

# The Quality of Effort: Integrity in Sport and Life for Student - Athletes, Parents, and Coaches

Reggie Marra

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Both philosophical and practical, The Quality of Effort provides a sane approach to sports, not only for student-athletes, but for anyone with an interest in athletics. Reggie Marra's insights into competition, success, justice, academics, cheating, drugs, sex, parenting, coaching, and basic physiology, nutrition and training, effects a concise, down-to-earth, and honest affirmation of the athletic experience.



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