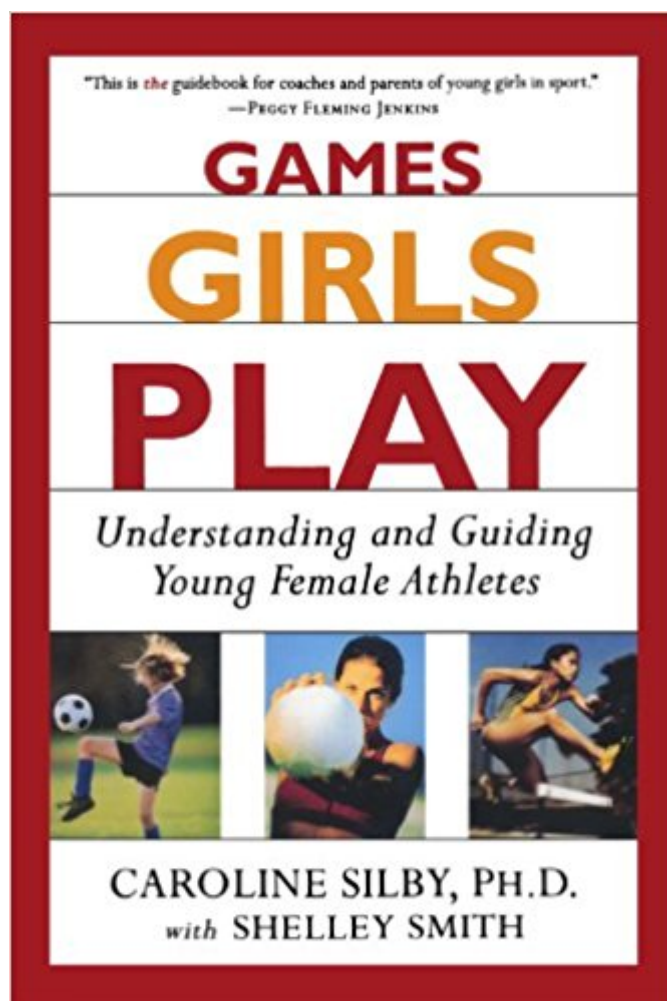


The book was found

Games Girls Play: Understanding And Guiding Young Female Athletes



Synopsis

A Reviving Ophelia for soccer moms: Games Girls Play gives parents advice for encouraging their daughters to participate in sports and making sure their experiences as athletes are empowering. Sports psychologist and former nationally ranked figure skater Caroline Silby teaches parents how to find the right sport for their young daughters and helps them tackle hurdles that affect older athletes. Using real-life examples, Silby prepares parents for the obstacles that female athletes face and offers solutions for handling everything from the stresses of competition, to motivation problems, to self-esteem issues, to difficult coaches, to eating disorders, to sexual harassment.

Book Information

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Customer Reviews

For the 2 million parents of girls who play intramural sports, the comment, "you play like a girl," is considered a compliment. Games Girls Play, written by sports psychologist and former figure skater Caroline Silby with ESPN reporter Shelley Smith, moves beyond the widely reported benefits of sports for young women--offering both parents and coaches a fresh, smart guide for responding to the needs of the young female athlete. Whether they are writing about choosing a sport, building confidence, staying calm during a competition, or debriefing after the game, the authors have created a powerful primer on the inner work of sports psychology. As they explain, "teaching athletes to use their thoughts, perceptions, images and body language, focus and effort to move ahead are the life lessons of sports." Drawing examples from case studies, the approach is highly practical and each chapter has bulleted strategies, checklists, summaries, and quick pointed questions (What if the coach plays favorites? Should I watch practice? How can I help her balance

school and sports?) Yet the most probing questions are directed to parents, asking, for example: Can you accept that your daughter will disappoint you? Can you settle for personal improvement rather than winning? Other insightful chapters focus on a variety of subjects including coaching the coach, bad sport parents, and coping with crunch times, as well as the darker side of female sports---eating disorders, harassment, and steroid use. Each chapter offers rich resources for guiding a young woman to strengthen her body and mind and to transfer the lessons of sports to the rest of her life. --Barbara Mackoff --This text refers to an out of print or unavailable edition of this title.

Practicing sports psychologist Silby, who serves on the United States Olympic Committee, and ESPN journalist Smith direct this book toward the parents of teenage girls who, although sharing many sports issues with boys, also have specific concerns, such as decreasing assertiveness and ambivalence over physical maturation. Silby discusses many topics (e.g., What if a coach plays favorites?) and portrays many of her case studies, complete with dialog. The authors devote much attention to helping the young female athlete differentiate between what can and can't be controlled and provide mental exercises (e.g., self-talk, reframing, and imagery) to help her performance. Though somewhat academic in tone, the book provides advice that will help parents and girls benefit from sports in the ways espoused by Jean Zimmerman and Gil Reavill's *Raising Our Athletic Daughters* (LJ 11/1/98). A good addition for large public libraries."Kathy Ruffle, Coll. of New Caledonia Lib., Prince George, BC Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I have coached club volleyball for six years and have been a club director for three years, a lot of the lessons that Dr. Silby presents are pretty lessons that I have learned over the years through sheer hard lessons. I wish that I had this book to reference when I first started to coach young women. Dr. Silby's book has been less a revelation but a reinforcement of what I had learned these last few years. This is not to say that I learned nothing from the book, on the contrary, I feel like I have gained important nuances on communicating with young women and allowing them to tell me how I can help them get better and stronger both physically and mentally. An invaluable book indeed. The only slight problem is that the book is geared toward the coaches of both individual sports and team sports, so not all the lessons are applicable completely. I would recommend this book for anyone who coach, or are looking to coach. The lessons embodied in the book will make the road to success in coaching much smoother.

This book is a great resource. The author clearly demonstrates the necessity for promoting sports programs in public schools for girls.

This is a fantastic book for coaches & parents of female athletes who participate in individual sports! It is particularly helpful when dealing with teen girls! Would recommend this book to all who want to see their athlete succeed & work through this emotional period in their life.

If you are a parent of a daughter beginning her journey in soccer (or, any other sport) - this book is a must! AND, don't be afraid to buy one for your daughter's coach. It's well written with points of particular interest outlined in each chapter. My daughter even enjoyed reading it with me.

Highly recommend!

Very concise and clearly written book to help parents and coaches understand and motivate children in sports. As another reviewer mentioned, though it is written for girls it can be applied to boys also. And though skating is mentioned, it applies to all competitive sports. It helps to open communication with the child and the coach. It doesn't shy away from the dark aspects. Parents should read the chapters dealing (very well) with abuse and eating disorders before just handing the book to their child. Its drawback is that it does not provide a detailed blueprint of how to help your child. It has good concepts and a few charts and exercises, which were very useful, but I would have preferred a more specific set of steps. Overall, however, it covered a very extensive subject in enough detail to help a parent understand and overcome some of the pressures that children encounter in sports today.

This book is the best I've ever read on the subject of young female athletes; Silby and Smith have a complete understanding of the challenges faced by girls who are involved in athletics, and the book gives example after example of how a young female athlete can cope with various critical issues. As the step-father of a female high-school athlete whose team won the Maryland soccer championship, I can attest to how valuable the book has been to her. Silby knows her stuff, and Smith's prose is clear, concise, and always on the mark. Interestingly, Smith is also the co-author of the book, "Just Give me the Damn Ball," written with football-star Keyshawn Johnson. If you've got a daughter involved in athletics, this is the book for her (and you'll find it useful, too). I can't recommend the

book more highly--it's great.

As a father of 10-year-old and 6-year-old multi-sport female athletes (and their 4-year-old sister fast on their heels), and a coach of my girls' soccer and softball teams, I feel relieved that someone with the personal experience of having been an athlete and now working with athletes took the time to share their experiences and advice. Since my daughters also all figure skate, the personal experiences of the author's skating career are particularly insightful. Dr. Silby does an excellent job covering a wide range of topics and providing poignant positive examples for parents and coaches to use to better enjoy and improve their athlete's trying, joyous, frustrating, and fulfilling young lives. Thanks, Dr. Silby!!

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