



## Track and Field: Girls Rocking It (Title IX Rocks!)

*Myrna Carroll, Claudia Manley*

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This book introduces the influence of Title IX legislation on track and field. It begins with an introduction to all of the different activities in track and field for those just becoming interested in this sport. The book goes on to detail how athletes train and how they need to prepare themselves physically and mentally to participate in the sport. The book ends with a listing of track and field events and the kinds of things readers can expect to see as a participant or an audience member. Photographs illustrate the book and help readers visualize the sport.

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