



Suggested Player Book Readings

-- **John Kessel, USA Volleyball Director of Sport Development**

A Man Watching: by Tim Crothers (2006), Sports Media Group, Ann Arbor, MI, ISBN 13-978-1-58726-434-4

Power of One: by Bryce Courtenay (1989). Random House, New York, NY. ISBN 345-41005-X

Get With It. Girls! Life Is Competition: by Teri Clemmens (2001) Diamond Communications, South Bend, IN. ISBN 1-888698-37-3.

Strength & Power for Young Athletes: Exercise programs for ages 7-15, by Avery Faigenbaum, EdD. & Wayne Westcott, PhD (2000). Human Kinetics Champaign, IL. ISBN 0-7360-0218-9.

The Vision of a Champion, by Anson Dorrance & Gloria Averbuch (2002). Huron River Press, Ann Arbor, MI. ISBN 1-932399-10-0.

The Young Athlete's Handbook: Your guide to success in sports, by Youth Sport Trust (2001). Human Kinetics Publishers, Inc., Champaign, IL. ISBN 0-7360-3712-8.

Rules of the Red Rubber Ball: by Kevin Carroll (2004), Hammerpress, Kansas City, MO. ISBN 1-933060-02-6.

The Inner Game of Tennis: by W. Timothy Gallwey (1982), Random House, New York, NY. ISBN 0-553-247557

Mental Toughness Training for Volleyball: by Mike Voight (2005). Coaches Choice, Monterey, CA. ISBN 1-58518-942-1.

Mental Toughness Training for Sports: by James E. Loehr (1982). Donnelley, & Sons, Harrisonburg, VA. ISBN 0-8289-0574-6.

Volleyball Centennial: by Byron Shewman (1995). Masters Press, Indianapolis, IN. ISBN 1-57028-009-6.

Big Girl in the Middle: by Gabrielle Reece & Karen Karbo (1997). Crown Publishers, New York, NY. ISBN 0-517-70835-3.

Sacred Hoops: by Phil Jackson & Hugh Delehanty (1995). Hyperion, New York, NY. ISBN 0-7868-8200-X.

No Excuses, by Kyle Maynard (2005), Regnery Publishing, Washington, DC, ISBN 0-89526-011-5

Season of Life: by Jeffrey Marx (2003). Simon and Shuster, New York, NY ISBN 0-7432-6974-8.

Wooden on Leadership: by John Wooden and Steve Jamison (2005), Professional Publishing, New York, NY. ISBN 0-07-145339-3.

The John Wooden Pyramid of Success: by Neville L. Johnson (2003). Cool Titles, Los Angeles, CA. ISBN 096739202-0.

The Edge: The Guide to Fulfilling Dreams, Maximizing Success, and Enjoying a Lifetime of Achievement: by Howard E. Ferguson, (1990). Getting the Edge Co, Cleveland, OH. ISBN 0940601044.

Can I Play?; by J. Dillard, (2005) Stickyrocks Publishing, ISBN 0-9768954-0-4

Man's Search for Meaning; by Viktor E. Frankl, (2006) Beacon Press, ISBN 978-0807014295

My Mom Thinks She's My Volleyball Coach...but She's Not!: Humerous Reminder for Parents About Sports Etiquette; by Julia Cook, (2007) Ctc. Publishing, ISBN 9781934073100