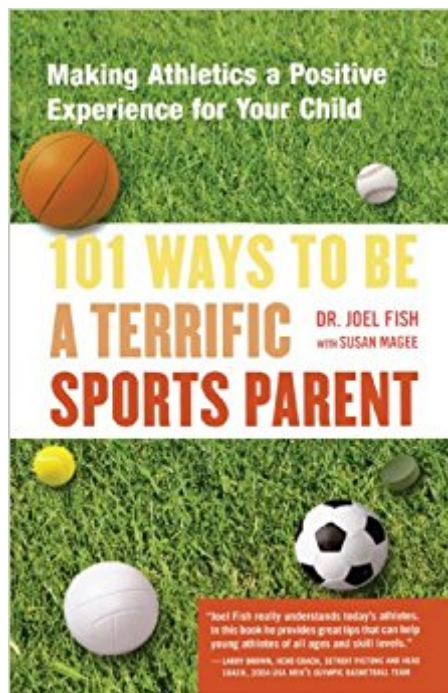




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# 101 Ways To Be A Terrific Sports Parent: Making Athletics A Positive Experience For Your Child



## Synopsis

The determining factor in whether a child between the ages of six and seventeen enjoys athletics is his or her parents -- not the sport, coach, or team. Yet, parents are often unaware of how their behavior and expectations impact their child's experience. In *101 Ways to Be a Terrific Sports Parent*, Dr. Joel Fish, a sport psychologist who is also the dad of three young athletes, shares both his clinical expertise and practical experience to help parents develop a deeper understanding of the many issues that surround the young athlete. For athletes of all skill levels, from Little League to high school, Dr. Fish discusses how to:

- Help your child reach his or her full athletic potential
- Develop strategies to deal with competitive pressure
- Know if you're too involved or not involved enough
- Interact successfully with your child's coach, and more

With insights into the different developmental and self-esteem issues facing girls and boys, information on parenting a superstar athlete, and special tips for single parents, *101 Ways to Be a Terrific Sports Parent* will help any parent make sports a memorable and happy experience for their child.

## Book Information

Paperback: 320 pages

Publisher: Touchstone; Original ed. edition (September 2, 2003)

Language: English

ISBN-10: 0743227026

ISBN-13: 978-0743227025

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,087,176 in Books (See Top 100 in Books) #28 in [Books > Sports & Outdoors > Children's & Youth Sports](#) #758 in [Books > Sports & Outdoors > Miscellaneous > Sports Psychology](#) #11478 in [Books > Parenting & Relationships > Parenting](#)

## Customer Reviews

Pat Croce author of *I Feel Great* and *110% Speaking* as a parent of athletic kids and as a former president of a team of professional kids, I find this book to be a fabulous resource for helping your kids enjoy their sporting life. Rick Wolff Chairman, The Center For Sports Parenting Joel Fish is one of the few experts who provides real insight and compassionate advice for moms and dads. *101 Ways to Be a Terrific Sports Parent* should be mandatory reading for anyone involved in youth sports.

Joel Fish, Ph.D., is a licensed psychologist and the director of the Center for Sport Psychology in Philadelphia. He has been a sport psychologist for the Philadelphia Flyers, 76ers, Phillies, and the USA Women's National Soccer Team and has lectured on youth sports issues nationwide. He lives in Philadelphia.

I think this should be a mandatory manual for sports parents. Covers everyone from parents of rec type athletes to the serious elite club players.

Great book for a sports nut dad. Hope I can practice what makes total sense from the book. I know it will help me be a better dad and coach for my daughter.

Highly recommend!

The conclusion of this book is the best part, but I found that I needed to read the '101 ways' to really understand it. I suggest you scan the table of contents to see if what leads you to look into this book is addressed, and just buy it if any are even close. If you think you need this book.... you do. Buy it, read it.

Every parent with sports-playing kids needs this book! I saw Dr. Fish on The Today show two months ago and I really liked what he had to say about not pushing kids too hard so I got the book. Since then, I've given a copy to two parents on my daughter's soccer team and insisted that my husband (who gets carried away with our son's hockey to read it). This book has validated me in my decision not to allow my daughter to be on the travel team right now. (We have two other kids with activities so the travel has been an issue.) I like how he offers advice on how to help your child and evaluate your child's experience. This is just an overall great guide for parents whether or not there's a problem or issue.

I found this book incredibly helpful and interesting. The way Dr. Fish breaks down the chapters allowed me to cut through the clutter and find the sections that were most relevant to me. I really feel like I am now better prepared to help my son get the most out of his little league experience.

This is a much needed book in my opinion. I want to do everything I can to help my child. Also

recommended: 'Everything You Never Wanted To Know About Your Nonprofit Corporation' by Ms. Cellaneous, The Unknown Attorney, for a look at kids sports and booster clubs from a legal and protective (of your kids) viewpoint.

Dr. Fish's book is truly outstanding. This book has brought me and my children closer together and I would highly recommend other parents to read it. My attitude toward my children and their athletics has changed and I have a new outlook on being a positive sports parent.

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