"...Not only a good book, but a valuable one... a voice that should be heard...
It says—and very well—what has been left unsaid about sports and competition. They are absolutely necessary for the development of the whole person. They educate not only the body, but through the body."
George Sheehan, M.D., Medical Editor, *Runner's World*; Author, *Running and Being* and *Personal Best*

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Assistant Football Coach, Penn State University

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Michael J. Healey,
*Catholic New York*, August 8, 1991

"While everyone is obsessed with the 'All-American,' Reggie Marra cares about the everyday athlete. As I read *The Quality of Effort*, I had constant flashbacks to my high-school playing days. I know that if I had had this book back then, all of my athletic experiences would have been more productive and more enjoyable. The book will hit home for anyone who has ever competed in sports."
Mike Breen
Sportscaster, WFAN Radio, New York

"The connection that I have always felt lies so strongly between sports and life is apparent throughout this book... it is a must read for anyone. I like the clear, concise way that nutrition, muscle physiology and training are presented—simple things that people are not aware of."
Lisa Toscano
Assistant Athletic Trainer; Instructor, Department of Physical Education and Biology, Manhattan College

"Mr. Marra focuses on the positive. He reminds us of what is good about our sport experiences, as well as what we could and should be providing in the way of experiences for our children and athletes."
Lou Duesing
Head Track and Cross-Country Coach, Cornell University

"As the father of four student-athletes, I have found this book sensible, to the point, instructive, and brave. Imagine a writer who is not afraid to confront issues head-on with sound values, directness, and an unmistakable love of kids and sport—in that order! I do not have a doubt that all will benefit from his concise reflections on the philosophy of sport and the educational development of the human person. This down-to-earth story presents the day-to-day realities and truths that our children need to be fed on since most of them will live their lives, not in the professional sports arena, but in the even more challenging world of family, career and society. Those life players who reduce all things to profit and profiteering have seldom given us what we and our kids really need. Reggie Marra gives it to us in this rare book."
From the Foreword by Tom Rogers

Reggie Marra coached basketball for thirteen years in the New York Catholic High Schools Athletic Association at Sacred Heart High School. He taught in the English, Business and Religion departments for seven-and-a-half years, and served as athletic director for three years. He holds a Bachelor of Science degree in Marketing and a Master of Arts degree in English.
“I thoroughly enjoyed reading *The Quality of Effort*. It is an excellent study in value interpretations. I find the book obviously very instructive, but also highly challenging. I have coached for forty years and subscribe entirely to your principles, but yet really find myself questioning my techniques and motives.

I am one who believes we very badly need to teach integrity, values, and principles in our schools (and the more places the better). I would like to see your book adopted for use at the college level in our teacher training institutions.

    Thanks for a very good book and some very challenging thoughts.”

Don King, Basketball Coach, Washington High School, Cedar Rapids, Iowa

“If you’re interested in the development of human potential, *The Quality of Effort* provides excellent insight into the necessary knowledge, attitude, and skills.”

Michael McGrath
Dean of Students,
Iona College
New Rochelle, New York

“Great book. [It] should be read by everyone involved with sport at any level.”

Gene Bahnsen
Athletic Director,
Wharton County Junior College,
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“As a former college basketball player and now a college coach, I thoroughly believe in the principles of your book. I am glad that someone finally took the time to put such valuable information in writing.”

Cathi Evans
Women’s Basketball Coach,
Clark State Community College,
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“... an excellent concept... This is a needed and valuable contribution to our sports literature.”

Rick McGuire, Ph.D.
Head Track and Field Coach,
University of Missouri-Columbia

“...There are nuggets, gems, in *The Quality of Effort* that will help me in my day-to-day coaching. ... Your insights are not only of the ‘nail-on-the-head’ variety; they are consistently succinct. ... They speak to the heart of the matter, gleaned as they have been from your intense and thoughtful years as a coach. ... The young people I interact with will benefit through your thoughtfulness, insight and succinctness.

Your book was invaluable as both a ‘how-to’ and as a gentle reminder of ‘how-to-do-it-better.’”

Pete Strickland, Assistant Basketball Coach, Old Dominion University

“Finally a book saying yes we can combine competitive programs with integrity! Keep up the good work! I believe in what you are doing and am glad to have a person with your heart involved in sports.”

Tammy Perry, Women’s Basketball Coach, Chowan College, Murfreesboro, North Carolina

“This book will make you stop and think, and ask if we’re doing what is best for our children. Mr. Marra has done a beautiful job preparing the coach, parent, and student-athlete for what’s ahead. You will enjoy reading this piece.”

Kieran Stack, 1989 & 1990 Irish National Champion, 3,000 meter Steeplechase

... extremely insightful and informative ... it is refreshing to read a book like this that covers such a wide scope of athletically-related moral issues and situations. I would recommend it to youths who are just beginning to compete as well as to adults who are parenting athletic youths or first entering a coaching career.”

Julio C. Diaz, Jr., Assistant Athletic Director, Fordham University

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The Quality of Effort has been advertised in Runner's World, The NCAA News, the National Directory of College Athletics (Men's and Women's Editions), the National Federation High School Basketball Rules and Track & Field Rules and to colleges and universities nationwide by direct mail.

The book has been or will be used at the following institutions:

- **U.S. Military Academy Prep School**, Fort Monmouth NJ (Reading for all cadet candidates)
- **Gorton High School**, Yonkers NY (Girls' Basketball)
- **Sacred Heart High School**, Yonkers NY (English and Business Departments)
- **Murray State College**, Tishomingo OK (Physical Education Department)
- **Communicate Institute**, Canton OH (Coaching Clinics)
- **Salesian High School**, New Rochelle NY (Physical Education Department)
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Please circulate this flyer among these and other interested groups:

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"Seeing sports through Reggie Marra's eyes puts sports in perspective."

Michael V. Mincieli, Ph.D., Guidance Counselor and Head Basketball Coach, Regis High School, NYC

"...teaches us the lasting value of hope, hard work, and persistence in the building of a productive human life."

From the Foreword by Tom Rogers

"Reggie Marra's unique book will help anyone who reads it to put sport in its proper perspective. It should be on the reading list of all student-athletes and their parents."

Richard Lapchick, Ph.D., Director, Northeastern University's Center for the Study of Sport in Society

"...a must read for parents, students, coaches and counselors in any sport on any level."

Lou Duesing, Head Track and Cross-Country Coach, Cornell University
Nothing is more important than the quality of effort that goes into a particular endeavor. This quality of effort will usually determine whether or not the final goal is achieved at all, yet, it is often sadly neglected while the participants flail away, blindly focusing on nothing but the coveted prize.

A genuine effort in any endeavor improves the quality of the participant. The improvement might be in a physical skill, a body of knowledge, a sharper intellect, or a better sense of the self and the rest of the world: if the effort is real, the improvement will be there. It might not always jump out and grab us by the throat; it might tap us gently on the shoulder or whisper in our ear. We must feel it—listen to it.

On Winning, Losing and Competing:
Personal excellence, the individual's absolute best, is the ultimate goal; performance judged relative to others is limited by the performance of others.

Pay attention and devote your time to what you can affect. Learn what is beyond your control, understand it, and forget it. Compete to win, but love competing—you must enjoy the event.

On Coaching:
In light of such spiritual and worldly events as love, birth, marriage, surgery, war, illness and death, the single most important characteristic of a good coach is that, win or lose, playing for him or her provides legitimate, ongoing opportunities to become a better human being. Conversely, playing for him or her does not provide any inducement to become a horse's backside.

Stand for something. Let them see that you really do believe in the values that you try to teach them. As much as what you say should mean something to them, what you do will mean something to them. Do what you mean to do.

So, if you choose to coach, coach your players and not just your sport . . . . Pay attention to all of your athletes . . . . to their academic performance and to their moods. Speak to them about matters other than the team or the sport. Let them know that you are aware of their lives beyond the arena.

On Parenting:
The basic premise here is that sport should be both fun and beneficial for the participants. Sport should not be a source of verbal competition among the parents of the participants; nor should it be an attempt by the parents to recapture their lost youth through the efforts and the triumphs of their sons and daughters.

Athletics and Life:
Although we often do not recognize it while we are competing, no intramural, interscholastic, intercollegiate, international or professional sports victory or defeat is as important as the triumphs we enjoy and the setbacks we suffer from day to day with our families and friends concerning our physical, emotional, mental and spiritual well-being. So, make athletics a permanent part of your life. Enjoy it; learn from it; help others to do the same.

On a Balanced Education:
Inside the classroom, someone is learning to read, to write, or get along—and will be that much better able to appreciate all that beckons outside. There is everything right with developing your mind and your body—be a balanced being. You can compete, think, love, feel and be well—and not have to sacrifice one for the other. It just takes some energy.

"I cannot see someone not being bettered upon reading this book."
Lou Carnesecca, St. John's University; 1992 Inductee to The Basketball Hall of Fame

"Reggie Marra touches on all of the important aspects of coaching, parental concerns, and appropriate athletic perspectives. From Pop Warner to the professional ranks, this book is mandatory reading."
Harold Crocker
Head Football Coach,
Iona College
New Rochelle, New York

"The book is on target in every one of its sections. Players, coaches, administrators, parents—anyone interested in sports—should read it. There is a clear value statement that all can identify and identify with . . . . If I had any complaint, it would have been that there was not more—I was sorry it ended."
Michael V. Mincieli, Ph.D.
Guidance Counselor and
Head Basketball Coach,
Regis High School, NYC

"This book is an informative source of ideas and practical applications for the student-athlete on any level . . . . a useful tool for parents and coaches as well."
Kathy Solano
Assistant Women's Basketball Coach,
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