



Raising Winners : A Parent's Guide to Helping Kids Succeed On and Off the Playing Field

Shari Young Kuchenbecker Ph.D.

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Whether your child is a casual joiner or a serious athlete, the playing field is a terrific place to learn confidence, sportsmanship, and other skills he or she will need to succeed in life. This comprehensive guide from sports psychologist Dr. Shari Kuchenbecker distills decades of sports research and the author's own experiences as a "soccer mom, volleyball mom, Little League mom, and basketball mom" to create an indispensable guide to children's development through sports. Topics include how to: Choose the right sport for kids--and when they should start Support a good coach and deal with a bad one Keep kids motivated Help kids eat right Screen an injury Encourage girls in sports Deal with quitting, stalling, and burnout Get athletic scholarships and more

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