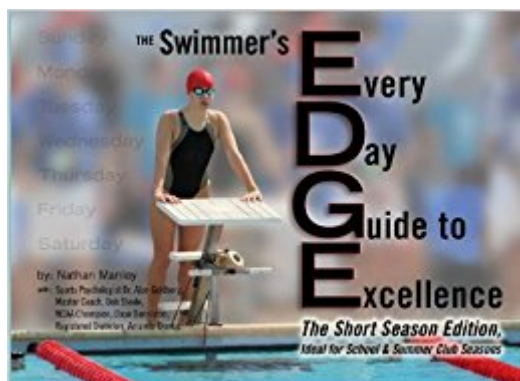


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# The EDGE: The Swimmer's Every Day Guide To Excellence



## Synopsis

The EDGE is a workbook for swimmers which provides insight and instruction on goal setting, nutrition tracking, technique, visualization and much more.

## Book Information

Paperback: 102 pages

Publisher: CreateSpace Independent Publishing Platform (August 6, 2009)

Language: English

ISBN-10: 1448669049

ISBN-13: 978-1448669042

Product Dimensions: 8.2 x 0.2 x 6 inches

Shipping Weight: 6.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #762,183 in Books (See Top 100 in Books) #174 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #1929 in Books > Sports & Outdoors > Water Sports

## Customer Reviews

LOVE this book! I bought it for my two daughters (ages 11 and 12). It's perfect for them at this stage in their development. I'm going to share it with our swim coach. I can see this being a great fit for our older swimmers, too. I love that it's just 5 minutes of reading/writing each day and that it covers some of the different "hidden" aspects of swimming. There are life lessons in completing this book that will serve my girls well outside of the pool as well. We like The Edge so much that I plan to get them a new copy each season.

I purchased this for my 10 year old daughter. She's 10 and can put a lot of pressure on herself before a swim meet. I was really pleased when I received the book and was able to go through it because it focuses all on positives. Each day has a different "theme" and it will only take about 5 minutes to do each day. I love how this will allow her to take control of her swimming, she will truly learn that you get out of it what you put into it and at the same time it teaches about nutrition and positive mental attitudes and most importantly to not sweat what you can't control.

This is a great book for age group swimmers from 10 years old and up. It is a great guide to help the athlete improve their skills and focus on their goals. The book is a daily diary for athletes with great hints and tips on how to stay on track to meeting their goals. I highly recommend this book to

coaches as a gift to their swimmers as part of early season goals discussions.

This is a great book. Simple and straight forward. It helps to teach the kids I coach the basics of goal setting, nutrition, mental training, and communicating with the coach. This of course needs to be followed up by the coach. I hand these out to the kids we coach and ask them to complete it. Great resource!

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