

Elite Sportsmen Guide Service

This is the ultimate guide book for trophy whitetail deer hunters in the state of Georgia. Pursuing a trophy buck is a heart-pounding thrill. Harvesting a mature whitetail is an accomplishment that most Georgia hunters never experience. The deer in the southeastern corner of the country are some of the most difficult to hunt because the animals here are smarter, more skittish, less forgiving, and harder to pattern than the ones typically seen on TV or read about in magazines. To be successful in the Georgia woods, a hunter must possess knowledge and discipline. This manual was created specifically for the Georgia hunter to gain both. Peach State Precision will guide you through the process to become an elite whitetail hunter in the Peach State. Whether you are a novice or veteran, a gun-hunter or bow-hunter, you will find invaluable instruction in this entertaining and easy read. There is no other item in the hunting store that will be more valuable than this comprehensive manual. Nathan Dallas, a lifelong outdoorsman with a passion for whitetail, will swiftly guide you through practical topics including: Elite mindset Proper planning Strategic travel Using trail cameras Reading signs Hunting clothing Scents and lures Calls Stand setup Wind strategy Understanding the rut Planting and feeding Herd management Common misconceptions Stalking and more

Wheelchair Sport provides coaches, teachers, and athletes with the information they

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need to compete and succeed in wheelchair sports. People who use wheelchairs have a greater opportunity than ever before to be physically active at the level of their choosing. Wheelchair Sport equips coaches, teachers, and athletes to develop their minds and bodies to their potential and enjoy their participation in sports.

George Hommell Jr. shares a remarkable memoir surrounding his life and adventures as a Florida Keys fishing guide, and trailblazer in the world of flats fishing. A pioneer in a bygone era, Hommell helped perfect the techniques and ethics of flats fishing and raising awareness of conservation needs, as well as rules and regulations, through both guiding and World Wide Sportsman, the business he cofounded. A fishing guide extraordinaire, he was sought by numerous celebrities including Jack Nicklaus, Ted Williams, and the man that would become his lifelong friend and fishing partner, President George H. W. Bush. These lighthearted stories capture the heart and soul of an honest man with an adventurous spirit and a deep respect for the environment in which he worked. Whether facing sunny skies or sudden heavy storms, he learned how to map the best times and places to find fish in the vast Everglades and Florida Bay, giving his clients the best experience and the opportunity to catch loads of fish. For fans of Lefty Kreh, Stu Apte, and Flip Pallot, these honest and often humorous true tales will inspire you to get out on a boat and cast a line.

This book identifies prime fishing locations for all seasons and species in the Garden State, plus what lures, baits and techniques to use. The author is a local authority with

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deep-rooted knowledge of New Jersey's generous saltwater fishing opportunities. Covers surf, bay, and near-shore waters.

A key resource for coaches, scientists and clinicians Sport is by its nature competitive and even during youth it is performed at different levels with elite young athletes at the top of the performance pyramid. A coordinated series of comprehensive, research-based reviews on factors underlying the performance of children and adolescents involved in competitive sport is presented in this volume. Leading exercise and sport scientists provide the latest information on the physiology of young elite athletes, the essential role of nutrition, and the effects of endurance, high-intensity and high-resistance training and overtraining as well as on the importance of laboratory and field-based monitoring of young athletes' performances. Further, thermoregulation and environmental factors that might affect performance are re-viewed. Finally, strategies for preventing sudden cardiac death and the diagnosis and management of common sport injuries in young athletes are discussed. The book provides up-to-date, evidence-based information for sports scientists, coaches, physiotherapists, pediatric sports medicine specialists, and other professionals involved in supporting elite young athletes. There is increasing recognition of the mental health needs of elite athletes and sports professionals. The first of its kind, this important new book draws on lived experience from professional athletes bringing together the latest evidence-based research on severe mental illness recognition and management within elite sport. Each chapter focuses on a different sport with a case-study example to guide you through diagnosis and developing a biopsychosocial management plan, followed by self-assessment tools at the end of each case to help consolidate your learning. Each chapter has been co-authored by a mix of psychiatrists,

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sports medicine specialists and allied health care professionals to bring a diverse range of professional opinions and insights relating to optimising athlete mental health. Each chapter also features the unique perspective of a professional athlete from that sport, to gain insight from lived experience.

FIELD & STREAM, America's largest outdoor sports magazine, celebrates the outdoor experience with great stories, compelling photography, and sound advice while honoring the traditions hunters and fishermen have passed down for generations.

'Hugely enjoyable' AN Wilson, Sunday Times 'Thoughtful, entertaining and enjoyable' Michael Gove, Book of the Week, The Times Inspired by William Makepeace Thackeray, the first great analyst of snobbery, and his trail-blazing *The Book of Snobs* (1848), D. J. Taylor brings us a field guide to the modern snob. Short of calling someone a racist or a paedophile, one of the worst charges you can lay at anybody's door in the early twenty-first century is to suggest that they happen to be a snob. But what constitutes snobbishness? Who are the snobs and where are they to be found? Are you a snob? Am I? What are the distinguishing marks? Snobbery is, in fact, one of the keys to contemporary British life, as vital to the backstreet family on benefits as the proprietor of the grandest stately home, and an essential element of their view of who of they are and what the world might be thought to owe them. *The New Book of Snobs* will take a marked interest in language, the vocabulary of snobbery - as exemplified in the 'U' and 'Non U' controversy of the 1950s - being a particular field in which the phenomenon consistently makes its presence felt, and alternate social analysis with sketches of groups and individuals on the Thackerayan principle. Prepare to meet the Political Snob, the City Snob, the Technology Snob, the Property Snob, the Rural Snob, the Literary Snob, the Working-class Snob, the

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Sporting Snob, the Popular Cultural Snob and the Food Snob.

An exploration of the hidden history of camping in American life that connects a familiar recreational pastime to camps for functional needs and political purposes. Camping appears to be a simple proposition, a time-honored way of getting away from it all. Pack up the car and hit the road in search of a shady spot in the great outdoors. For a modest fee, reserve the basic infrastructure--a picnic table, a parking spot, and a place to build a fire. Pitch the tent and unroll the sleeping bags. Sit under the stars with friends or family and roast some marshmallows. This book reveals that, for all its appeal, the simplicity of camping is deceptive, its history and meanings far from obvious. Why do some Americans find pleasure in sleeping outside, particularly when so many others, past and present, have had to do so for reasons other than recreation? Never only a vacation choice, camping has been something people do out of dire necessity and as a tactic of political protest. Yet the dominant interpretation of camping as a modern recreational ideal has obscured the connections to these other roles. A closer look at the history of camping since the Civil War reveals a deeper significance of this American tradition and its links to core beliefs about nature and national belonging. *Camping Grounds* rediscovers unexpected and interwoven histories of sleeping outside. It uses extensive research to trace surprising links between veterans, tramps, John Muir, African American freedpeople, Indian communities, and early leisure campers in the nineteenth century; tin-can tourists, federal campground designers, Depression-era transients, family campers, backpacking enthusiasts, and political activists in the twentieth century; and the crisis of the unsheltered and the tent-based Occupy Movement in the twenty-first. These entwined stories show how Americans camp to claim a place in the American republic and why the outdoors is

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critical to how we relate to nature, the nation, and each other.

Express Learning is an extraordinary book that gives you the secrets of amazing learners who continuously perform exceptionally. This fascinating book enables you to learn speedily, easily and joyfully. Dr. Priyanga de Zoysa explores accelerated learning, mind/body medicine, neuro linguistic programming and spirituality. The result is an extraordinary system that addresses both the conscious and the unconscious mind; transforming you. Whether you are a student, teacher, parent, professional or executive this book will have a tremendous effect on you.-----

“Dr. Priyanga de Zoysa's Express Learning is a layman's guide to mastering the greatest asset we all possess: our mind. I congratulate Dr. de Zoysa for introducing important concepts and findings on the human mind, memory and learning. I am particularly glad that he points out how learning can be fun – a fact that has sadly escaped generations of teachers and students.”Arthur C. ClarkeAuthor and Visionary-----

“New tools are needed to share new knowledge. What Dr. Priyanga de Zoysa has done is to introduce new tools to the field of education. I believe that his attractively presented book, 'Express Learning' would benefit students as well as teachers alike.”R. I. T. AllesChairman, Gateway International School-----

“Express Learning is a fine creation that has materialized through the unification of ancient wisdom gained by realization and new knowledge through experiment.”Prof. Chandana JayaratneProfessor in Physics, University of Colombo-----

“Dr. Priyanga de Zoysa contributes immensely towards improving current social thinking. This book, that you would feel like reading continuously without tiring; has a special ability to give results while

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reading.”Dr. Granville DharmawardaneDirector, Department of Atomic Sciences, University of Colombo----- “How does learning occur? How could you learn successfully and quickly without wasting much energy? What are short procedures of remembering information? Answering these questions and introducing a lot of important details, Dr. Priyanga de Zoysa has rendered an invaluable service by writing this book.”Athula ManchanayakeDirector Publications, National Institute of Education-----

----- “Dr. Priyanga de Zoysa's book 'Express Learning' is the unfailing 'vade mecum' for those who seek an effective means of becoming an amazing learner. The book is a practical guide that persuades the reader to engage in a series of exercises that will transform him into a new efficiency. The book is alluringly simple, enabling the reader to receive an enlightened awareness.”Edwin AriyadasaRenowned Media Consultant, Recipient of the Presidential award “Kalakeerthi”

This innovative study re-examines the dynamics of race relations in the post--Civil War South from an altogether fresh perspective: field sports. In the late nineteenth and early twentieth centuries, wealthy white men from Southern cities and the industrial North traveled to the hunting and fishing lodges of the old Confederacy -- escaping from the office to socialize among like-minded peers. These sportsmen depended on local black guides who knew the land and fishing holes and could ensure a successful outing. For whites, the ability to hunt and fish freely and employ black laborers became a conspicuous display of their wealth and social standing. But hunting and fishing had been a way of life for all Southerners -- blacks included -- since colonial times. After the war, African Americans used their mastery of these sports to enter into market activities normally denied people of color, thereby becoming more

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economically independent from their white employers. Whites came to view black participation in hunting and fishing as a serious threat to the South's labor system. Scott E. Giltner shows how African-American freedom developed in this racially tense environment -- how blacks' sense of competence and authority flourished in a Jim Crow setting. Giltner's thorough research using slave narratives, sportsmen's recollections, records of fish and game clubs, and sporting periodicals offers a unique perspective on the African-American struggle for independence from the end of the Civil War to the 1920s. -- Stephen A. West

A lively, deeply reported tour of the science and strategies helping athletes like Tom Brady, Serena Williams, Carli Lloyd, and LeBron James redefine the notion of “peak age.” Season after season, today’s sports superstars seem to defy the limits of physical aging that inevitably sideline their competitors. How much of the difference is genetic destiny and how much can be attributed to better training, medicine and technology? Is athletic longevity a skill that can be taught, or a mental discipline that can be mastered? Can career-ending injuries be predicted and avoided? Journalist Jeff Bercovici spent extensive time with professional and Olympic athletes, coaches and doctors to find the answers to these questions. His quest led him to training camps, tournaments, hospitals, anti-aging clinics and Silicon Valley startups, where he tried out cutting-edge treatments and technologies firsthand and investigated the realities behind health fads like alkaline diets, high-intensity interval training, and cryotherapy. Through fascinating profiles and first-person anecdotes, Bercovici illuminates the science and strategies extending the careers of elite older athletes, uncovers the latest advances in fields from nutrition to brain science to virtual reality, and offers empowering insights about how the rest of us can find peak performance at any age.

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Complete Guide to Respiratory Care in Athletes introduces the respiratory system and its function during exercise. It considers the main respiratory conditions affecting athletes and delivers practical advice for the management of respiratory issues in athletic populations. With contributions from leading international experts, the book discusses fundamental scientific principles and provides pragmatic 'hands-on' clinical guidance to enable practical application. Each chapter includes useful pedagogical features such as case studies and guides for carrying out assessments. The book covers wide a range of topics, including: respiratory system function during exercise impact of the environment on the upper and lower airways asthma related issues in athletes allergic rhinitis in athletes exercise induced laryngeal obstruction exercise induced dysfunctional breathing patterns respiratory muscle training role of screening for respiratory issues in athletes assessing and dealing with respiratory infections in athletes. This text is key reading for both newly qualified and established medical, scientific and therapy practitioners who are working with athletes with respiratory issues. It is also a valuable resource for students of sports medicine, sports therapy, and sport and exercise science courses.

GET INSIDE THE MINDS OF ELITE SPORTSMEN AND WOMEN AND DISCOVER WHAT IT TAKES TO BE THE BEST. THIS IS THE STORY OF SUPERHUMAN PERFORMANCE AND THE PLAYBOOK FOR THE SUPERSTARS OF TOMORROW. Never have the best sportspeople seemed so far removed from the rest of us. So how are these extraordinary athletes made and what do their achievements tell us about success? THE BEST reveals how the most incredible sportspeople in the world got that way. It is a unique look at the path to sporting greatness. This is a story of origins, training, luck and serendipity, as well as of sports

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science and cutting-edge technology. Packed with gripping personal stories and interviews, you will discover how the best athletes develop the extraordinary skills and muscle memory that allow them to perform remarkable acts without consciously thinking about them. THE BEST deconstructs the myths, like the notion that 10,000 hours of practice are needed to make it to the top, and explores the hidden power of the mind to reveal how athletes really think and process information during high octane competition. It gets inside the minds of champions, deconstructing what athletes see during matches and explaining how they do what they do. Drawing on examples and lessons from throughout the sporting world, this is for anyone who wants to know what it takes to be the best.

The 34th edition of this much-loved guide is as invaluable as ever. Organized county by county, its comprehensive yearly updates and countless reader recommendations ensure that only the very best pubs make the grade. Here you will not only find classic country pubs, town centre inns, riverside retreats and historic havens, but also popular newcomers including gastropubs and pubs specialising in malt whisky and craft beer. Discover the top pubs in each country for beer, food and accommodation, and find out the winners of the coveted titles of Pub of the Year and Landlord of the Year. Packed with hidden gems, The Good Pub Guide provides a wealth of honest, entertaining, up-to-date and indispensable information.

Jackson explores the geographical, etymological, and historical roots of the Meramec River, and provides the accounts of environmental efforts to prevent its damming.

Newly updated for 2016, the Wisconsin Muskie Fishing Map Guide is a thorough, easy-to-use collection of detailed contour lake maps, fish stocking and survey data, and marked fishing spots and tips from some of the state's top muskie experts. Fishing

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maps, detailed area road maps and exhaustive fishing information are provided in this handy eBook. Over 140 marked lake maps are included, along with expert advice from top anglers Joe Bucher, Dave Dorazio, Steve Heiting, George Langley, Terry Moulton, Roger Sabota, Jim Saric, Bruce Shumway and many others! Whether you're catching some early season action on border waters like Lac Vieux Desert, soaking suckers for November giants on the Chippewa Flowage or looking for some action on the Eagle River Chain, you'll find all the information you need to enjoy a successful day fishing Wisconsin's best muskie lakes. Know your waters. Catch more fish with the Wisconsin Muskie Fishing Map Guide.

Instructions for identifying 40 species of ducks, geese and swans.

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