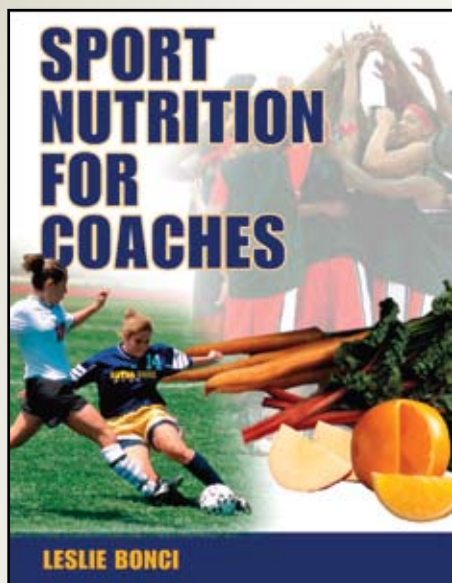


NEW TEXT HELPS COACHES GAIN A BETTER UNDERSTANDING OF THEIR ATHLETES' NUTRITION NEEDS



Sport Nutrition for Coaches
Leslie Bonci
©2009 • Paperback
Approx. 264 pp
ISBN 978-0-7360-6917-5

**AVAILABLE IN
JUNE 2009!**

 **American Sport
Education Program**
A DIVISION OF HUMAN KINETICS

Audiences: *A practical reference for coaches and trainers working with athletes of all levels and sports who need to know more about how to care for their athletes' nutrition needs.*

Sport Nutrition for Coaches is a complete resource for coaches looking to ensure that athletes achieve optimal performance through proper nutrition. In its practical and easy-to-understand format, this text supplies coaches, personal trainers, and fitness specialists with a wide range of information, including balancing nutrients, monitoring supplement use, and dealing with disordered eating. This book also contains several planning tools that can help readers to put the information and strategies to use. As one of only two nutrition books on the market geared toward coaches, this is a valuable resource for people working with athletes.

This comprehensive guide for coaches is divided into three parts. Part I covers the basics of nutrition for athletes. It includes information on proper nutrients, hydration, supplements, and overall diet as well as eating schedules for competitive events and eating to reduce body fat or build muscle. Part II describes how coaches should train athletes with unique circumstances, including those who follow vegan diets and athletes with eating disorders. Part III offers coaches advice on helping their athletes plan healthy diets.

Sport Nutrition for Coaches is unlike any other book on the market not only because of its simple format and ample information but also because it gives coaches the tools they need in order to create their own sport nutrition plan for their teams. Coaches who complete the tasks highlighted in the text to create a Coach's Notebook will have a custom-made resource for implementing proper nutrition with their teams. And readers can use the many tables and forms available in the book to develop their sport nutrition plan.

With its practical information and resources, *Sport Nutrition for Coaches* is sure to guarantee coaches success in helping their athletes to be fit and healthy with proper nutrition.

www.asep.com

ABOUT THE AUTHOR

Leslie J. Bonci, MPH, RD, CSSD, LDN is the director of sport nutrition at the University of Pittsburgh Medical Center. She is a certified specialist of sport dietetics, and she has been working in the areas of sport nutrition and general nutrition for over 20 years. Bonci works with sport teams and athletes at all levels. Her work at the professional level includes consulting with the

Pittsburgh Steelers, Pittsburgh Penguins, Pittsburgh Pirates, and Milwaukee Brewers as well as the Pittsburgh Ballet Theatre. She also works with the athletic departments at the University of Pittsburgh and the University of Texas at Austin and with 45 high school coaches and athletes. In addition Bonci works with Olympic athletes as a member of the USOC Sport Nutrition Network.

ORDER FORM

MAIL:
P.O. Box 5076
Champaign, IL 61825-5076

PHONE:
800-747-5698

FAX:
217-351-1549

WEB:
www.ASEP.com/store

Ordered By:

Name (please print) _____

Street Address (needed for UPS delivery) _____

City _____ State/Province _____

Zip/Postal Code _____ Country _____

Ship To: (if different from "Ordered By"):

Name (please print) _____

Street Address (needed for UPS delivery) _____

City _____ State/Province _____

Zip/Postal Code _____ Country _____

In Case We Need to Contact You About Your Order:

Daytime Phone (M-F) _____

E-mail Address _____
(Please provide your e-mail address so we can contact you for customer service and briefly announce new products of interest.)

Photocopy this form as needed to place multiple orders.

ISBN	Qty	Title	Price	Total
978-0-7360-6917-5		<i>Sport Nutrition for Coaches</i>	\$24.95	

*Postage/Handling Charges	
	U.S.
1st Item	\$6.70
Each Addn'l Item	\$1.95

Subtotal _____

State Sales Tax (IL-7.75%; CA-7.25%; MA-5.0%) *CA also add all applicable local taxes

- ◆ Certain states require their residents to add taxes after Postage/Handling. Please check the chart below to see if your state is included and add that tax here.

U.S. Total _____

METHODS OF PAYMENT:

Orders placed to the U.S. must be paid in U.S. funds and drawn on a U.S. bank. No currency or COD accepted.

Check/Money Order (A fee of \$25.00 will be charged for checks returned for insufficient funds.) Make checks payable to Human Kinetics.



◆ The following states require their residents to add taxes after Postage/Handling.

FL 6.0%	MI 6.0%	NY 4.0%	TX 6.25%
GA 4.0%	MN 6.5%	OH 5.5%	VA 5.0%
IN 7.0%	NC 4.0%	PA 6.0%	WA 6.25%
MD 5.0%	NJ 7.0%	SD 4.0%	WI 5.0%

All prices and freight charges subject to change.

Account Number _____

VISA, MC, or AMEX expiration date _____

Cardholder Name _____

Signature _____ **NOTE:** We cannot process credit card orders without your signature!