth grow and take their place in the world. -Fred Krawchuk, Retired U. S. Special Forces Colonel and RAND Consultant . Reggie Marra offers a blueprint that encourages our children to become not only better athletes but better people. He delivers a powerful message filled with humanity and...

[Read *The Quality of Effort: Integrity in Sport and Life for Student-Athletes, Parents and Coaches* Online](#)[Download PDF *The Quality of Effort: Integrity in Sport and Life for Student-Athletes, Parents and Coaches*](#)

Other Books



The Poems and Prose of Ernest Dowson

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The Poems And Prose Of Ernest Dowson by Ernest...

[Save](#) [ePub](#)

»



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Save](#) [ePub](#)

»



Angels Among Us: 52 Humorous and Inspirational Short Stories: Lifes Outtakes - Year 7

Publishing Inspiration. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.52 Humorous And Inspirational Short Stories!52 humorous and inspirational short stories from year 7 of...

[Save](#) [ePub](#)

»



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Save](#) [ePub](#)

»



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had...

[Save](#) [ePub](#)

»

**Early National City CA Images of America**

Arcadia Publishing. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 9.1in. x 6.4in. x 0.4in. Below the surface of bustling National City lies the story of olive and citrus orchards, grand Victorian homes, great wealth, and

[Download PDF](#)

»

**Passing Judgement Short Stories about Serving Justice**

Isinglass Press. Paperback. Book Condition: New. Paperback. 102 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Passing Judgment is a compact collection of twelve short stories about people who deliver their own form of justice. These are

[Download PDF](#)

»

**The Mystery of the Haunted Ghost Town Real Kids, Real Places**

Gallopade International. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 7.4in. x 5.2in. x 0.5in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an

[Download PDF](#)

»

**Scholastic Discover More Penguins**

Scholastic Reference. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.0in. x 8.0in. x 0.4in. Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the

[Download PDF](#)

»

**Shepherds Hey, Bfms 16: Study Score**

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in. Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English

[Download PDF](#)

»