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Developing the Adaptable Athlete

with Vern Gambetta

Suggested books

Historical Works

- Bunn, John. (1955) **Scientific Principles of Coaching**. New York, New York: Prentice Hall, Inc.
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- Gillman, Sid & Roy, Alvin. **World Champion San Diego Chargers Strength Program - In and Out of Season**.
- Counsilman, James E. **The Science of Swimming**. Englewood Cliffs, N.J. Prentice-Hall, Inc. 1968
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- Jesse J: **Hidden causes of injury, prevention, and correction for running athletes**. The Athletic Press. Pasadena, CA 1977
- Knotts, Dorothy E. and Voss, Margaret. **Proprioceptive Neuromuscular Facilitation: Patterns and Techniques**
- Miller, Carl. **Olympic Lifting Training Manual**
- O' Shea, Patrick. (1976) Second Edition. **Scientific Principles and Methods of Strength Fitness**. Reading, MA: Addison-Wesley Publishing Company
- Dominguez, Richard H. M.D., and Gajda, Robert S. **Total Body Training**. New York, N.Y: Warner Books, 1982.
- Logan, Gene A. and McKinney, Wayne C. **Kinesiology**. Wm. C. Brown Company Publishers. 1970
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- Wilt, Fred. Editor. Second Edition. **How They Train Volume III: Sprinting And Hurdling**. Tafnews Press. Los Altos, California. 1973

Youth & Development

- Drabik, Jo'zef Ph.D., **Children & Sports Training**, Island Pond, Vermont: Stadion Publishing Company, Inc. 1996
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Training

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- Bosco, Carmelo. **Strength Assessment with Bosco's Test**, Italian Society of Sport Science, Rome, 1999
- Bruggemann, G.P. Koszewski, D. & Muller, H. **Biomechanical Research Project Athens 1997 – Final Report**, International Athletics Foundation. Meyer & Meyer Sport, Oxford, UK 1999.
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- Curwin, Sandra. & Stanish, William D. M.D. and Mandel, Scott. **Tendinitis: it's Etiology and Treatment**, New New York, New York: Oxford University Press, 2000.
- Gustavsen R, Streeck R: **Training Therapy; Prophylaxix and Rehabilitation**. New York: Thieme Medical Publishers 1993
- Gambetta, Vernon A. **The Gambetta Method – A Common Sense Guide To Functional Training for Athletic Perfomance**. Sarasota, FL: Gambetta Sports Training.2002
- Gambetta, Vernon A. **Athletic Development – The Art & Science of Functional Sports Conditioning**. Champaign, IL: Human Kinetics Publishing Company. 2007
- Kraemer, William J. and Hakkinen, Keijo. Editors. (2002) **Strength Training for Sport**. London, England: Blackwell Science, Ltd
- Komi, P. V., Editor,(Second Edition) **Strength and Power in Sport**, London: Blackwell Scientific Publications. 2003
- "Speed Training in Sport" by Stein, N. in **Training In Sport – Applying Sport Science**. Edited by Elliot, Bruce and Mester, J. John Wiley & Sons Ltd, West Sussex. England. 1998
- Mach, Gerard. **Sprints & Hurdles**. Canadian Track & Field Association, Ontario. 1980
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- Vittori, Carlo in collaboration with Plinio Castrucci, Ida Nicolini, Ennio Preatoni. Corse Di Velocita. **Atheticastudi. Fidal** – Centr Studi & Ricerche, Anno XIV, May/June 1983

Planning

- Berkun, Scott. **The Art of Project Management**, Sebastopol, CA: O'Reilly Media, Inc. 2005
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Sports Science

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Creativity & Innovation

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