

McGraw-Hill Spring 2008

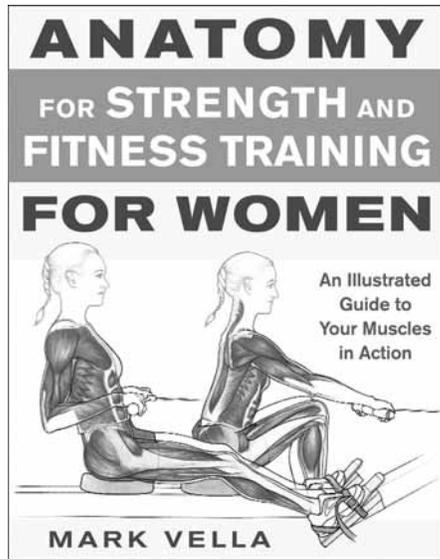
SPORTS

A PAPERBACK ORIGINAL

ANATOMY FOR STRENGTH AND FITNESS TRAINING FOR WOMEN

An Illustrated Guide to Your Muscles in Action

Mark Vella



Following up on his successful *Anatomy for Strength and Fitness Training*, Mark Vella gives women an inside look at how their muscles take shape

A woman's body is different from a man's, and it changes throughout her life cycle. *Anatomy for Strength and Fitness Training for Women* provides a fascinating look at the muscular performance of a woman's body in motion. The full-color anatomical illustrations detail each muscle at work as readers lift weights, engage in cardiovascular activities, and work out with modern equipment like stability balls and resistance bands. This book can help every woman, whether they're looking to lose weight after having a baby, tone up in the middle years, cope with hormonal fluctuations, or just look and feel their very best. Readers will find the exercise plans they need in this book for making the body beautiful through all of life's changing stages and the information to learn why it works.

- Mark Vella's previous book, *Anatomy for Strength and Fitness Training*, is a sports bestseller
- Explains more than 90 exercises with a female-focused approach to body conditioning
- Includes 120 full-color illustrations that make anatomy easy-to-read, easy-to-understand, and fascinating

Mark Vella (South Africa) has worked in health and fitness for more than 15 years as a personal trainer, lifestyle counselor, and massage therapist. He is currently a practicing naturopath.

FEBRUARY

McGraw-Hill • *Sports/Fitness*

Paperback • 8¼ × 10½ • 144 pp

ISBN-13: 978-0-07-149572-1

ISBN-10/MHID: 0-07-149572-X

\$19.95

120 color and 100 b&w illustrations

Rights: North America

A PAPERBACK ORIGINAL

STAT ONE

Re-Ranking Baseball's Greatest All-Time Players

*Craig M. Messmer**Foreword by Bill Madden*

The holy grail of baseball stats: a brand-new system that provides one definitive ranking for the greatest players of the game

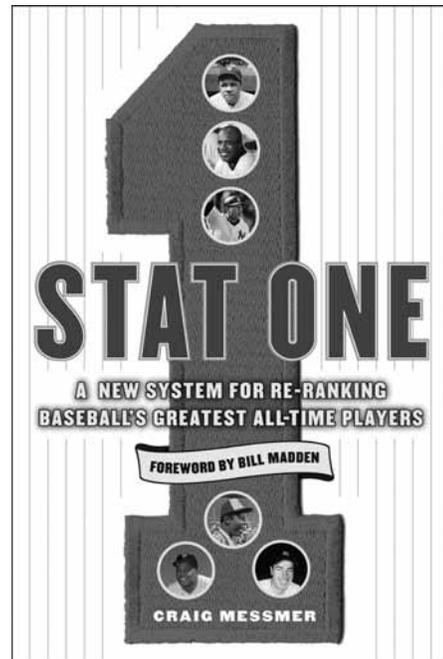
Stat One is every stat geek's dream come true. Finally, there's a formula that adds up every aspect of a player's offensive resume into one big number that gets straight to the core of overall performance. Looking at a wide range of players for each position and concluding with a redefined listing of the top 100 players of all time, this new ranking system is sure to be a topic of conversation and controversy worthy of bar-room banter and talk radio debate.

- Millions of fantasy baseball players, along with scouts and columnists, will clamor for this revolutionary and practical measuring tool
- Bill Madden of the *New York Daily News* says *Stat One* is a "comprehensive, interesting and plausible new way of ranking baseball's greatest players that will catch the imagination of baseball fans everywhere—including hardened skeptics like myself."
- Includes statistical analysis and profiles for hundreds of players, each organized by position

Craig M. Messmer (Paramus, NJ) is assistant principal at the Teaneck Community Charter School in Bergen County, New Jersey, where he uses his formula to motivate students in math.

Related McGraw-Hill Title:

Kalb: *Who's Better, Who's Best in Baseball?*
Paperback • 0-07-144538-2 • \$15.95



FEBRUARY

McGraw-Hill • *Sports/Baseball*

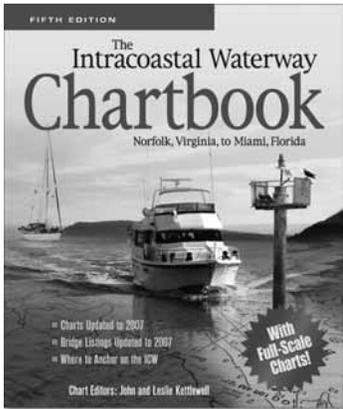
Paperback • 6 × 9 • 464 pp

ISBN-13: 978-0-07-149633-9

ISBN-10/MHID: 0-07-149633-5

\$17.95

Rights: World



FIFTH EDITION

THE INTRACOASTAL WATERWAY CHARTBOOK

Norfolk, Virginia, to Miami, Florida

John and Leslie Kettlewell, Chart Editors

Tens of thousands of boaters transit the Intracoastal Waterway between the Chesapeake Bay and Florida each fall and spring. *The Intracoastal Waterway Chartbook* provides a complete set of navigational charts (a \$350 value) for the 1,090-mile ICW from Norfolk to Miami, as well as major Atlantic inlets, in a single, easy-to-use \$70 package. Proven over 16 years and four prior editions, the Chartbook includes a complete listing of waterway bridge and lock characteristics, anchorages and waterway facilities; also pilotage notes, mileage charts, and charts for a picturesque alternate route.

John and Leslie Kettlewell (Saratoga Springs, NY) have cruised the waters between Labrador and the Caribbean for more than 25 years, often living aboard for extended periods of time.

MARCH

International Marine • *Boating*

Spiralbound • 9 × 11 • 288 pp

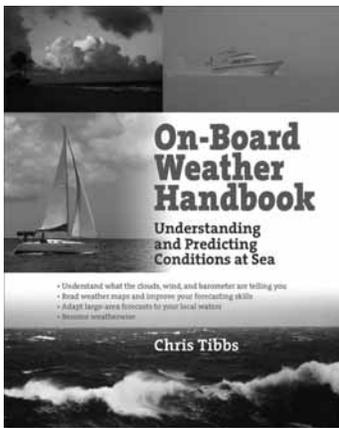
ISBN-13: 978-0-07-154579-2

ISBN-10/MHID: 0-07-154579-4

\$69.95

Previous ISBN: 0-07-138799-4

260 full-color charts • Rights: World



A PAPERBACK ORIGINAL

ON-BOARD WEATHER HANDBOOK

Understanding and Predicting Conditions at Sea

Chris Tibbs

International Marine's first basic book on marine weather, the *On-Board Weather Handbook* is expected to have tremendous appeal to all mariners. Written by noted meteorologist/sailor Chris Tibbs for the Royal Yachting Association and adapted for the North American market, it is a full-color, user-friendly introduction to interpreting wind, clouds and barometer and integrating these with official forecasts. Includes information on new technology and a chapter on weather routing.

Chris Tibbs (England) is an RYA Ocean Yachtmaster with more than 250,000 miles at sea, including three around-the-world races. He holds a Master's degree in meteorology and in addition to his own consulting company, serves as navigator on the maxi-cat *Playstation*, which has broken five sailing records.

Related McGraw-Hill Title:

Carr: IM's Weather Prediction Simplified
Hardcover • 0-07-012031-5 • \$25.95

MARCH

International Marine • *Boating*Paperback • 7³/₈ × 9¹/₄ • 144 pp

ISBN-13: 978-0-07-149715-2

ISBN-10/MHID: 0-07-149715-3

\$18.95

71 color drawings and 66 color photos

Rights: North America

A PAPERBACK ORIGINAL

COACH'S GUIDE TO GAME-WINNING SOFTBALL DRILLS

Developing the Essential Skills in Every Player

Michele Smith and Lawrence Hsieh

A big collection of fast-pitch softball drills from one of the game's biggest stars, two-time Olympic Gold medalist and Hall-of-Famer Michele Smith

Softball might look like baseball, but it's a whole different ballgame, and this *Coach's Guide to Game-Winning Softball Drills* gives readers all the basics they need to teach it well. Straight from one of the world's top softball stars, these 200 drills cover hitting, pitching, fielding, and base running to provide a wealth of skill-building activities for youth-league and high-school level coaches.

- A softball superstar, Michele Smith is a two-time Olympic pitcher and gold medalist for the U.S. National Softball Team, an ESPN commentator, and an American Softball Association Hall-of-Famer
- Smith's worldwide camps and clinics, along with her many endorsements, bring publicity and recognition to anything she puts her name on
- Softball has more players than baseball: The American Softball Association has 250,000 teams and more than 4 million members



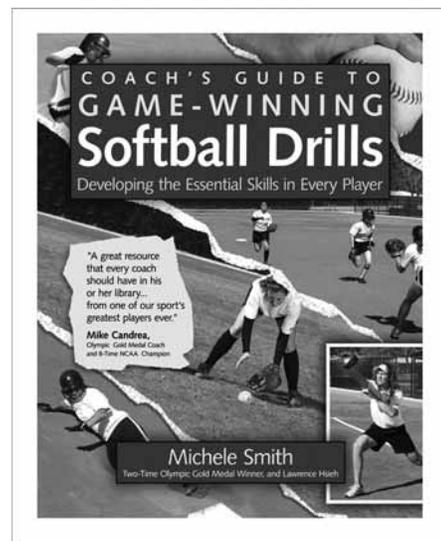
Michele Smith (St. Petersburg, FL) currently runs her own softball clinics and camps around the country through her company, Michele Smith, Inc.

Lawrence Hsieh (Southport, CT) is a writer and youth softball coach.

McGraw-Hill Related Title:

Fleck and Quinn: Baffled Parent's Guide to Great Soccer Drills

Paperback • 0-07-138488-X • \$14.95



MARCH

McGraw-Hill • *Sports/Softball*

Paperback • 7³/₈ × 9¹/₄ • 240 pp

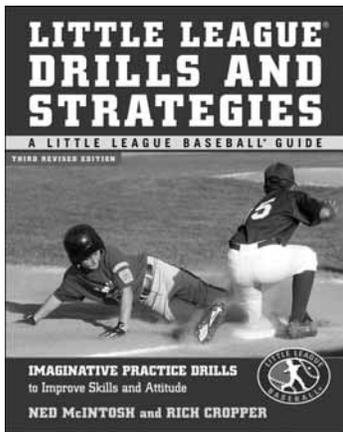
ISBN-13: 978-0-07-148587-6

ISBN-10/MHID: 0-07-148587-2

\$16.95

80 photos and 80 illustrations

Rights: World



REVISED EDITION

LITTLE LEAGUE DRILLS AND STRATEGIES

Ned McIntosh and Rich Cropper

Little League Drills and Strategies is built around three easy-to-follow rules: teach the basics, make it fun, and practice, practice, practice. Inside *Little League* coaches and parents will find imaginative drills that polish young players' skills such as baserunning, fielding, hitting, and pitching. In this new edition, *Little League* coaches Ned McIntosh and Rich Cropper pay special attention to the changes to the rules about pitchers and how to turn them into an advantage. The authors also provide strategies for dealing with parents, umpires, and other managers and coaches.

Ned McIntosh (Berlin, MD) has coached *Little League* baseball for more than 20 years.

Rich Cropper (Bishopville, MD) has coached *Little League* baseball for more than a decade.

MARCH

McGraw-Hill • *Sports/Baseball*

Paperback • 7³/₈ × 9¹/₈ • 192 pp

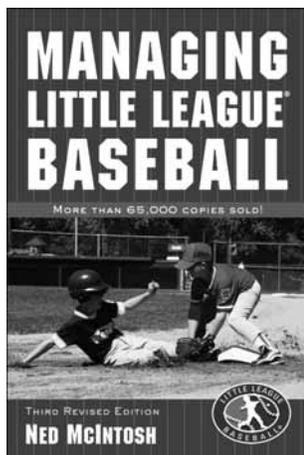
ISBN-13: 978-0-07-154801-4

ISBN-10/MHID: 0-07-154801-7

\$14.95

Previous ISBN: 0-07-141077-5

B&w photos throughout • Rights: World



REVISED EDITION

MANAGING LITTLE LEAGUE BASEBALL

Ned McIntosh

Running a *Little League* team sounds like fun and games, but coaches know that it is more than making out a roster on a Saturday afternoon. *Managing Little League Baseball* explains how youth league coaches can teach their boys and girls the fundamentals of the game—hitting, baserunning, fielding, and pitching—as well as drills to polish their players' skills. Most important, the book gives readers tips on how to motivate their young team. This new edition includes the latest changes to rules and how coaches can use those to their team's advantage.

Ned McIntosh (Berlin, MD) has coached *Little League* baseball for more than 20 years. He is the author of *Managing Little League Baseball*, *Little League Drills and Strategies*, and *The Little League Guide to TeeBall*.

MARCH

McGraw-Hill • *Sports/Baseball*

Paperback • 6 × 9 • 192 pp

ISBN-13: 978-0-07-154803-8

ISBN-10/MHID: 0-07-154803-3

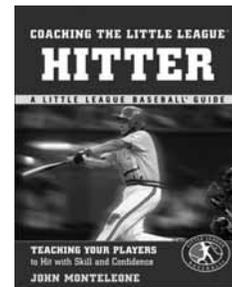
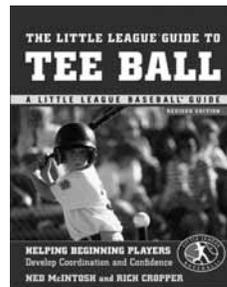
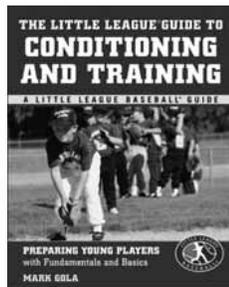
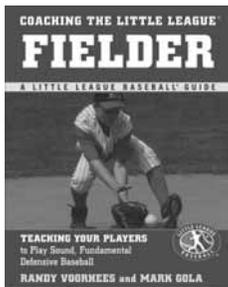
\$14.95

Previous ISBN: 0-8092-2525-5

B&w photos throughout • Rights: World

Little League baseball and McGraw-Hill—a winning team for success on the field

When coaching a youth team, Little League managers need all the help they can get. This series of books, cobranded with Little League baseball, gives coaches and parents the knowledge they need to make youth baseball enjoyable and rewarding for boys and girls. Written by authors with decades of Little League experience, these titles offer advice on everything from teaching baserunning to dealing with parents and motivating kids.



GOLA: COACHING THE LITTLE LEAGUE FIELDER

Paperback • 0-07-144302-9 • \$14.95

GOLA: THE LITTLE LEAGUE GUIDE TO CONDITIONING AND TRAINING

Paperback • 0-07-142359-1 • \$14.95

MCINTOSH: THE LITTLE LEAGUE GUIDE TO TEE BALL

Paperback • 0-07-141078-3 • \$14.95

MONTELEONE: COACHING THE LITTLE LEAGUE HITTER

Paperback • 0-07-141791-5 • \$14.95

MONTELEONE: THE LITTLE LEAGUE BASEBALL GUIDE TO CORRECTING THE 25 MOST COMMON MISTAKES

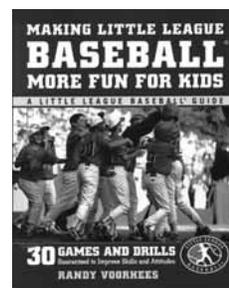
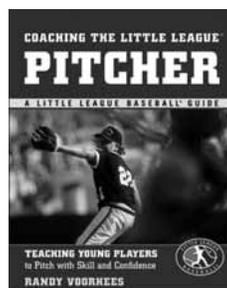
Paperback • 0-07-140887-8 • \$14.95

VOORHEES: COACHING THE LITTLE LEAGUE PITCHER

Paperback • 0-07-140806-1 • \$14.95

VOORHEES: MAKING LITTLE LEAGUE BASEBALL MORE FUN FOR KIDS

Paperback • 0-07-138560-6 • \$15.95

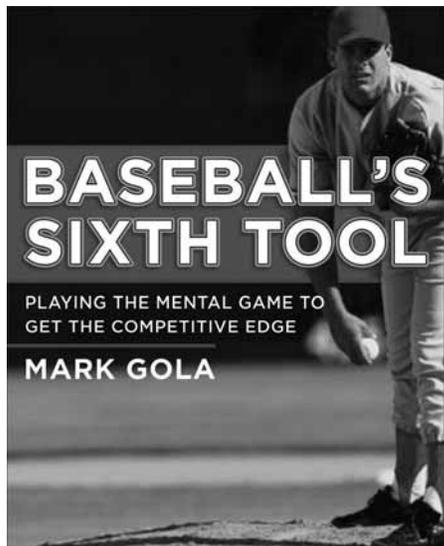


A PAPERBACK ORIGINAL

BASEBALL'S SIXTH TOOL

Playing the Mental Game to Get the Competitive Edge

Mark Gola



Dozens of expert tips and practical strategies for using brain power to play smarter at all competitive levels

In baseball, a “five-tool player” possesses the five most important skills: hitting for power, hitting for average, defense, arm strength, and speed. But there is one more essential skill that brings it all together. *Baseball's Sixth Tool* shows readers how to use their smarts to channel their instincts, psych out their opponents, deal with pressure, and much more.

- One of the few books to focus on the mental game—essential for gaining an advantage over the competition
- Includes helpful tips from professional scouts and college coaches who emphasize the value of playing smart
- Ideal for players and coaches at all levels, from Little Leaguers to aspiring Major Leaguers

Mark Gola (Robbinsville, NJ) is a full-time baseball instructor at the Dave Gallagher All American Baseball Academy. A former hitting coach at Princeton University, he has written several books on the sport.

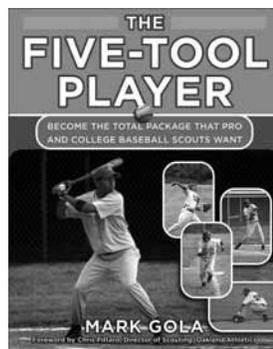
MARCHMcGraw-Hill • *Sports/Baseball*Paperback • 7³/₈ × 9¹/₈ • 192 pp

ISBN-13: 978-0-07-154515-0

ISBN-10/MHID: 0-07-154515-8

\$18.95

75 photos • Rights: World



Related

McGraw-Hill Title: _____

Gola: *The Five-Tool Player*
Paperback

0-07-147621-0 • \$18.95

TIM MCCARVER'S DIAMOND GEMS

Favorite Baseball Stories from the Legends of the Game

Edited by Tim McCarver with Jim Moskowitz and Danny Peary

Baseball's premier national television analyst Tim McCarver presents fascinating tales from the game's greatest players and personalities

Tim McCarver's *Diamond Gems* is a treasure trove of fabulous anecdotes from the many baseball celebrities who have appeared on "The Tim McCarver Show." A valuable mix of baseball history with a personal touch, this book is a natural for everyone who loves the game.

- Tim McCarver is not only baseball's premiere television analyst, he is also one of the sports world's finest interviewers; he's been recognized by TV Guide as one of the "Top Ten" sportscasters of all time
- "The Tim McCarver Show" is broadcast 52 weeks per year in more than 80 million U.S. homes as well as in Europe and Canada. McCarver will actively promote the book with commercial spots and contest giveaways
- Includes tales from baseball greats Sandy Koufax, Stan Musial, Don Mattingly, Cal Ripkin, Willie Mays, Johnny Bench, Yogi Berra, Derek Jeter, and many more

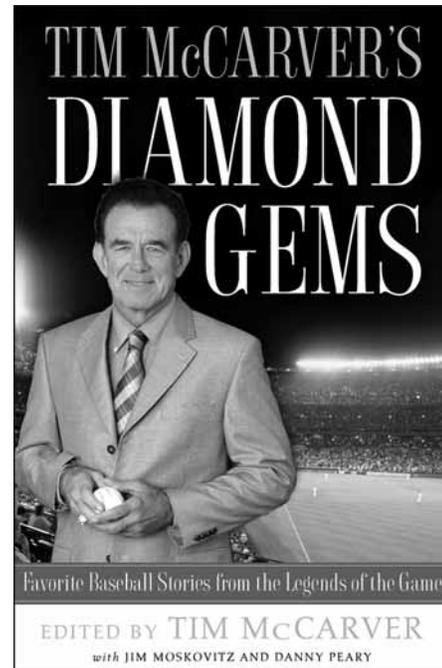
Tim McCarver (Memphis, TN) was a major-league catcher from 1959–1980, and a World Series MVP for the 1964 St. Louis Cardinals.

Jim Moskowitz (San Diego, CA) is creator and producer of "The Tim McCarver Show."

Danny Peary (New York, NY) is the writer for "The Tim McCarver Show" and author of several books about baseball.

Related McGraw-Hill Title:

Shannon: Tales from the Dugout
Paperback • 0-80-922950-1 • \$14.95



MARCH

McGraw-Hill • *Sports/Baseball*

Hardcover • 6 × 9 • 224 pp

ISBN-13: 978-0-07-154594-5

ISBN-10/MHID: 0-07-154594-8

\$24.95

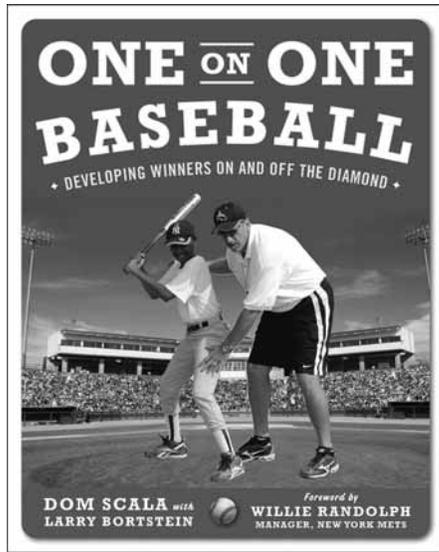
50 b&w photos

Rights: World

A PAPERBACK ORIGINAL

ONE-ON-ONE BASEBALL

Developing Winners On and Off the Diamond

Dom Scala with Larry Bortstein

Former New York Yankees coach Dom Scala presents an all-in-one illustrated guide to learning proper baseball fundamentals

As a coach for the New York Yankees, Dom Scala helped the team capture an American League Championship and a World Championship. He went on to work with younger players at his One-on-One camps, which use small groups to teach baseball's fundamentals. Now in *One-on-One Baseball*, Coach Scala gives players the next-best thing to attending one of his camps. He has recruited his Major League friends and former players to go around the diamond and give readers their personal tips of the trade.

This easy-to-follow illustrated guide combines Scala's 30 years of experience with advice from an All-Star assortment of players and coaches to provide developing athletes with a big league one-on-one learning experience.

- Expert tips from star players and coaches, including Goose Gossage, Willie Randolph, Gene Lamont, David Cone, Jim Leyland, and Rick Cerone
- Contains dozens of drills and skill exercises, complete with step-by-step photos
- Features a celebrity foreword by Willie Randolph, Yankee great and current manager of the New York Mets

Dom Scala (Queens, NY) is the head baseball coach of Adelphi University, founder of One-on-One Baseball Camp, and a former coach for the New York Yankees.

Larry Bortstein (Bronx, NY) has been a professional sportswriter for more than 40 years and is the author of more than 20 books.

MARCHMcGraw-Hill • *Sports/Baseball*Paperback • 7³/₈ × 9¹/₄ • 176 pp**ISBN-13: 978-0-07-148843-3****ISBN-10/MHID: 0-07-148843-X****\$16.95**

100 photos • Rights: World

A PAPERBACK ORIGINAL

CONFIDENT POWERBOATING

Mastering Skills and Avoiding Troubles Afloat

Stu Reininger

A practical how-to guide to handling and avoiding powerboat problems and emergencies

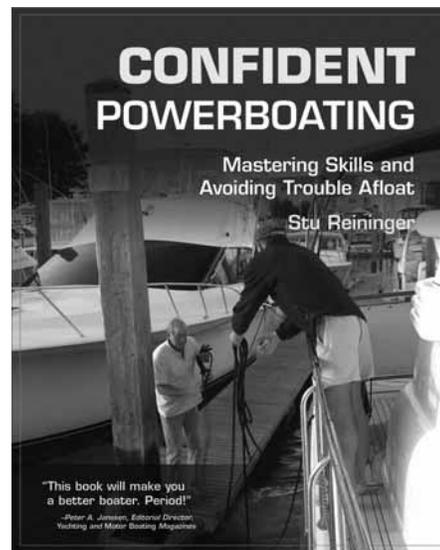
With no secondary method of propulsion, poorer stability profiles, and enough speed to get themselves into trouble fast, powerboats are far more susceptible to emergencies than sailboats. *Confident Powerboating* addresses the safety concerns of every powerboater, providing a detailed guide to avoiding problems, coping with difficult situations, and responding to emergencies effectively. Also, each section contains several anecdotes of problems encountered and resolved (or not).

- Author is a well-known boating writer with high visibility and 30-plus years of professional experience in all types of vessels
- An enormously helpful book for America's 12 million powerboaters
- A unique approach, alternating anecdote/narrative with straight how-to exposition

Stu Reininger (Gulfport, FL) is a marine consultant and contributing editor to *MotorBoating* magazine, reporting on boat handling and seamanship. Previously, he served as senior editor of *Boating*, *Power & Motoryacht* and *Marine Log*. Holder of a USCG 100 ton Master's license, he has worked as a delivery skipper with seven transatlantic crossings. He has also worked as a marine surveyor, charter captain, and master of ferries and other commercial vessels.

Related McGraw-Hill Title:

Armstrong: *Getting Started in Powerboating*,
Third Edition
Paperback • 0-07-144899-3 • \$18.95



APRIL

International Marine • *Boating*Paperback • 7³/₈ × 9¹/₄ • 192 pp**ISBN-13: 978-0-07-148257-8****ISBN-10/MHID: 0-07-148257-1****\$19.95**

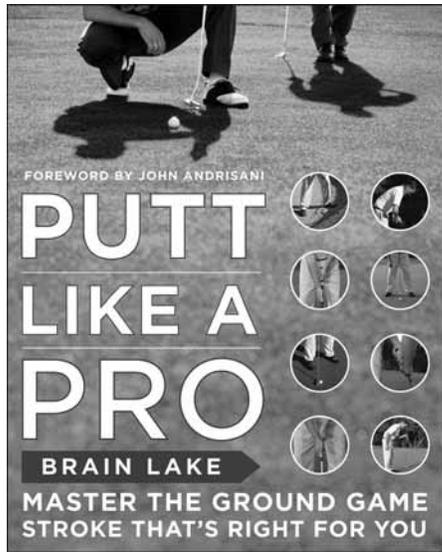
90 photos and 20 illustrations

Rights: World

A PAPERBACK ORIGINAL

PUTT LIKE A PRO

Master the Ground Game Stroke That's Right for You

Brian Lake with a Foreword by John Andrisani

The only instructional guide to the most innovative putting strokes of today's tour professionals

Claw stroke, belly-putter, long putter stand-up, cross-handed grip, split-handed grip, side-saddle. Amateur players have seen these unorthodox putting strokes used by the pros on television, but there has never been a book that analyzes and explains the setup, mechanics, and functions of these game-saving techniques. Now *Putt Like a Pro* provides a thorough instruction for each of the most exciting moves to grace professional greens across the country.

- Brian Lake has taught these techniques to thousands of men, women, and children, as well as to many sports celebrities, including several New York Yankees and PGA-bound golf pros
- The only book on the market to analyze and explain the unorthodox putting strokes actively employed by pros on the PGA, LPGA, and Champions Tour
- Includes a Foreword and endorsement from John Andrisani, former senior editor of *Golf* magazine

Brian Lake (Brandenton, FL) is a Class-A PGA member and golf professional who has given thousands of lessons to everyday players and celebrities alike.

Related McGraw-Hill Title:

Hardy and Andrisani: *The Plane Truth for Golfers*
Paperback • 0-07-143245-0 • \$18.95

APRILMcGraw-Hill • *Sports/Golf*Paperback • 7³/₈ × 9¹/₈ • 224 pp**ISBN-13: 978-0-07-150822-3****ISBN-10/MHID: 0-07-150822-8****\$18.95**

70 b&w photos and an 8-page color insert

Rights: World

A PAPERBACK ORIGINAL

THE COMPLETE BOOK OF ROAD CYCLING AND RACING

Will Peveler

Everything the beginning racer and serious road-rider needs to know

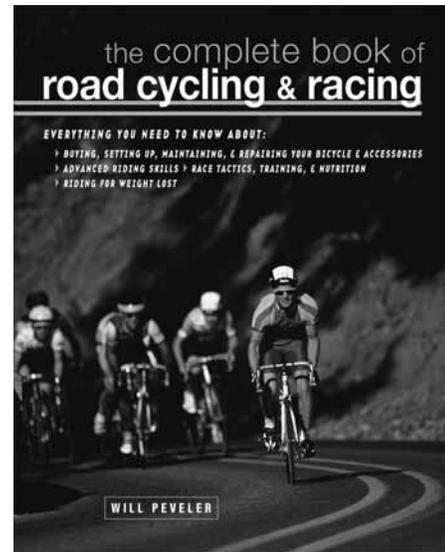
Since Lance Armstrong's amazing Tour de France wins, the number of serious riders, clubs, and races in the United States has skyrocketed. *The Complete Book of Road Cycling and Racing* provides beginners and veterans alike with advanced guidance on all aspects of the sport, including choosing bikes and equipment; fitness, training and nutrition; bike maintenance; riding skills; racing tactics; and more.

- The author coaches bicycle racing at the collegiate and club levels. He is a competitive rider, noted sports physiologist and nutritionist, and a bicycle-fitting specialist
- Some 41 million active bicyclists in the United States spent \$5.9 billion in 2005 on bikes and gear, including 20 million new bicycles
- One of the few titles to address all aspects of road riding, including detailed coverage of racing

Will Peveler, Ph.D. (Northport, AL) has coached cycling at the University of Alabama and Western Kentucky University. He has ridden competitively since 1994, and is expert in fitting cyclists on their bikes. He holds a Ph.D. in exercise physiology from the University of Alabama and has published many articles on his research in biomechanics and performance in cycling.

Related McGraw-Hill Title:

Lovett: *Essential Touring Cyclist, Second Edition*
Paperback • 0-07-136019-0 • \$14.95



MAY

Ragged Mountain Press • *Bicycling*

Paperback • 7³/₈ × 9¹/₄ • 224 pp

ISBN-13: 978-0-07-148937-9

ISBN-10/MHID: 0-07-148937-1

\$18.95

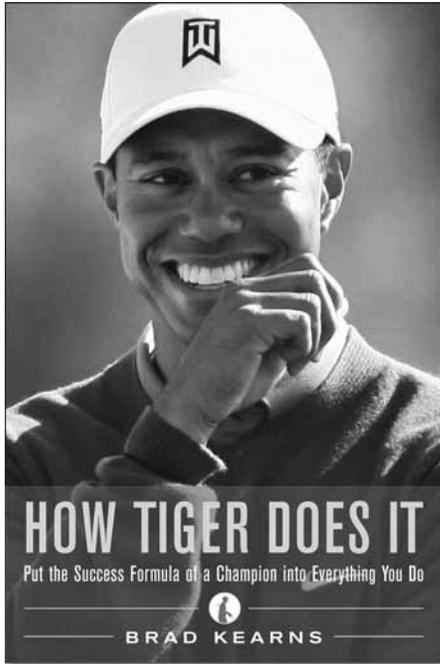
85 b&w photos and 15 line art

Rights: World

HOW TIGER DOES IT

Put the Success Formula of a Champion into Everything You Do

Brad Kearns



Insight for living life like a champ, based on what drives the most dominant athlete of the modern era—Tiger Woods

How *Tiger Does It* gives readers the secrets to living life to the fullest—the Tiger way. Using intimate interviews with Tiger’s contemporaries and examples from his professional and personal life, Brad Kearns analyzes the mental drive behind Tiger’s success to reveal the heart and mind of a great champion. With emphasis on the three Tiger Woods’ Success Factors, the book shows readers how to apply Tiger traits to their everyday challenges, from building a career to raising a family and much more.

- Brad Kearns is the author of *How Lance Does It*, a popular guide to living life the Lance Armstrong way
- In the words of Lance Armstrong, “Brad Kearns has a refreshing perspective on peak performance that he captures eloquently in his writing”
- This is the first book to thoroughly analyze Tiger’s personality traits, attitude, and behaviors, giving readers a practical guide to taking on the obstacles of everyday life like Woods

Brad Kearns (Auburn, CA) is a former national champion and world-ranked, professional triathlete. He is the author of several books, including *How Lance Does It*.

MAY

McGraw-Hill • Sports

Hardcover • 7³/₈ × 6¹/₄ • 208 pp

ISBN-13: 978-0-07-154564-8

ISBN-10/MHID: 0-07-154564-6

\$19.95

12 photos • Rights: World English



Also by Brad Kearns:

How Lance Does It
Hardcover
0-07-147740-3 • \$19.95

SECOND EDITION

EMERGENCY NAVIGATION

Find Your Position and Shape Your Course at Sea Even If Your Instruments Fail

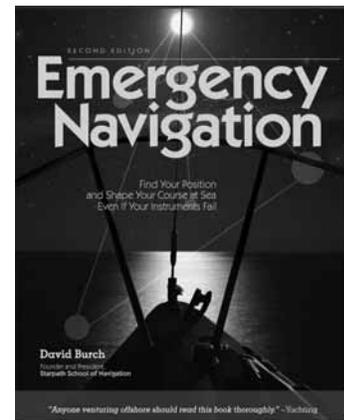
David Burch

As complex electronics have come to dominate boat navigation, *Emergency Navigation* provides an essential backup for every ocean mariner. David Burch shows readers how to find their position and plot a course to safety—even if their navigation equipment is damaged or lost—using ancient and modern skills or rudimentary materials like a stick, a piece of string or a pair of sunglasses. New edition includes new navigation methods, enhanced graphics and updated resource lists

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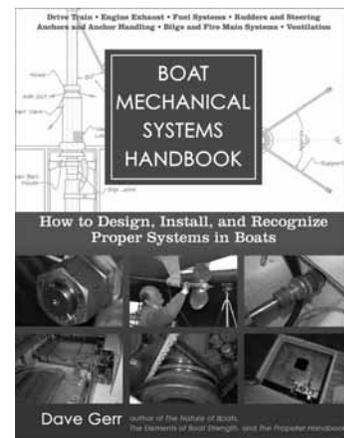
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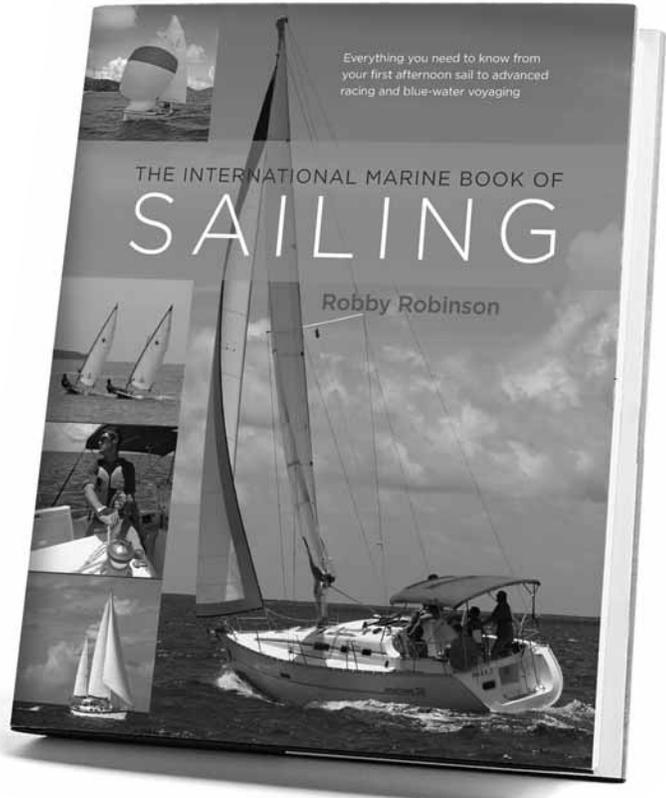
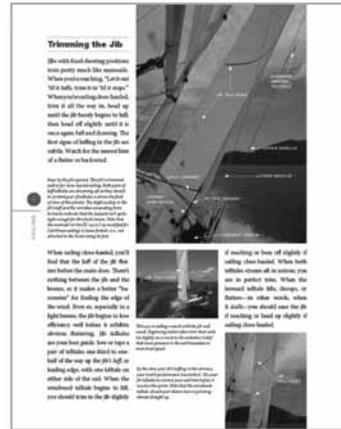
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Robby Robinson (Marshfield, MA) is a former *SAIL* magazine editor, America's Cup challenger, sailing instructor and English teacher. He is coauthor of two books, *Night and Fog* and *Sailors' Secrets*.

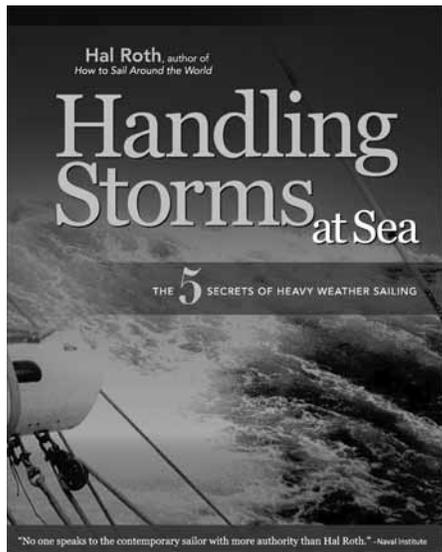
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