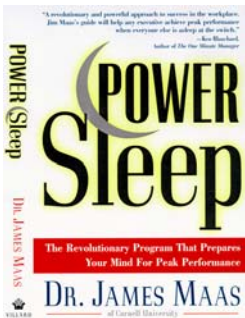


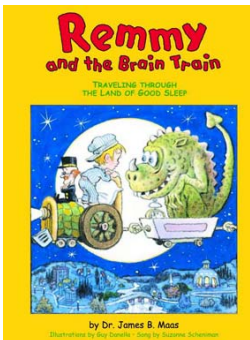
# Preferred Products

Products listed are recommendations or products of current or past USFSA program faculty.

## ➤ Books / Products



**POWER SLEEP** (HarperCollins, 1999), by Dr. James B. Maas of Cornell University, presents the latest scientific breakthroughs on sleep, which show that even minimal sleep loss can have profound detrimental effects on mood, cognition, athletic performance, productivity, communication, and general health. This New York Times Best-Seller outlines a ground-breaking, easy-to-follow program for getting more and better sleep. It will increase your awareness of the importance of sleep; help you determine your individual sleep requirement and show you how to establish good sleep habits. Available from amazon.com and bookstores everywhere.



Nearly 80% of children are sleep deprived. **Remmy and the Brain Train** is designed to help improve a child's sleep, daytime alertness, mood and school and athletic performance. Dr. James Maas uses his award-winning pedagogical expertise to create a fun multi-dimensional learning experience for children ages 4 to 8. The book is a follow-up to Maas's *New York Times* bestseller, **Power Sleep**, widely praised as successful in helping adults enjoy a happier, healthier and more productive life. Available on amazon.com, or directly from the publisher (Maas Presentations, 6 Sunset West, Ithaca, NY 14850, \$16.00)

- **Who Needs Sleep?** is an award-winning 20 minute videotape that informs teenagers of the role that sleep plays in scholastic and athletic performance. Available to skating clubs upon request from the Simmons Company (e-mail dhofmann@simmons.com).
- The Pilates Body (book) by Brooke Siler - thorough descriptions of Joseph Pilates original mat exercises taught in the New York style
- Pilates mat exercises - Series of video tapes - taught by Ana Caban – available through Living Arts from most health food stores and Ulta locations

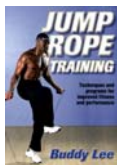
- "Games Girls Play: Understanding and Guiding Young Female Athletes" (St. Martin's Press, 2000). ISBN #: 0-312-26163-2. Available in hardcover and paperback at major bookstores and Amazon.com.



- **Buddy Lee's Hyperformance Jump Ropes.** US Olympic Team Official Licensed Jump Ropes. The rope of choice by Olympic, professional and junior skaters. Patented Swivel Bearing System turns rope with unmatched speed for smooth turning action. No friction or tangling! Adjustable to all heights and improves speed, quickness agility and cardiovascular fitness.



**Instructional Jump Rope Video:** Maximizes your jump rope workout for Championship skating! Teaches correct techniques, 40 skills, combinations and a program by US Olympian & Jump Rope Trainer Buddy Lee! (27 min. long).



**NEW Book "Jump Rope Training" by Olympian Buddy Lee:** Jump rope training expert, former Marine, and Olympic wrestler Buddy Lee was the official jump rope conditioning consultant to 25 U.S. Olympic teams from 1996 to 2000. In Jump Rope Training he shows you how to incorporate winning techniques in a portable, high-level workout program.

Contact Site / Phone Number To Order:

Jump Rope Technology, Inc.

Call 800 953 JUMP (703 680 9648) or order online:

[www.buddyleejumropes.com](http://www.buddyleejumropes.com)

- *Conditioning for Figure Skating* written by Carl Poe provides detailed coverage of the physical preparation necessary for all levels of figure skating, from Preliminary to Senior-elite skaters, while focusing on all disciplines of figure skating—including singles, pairs, and ice dance.

With more than 300 photos, *Conditioning for Figure Skating* illustrates: • Proper warm-up drills • Flexibility stretches • Cool-down routines • Strength training exercises • Jump and plyometric training programs • Endurance conditioning for on-ice injury prevention • A periodization plan to maximize training potential  
Purchase at: [www.books.mcgraw-hill.com](http://www.books.mcgraw-hill.com)

- *High Performance Thinking for Business, Sports and Life* by Dr. Gayle Davis  
This book presents an empowering and theoretically sound framework for understanding and correcting what is keeping you from doing your best in business, sport, and life. *High Performance Thinking* (1) helps you identify your default settings for responding to performance situations; (2) teaches you how to analyze the quality of those responses; and (3) discusses ways to improve those that are less productive than you want them to be. *High Performance Thinking*, using sport psychology techniques, is a must read for all, regardless of age, background, or life experience.

This book can be purchased or ordered if not in stock from any bookstore, on the Internet through Amazon, and from calling Dr. Davis at her office 719-632-5761.

➤ **Equipment for Skaters & Trainers**

**Power Systems**

[www.power-sustems.com](http://www.power-sustems.com)

1-800-321-6975

Exercise Tubing with Handles

Versa-Loops

Step Benches

Cordisc

Airex Balance Pad

Bosu Balance Trainer

Physio (Gym) Balls

Medicine Balls

Power Plyo Boxes

**Perform Better**

[www.performbetter.com](http://www.performbetter.com)

1-800-556-7464

Agility Ladders

Functional Training Grid (like we use for the balance testing)

Polar Heart Rate Monitors

Vertic ( testing vertical jump height)

Sit & Reach Box

Cones

Plyo Boxes

Medicine Balls

Free Weights & Mats

Airex Pad (balance)

Reebok Core Board

Foam Rollers

Wobble Boards

Bosu Balance Trainer

Physio Balls

**Fitness Wholesale**

[www.fwonline.com](http://www.fwonline.com)

1-888-FW-ORDER

Physio Balls (Thera-Band Balls)

Lower Body Bands (24")

Heart Rate Monitors

Medicine Balls

Step Benches

Challenge PRO Tubing

Universal Challenge PRO Ankle Cuffs\*

(\* Debbie Pitsos designed these for our skaters and they work great!

The company will work with any trainer to develop new products.)

Free Weights & Mats

**OPTP (Orthopedic Physical Therapy Products)**

[www.optp.com](http://www.optp.com)

e-mail: [OPTP@optp.com](mailto:OPTP@optp.com)

phone: 800 367-7393

➤ **Consultants:**

**William D. Parham, PH.D., ABPP**  
Associate Director of Clinical & COPE Services  
Student Psychological Services  
4223 Math Sciences Building  
UCLA  
Los Angeles, California 90095-1556  
WK: (310) 825-0768  
Fax: (310) 206-7365

Able to provide: Individual and team sports performance consultation and psychological services.

**Dr. Megan Neyer**; 404-329-0706 office, 404-931-5253 cell,  
[mneyer@mindspring.com](mailto:mneyer@mindspring.com)

Dr. Neyer is the president of Total Performance Systems, which is a company that provides consultation to business organizations and athletes regarding performance enhancement plans. She comes by her interest in performance excellence naturally as her accomplishments as an elite competitive diver include being an Olympian on 3 and 10-meter, a World Springboard Champion, 15-time U. S. Diving National champion, 8-time SEC and NCAA champion, and multi-time international champion. She has been inducted into the University of Florida (1996) and International Swimming (1997) Halls of Fame. Dr. Neyer received her Ph.D. in counseling with emphases in performance and health psychology from the University of Florida. Services to address the following issues provided by Dr. Neyer include: Energy management, Relaxation/Anxiety reduction, Goal setting, Attention control Imagery, Confidence, Motivation, Competition preparation, Pair and dance team partnerships, Coach/athlete relationships, Parenting your athlete workshops

**Carl M. Poe, M.S., C.S.C.S.,** Off-Ice Strength & Conditioning Coach and Sport Physiologist, Sports Medicine & Science Committee Member, [OfficeStr@aol.com](mailto:OfficeStr@aol.com)  
Website: [www.figureskatingoff-icestrengthpowertraining.com](http://www.figureskatingoff-icestrengthpowertraining.com)