Always Upbeat and All That
Stephanie Perry Moore

A teen flip book.

Body Slammed!
Ray Villareal

Feeling not as big, tough, or athletic as his father, a professional wrestler, high-schooler Jesse becomes friends with a brash young wrestler who offers to help Jesse bulk up.

Boy21
Matthew Quick

Finley, an unnaturally quiet boy who is the only white player on his high school's varsity basketball team, lives in a dismal Pennsylvania town that is ruled by the Irish mob, and when his coach asks him to mentor a troubled African American student who has transferred there from an elite private school in California, he finds that they have a lot in common in spite of their apparent differences.

Breakaway
Kat Spears

When Jason Marshall's younger sister passes away, he knows he can count on his three best friends and soccer teammates--Mario, Jordie, and Chick--to be there for him. With a grief-crippled mother and a father who's not in the picture, he needs them more than ever. But when Mario starts hanging out with a rough group of friends and Jordie finally lands the girl of his dreams, Jason is left to fend for himself while maintaining a strained relationship with troubled and quiet Chick. Then Jason meets Raine, a girl he thinks is out of his league but who sees him for everything he wants to be, and he finds himself pulled between building a healthy and stable relationship with a girl he might be falling in love with, grieving for his sister, and trying to hold onto the friendships he has always relied on.

The Crossover
Kwame Alexander

Fourteen-year-old twin basketball stars Josh and Jordan wrestle with highs and lows on and off the court as their father ignores his declining health.

Derby Girl
Shauna Cross

The book that inspired the movie Whip It. When sixteen-year-old rebel Bliss Cavendar, who is miserable living in a small Texas town with her beauty pageant-obsessed mother, secretly joins a roller derby team under the name "Babe Ruthless," her life gets better, although infinitely more confusing.
**Down and Derby: the insider's guide to roller derby**  
Alex Cohen, Jennifer Barbee

A guide to all things roller derby.

**Everything that Makes You**  
Moriah McStay

In alternating voices, Fiona "Fi" Doyle experiences her teen years in two ways, with and without a disfiguring accident that occurred at age six, dealing with its effects on her brother and parents, her friendships, her dating life, her involvement in sports and hobbies, her future plans, and especially her self-image.

**Forced Out**  
Gene Fehler

Zack Waddell learns that a new player has been made a starter for financial reasons.

**Forward Pass**  
Lorna Schultz Nicholson

The team's new assistant coach may actually have the pull to get Parmita a National Team tryout, but Parmita is uncomfortable with her coach's constant flirting and accidentally-on-purpose touching. After the coach guesses Parmita's secret about her sexuality and corners her in the locker room, Parmita has to decide how far she'll go to get a tryout.

**Goldfish**  
Nat Luurtsema

Lou Brown is a fast individual medley swimmer, training for the Olympics. But when she tanks the time trials, she starts over and goes back to school. It's hard to fit in with the existing social groups. But then, she begins to coach boys in a different type of swimming activity, for a different type of competition.

**Head of the River**  
Pip Harry

It's the most elite school sporting event in the country. Nine rowers, 2,000 grueling meter's and one chance for glory in the ultimate team sport. Sit forward...ROW. Tall, gifted and the offspring of Olympians, superstar siblings Leni and Christian Popescu are set to row Harley Grammar to victory in the Head of the River race. With six months until the big day, the twins can't lose.

**Hit Count**  
Chris Lynch

Arlo Brodie loves being at the heart of the action on the football field, and while his dad cheers him on, his mother quotes head injury statistics and refuses to watch.
**Offside**  
M. G. Higgins  
A thrilling soccer adventure!

**One Shot Away: a wrestling story**  
T. Glen Coughlin  
Three high school seniors face mounting pressures, at home and school, as they start their last season on the varsity wrestling team.

**Out of Nowhere**  
Maria Padian  
Performing community service for pulling a stupid prank against a rival high school, soccer star Tom tutors a Somali refugee with soccer dreams of his own.

**Perfected by Girls**  
Alfred C. Martino  
Melinda Radford has difficulty everyday because she is on the boys wrestling team.

**The Pick-Up Game**  
A series of short stories by such authors as Walter Dean Myers, Rita Williams-Garcia, and Joseph Bruchac, interspersed with poems and photographs, provides different perspectives on a game of street ball played one steamy July day at the West 4th Street court in New York City known as The Cage.

**Pinned**  
Sharon G. Flake  
Adonis is smart, intellectually gifted and born without legs; Autumn is strong, a great wrestler, and barely able to read in ninth grade--but Autumn is attracted to Adonis and determined to make him a part of her life whatever he or her best friend thinks.

**Press Play**  
Eric Devine  
While making a documentary to get himself into film school, Greg accidentally captures footage of brutal and bloody hazing by the lacrosse team, and he must decide whether to release the film or keep the secret.

**Rookie**  
Lorna Schultz Nicholson  
Aaron Wong is away from a home, a hockey-star-in-the-making at Podium Sports Academy. He's special enough to have earned his place at a top school for teen athletes - but not special enough to avoid the problems of growing up.
Rush for the Gold: Mystery at the Olympic Games
John Feinstein

Two teenaged aspiring journalists who are dating solve a mystery at the 2012 Olympic Games, while one simultaneously competes for a gold medal in swimming.

Shut Out
Kody Keplinger

Fed up with the increasingly violent rivalry between the football and soccer teams at Hamilton High, Lisa and other players' girlfriends go on strike, but the girls will succeed only if their libidos can be controlled longer than the boys' can.

Someday Dancer
Sarah Rubin

In South Carolina in 1959 Casey Quinn dreams of being a ballerina, and though she has never had the money for lessons, she follows her dream to New York City and the Martha Graham School of Contemporary Dance.

Steel
Carrie Vaughn

When Jill, a competitive high school fencer, goes with her family on vacation to the Bahamas, she is magically transported to an early-eighteenth-century pirate ship in the middle of the ocean.

Strength training for teen athletes: exercises to take your game to the next level
Karen Latchana Kenney
Call Number: 613.711 qK36

Provides teen athletes with tips and exercises to increase their strength.

Stupid Fast
Geoff Herbach

Just before his sixteenth birthday, Felton Reinstein has a sudden growth spurt that turns him from a small, jumpy, picked-on boy with the nickname of "Squirrel Nut" to a powerful athlete, leading to new friends, his first love, and the courage to confront his family's past and current problems.

Swim the Fly
Don Calame

Fifteen-year-old Matt Gratton and his two best friends, Coop and Sean, always set themselves a summertime goal. This year's? To see a real-live naked girl for the first time--quite a challenge, given that none of the guys has the nerve to even ask a girl out on a date. But catching a girl in the buff starts to look easy compared to Matt's other summertime aspiration: to swim the 100-yard butterfly (the hardest stroke known to God or man).
This is the Part Where You Laugh
Peter Brown Hoffmeister

Rising sophomore Travis and his best friend, Creature, spend a summer in a Eugene, Oregon, trailer park dealing with cancer, basketball, first love, addiction, gang violence, and a reptilian infestation.

Under Pressure
Emma Carlson Berne

Elise comes from a long line of college athletes. More than anything else, she wants to wear the University of North Carolina uniform and play for the college where her parents went. It's a lot of pressure, but if she works hard, she just might make it. At least that's what Elise thinks before she notices that some of her teammates are outplaying her. And a UNC scout is visiting in a few weeks. That's where the pills come in. Taking "performance supplements" makes Elise feel great, and soon she's playing like a powerhouse. But will it last? And can she keep her secret without getting caught?

Winger
Andrew Smith

Two years younger than his classmates at a prestigious boarding school, fourteen-year-old Ryan Dean West grapples with living in the dorm for troublemakers, falling for his female best friend who thinks of him as just a kid, and playing wing on the Varsity rugby team with some of his frightening new dorm-mates.

Zeroboxer
Fonda Lee

As seventeen-year-old Carr 'the Raptor' Luka rises to fame in the weightless combat sport of zeroboxing, he learns a devastating secret that jeopardizes not only his future in the sport, but interplanetary relations.