

Athletic/Physical Education Departments Summer Reading Recommendations

Never Die Easy: The Autobiography of Walter Payton, by Walter Payton and Don Yaeger. Not your traditional autobiography, this book is a collaboration of stories told by friends, relatives, and colleagues about Walter Payton, running back for the Chicago Bears. Payton was a great football player, as well as a great role model. This book is a good read; one where you can read a chapter, put the book down, and come back to it later without missing a beat. (nonfiction)

Until it Hurts, America's Obsession With Youth Sports and How it Harms Our Kids, by Mark Hyman, (2009). "Over the last 75 years, adults have staged a hostile takeover of kids' sports. In 2003 alone, more than 3.5 million children under age 15 required medical treatment for sports injuries, nearly half of which were the result of simple overuse. The quest to turn children into tomorrow's superstar athletes has often led adults to push them beyond physical and emotional limits." This book explores how youth sports reached this state and how positive change can be made. It ends by highlighting some inspirational parents and model sports programs providing hope that the current trend can be changed. (nonfiction)

Outliers: The Story of Success, by [Malcolm Gladwell](#) In *Outliers*, Gladwell examines the factors that contribute to high levels of success. To support his thesis, he examines the causes of why the majority of Canadian [ice hockey](#) players are born in the first few months of the calendar year, how [Microsoft](#) co-founder [Bill Gates](#) achieved his extreme wealth, and how two people with exceptional intelligence, [Christopher Langan](#) and [J. Robert Oppenheimer](#), end up with such vastly different fortunes. Throughout the publication, Gladwell repeatedly mentions the "10,000-Hour Rule", claiming that the key to success in any field is, to a large extent, a matter of practicing a specific task for a total of around 10,000 hours. (nonfiction)

The Guernsey Literary and Potato Peel Pie Society, by Mary Ann Shaffer and Annie Barrows. January 1946: London is emerging from the shadow of the Second World War, and writer Juliet Asheton is looking for her next book subject. Little did she know that inspiration would come in a letter from a man living on the island of Guernsey, who found her name on the inside of a book. This novel, a collection of letters, is highly amusing and poignant! The reader gets transported to a post-WWII era, and becomes a member of the Guernsey Literary and Potato Peel Pie Society. A quick and thoroughly enjoyable read – perfect for evoking relaxation! (fiction)

The Help, by Kathryn Stockett. This novel is written from the point of view of three amazing women in Mississippi in 1962, a volatile time in our nation's history. Skeeter, a 22 year-old graduate from Ole Miss; Aibileen, a wise, regal black maid raising her 17th white child; and Minny, Aibileen's best friend, and the best cook but sassiest woman in the state are brought together under extraordinary circumstances. This is also a fast read – my mother & I could not put the book down. She read it in two days! I hope you enjoy this as much as we did. (fiction)

In These Girls, Hope is a Muscle by Madeleine Blais, chronicles a high school girls' basketball team from Amherst, MA in their championship season. The compelling story, beginning at try-outs,

continuing through the regular season, and ending at the championship game, explores one group's fight for success and respect. It's great read!! (non-fiction)

Annapurna: A Woman's Place, by Arlene Blum, Foreword by Maurice Herzog. In this twentieth anniversary edition of *Annapurna: A Woman's Place*, expedition leader Arlene Blum chronicles the dramatic story of leading the American Women's Himalayan Expedition through storms, icefalls, avalanches, conflicts, and reconciliations, all the way to the summit.

Beautiful Game: Sixteen Girls and the Soccer Season That Changed Everything, by Jonathan Littman. Story of a group of soccer players who people didn't believe they could amount to anything, grew as a team, increased their skills, and play championship soccer.

ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running, by Danny Dreyer. Millions of Americans run, many of whom do so through pain and injuries. ChiRunning is a technique designed by ultramarathoner Danny Dreyer to train and run without pain. It uses the core muscles of the trunk, similar to those practiced in yoga, Pilates, and t'ai chi.

Downriver, by Will Hobbs. No adults, no permit, no river map. Just some "borrowed" gear from Discovery Unlimited, the outdoor education program Jessie and her new companions have just ditched. Jessie and the others are having the time of their lives floating beneath sheer red walls, exploring unknown caves and dangerous waterfalls, and plunging through the Grand Canyon's roaring rapids. No one, including Troy, who emerges as the group's magnetic and ultimately frightening leader, can foresee the challenges and conflicts.

Into Thin Air: A Personal Account of the Mount Everest Disaster, by Jon Krakauer. Reaching the summit of Mt. Everest is quite possibly to be the most difficult task known to man. This is the account of one man's struggles to reach the summit and back alive.

The Last Amateurs: Playing for Glory and Honor in Division I College Basketball, by John Feinstein. Follow the 1999-2000 basketball season with members of the Patriot League; Colgate, Holy Cross, Lafayette, Lehigh, Bucknell, Army, and Navy. While these schools do not have the talent as Division I powerhouses, the competition is still intense – AND all 17 seniors that year graduated.

Lucky Every Day: 20 Unforgettable Lessons from a Coach Who Made a Difference, by Chip Silverman and Diane Geppi-Aikens. Former Women's Lacrosse Coach at Loyola College of Maryland fought brain cancer, as she continued to coach and be a single mother of four. Truly inspiring, this story brings readers the unique and uplifting teachings of Coach Geppi-Aikens.

The Match: Althea Gibson & Angela Buxton: How Two Outsiders--One Black, the Other Jewish--Forged a Friendship and Made Sports History, by Bruce Schoenfeld. Coming from widely divergent backgrounds (Gibson from a poor black family in Harlem, Buxton from a well-to-do Jewish family in London), the two hooked up in the mid-1950s and became tennis partners and lifelong friends. While Gibson is certainly the better known of the two, Buxton led an interesting life in her own right. Reading this book gives insight into the two women, as well as the time in which they played.

Moneyball: The Art of Winning an Unfair Game, by Michael Lewis. In Major League baseball, the richest teams are supposed to win. The Oakland Athletics have a small payroll, yet they continue to

win divisions championships and make a run for the World Series. How? This book takes us behind the scenes of the professional baseball world and how money, the science of the game, entertainment and egos are intertwined to create our national pastime.

The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It, by Neal Bascomb. Running a mile under four minutes was a feat no one thought possible. Three men worked to achieve that goal. Here is their compelling story.

Pretty Good for a Girl: The Autobiography of a Snowboarding Pioneer, by Tina Basich & Kathleen Gasperini. Have you ever just wanted to do something different and carve out your own path in life? This is the story of Tina Basich, who found it difficult to fit in until she discovered snowboarding.

Race Across Alaska: First Woman to Win the Iditarod Tells Her Story, by Libby Riddles & Tim Jones. In 1985, Libby Riddles entered the "Iditarod," a grueling sled-dog marathon on the Iditarod Trail from Anchorage to Nome. Nineteen days and 1200 miles later, she emerged from a raging blizzard and crossed the finish line to become the first woman to win this race. This fast-paced description of her bout against both the elements and veteran competitors generates electrical excitement.

Red Rose Crew: A True Story of Women, Winning and the Water, by Daniel J. Boyne. This is the unforgettable story of the first championship all-female crew team's quest for the gold in the 1976 Olympics, and a riveting, adventurous account of women winning against all odds. This is a gripping story of bravery, determination, and indomitable spirit that captures a compelling moment in the history of sports, a turning point in American culture, and tells a truly exciting tale of women, winning, and the water.

Their Day in the Sun: Women of the 1932 Olympics, by Doris Hinson & Hinson Pieroth. The 1932 Olympic Games took place in Los Angeles, and the U.S. sent 37 women to compete. Women's athletics was not accepted by the public at that time. The IOC considered eliminating women's events from the Olympics. This is the story of a group of women who catapulted women's athletics into the public eye as it never has been before.

Zina: My Life in Women's Tennis, by Zina Garrison & Doug Smith. At Wimbledon in 1990, Zina Garrison became the first African-American woman to reach a Grand Slam final since Althea Gibson in 1958 Olympic gold medalist and three-time Grand Slam mixed doubles champion. This book accounts for her struggles (professionally and personally), and how she overcame them to become a great women's tennis champion.

*All titles and summaries were found at www.barnesandnoble.com