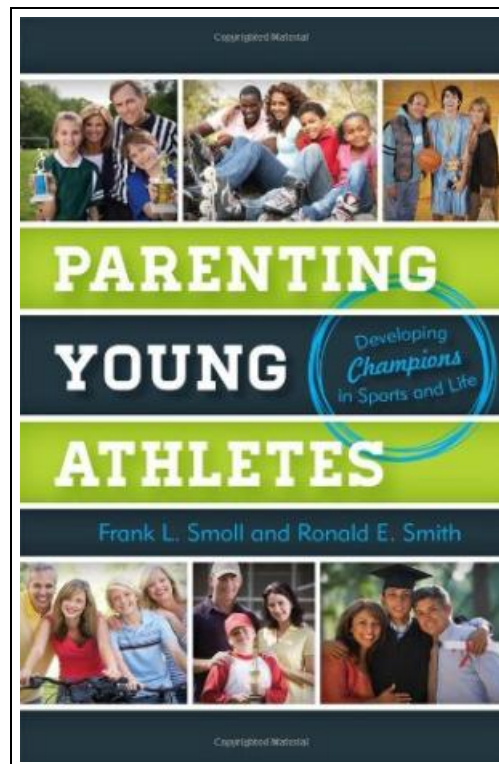


Parenting Young Athletes: Developing Champions in Sports and Life (Hardback)



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PARENTING YOUNG ATHLETES: DEVELOPING CHAMPIONS IN SPORTS AND LIFE (HARDBACK)



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ROWMAN LITTLEFIELD, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. Parenting Young Athletes tells readers exactly how to enhance the well-being of their children, both on and off the athletic field/court. The latest information on child development, sport psychology, and sports medicine is translated into a practical how-to guide that assists parents in assuring their sons and daughters get the most out of youth sports. The authors, seasoned experts in the field, thoughtfully address a wide range of issues including: *Promoting achievement in all areas of life *Choosing the right sport program *Understanding the unique nutritional needs of young athletes *Identifying, treating, and preventing sport injuries *Helping children cope with disappointment and performance anxiety *Applying positive principles of coaching and character-building *Addressing the special concerns of high school athletes *Recognizing and preventing bullying and abuse *Growing together as a family through sports Engagingly written, Parenting Young Athletes is targeted at parents of youngsters from elementary through high school years. Geared toward parents who have relatively little athletic experience as well as those who have a strong background in sports, the book provides clear recommendations with enlightening examples and real stories of growth-promoting sport experiences. Key concepts and principles are highlighted throughout. Parenting Young Athletes explores the joys as well as the dangers of sport participation and is a must-read for parents who hope to raise champions in sports and in life.



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