

The 55 MINUTE-"FIELD EVENTS" COOKBOOK

Designed for Middle School & High Schools Track & Field Programs

****NEW ITEM**** Just released as of March 2010, the 55 **Minute Workout** "Cookbook" for Field Events designed for Middle School and High School Track & Field programs by Coach Steve Silvey. This **NEW** 80+ page "**COOKBOOK**" now makes it much easier for coaches to plan the right type of workouts during the track & field season. This is a 12 week training program for the following: **Long Jump/Triple Jump/High Jump/Pole Vault/Shot Put/Discus**. This is easy to follow "**COOKBOOK**" now makes it much easier for coaches to plan the right type of workouts. The book starts covers the Pre-Season, Early-Season, Mid-Season, Late-Season & the critical Championship phase. In addition you will have as a reference, numerous coaching articles to expand your coaching knowledge.

Coach Steve Silvey has been part of at total **28 National Championship teams while at The University of Arkansas and Blinn College**. In 2005, Silvey was inducted into the National Junior College Hall of Fame for his accomplishments during his time as Head Coach for the national powerhouse Blinn Junior College (1987-1994). While at Blinn, Silvey's teams won **15 Men's National "Team" Championships** - *an All-Time National Record*-and produced 128 individual National Champions, 600+ All-Americans awards and 27 National Relay Championships. At the University of Arkansas (1994-2000) Silvey was part of 13 NCAA "Team Championships and 17 SEC "Team" Championships. Silvey was the also the Assistant Track and Field Coach at Texas Tech from 2004 to 2007. Silvey served as Assistant Track and Field Coach at the prestigious University of Oregon. During those two years the ducks were Pac-10 Team Runner-up's (2002) and **Pac-10 Team Champions** in 2003. Silvey has coached 35 Olympians (14 Medalists) and 26 athletes that have competed at the World Track Championships (17 Medalists).

___ I would like to order the 55 Minute FIELD EVENT "COOKBOOK" Cost \$39.95
(Shipping is \$5.00) TOTAL \$44.95

___ I would like Order both (Book/DVD)=\$55.90 Total Cost of \$60.90 "Includes Shipping"
NOTE: This DVD is the Sprint DVD, but it demonstrates Plyometrics, Multiple Shot Throws, Dynamic Flexibility Drills, Hurdle-Rhythm Drills, Speed Drills and more. If you already have ordered the 45 minute Workout (Book/DVD) for Running Events or the Sprint (Book & DVD), then you will not need this item!

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