

South Pasadena Public Library

1100 Oxley Street
South Pasadena, CA 91030

Monday	11 a.m.-9 p.m.
Tuesday	11 a.m.-9 p.m.
Wednesday	11 a.m.-9 p.m.
Thursday	10 a.m.-6 p.m.
Friday	10 a.m.-6 p.m.
Saturday	10 a.m.-5 p.m.
Sunday	1 p.m.-5 p.m.

Information

General	(626) 403-7333
Administration	(626) 403-7330
Circulation/Renewals	(626) 403-7340
Adult Reference	(626) 403-7350
Children's Services	(626) 403-7358
Friends Bookstore	(626) 441-5294

www.cityofsouthpasadena.us/library
www.friendsofsopaslibrary.org
www.southpasrotary.org

The Friends of the
South Pasadena Public Library,

The Rotary Club of South Pasadena
&
The South Pasadena Public Library

present the



Collection,

An up-to-date assortment
Of books and DVDs for all ages on
Exercise, Sports and Fitness



Title	call number
Baseball/Softball/Tee Ball	
The 59 Minute Baseball Practice	DVD 796.357 Fifty-nine
The Baffled Parent's Guide to Coaching Tee Ball	796.3573 Broido
The Baseball Drill Book	796.3572 Baseball
Baseball, Play the Winning Way	796.3572 Kindall
Baseball Training, The Pros' Guide to Becoming...	796.3572 Baseball
Coaching the Little League Pitcher	796.3572 Voorhees
Coaching Youth Baseball the Ripken Way	796.3576 Ripkin
Coach's Guide to Game-Winning Softball Drills	796.3578 Smith
The Hitting Edge, How to Excel at the Plate	796.3572 Robson
Hitting For Excellence, Explosive Training 1 & 2	DVD 796.357 Hitting
Hitting For Excellence, Power Hitting...	DVD 796.357 Hitting
Hitting For Excellence, Workshop Drill & Vision...	DVD 796.357 Hitting
How to Hit/How to Pitch	796.3572 Cluck
The Making of a Hitter	796.3572 Perconte
One-on-One Baseball, Fundamentals Made Simple...	796.3576 Scala
Play Ball Like the Pros	796.3572 Krasner
Play Better Baseball	DVD 796.357 Play
The Science of Hitting	796.3572 Williams
The Softball Coaching Bible	796.3578 Softball
SportsCamp, Baseball	Juv DVD 796.357 SportsCamp
Survival Guide to Coaching Youth Softball	796.3578 Benson
Youth Baseball Drills	796.3576 Schupak
Basketball	
The Baffled Parent's Guide to Coaching...	796.323 Faucher
Basketball Basics, How to Play Like the Pros	796.323 Triano
Coaching Youth Basketball, The Guide for Coaches...	796.323 McCarthy
The Complete Book of Offensive Basketball Drills	796.323 Gandolfi
The Complete Guide to Coaching Girls' Basketball	796.323 Hatchell
Five-Star Basketball, Coaches' Playbook	796.323 Five-star
Lenny Wilkens Basketball Clinic Series, Legacy	DVD 796.323 Basics
SportsCamp, Basketball	Juv DVD 796.323 SportsCamp
Swoopes On Hoops, Basketball Basics	DVD 796.323 Swoopes
Winning Basketball, Vol. 1 - Offense	DVD 796.323 Winning v.1
Winning Basketball, Vol. 2 - Defense	DVD 796.323 Winning v.2
Youth Basketball Drills, 110 Basic to Advanced Drills	796.323 Paye

Volleyball	
Volleyball Fundamentals, A Better Way to Learn the Basics	796.325 Dearing
Winning Volleyball for Girls	796.325 Crisfield
Walking/Running	
Aerobic Walking, The Weight-Loss Exercise	613.7176 Malkin
Beginner's Guide to Long Distance Running	796.42 Fishpool
Chi Walking, The Five Mindful Steps for Lifelong Health...	613.7176 Dreyer
The Courage to Start, A Guide to Running for Your life	796.42 Bingham
Fundamentals of Track and Field	796.42 Carr
The Principles of Running, Practical Lessons...	796.42 Burfoot
Runner's World, The Runner's Body	796.42 Tucker
Walking, A Complete Guide to the Complete Exercise	613.7176 Meyers
Water Sports	
The Art of Surfing, A Training Manual...	797.32 Guisado
The Diver's Handbook	797.23 Mountain
The Swimming Drill Book, 128 Drills for Every Stroke...	797.2 Guzman
Wingnut's Complete Surfing, Getting Started...	797.32 Weaver
Yoga & Pilates	
15 Minute Everyday Pilates	613.71 Ungaro
Hatha Yoga Illustrated, For Greater Strength...	613.77046
Pilates, Body In Motion	613.71 Ungaro
Pilates, Improve Strength, Flexibility and Core Stability	613.71 Pohlman
Yoga Conditioning For Athletes	DVD 613.7 Yoga
Yoga for Women, Health and Radiant Beauty...	613.70 Khalsa

Skateboarding	
Skateboarding: Legendary Tricks 2	Teen 796.22 Badillo
Skateboarder's Start-Up: A Beginner's Guide	Teen 796.22 Werner
Skate Boarding, Learn to Skate Like a Pro!	Teen 796.22 Werner
Skiing/Snowboarding	
The New Guide to Skiing	796.93 Heckelman
Snowboarding Skills, The Back-to-Basics Essentials...	796.93 Kleh
Soccer	
4-4-2 Off-Balance Offense	DVD 796.334 Four
Advancing the Skills, Super Soccer Skills	Juv DVD 796.334 Advancing
The Baffled Parent's Guide to Coaching Youth Soccer	796.334 Clark
The Baffled Parent's Guide to Great Soccer Drills	796.334 Fleck
Coaching Soccer for Dummies	796.334 Coaching
Coaching Youth Soccer, Step-by-Step...	796.334 Crisfield
The Complete Guide to Coaching Soccer Systems	796.334 Daniel
David Beckham's Soccer Skills	796.334 Beckham
Game Situation Training For Soccer	796.334 Harrison
Official Soccer Rules Illustrated	796.334 Lover
Premier Soccer, Skills, Tactics, & Strategies	796.334 Parker
Skills & Strategies for Coaching Soccer	796.334 Hargreaves
Soccer Coach's Guide to Practices	796.334 Lauffer
Soccer, Perfect Ball Control	796.334 Schreiner
Soccer Rules Explained	796.334 Lover
Soccer With Maybe	Juv DVD 796.334 Soccer
SportsCamp, Soccer	Juv DVD 796.334 SportsCamp
Winning Soccer, Vol. 5 - Passing, Receiving...	DVD 796.334 Winning
Winning Soccer, Vol. 8 - Youth Soccer Games	DVD 796.334 Winning
Strength Training	
Cardio Strength Training, Torch Fat...	613.7 Dos Remedios
The Men's Health Gym Bible	613.7044 Mejia
Muscle, The World's Most Complete Guide...	796.41 King
Strength Training, The Complete Step-by-Step...	613.713 Strength
Ultimate Bodybuilding, The Master Blaster's...	646.75 Weider
Tennis	
Coaching Youth Tennis	796.342 Coaching
Mental Tennis, How to Psych Yourself...	796.342 Braden
Tennis, Strokes and Tactics	796.342 Littleford

Youth Basketball, Skills & Drills	DVD 796.323 Youth
Youth League Basketball Defenses	DVD 796.323 Youth
Youth League Basketball Offense	DVD 796.323 Youth
Bicycling	
Bicycling Magazine's Guide to Bike Touring	796.6 Donaldson
Cycle For Life, Bike & Body Health & Maintenance	796.6 Cooke
Mountain Bike Like a Champion	796.6 Overend
The Time-Crunched Cyclist, Fit, Fast...	796.6 Carmichael
Training Techniques for Cyclists, Greater Power, Faster...	796.6 Bicycling
Bowling	
Bowling Fundamentals, A Better Way to Learn the Basics	794.6 Mullen
Dance	
Conditioning for Dance, Training for Peak Performance...	792.8 Franklin
Fitness for Men and Women	
10 Minute Solution, 5 Day Get Fit Mix	DVD 613.7 Ten
The Biggest Loser, The Workout	DVD 613.7 Biggest
Bikini Bootcamp, Two Weeks to Your Ultimate Beach Body	613.7 Perlman
The Complete Fit & Healthy Pregnancy Workout	DVD 618.244 Gabrielle
Dancing With the Stars, Dance Off the Pounds	DVD 613.7 Dancing
The Firm, Power Half Hour	DVD 613.7 Firm
The Firm, Ultimate Fat-Burning Collection	DVD 613.7 Firm
Flat Belly Workout! Walk Off Belly Fat	DVD 613.7 Flat
The Men's Health Big Book of Exercises	613.7044 Campbell
Smart Girls Do Dumbbells, Develop the Leanest...	613.71 Shermin-Wolin
The Real Life Body Book	613.04244 Ricciotti
Ten Zen Tummy Toners	DVD 613.7 Ten
Total Women Fitness, Releasing the Inner You!	646.75 Thorne
Walk Away the Pounds, The Total In-Home Walking...	DVD 613.71 Walk
Workouts for Women	613.7045 Hyde
Your Best Body at 40 + , The Four Week Plan...	613.7044 Csatori
Football	
Coaching Football Technical and Tactical Skills	796.332 Coaching
Complete Book of Drills for Winning Football	796.332 Koehler
Football Rules Illustrated	796.332 Football
Football Skills & Drills, Winning Fundamentals...	796.332 Bass
Youth Football, Offenses & Defenses	DVD 796.332 Youth
Youth Football, Skills & Drills	DVD 796.332 Youth

Golf	
The Art of Putting, The Revolutionary...	796.352 Utley
The Better Golf Academy Presents, Better Golf For Kids	Juv DVD 796.352 Better
Core Performance Gold, The Revolutionary...	796.352 Verstegen
Fix Your Body, Fix Your Swing, The Revolutionary...	796.352 Diovisalvi
Golf, 101 Essential Tips	796.352 Ballingall
Golf Basics	796.352 McColl
How to Find Your Perfect Golf Swing	796.352 Smith
How to Master a Great Golf Swing	796.352 Lupo
Mind Over Golf	796.352 Coop
P is for Putt, A Golf Alphabet	Juv 796.352 Herzog
Practical Golf	796.352 Jacobs
Health/General Nutrition/Beauty	
The About.com Guide to Getting In Shape	613.7 Waehner
The Biggest Loser Simple Swaps, 100 Easy...	613.25 Forberg
The Biggest Loser, 6 Weeks to a Healthier You	613.25 Forberg
The China Study, Startling Implications for Diet...	613.2 Campbell
Escape Your Shape	613.71 Jackowski
Family Health, Nutrition & Fitness	613 Reisser
Fit and Fabulous in 15 Minutes, Lose Up to 2 Sizes...	613.7 Tapp
How to Never Look Fat Again, Over 1000 Ways...	646.34 Krupp
Nancy Clark's Sports Nutrition Guidebook	613.2024 Clark
The Most Effective Ways to Live Longer	613.2 Bowden
The Paleo Diet for Athletes	613.282 Cordain
The Seven Pillars of Health	613 Colbert
Younger Next Year For Women	612.68 Crowley
Younger Next Year, Live Strong	612.68 Crowley
Younger You, Unlock the Hidden	613.2 Braverman
Hiking, Camping, Backpacking, Fishing	
Be Prepared, Hiking and Backpacking	796.51 Berger
Camp Out!, The Ultimate Kids' Guide	Juv 796.54 Brunelle
Camping, Sleep Well, Stay Dry, Eat Great Food	796.54 Douglas
The Complete Idiot's Guide to Camping and Hiking	796.5 Moulard
Fishing For Everyone, A Complete Illustrated Guide	799.1 Bowen
Hiking and Backpacking	796.51 Hiking
What Fish Don't Want You To Know	799.1 Baron

Hockey	
Hockey Drill Book, 200 Drills for Player and Team...	796.962 Smith
Martial Arts	
Black Belt Krav Maga, Elite Techniques...	796.81 Levine
Brazilian Jiu-Jitsu, Theory and Technique	796.8251 Gracie
Bruce Lee, The Art of Expressing the Human Body	613.71 Lee
Bruce Lee's Fighting Method, Self-Defense Techniques	796.8153 Lee
The Complete Book of Tai Chi Chuan	613.7148 Wong
Jiu-Jitsu Unleashed, A Comprehensive Guide...	796.8152 Bravo
Judo Unleashed, Essential Throwing & Grappling...	796.8152 Ohlenkamp
Karate, The Art of "Empty-Hand" Fighting	796.8153 Nishiyama
Karate-Do, My Way of Life	796.8153 Funakoshi
Martial Arts Made Easy	796.815 Lewis
Martial Maneuvers, Fighting Principles...	796.8 Starr
The Martial Way and its Virtues	796.8 Chu
Practical Kung Fu, Street Defense	796.8159 Tsai
The Secret Karate Techniques, Kata Bunkai	796.8153 Kogel
Step-by-Step Tai Chi, the Natural Way to Strength...	613.7148 Lam
Tai Chi Chuan, 24 & 48 Postures with Martial Applications	613.7148 Liang
T'ai Chi Daily Practice	DVD 613.7 T'ai
Ultimate Flexibility, A Complete Guide...	796.8 Kim
Ultimate Kempo, The Spirit and Technique of Kosho Ryu	796.8159 Driscoll
What is 'Tai Chi'?	613.7148 Gilligan
Personal Growth/Self-Coaching	
10-Minute Toughness, The Mental-Training...	796.01 Selk
Energy Secrets, The Ultimate Well-Being Plan	613 Svirinskaya
Finding Your Zone, Ten Core Lessons...	158.1 Lardon
The Mental Edge, Maximize Your Sports...	796.01 Baum
Perfect Health, The Complete Mind Body Guide	615.53 Chopra
Perfect Phrases For Coaches, Talk to Parents & Officials...	796.07 Pim
The Power of Self-Coaching	158.1 Luciani
The Sport Psych Handbook	796.01 Sport
The Way of Energy, Mastering the Chinese...	613.7148 Lam
Raquetball	
Raquetball Fundamentals, A Better Way to Learn...	796.343 Winterton