



Summer Reading Suggestions for Parents, Coaches and Athletes
from
VARA's Youth Coordinator Alex Krebs

Parents, Coaches and Athletes!

Two articles ago I sent out summer homework for athletes, well now it's time for Parents and Coaches to join the athletes in a SUMMER READING list! As I traveled around Vermont last winter and spoke with many parents and Coaches I was very pleased to find that several of these books have already made their way in to VARA households, so congratulations! For those of you that haven't picked up some of these books, I strongly encourage you to do so.



This is just some light summer reading for all of you, I hope you enjoy these suggestions, not listed in any particular order, with a short briefing on the book as well as a website on more information on the book and how to purchase it. I am always looking for new books to read so if you have a book you would like to share please let me know.

All my best,

Alex Krebs

VARA Youth Coordinator

Email: Alex@vara.org

The Talent Code-Daniel Coyle

What is the secret of talent? How do we unlock it? In this groundbreaking work, journalist and New York Times bestselling author Daniel Coyle provides parents, teachers, coaches, businesspeople-and everyone else-with tools they can use to

maximize potential in themselves and others: Deep Practice, Ignition and Master Coaching.

http://www.amazon.com/Talent-Code-Greatness-Born-Grown/dp/055380684X/ref=sr_1_1?s=books&ie=UTF8&qid=1404913939&sr=1-1&keywords=talent+code+daniel+coyle

Outliers-Malcolm Gladwell

An intellectual journey through the world of "outliers"--the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different?

<http://gladwell.com/>

Talent is Overrated-Geoff Colvin

What's the real solution to the mystery of high performance? According to distinguished journalist Geoff Colvin, what really makes all the difference is a highly specific kind of effort, what he calls "deliberate practice." It's difficult. It hurts. But more of it equals better performance. Tons of it equals great performance.

http://www.amazon.com/s/?ie=UTF8&keywords=talent+is+overrated&tag=googhydr-20&index=stripbooks&hvadid=18989280401&hvpos=1t1&hvexid=&hvnetw=g&hvrnd=17575596799251975530&hvpone=&hvptwo=&hvgmt=e&hvdev=c&ref=pd_sl_25izbtlad1_e

Inner Game of Tennis-Timothy Gallwey

In every human endeavor there are two arenas of engagement: the outer and the inner. The outer game is played on an external arena to overcome external obstacles to reach an external goal. The inner game takes place within the mind of the player and is played against such obstacles as fear, self-doubt, lapses in focus, and limiting concepts or assumptions. <http://theinnergame.com/>

Bounce - Matthew Syed

Syed, sportswriter and columnist for the London *Times*, takes a hard look at performance psychology, heavily influenced by his own ego-damaging but fruitful epiphany. At the age of 24, Syed became the #1 British table tennis player, an achievement he initially attributed to his superior speed and agility. But in retrospect, he realizes that a combination of advantages-a mentor, good facilities nearby, and lots of time to hone his skills-set him up perfectly to become a star performer. He admits his argument owes a debt to Malcolm Gladwell's *Outliers*, but he aims to move one step beyond it, drawing on cognitive neuroscience research to explain how the body and mind are transformed by specialized practice. He takes on the myth of the child prodigy, emphasizing that Mozart, the Williams sisters, Tiger Woods, and Susan Polgar, the first female grandmaster, all had live-in coaches in the form of supportive parents who put them through a ton of early practice. <http://www.barnesandnoble.com/w/bounce-matthew->

[syed/1100055499?ean=9780061723766](http://www.amazon.com/dp/0684843242)

The Disciplined Mind-Howard Gardner

Gardner looks beyond such parochial issues as charters, vouchers, unions, and affirmative action in order to explore the larger questions of what an educated person should be and how such an education can be achieved for all students. His ultimate goal is an educated citizenry that understands the physical world, the biological world, and the social world -- in a personal context as well as from a broader social and cultural perspective. <http://www.amazon.com/Disciplined-Mind-Students-Should-Understand/dp/0684843242>

Great by Choice: Uncertainty, Chaos and Luck-Why Some Thrive Despite them All-Jim Collins

Like its predecessor, "Great by Choice" is far from a dry work of social science. Mr. Collins has a way with words, not least with metaphor. A whole chapter is devoted to pursuing a "bullets-then-cannonballs" approach to competition.

http://www.amazon.com/dp/0062120999/?tag=googhydr-20&hvadid=33832794115&hvpos=1t1&hvexid=&hvnetw=g&hvrnd=927667217343517465&hvpone=16.94&hvptwo=&hvqmt=b&hvdev=c&ref=pd_sl_5ybn0qome0_b

Top Dog - Po Bronson and Ashley Merryman

The Science of Winning and Losing is interesting; the basis behind motivation, differences in males and females for team dynamic and motivation, intrinsic vs extrinsic.

<http://www.amazon.com/Top-Dog-Science-Winning-Losing/dp/1455515159>

Shut Up and Ski-Edie Thys Morgan

This book is aimed at athletes, coaches, Olympic fans, skiers, young adults and the parents hoping to understand them.

<http://www.racerex.com/books/shut-up-and-ski/>

David and Goliath-Malcolm Gladwell

Malcolm Gladwell challenges how we think about obstacles and disadvantages, offering a new interpretation of what it means to be discriminated against, or cope with a disability, or lost a parent, or attend a mediocre school, or suffer from any number of other apparent setbacks.

<http://www.amazon.com/David-Goliath-Underdogs-Misfits-Battling/dp/0316204366>



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