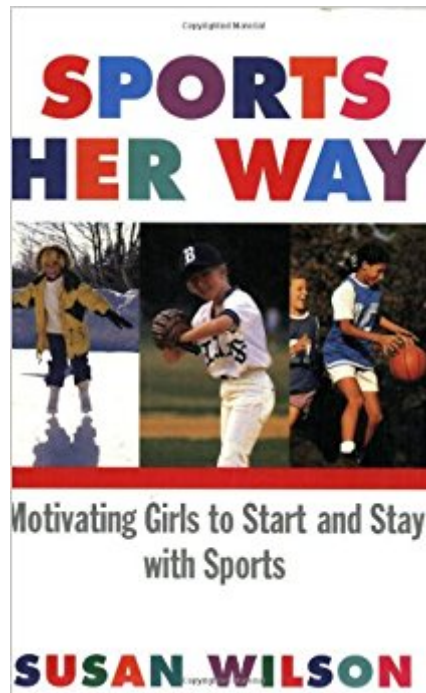




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Sports Her Way: Motivating Girls To Start And Stay With Sports



Synopsis

Susan Wilson, a longtime coach and former college gymnastics champion, has written the practical guide for parents who want to encourage their daughters to start -- and stay with -- sports as a pathway to a lifetime of health and self-esteem. *Sports Her Way* coaches parents in each phase of getting their daughters involved with sports. With lively examples and clear advice, Susan Wilson shows parents how to: Understand sports readiness and determine what activities are appropriate for their daughters' physical, emotional, and mental maturity Choose whether a recreational or competitive program is right for their daughters Exercise their daughters' minds by turning disappointments into positive life lessons about persistence, mental fortitude, and self-discipline Seek out diverse role models Create an enthusiasm for fitness that will last a lifetime Authoritative, yet friendly, *Sports Her Way* is an indispensable handbook for parents, coaches, would-be coaches, mentors, or anyone who recognizes the vital role sports play in girls' physical and emotional development. With Susan Wilson's help, you will find the smart and healthy way to inspire your young athlete today -- while preparing her to be the self-reliant woman of tomorrow.

Book Information

Paperback: 256 pages

Publisher: Touchstone; Original ed. edition (August 1, 2000)

Language: English

ISBN-10: 0684865122

ISBN-13: 978-0684865126

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,115,018 in Books (See Top 100 in Books) #115 in *Books > Sports & Outdoors > Coaching > Children's Sports* #789 in *Books > Reference > Encyclopedias & Subject Guides > Sports* #843 in *Books > Parenting & Relationships > Parenting > Parenting Girls*

Customer Reviews

Donna Lopiano, Ph.D., Executive Director, Women's Sports Foundation A must-read for every parent who wants his or her daughter to grow up to be a healthy and confident woman.

SPORTS HER WAY was awarded The National Parenting Center's Seal of Approval for 2000.

No, I didn't buy this book because I have visions of my daughter being a scholarship athlete. (though that would be nice) I just want her to love sports the way I did as a kid, so we can share those experiences as she grows up. And, maybe I can make her a golfer so I can give my wife a good reason to play more often. (quality time!) The author does a convincing job of explaining all the reasons our daughters will benefit from playing sports & being generally athletic, but I really bought this for the suggestions for exposing my 3-year old to sports. She gives lots of fun activities that my daughter likes to do at home & her advice in handling my daughter have been very valuable. I especially liked the section that addressed what to do when my daughter was hot & cold about going to gymnastics class (namely, don't force her or she'll learn that gymnastics is stressful). The book has been great for preparing me for what to expect as she starts to participate & what she can be doing now to be in a position to be a good athlete when she gets older. Specifically, the author recommends simply developing coordination, agility & (most importantly) a love of physical activity. This book was a great buy, particularly when I only paid \$.01 for a used copy.

As an only child myself coupled with being the normal boy/guy, I was bit perplexed dealing with my daughter in athletics. The words are true, girls are different than boys... All the typical training/coaching that I received as a kid growing up didnt seem to be working well with my 7yr daughter. Susans book enlightened me to the fact that it wasnt so much a content problem transferring my knowledge, but rather a presentation problem. The chapters on language and coaching alone were of great value to me. I have enjoyed the book and learned enough from it that I now recommend this book to other parents that might be struggling getting & keeping their daughters (or sons!!) engaged in athletics...

I have three daughters. The book help me with two of them. The other one do not have problems with sports.

Susan Wilson sets out a comprehensive, well-thought-out plan for helping girls build a foundation to become active and stay active throughout life. Excellent insights into how girls learn and play differently from boys. I was even able to understand why I personally did poorly in sports as a child and why it has taken me another 15 years to overcome that and become active as an adult. A must-read for anyone interested in coaching girls.

As the director of the Attachment Living Institute([...]) we found that the ideas, programs, and principles of Susan Wilson's book, Sports Her Way, were entirely compatible with our mission. As the mother of a young boy, the information also works with him, so even if you are not the parents of a girl, you'll find this information to be rewarding, useful, and instructive.

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