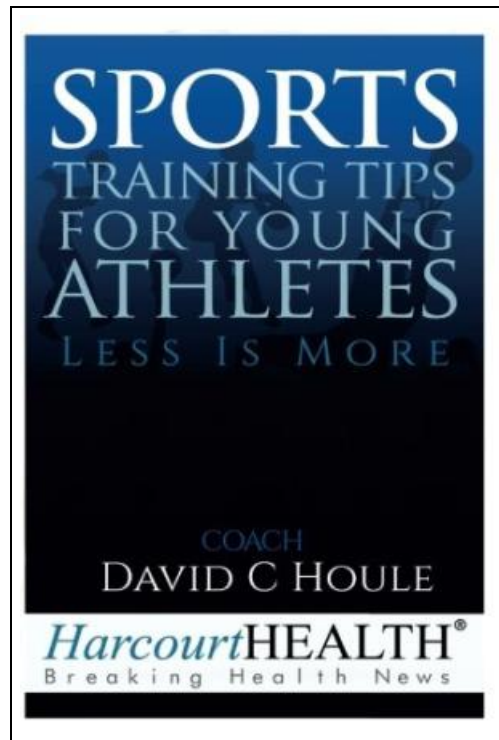


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Most parents, and coaches, of young athletes believe that training harder and longer than the competition will make the young athlete more successful on the field. This is false, and is causing widespread problems in youth sports today. Coach David C Houle, Hall of Fame coach and the winningest coach in High School sports (with 68 state championships to his credit) reveals his formula for training young athletes so they are not only successful in their respective sports, but also have the most likely chance of going on to college and professional levels. Proceeds from book sales are donated to Operation Underground Railroad and National MS Society.



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