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If you play to win, you must take your fitness to the highest possible level. Get Fit Now for High School Basketball will show you how. This is the Complete Guide for Ultimate Performance Full court press. Crashing the boards. Boxing out. Backdoor plays. Slam dunks. Double overtime. It takes strength, endurance, speed and agility to play high school basketball today. From power forwards to point guards, today's student athletes need a specialized exercise regimen to get out of tryouts and onto the team. Get Fit Now for High School Basketball helps players of all levels--from novices to varsity stars--get in their best shape both mentally and physically. Designed specifically for boys and girls aged 12 to 18, Get Fit Now for High School Basketball is packed with b/w photos shot on location at one of the nation's top-ranked high school basketball programs. It uses real high school basketball players to demonstrate the exercise program that not only got them on the team but also made them champions. Get Fit Now for High School Basketball includes a unique mixture of:

- Performance evaluations
- Tips for improving the mental game to ensure that you step onto the court with the confidence to win
- Guidelines for safe and effective weight training
- Nutrition tips to keep you in your best shape, on and off the court
- Aerobic conditioning regimens
- Speed and agility training
- Special vision exercises
- Practical game day routines that are guaranteed to have you ready from jump ball to the final buzzer.

In a time when more and more high school players are going straight to the NBA, high school basketball is becoming more competitive by the year. Whether you are trying to make the team or help lead it to an undefeated season, Get Fit Now for High School Basketball will help you to achieve the highest possible level of mental and physical readiness. Drawing upon his years of experience, Joe Kolb gives you the training information you need to stay in shape during the off-season, and to be ready for action once play begins. Basketball Strength and Conditioning Log and Diary - This training journal is perfect for any basketball lover who's serious about their training and about achieving success and getting results. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each page has daily tables to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. This ensures that a strength and conditioning plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, mom, son, daughter or anyone that simply loves basketball. Makes a great gift for Christmas or Birthday. Click on the author link to see our other basketball logs and diaries in the series - Training Log, to record technique and skills worked on, and Nutrition Log, to record dietary intake. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper Want the advantage that conditioning and proper footwork gives your players (or team) in the game of Youth Basketball? When a player improves their basketball footwork skills, their game improves! Footwork is the foundation for the rest of your game. Ever wonder why most of your teams' mistakes and turnovers occur in the second half or mainly in the fourth quarter? Most likely, poor conditioning is the cause. Could possibly be a lack of basketball conditioning drills being run in practice? This booklet covers the popular conditioning and footwork basics and the drills used in youth basketball. We also cover the basics of Stretching out (and explain the differences in Stretching and Warm Up). The information in this booklet has everything you need to begin implementing a Conditioning plan for your team. Packed with pictures, diagrams, and video clips! "Read" the information in the booklet - then "View" the demonstrations on the Video Clips using the links. An excellent "Interactive" instructional tool, resource, and reference for youth basketball coaches and players. This training journal is perfect for any basketball fan. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each numbered pages has sections to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. Use for note taking each day. Details: 121 Log numbered pages sections includes: date / week / weight / exercise / cardio workout Soft Glossy Paper Cover Finish Perfect size 6x9 inches and paperback Buy One Today. Plan out your daily exercise. This will also make a great gift for friends and family. Basketball Strength and Conditioning Log - This training journal is perfect for any basketball player who's serious about their training and about achieving success and getting results. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each page has daily tables to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. This ensures that a strength and conditioning plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, mom, son or anyone that simply loves basketball. Makes a great Father's day, Mother's day, Christmas or Birthday gift. Click on the author link to see our other basketball logs and diaries in the series - Training Log, to record technique and skills worked on, and Nutrition Log, to record dietary intake. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper Our Team Drills for Youth Basketball eBook is a valuable "Interactive" instructional tool for youth basketball coaches. Packed with Links to Video Clips and Handouts. Get your players the skills they need to compete! Lots of popular drills used in youth basketball. Information includes - Passing Drills / Conditioning Drills / 2 Ball Passing Drills / Shooting Drills / The Basic Weave Drill / Dribbling Drills / Cross Over Drills / Fun - Conditioning Drills / 2 Ball Dribbling Drills and more. Packed with pictures, diagrams, video clips, and helpful forms! "Read" the information in the booklet - then "View" the demonstrations on the Video Clips using the links. An excellent "Interactive" instructional tool, resource, and reference for youth basketball coaches. This is the 3:rd Basketball Drill book covering Conditioning Drills. Little Lessons on Basketball Conditioning presents 43 short lessons, all based on scientific literature, so that basketball coaches can gain greater insight into basketball conditioning. With this book's specialized instruction coaches can totally prepare their players more effectively. The book's opening section addresses short history on basketball. The second section focuses on need analysis. A needs analysis will provide the information necessary for you to create an effective conditioning program. It will detail the most important abilities and skill areas that you specifically need to train and develop to strengthen your team's basketball game. Section three focuses why we need to include agility and change of direction into our conditioning. The fourth section is where we dive into program design, the body's physiological adaptations, and responses to our conditioning program. That knowledge will give you the ability to adjust different training variables, and protocols, to create different adaptations and responses in your players. It covers HIIT training variables, how the variables will affect the human body, and the particular adaptations that will result. When you have completed this section, you will be able to manipulate the variables to create effective workouts. The final section puts all the concepts into practice. It covers different training phases and when is the optimal time to incorporate them. By reading this book, you are giving yourself the gift of deeper insight into basketball conditioning so that you are fully equipped to lead people on rewarding fitness journeys. This is the only book you will ever need to get your team into the best shape possible for their basketball season. This training journal is perfect for any basketball fan. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each numbered pages has sections to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. Use for note taking each day. Details: 121 Log numbered pages sections includes: date / week / weight / exercise / cardio workout Soft Matte Paper Cover Finish Perfect size 6x9 inches

and paperback Buy One Today. Plan out your daily exercise. This will also make a great gift for friends and family. 101 Strength and Conditioning Exercises and Drills for Basketball provides players and coaches with a broad variety of basketball-specific training options that will allow them to compete effectively and injury-free in today's physical and fast-paced game. Covers flexibility and warm-up exercises, conditioning drills, balance and core drills and exercises, strength training exercises, speed drills, agility/quickness drills, and explosiveness drills. Each drill or exercise is thoroughly explained with objectives, equipment requirements, instructions, and helpful coaching points. Contains over 115 diagrams and illustrations. "As a coach, I've felt very strongly about the importance of strength and conditioning as a way of preventing injury and improving a player's potential to excel. This book is easy-to-read yet loaded with information that satisfies the concerns I have for my players' conditioning." -- Rick Pitino Head Coach, Boston Celtics "Conditioning for Basketball" is the most comprehensive book ever written about strength and conditioning for basketball. It belongs in the hands of anyone who is involved with the strength training and conditioning of basketball players." -- Mickey Marotti Strength Coach The University of Cincinnati Bearcats "Being a professional basketball player, I know the value of proper conditioning. "Conditioning for Basketball" contains everything you need to know about preparing yourself to compete above the rim!" -- Kenny "Sky" Walker 1989 NBA Slam Dunk Champ "This book is must reading for coaches and players of all ages. I was particularly pleased to find that the authors didn't ignore the special needs of female athletes." -- Mark Asanovich Strength Coach Anoka High School (MN) 1992 Class M State Basketball Champs "I liked it. The book is sharp and perceptive, attuned to what I call the new world approach to strength training." -- Herman L. Masin Editor "Scholastic Coach" Magazine Complete Conditioning for Basketball presents the ultimate in training for the sport from the National Basketball Conditioning Coaches Association, the experts who work daily to maximize the performance potential of the game's top stars. Build your strength and power to be a beast on the boards. Improve your quickness and agility to be a defensive stopper. Increase your vertical jump to rise over defenders for uncontested shots. With over 200 exercises, drills, performance tests, and workouts, plus a 60-minute instructional DVD, Complete Conditioning for Basketball is the most comprehensive training resource for men and women at all levels of competition. Get the most out of your workouts and add new dimensions to your game. Complete Conditioning for Basketball will help you to fulfill your potential and make the most of every opportunity on the court. This training journal is perfect for any basketball fan. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each numbered pages has sections to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. Use for note taking each day. Details: 121 Log numbered pages sections includes: date / week / weight / exercise / cardio workout Soft Glossy Paper Cover Finish Perfect size 6x9 inches and paperback Buy One Today. Plan out your daily exercise. This will also make a great gift for friends and family. Features exercises, drills, and training programs designed to enhance athletic abilities - speed, power, endurance, agility, coordination, balance and reaction time. Illus. Designed for both male and female players, this title presents daily workouts for optimal training throughout the year so that players can withstand the rigors of the sport. Explanations and detailed illustrations provide clear instruction on how to perform each of the 192 drills and exercises. An entire year's worth of state-of-the-art conditioning for the sport of basketball. Certified Strength and Conditioning Specialist and former UNC Men's Basketball head strength coach (1994-2001) Ben Cook outlines five unique phases of strength and conditioning to coincide with the basketball season. Packed with over 280 pages of information. The Science of Basketball is the only book to examine the scientific principles underpinning preparation and performance in basketball, applied to both individual and team contexts. Drawing on the very latest scientific evidence, and including contributions from leading international coaches and scientists involved in the sport, the book explores every aspect of physical and mental preparation and performance, including: strength and conditioning, and training strategies physiological aspects of performance nutrition and supplementation psychological preparation skill acquisition biomechanical aspects of performance performance analysis injury epidemiology, prevention and rehabilitation coach education Incorporating case studies at the end of each chapter to demonstrate how scientific principles can be applied to practice, the book bridges the gap between theory and applied practice in basketball better than any other. It is essential reading for any student, researcher, sport scientist, coach, physiotherapist or clinician with an interest in the game, and illuminative supplementary reading for students of sport science and sports coaching. Put more power, strength, and quickness into your game! Now you can, with expert training information from 10 top NBA strength and conditioning coaches-the same people who get Penny Hardaway, Mitch Richmond, Gary Payton and many other all-stars into great shape. Together, these coaches present 122 exercises and drills designed specifically to improve basketball performance. Whether your goal is to increase your vertical jump, speed, endurance, or strength for shooting or rebounding, you'll find it all, and more, in >NBA Power Conditioning>. Part I focuses on Power Preparation-including stretching, nutrition, and conditioning. Part II leaps into strength training, and Part III branches into plyometric, speed, and agility training. Part IV presents the Basketball Conditioning Power Rating System-consisting of eight tests, and the Complete Power Conditioning Program so you can periodically check and monitor your progress. Players can follow the individual exercises themselves, or coaches can use the book to design a team conditioning program for in- or off-season work. The authors explain the exercises in detail, and provide 215 illustrations to make the program crystal clear.>NBA Power Conditioning> will show you how to work out like the pros and help you play at the highest level possible. Creating the Ultimate Basketball Player To reach your true potential you need to be at your optimal physical and mental condition and in order to do this you need to start an organized plan that will help you develop your strength, mobility, nutrition, and mental toughness. This book will do that. Eating right and training hard are two of the pieces of the puzzle but you need the third piece to make it all happen. The third piece is mental toughness and that can be obtained through meditation and visualization techniques taught in this book. This book will provide you with the following: -Normal and advanced training calendars -Dynamic warm-up exercises -High performance training exercises -Active recovery exercises -Nutrition calendar to increase muscle -Nutrition calendar to burn fat -Muscle building recipes -Fat burning recipes -Advanced breathing techniques to enhance performance -Meditation techniques -Visualization techniques -Visualization sessions to improve performance Physical conditioning and strength training, smart nutrition, and advanced meditation/visualization techniques are the three keys to achieve optimal performance. Most athletes are missing one or two of these fundamental ingredients but by making the decision to change you will have the potential to achieve a new "ULTIMATE" you. Now basketball fans can follow their favorite players as they use special exercises and routines to reach peak performance. Step-by-step, readers learn the secrets of weights, conditioning, speed development, agility, flexibility, and nutrition. Performance charts with worksheets. Photos, many in color. Basketball Strength and Conditioning, Above the Rim with Camp Sanderson is a Basketball specific training book. This book covers all areas of training basketball athletes including strength, power, speed, conditioning, mobility, nutrition, and much more. This book also provides sample workouts and many diagrams to help coaches and athletes start implementing what they learn into their own workouts. Discover the Ultimate Guide to Mastering Basketball Skills and Achieving Full Court Success! Are you an aspiring basketball player looking to elevate your game? Want to learn the essential skills, techniques, and strategies that will transform you into a formidable player on the court? Introducing "Full Court Success: The Essential Basketball Skills Guide," your comprehensive handbook to becoming a dominant force on the basketball court. In this detailed guide, you'll uncover the secrets to dribbling, passing, shooting, rebounding, and more. With easy-to-follow instructions, drills, and exercises, you'll rapidly build your skills and take your game to new heights. Learn how to develop your basketball IQ, increase your agility, and boost your overall performance on the court. Here's what you'll find inside "Full Court Success: The Essential Basketball Skills Guide": Master the art of dribbling with proper techniques, drills, and exercises Unleash your passing skills with chest, bounce, and overhead passes Improve your shooting accuracy, from layups to three-pointers Enhance your defensive skills with on-ball, off-ball, and team defense strategies Develop unmatched footwork and agility to outmaneuver your opponents Build strength and conditioning for peak basketball performance Understand basketball strategy, offensive concepts, and defensive principles Perfect the pick and roll, one-on-one moves, and shot-blocking techniques Learn how to develop leadership, teamwork, and effective communication on the court ...and so much more! "Full Court Success: The Essential Basketball Skills Guide" is perfect for players of all skill levels, from beginners to seasoned athletes. Whether you're looking to join your school team, play in a recreational league, or simply improve your skills for personal enjoyment, this book will provide you with the tools and knowledge you need to become a successful basketball player. Don't miss this opportunity to level up your game and achieve full court success. Invest in yourself and your basketball future by grabbing your copy of "Full Court Success: The Essential Basketball Skills Guide" today! Contents: Introduction to Basketball Skills The History of Basketball Basic Rules and Regulations Positions and Roles on the Court Fundamentals of Dribbling Proper Dribbling Technique Dribbling Drills and Exercises Protecting the Ball from Defenders Mastering Passing Techniques Chest Pass Bounce Pass Overhead Pass Improving Shooting Accuracy Proper Shooting Form Layups and Close-Range Shots Jump Shots and Three-Pointers Developing Rebounding Skills Boxing Out and Gaining Position Offensive Rebounding Defensive Rebounding Enhancing Defensive Skills On-Ball Defense Off-Ball Defense Help Defense and Team Defense Developing Footwork and Agility Pivoting and Jab Steps Quickness and Lateral Movement Jumping and Landing Techniques Strength and Conditioning for Basketball Building Muscle and Power Cardiovascular Endurance Injury Prevention and Recovery

Basketball IQ and Strategy Understanding Offensive Concepts Defensive Schemes and Principles Reading and Reacting to Game Situations Free Throw Shooting Mastery Free Throw Technique Mental Focus and Concentration Free Throw Drills and Routines Mastering Ball Handling Skills Crossovers and Change of Direction Behind-the-Back and Between-the-Legs Moves Advanced Ball Handling Techniques Developing Post Moves and Skills Establishing Position in the Post Post-Up Moves and Footwork Finishing at the Rim Improving Court Vision and Awareness Reading the Defense Anticipating Offensive Opportunities Communicating with Teammates Perfecting the Art of the Pick and Roll Setting Effective Screens Rolling and Popping Techniques Ball Handler Responsibilities Attacking the Basket and Finishing Driving to the Rim Euro Steps and Floaters Absorbing Contact and Finishing Strong Transition Offense and Fast Breaks Running the Floor Making Smart Decisions on the Break Finishing in Transition Developing Leadership and Teamwork Communication and Motivation Building Trust and Chemistry Handling Pressure and Adversity Triple Threat Position and Scoring Establishing the Triple Threat Stance Attacking from the Triple Threat Creating Space for Shots One-on-One Offensive Moves Isolation Techniques Step-Back and Fadeaway Jumpers Breaking Down Defenders Defensive Techniques for Shot Blocking Timing and Anticipation Blocking Without Fouling Verticality and Contesting Shots Understanding Basketball Analytics Key Statistical Categories Advanced Metrics and Analysis Applying Analytics to Improve Performance Special Situations and Inbound Plays Baseline and Sideline Inbounds Last-Second Shot Scenarios Executing Set Plays Developing a Personal Training Plan Assessing Strengths and Weaknesses Setting Goals and Tracking Progress Balancing Skill Development and Conditioning Incorporating Mental Training Techniques Visualization and Mental Rehearsal Confidence Building and Positive Self-Talk Managing Performance Anxiety and Stress Expanding Your Offensive Arsenal Off-the-Dribble Shooting Catch-and-Shoot Scenarios Scoring off Screens and Cuts Maximizing Practice Efficiency Structuring Effective Practice Sessions Solo Drills and Partner Workouts Utilizing Video Analysis for Improvement Nutrition and Hydration for Basketball Performance Pre- and Post-Game Nutrition Maintaining Proper Hydration Fueling Your Body for Optimal Performance Embracing the Journey of Basketball Skill Development Learning from Failure and Success Staying Motivated and Committed Continuous Growth and Adaptation Why is strength training important for the basketball athlete? In a dynamic game that changes by the instant, athletes need to be conditioned to sustain the highly stressful workloads experienced during practice or a game. For the basketball athlete, that means strength cannot be defined only as a measure of how much weight the person can lift; rather, it is an ability that should be judged by whether it can successfully be applied on the court. Developed with the expertise of the National Strength and Conditioning Association (NSCA), *Strength Training for Basketball* shows you how to design resistance training programs that will develop your athletes' strength on the court—helping them to jump higher, accelerate faster, and abruptly change direction. The book will help you understand the specific physical demands of each position—point guard, shooting guard, small forward, power forward, and center. You will also find the following: 20 testing protocols for measuring and assessing athletes' strength, reactive strength, power, speed, agility, endurance, and anaerobic capacity 18 total body exercises with 2 variations 19 lower body exercises with 3 variations 17 upper body exercises 11 anatomical core exercises with 5 variations 16 sample programs for off-season, preseason, in-season, and postseason resistance training Each resistance training exercise consists of a series of photos and a detailed list of primary muscles trained, beginning position and movement phases, breathing guidelines, modifications and variations, and coaching tips to guide you in selecting the right exercises for a program. You'll also learn how to structure those programs based on the goals and length of each season and for each position. Backed by the NSCA and the knowledge and experience of successful high school, college, and professional basketball strength and conditioning professionals, *Strength Training for Basketball* is the authoritative resource for creating basketball-specific resistance training programs to help your athletes optimize their strength and successfully transfer that strength to the basketball court. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam. Get fit for basketball season! A specialized fitness program and workout collection for young athletes. Developed by best-selling fitness author and strength and conditioning expert Mike Volkmar, *The High School Athlete: Basketball* is the essential program for any student who wants to train and play basketball in high school. The second book in *The High School Athlete* series, this unique program features training fundamentals for different levels of player development from pre-freshman all the way to varsity level getting ready to play in college. With over 100 workouts, *The High School Athlete: Basketball* also contains information geared towards a young athlete's goals and includes information on player development, motivation, and nutrition. "Step-by-step instructions on how to develop Fitness for basketball". Discusses training equipment, mental preparation, and nutrition, and outlines a weight training program that improves flexibility, strength, conditioning, and jumping ability

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