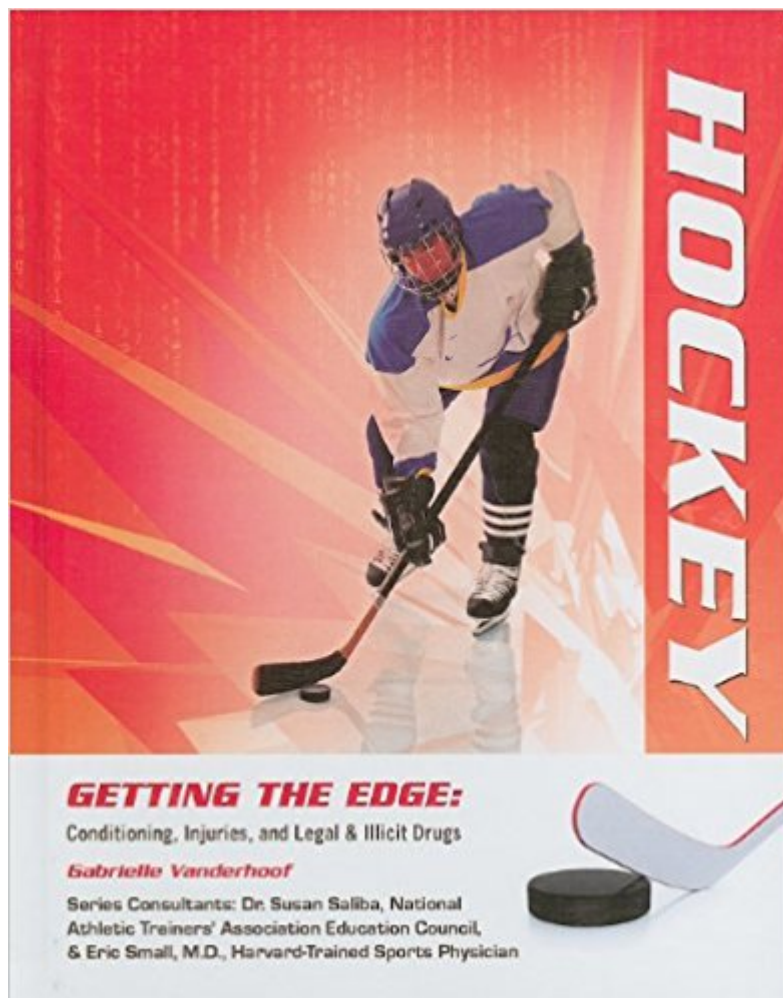




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Hockey (Getting The Edge: Conditioning, Injuries, And Legal & Illicit Drugs (Library))



Synopsis

Provides a brief history of hockey, as well as information on common injuries and how they are treated, warm up exercises, a look at basic equipment that hockey players use, and the importance of good nutrition.

Book Information

Lexile Measure: 1210L (What's this?)

Series: Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library)

Library Binding: 96 pages

Publisher: Mason Crest Publishers (September 1, 2010)

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