



Ebook Directory
the best source of ebook

The book was found

The Business Of Roller Derby: Setting And Achieving Individual Goals



Synopsis

Goal-setting bridges the future (how awesome we want to be at derby) into the present (holy crap - I'm becoming awesome!). Aside from getting better at a skill, developing a solid goal plan will help you clarify your expectations, realistically evaluate your performance, and develop self-discipline. Who doesn't want that? This ebook will show you how to choose a training goal and deadline and how to create a detailed goal plan of success! It offers tips for how to stay on track and deal with setbacks and includes a sample three-month goal plan for improving speed control.

Book Information

File Size: 1572 KB

Print Length: 24 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 15, 2013

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B00BUYSFIO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,083,320 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

in Æ Æ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating &

Rollerblading #47 in Æ Æ Books > Sports & Outdoors > Individual Sports > Rollerskating &

Rollerblading #770 in Æ Æ Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Sports & Outdoors

Customer Reviews

Good info. Easy format. The sample three month plan was very helpful. I would recommend this to any player who is looking to become a better derby player.

Well worth it. Valuable info for goal setting, especially for me in my first season to track nailing the skills I need to improve :)

This book has so much info! A must read for beginner skaters and for teams just starting up! Thanks so much :)

[Download to continue reading...](#)

The Business of Roller Derby: Setting and Achieving Individual Goals EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby Down and Derby: The Insider's Guide to Roller Derby Derby Life: A Crash Course in the Incredible Sport of Roller Derby Eight-Wheeled Freedom: The Derby Nerd's Short History of Flat Track Roller Derby Better Running Goals: The Step-by-Step Guide to Setting Goals for Your Body, Mind, and Lifestyle Goals: Setting And Achieving Them On Schedule The Business of Roller Derby: Choosing a Team Structure The Business of Roller Derby: Developing an Efficient Training Committee Five Strides on the Banked Track: The Life and Times of the Roller Derby Roller Derby: The History and All-Girl Revival of the Greatest Sport on Wheels Roller Derby Requiem: A Sports Writer's Retrospective on the Life and Untimely Death of the Banked-Track Spectacle Roller Derby Art: Women, Wheels, and Wicked Fun Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition The Roller Derby Athlete Bay Area Roller Derby (Images of America) A Friendly Frolic: A Roller Derby Lesson Plan, Emphasizing Partner Blocking Technique My BoutBook: A Roller Derby Logbook Roller Derby 101: The Fresh Meat Training Manual Spin to Win: A Roller Derby Lesson Plan, Emphasizing Spin Techniques for Blockers & Jammers (Encyclopedia Skate-annica Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)