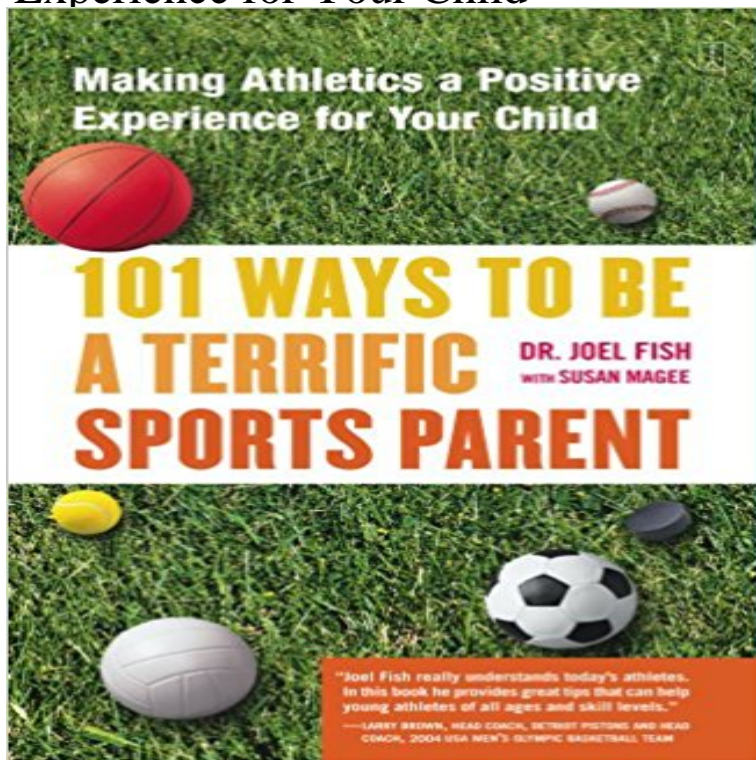


# 101 Ways to Be a Terrific Sports Parent: Making Athletics a Positive Experience for Your Child



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.

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