

101 Ways to Be a Terrific Sports Parent

Joel Fish, Ph. D. with Susan Magee

From a renowned sports psychologist, the first book to offer practical advice for parents who want to make sports a positive experience for their child.

The determining factor in whether a child between the ages of six and seventeen enjoys athletics is his or her parents. Yet, parents are often unaware of how their behavior and expectations impact their child's outlook and performance. With increased competition, travel, and longer commitments, youth sports is completely changed from what it was a generation ago it's no wonder that parents are befuddled when they try to understand their child's signals and offer empathy.

In *101 Ways to Be a Terrific Sports Parent*, Joel Fish, a sports psychologist who is also a dad to three young athletes, shares both his clinical expertise and practical experience to help parents develop an intimate understanding of the myriad (and often surprising) issues that surround the young athlete. From the emotional to the physical, from little league to high school, Dr. Fish discusses how to:

- Pick the right sport for your child
- Learn what your child feels before, during and after practices and competitions
- Handle sports related sibling rivalry
- Teach children to resolve conflicts
- Interact with your child's coach
- Know when it's okay to:
 - Quit
 - Specialize in one sport
 - Pursue a non-traditional sport such as skateboarding.

With insights into the different physical and self-esteem issues faced by 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 – even those who don't have firsthand knowledge of sports themselves – make the experience a memorable and happy one for their child.

Joel Fish, Ph.D., is the director of the Center for Sport Psychology in Philadelphia. He has lectured on sport psychology issues, including youth sports, at over 150 colleges and universities. He has been a sport psychologist for the Philadelphia Flyers, 76ers, Phillies and the USA Women's National Soccer Team. He lives in Philadelphia.

Susan Magee is an award-winning writer and the co-author of three books. She holds an MFA from Bennington College. She lives in the Philadelphia area.

101 Ways to Be a Terrific Sports Parent is available in all major book stores and on Amazon.com. Group purchase discounts are available through Simon & Schuster. For more information please feel free to call us 215-735-6280 or email Dr. Fish at JoelFish3@aol.com.