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By My Sports Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Coaches from youth to college are finding out that when their players journal, they reach their goals faster and more completely. This handy little journal/handbook will give the player a place to record what they eat, how they train, and how they did in the game. Plus, there are information pages on what to eat before the game, other nutritional information and some drills for personal training. There s even a place at the end for a thoughtful season wrap-up.



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