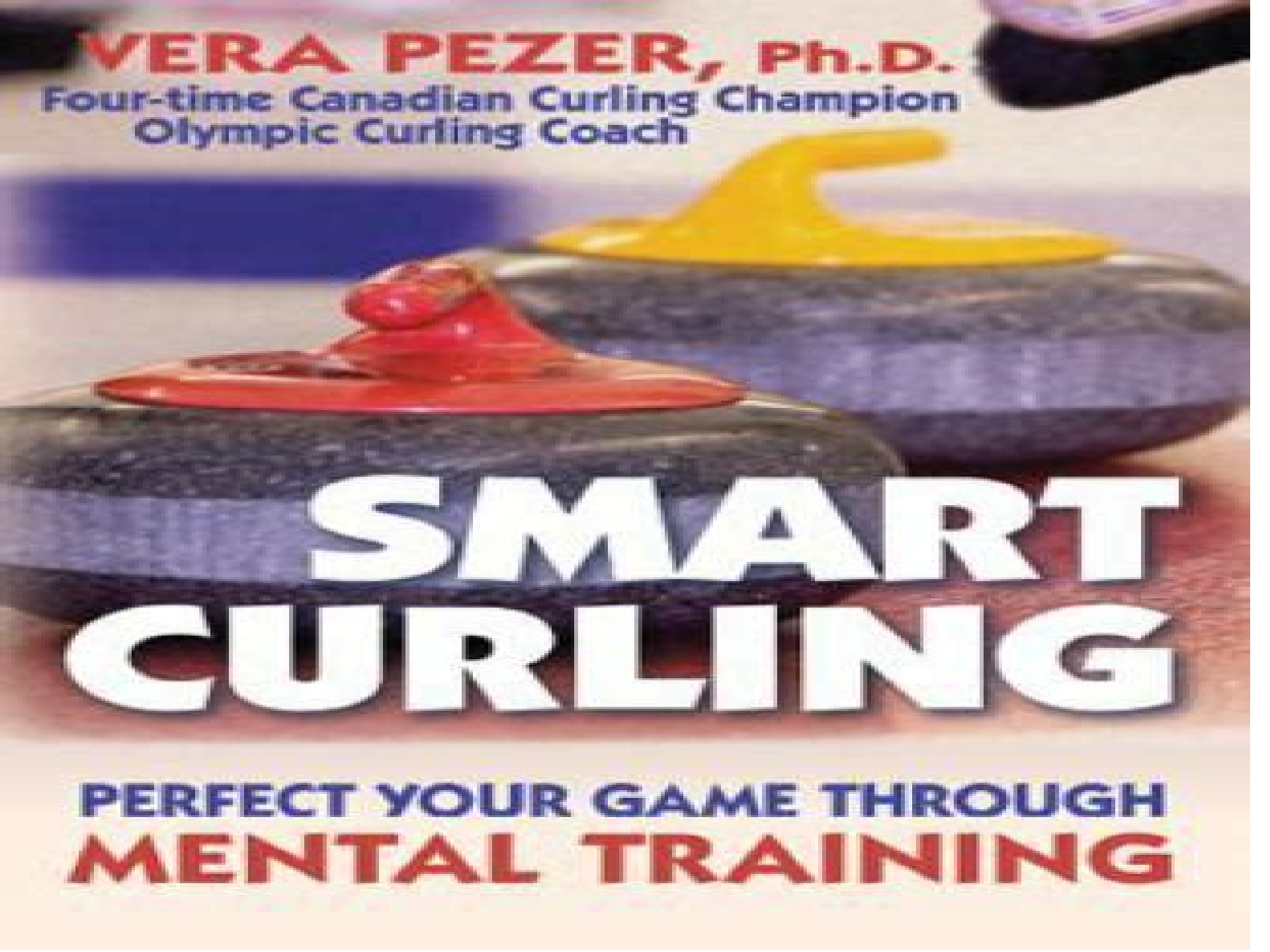




VERA PEZER, Ph.D.

Four-time Canadian Curling Champion
Olympic Curling Coach

SMART CURLING

PERFECT YOUR GAME THROUGH
MENTAL TRAINING

Smart Curling How To Perfect Your Game Through Mental Training

RS Peters

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Turriff, 2016-09-12 Build a rock solid set of foundational skills and knowledge and improve performance with *Curling Steps to Success* Internationally renowned coach Sean Turriff brings his extensive experience and expertise to *Curling Steps to Success* providing players and coaches with a practical step by step format that develops and improves curlers fundamental skill level and decision making Supplemented by more than 90 photos and illustrations the book covers essential curling skills such as throws brushing delivery basic shots and ice reading Included are detailed explanations of the roles and responsibilities of each team member as well as practical check points for gauging players mastery of skills and determining when to progress to more complex tactics and game strategies Whether you are just beginning or have experience on the sheet the book's detailed photo sequences expert instruction and developmental drills will have you targeting the rock accurately and consistently in no time Part of the popular *Steps to Success* series which has sold more than two million copies worldwide *Curling Steps to Success* is your guide to on the sheet success Curling Turriff, Sean, 2016-08-09 This

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Perhaps most useful are the contact names numbers and email addresses for programs and individuals around the world This is the ideal resource for individuals interested in pursuing graduate study and a career in sport or exercise psychology

The Christian Union Henry Ward Beecher,1891 *Outlook* Alfred Emanuel Smith,Francis Walton,1891 *Men's Health* ,2008-09 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

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