Developing Youth Track Club CHAMPIONS

A special book designed to help youth track club coaches with becoming a better track and field coach. You have found your personal mentor in Track and Field Training. Gain or expand your knowledge utilizing Coach Steve Silvey’s many years of track and field coaching experience. Coach Silvey has produced numerous Olympians and World Championship performers and medalists. This is his finest and largest book ever produced with over 294 pages of important coaching information and 22 weeks of sample workouts. Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams and athletes. This book comes with a detailed training for all events areas and numerous articles on track, nutrition & much more.

Coach Steve Silvey has been involved in a total of **28 National Championship teams while at The University of Arkansas & Blinn College.** In 2005, Silvey was inducted into the National Junior College Hall of Fame for his accomplishments during his time as Head Coach for the national powerhouse Blinn Junior College (1987-1994). While at Blinn, Silvey’s teams won **15 Men’s National** “**Team” Championships** – *an All-Time National Record*-and produced 128 individual National Champions, 600+ All-Americans awards and 27 National Relay Championships. At the University of Arkansas (1994-2000) Silvey was part of **13 NCAA “Team” Championships** and **17 SEC “Team” Championships**. Silvey was the also the Assistant Track and Field Coach at Texas Tech from 2004 to 2007, as they won their *first* Big 12 Conference “TEAM” Championship in 2005. During the 2001-2003 season, Silvey served as Assistant Track and Field Coach at the prestigious University of Oregon. During those two years the Ducks were Pac-10 Team Runner-up’s (2002) & Pac-10 Team Champions in 2003. **Silvey has coached 35 Olympians (15 Medalists) & 26 athletes that competed in World Track Championships (18 Medalists).**

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