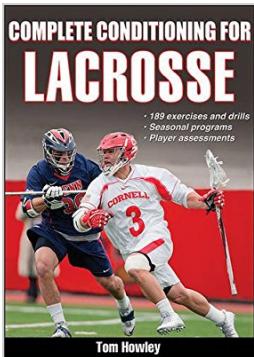


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Complete Conditioning for Lacrosse

By Thomas Howley

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Complete Conditioning for Lacrosse By Thomas Howley

Today's lacrosse players are bigger, faster, and stronger than ever before. A focused program of strength, speed, and conditioning has become essential to anyone serious about on-field success. *Complete Conditioning for Lacrosse* features a comprehensive approach that develops players' physical abilities as well as the lacrosse-specific skills their positions require.

Renowned Cornell University strength and conditioning coach Tom Howley presents the exercises, drills, and programs he's relied on to make the Big Red a perennial powerhouse. In *Complete Conditioning for Lacrosse* you'll find a detailed individual assessment protocol that will help you identify strengths and weaknesses. Using these results, you'll work through the ready-to-use off-season and in-season programs by tailoring each workout to individual needs. Featuring 190 exercises, each accompanied by step-by-step instructions, photo sequences, and unparalleled advice on training, this resource is everything you need for raising your game and improving your team.

Whether you are a coach, player, strength and conditioning professional, or athletic trainer, *Complete Conditioning for Lacrosse* is your guide to excellence on the field and in the training room.

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Tom Howley has been the strength and conditioning coach at Cornell University since 1995. He oversees the design and implementation of athletic performance programs for 32 of Cornell's varsity sports.

From 1991 to 1995, Howley was the assistant director of strength and conditioning at East Carolina University. While there, the Pirates participated in two football bowl games (the 1992 Peach Bowl and the 1995 Liberty Bowl), qualified for the 1994 NCAA baseball regional tournament, and played in the 1993 NCAA basketball tournament.

From 1989 to 1991, Howley was a graduate assistant strength and conditioning coach and assistant football coach at Auburn University, where he earned his master's degree in exercise physiology. During that time Auburn's football team was the 1989 Southeastern Conference co-champion, 1990 Hall of Fame Bowl champion, and 1991 Peach Bowl champion.

In 1988 Howley earned a bachelor of arts degree in history from Tulane University, where he was a three-year letterman and two-year starting offensive lineman on the football team. . As a senior he received the New Orleans Quarterback Club Student-Athlete Award.

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