

So You Want To Be Captain Top Tips From Sporting Heroes

[#captaincy tips](#) [#sporting heroes advice](#) [#leadership in sports](#) [#how to be a captain](#) [#sports leadership guide](#)

Discover invaluable insights and practical advice on how to be a captain from legendary sporting heroes. This guide offers essential captaincy tips and explores effective leadership in sports, helping you develop the skills needed to inspire your team and achieve success.

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So you want to be captain?

A captain has many responsibilities and can make or break a team. Success is always sweet, but when it all goes wrong it can be a lonely and stressful job, especially if you are quite young. So who can you go to for help? So You Want To Be Captain? is the answer. Perfect for young sports-mad readers, it is packed with advice and tips on how to be a great captain and lead your team to success. What's more, these inspiring words come directly from some of our greatest sporting heroes, including football's Gary Lineker, runner Dame Kelly Holmes and cricket's Michael Vaughan. From the British curling team to successful Paralympians, from body language to bravery, the book is a wide-ranging, useful and entertaining meditation upon the art of captaincy.

How To Improve At Football

How to Improve at Football is a fantastic addition to this best-selling series of guides for sports enthusiasts and is specially designed to show you how to master your game and get maximum enjoyment from this sport. Study clear introductions to the rules and regulations of the sport, follow step-by-step photography to help you master difficult skills such as nutmegs and overhead kicks, and discover the right way to get fit and stay fit. How to Improve at Football does not promise instant success. It simply gives you the know-how to get on top of every aspect of your game. The How to Improve at... series is specially designed to show you how to master sports and get maximum enjoyment from them. Using a combination of easy to follow text, step-by-step photography and diagrams, difficult skills are made easy and taking part in sport becomes even more fun.

Sports Heroes

How do little kids become sporting superstars? Find out in this inspiring board book for little ones. Everyone, from Usain Bolt to Simone Biles, was once a small child learning about the world. Read how

a diverse array of sporty kids found what they loved to do, worked hard, and followed their passions all the way into adulthood. With adorable illustrations of top sports stars as typical young kids, then as superstar adults, sporting greats will seem like friends to your little one, and kids will see that sporting greatness is achievable. Meet Lionel Messi when he was a small child learning to play football, Usain Bolt before he became a super sprinter, Ellie Simmonds as she developed a love of water, and figure skater Yuzuru Hanyu when he joined his sister on the ice and became a figure skater. Let your child turn the pages and see that, like their heroes, the experiences and passions they have now can lead to incredible achievements.

Play Like Your Football Heroes

A collection of short stories of courage, sportsmanship and having a go from ABC Grandstand. UNSUNG SPORTING HEROS is a collection of more than 30 stories of courage, sportsmanship and having a go. ABC Grandstand's broadcasters - such as Jim Maxwell, Debbie Spillane, Amanda Shalala, Peter Wilkins and Shannon Byrne - join the winners of the inaugural sports writing short story competition to bring you heart - warming tributes to their personal unsung sporting heroes. From Kokoda veteran, Ted Howe, who returned to his hometown of Penguin to become an integral part of the Penguin Football Club for an astonishing 66 years; to Paul Wade, the former Socceroos captain, who we all know rocked a great mullet, but who also battled with epilepsy, a condition he overcame with characteristic Wade humour and humility - this collection pays tribute to community heroes alongside elite athletes who all share a common ambition to contribute, achieve and love their sport.

ABC Grandstand's Unsung Sporting Heroes

Covering a wide variety of sports and discussing admired athletes, from Ian Woosnam, Paul Gascoigne and Jonathan Davies to Joe Calzaghe, Lewis Hamilton and Andy Murray, this title presents a celebration of exactly what makes a true sporting legend - from someone who knows a thing or two about it.

My Sporting Heroes

Scotland needs more winners - all kinds of winners - in sport and in life. And with the Olympics heading to London and the Commonwealth Games coming to Glasgow, we now have the major catalysts to inspire us to be winners. But as a nation we need to overcome our natural reserve and tendency to underperform when it really matters. We need to find new levels of self-belief and optimism. We need more winning role models: more Chris Hoys, Alex Fergusons, Andy Murrays and Liz McColgans. Packed with significant insights from Scotland's leading sportsmen and women, past and present, Be a Winner takes the reader on a personal journey to help them become a genuine success. It encourages them to set their own sporting goals and identify their own personal bests, and, most importantly, gives guidance about how to reach them, through the example of great Scottish winners. It also highlights the steps that an individual can take to develop a winning mentality. From motivation to dedication, competitiveness to teamwork, this book covers all the bases. Be a Winner tells it straight when it comes to sport and how to succeed in it, through the advice of the Scottish men and women who have reached the very pinnacle of their various fields. This book will enable a proud Scot to become a 'super Scot'.

Be a Winner

Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

Boys' Life

Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

Men's Health

The Best of Newspaper Design: 29th Edition, the latest edition in Rockport's highly respected series, presents the winning entries from the Society for News Design's 2007 competition. Featuring work selected by a panel of judges from more than 14,000 international publication entries, this inspirational volume sets the bar for excellence in journalistic design. Bold, full-color layouts feature the best-of-the-best in news, features, portfolios, visuals, and more, and each entry is accompanied

by insightful commentary on the elements that made the piece a standout winner. Every industry professional aspires to one day see his or her work in this book.

Best of Newspaper Design 29

With complete driving directions, ticket information, and parking and seating information for every professional baseball, football, basketball, and hockey stadium, AAA's The Ultimate Fan's Guide to Pro Sports Travel is the perfect companion for a big game pilgrimage.

Practical English, a Scholastic Magazine

Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

The Ultimate Fan's Guide to Pro Sports Travel

Alastair Hignell is renowned as a rugby international for England, a county cricketer and a much-loved broadcaster. Forced to retire from his playing careers at an early age due to injury, and then from his broadcasting career when his struggle with MS became too overwhelming, he has nonetheless lived life to the full. Higgy tells his inspirational story with warmth and humour - from growing up as a bright and very competitive young lad, on to his successful Cambridge university days where he was the first person to captain both the rugby and cricket first teams, through his playing careers against and alongside some of the all-time greats in both sports, and a prominent broadcasting career that took him around the world to cover some of the biggest sporting events and characters. All this success was brought into sharp relief by his diagnosis with MS, which eventually forced his retirement from broadcasting but also prompted him to become one of the leading campaigners for those suffering from the disease. Higgy's has been a tough journey, and his story is a fascinating example of strength and determination when faced with adversity. Appealing to a broad range of sports fans, this story is about setbacks and triumphs, about making the shift from the athletic struggles of sport to the struggle of performing everyday tasks. It's the genuine and emotional story of how a highly successful sportsman faced up to a devastating illness and became one of the most inspiring personalities of our age.

Cruising World

LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century. It now lives on at LIFE.com, the largest, most amazing collection of professional photography on the internet. Users can browse, search and view photos of today's people and events. They have free access to share, print and post images for personal use.

Boating

'I'm a HUGE fan of Alison Green's "Ask a Manager" column. This book is even better' Robert Sutton, author of The No Asshole Rule and The Asshole Survival Guide 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck A witty, practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, Ask a Manager will help you successfully navigate the stormy seas of office life.

Forest and Stream

They say lightning never strikes twice... Smart and ambitious, Ethan AuPrince is one of the hottest restaurateurs on the West Coast. With his sexy-as-sin dimples and unmatched charisma, he's also

collected a large number of fans—a welcome position to be in until unwanted attention turns worrisome. He thinks he has it handled, but his family believes otherwise and secretly hires him protection. The surprise is on them, though, because his new “employee” is the one woman he’s never been able to get out of head. Elite bodyguard Pascale Nichols is highly skilled, extremely confident, and in need of a win. A careless mistake on her last assignment cost her, and taking an undercover assignment is her chance to make things right. There’s just one problem—Ethan is the summer fling she fell in love with years ago and has never forgotten, which means her job just got a lot more complicated. Usually prepared for any situation, this time Pascale is in over her head. But when tragedy strikes, Ethan turns the tables and plans to do whatever it takes to prove that this time, he’s playing for keeps. First Published as Sweet Talker

Los Angeles Magazine

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.

Higgy

Life doesn’t come with an instruction manual. But if it did, and if that manual was cobbled together in five minutes by a drunken idiot-genius, then it might look something like these crowd-sourced tips and ill-thought-out ideas. Covering everything from how best to turn your cat into a fearsome stegosaurus to pre-empting jellyfish stings, this book presents the wealth of knowledge gleaned from the dusty vaults of twitter’s hugely popular @TwopTwips. From the profane to the ridiculous, these laugh-at-loud nuggets of advice, with absurd and informative illustrations, will change your life in a hugely insignificant way. Tips include: BORED of a friend’s text messages? Reply with ‘unsubscribe’ and they’ll get the hint. SPICE up a boring salad by replacing the vegetables with bacon and placing between two slices of bread. STOP your dog from pulling on its lead by walking a bit faster. PREPARE your children for office life by acting awkwardly around them in the kitchen. AVOID the hassle and expense of hair straighteners by not eating your crusts.

LIFE

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Ask a Manager

Stars Without Number is a science fiction role-playing game inspired by the Old School Renaissance and the great fantasy and science-fiction games of the seventies and eighties. * Compatible with most retroclone RPGs * Helps a GM build a sandbox sci-fi game that lets the players leave the plot rails to explore freely * World building resources for creating system-neutral planets and star sectors * 100 adventure seeds and guidelines for integrating them with the worlds you've made * Old-school compatible rules for guns, cyberware, starships, and psionics * Domain rules for experienced characters who want to set up their own colony, psychic academy, mercenary band, or other institution

Turning the Tables

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

Field & Stream

Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

Quill & Quire

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world.

Top Tips for Life

The world's elite athletes and coaches achieve high performance through inspiring leadership, mental toughness, and direction-setting strategic choices. Harvard Business Review has talked to many of these high performers throughout the years to learn how their success translates to the world of business. If you read nothing else on management lessons from the world of sports, read these 10 articles by athletes, coaches, and leadership experts. We've combed through our archive and selected the articles that will best help you drive performance. This book will inspire you to: Improve on your weaknesses, not just your strengths Take care of your body for sustained mental performance Increase your confidence and manage your energy before an important event Turn a struggling team around Understand the limits of performance metrics Focus on long-term goals to overcome setbacks Understand where the analogy of sports and business doesn't work This collection of articles includes "Ferguson's Formula," by Anita Elberse with Sir Alex Ferguson; "Life's Work: An Interview with Greg Louganis"; "The Making of a Corporate Athlete," by Jim Loehr and Tony Schwartz; "The Tough Work of Turning a Team Around," by Bill Parcells; "How an Olympic Gold Medalist Learned to Perform Under Pressure: An Interview with Alex Gregory"; "Mental Preparation Secrets of Top Athletes, Entertainers, and Surgeons," an interview with Daniel McGinn by Sarah Green Carmichael; "SoulCycle's CEO on Sustaining Growth in a Faddish Industry," by Melanie Whelan; "Life's Work: An Interview with Kareem Abdul-Jabbar"; "Major League Innovation," by Scott D. Anthony; "Looking Past Performance in Your Star Talent," by Mark de Rond, Adrian Moorhouse, and Matt Rogan; "Life's Work: An Interview with Mikhail Baryshnikov"; "How the Best of the Best Get Better and Better," by Graham Jones; "Life's Work: An Interview with Joe Girardi"; "Why There Is an I in Team," by Mark de Rond; "Life's Work: An Interview with Andre Agassi"; and "Why Sports Are a Terrible Metaphor for Business," by Bill Taylor.

Sports Illustrated

Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

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New York Magazine

In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

Los Angeles Magazine

Effective leadership is essential in any sports organisation, both in the boardroom and on the training pitch. Leadership in Sport is the first textbook to examine sports leadership in the round, across both management and coaching environments. It includes a dedicated section to underpinning core leadership theories, and employs a number of case studies throughout to show how best practice is applied in real world settings. Drawing on expertise from some of the leading academics and practitioners throughout the world, and from both disciplines, the book covers various leadership issues including: facilitative leadership strategic leadership leading effective change diversity in leadership communication and empathy motivation and performance. Key conceptual questions—the nature of leadership, its role in sport, styles of leadership, what constitutes ineffective leadership—and other contemporary issues are also explored to give students and practitioners the most complete and clear picture of contemporary leadership in sport. With useful features in every chapter, such as key terms and review questions, this is an essential text for sport management or coaching degree courses.

Illustrated Sporting & Dramatic News

The New World