



Parenting Young Athletes: Developing Champions in Sports and Life

Frank L. Smoll, Ronald E. Smith

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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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