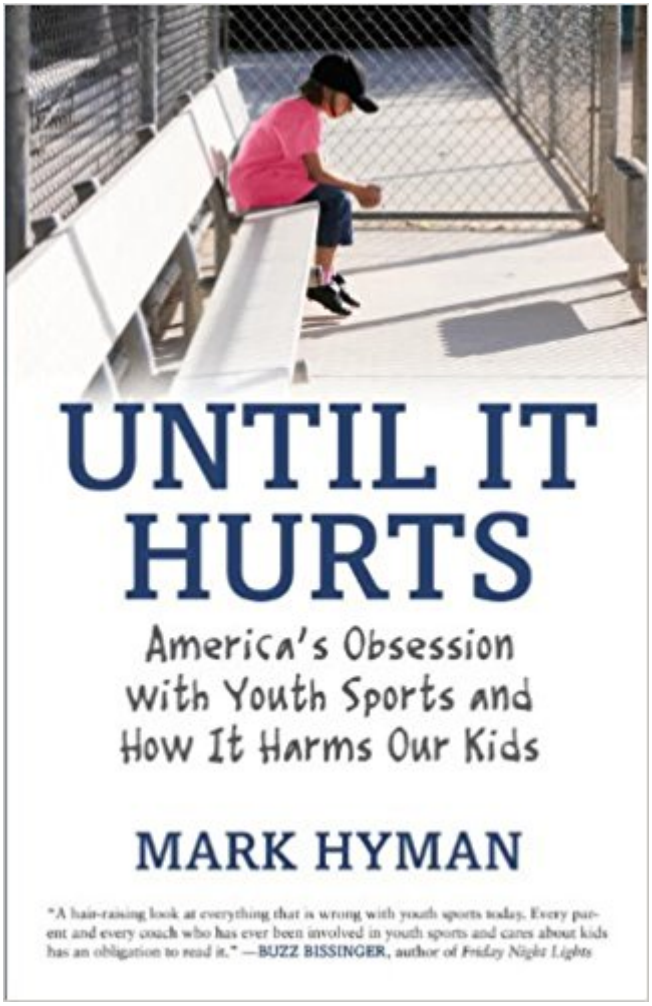
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Until It Hurts: America's Obsession With Youth Sports And How It Harms Our Kids



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Synopsis

Every year, more than 3.5 million children under age fifteen require medical treatment for sports injuries, nearly half of which are the result of simple overuse. Journalist Mark Hyman investigates the evolution of youth sports from mere games to full-on quests to turn children into tomorrow's superstar athletes by pushing them beyond physical and emotional limits. Opening up a crucial discussion about the perils of youth sports culture today, Hyman offers the solutions answers we need.

Book Information

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Customer Reviews

Part confession, part cautionary tale, Mark Hyman's little book carries a big message about the 'hostile takeover' of youth sports by adults. . . .What lends Hyman's admonitions such chilling credibility is his willingness to lay bare his own foibles. . . . Such candor is compelling and engaging.Ã¢â ¬â •Brion O'Connor, Boston Globe"A hair-raising look at everything that is wrong with youth sports today . . . Every parent and every coach who has ever been involved in youth sports and cares about kids has an obligation to read it."Ã¢â ¬â •Buzz Bissinger, author of Friday Night Lights"As his teenaged son undergoes major surgery so he can pitch again, a sports dad examines the physical and emotional minefield of youth sports and comes up with ideas to make it family-friendlier. If you've got a young jock in the house, this book is more important than a private coach."Ã¢â ¬â •Robert Lipsyte, author of Raiders Night"It took a son's sore arm for Mark Hyman to recognize a hard truth: we're destroying youth sports, and maybe not even producing better athletes in the process. Until It Hurts is a sobering manifesto that should be required reading for every

parent, coach, administrator, and referee. Though my daughter's U-7 soccer team doesn't know it, I've already implemented its smart, sensible, and long-overdue advice."Ã¢â ¬â •Stefan Fatsis, National Public Radio sports commentator and author of A Few Seconds of Panic"Mark Hyman . . . shows how adults are . . . turning youth sports into a high-pressure, big-money enterprise. When did kids' sports become more work than play? Until It Hurts provides the answer-and offers the solutions we've been looking for."Ã¢â ¬â •Joan Ryan, author of Little Girls in Pretty Boxes

Mark HymanÃ Â (@sportsparents)Ã Â is the author ofÃ Â The Most Expensive Game in Town: The Rising Cost of Youth Sports and the Toll on Today's FamiliesÃ Â and co-author with Dr. Robert Cantu ofÃ Â Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe. He teaches in the sports management program at George Washington University.

If you're looking for a book that helps you better understand your children, or something you can personally relate to as a previous athlete, this is your book. It's witty, very well written and informative. It did not feel like an educational book, more of a story but you learn a lot in the process. I'd suggest it to anyone.

Bought this book for a class and I enjoyed reading it.

Good information, little outdated because of ever changing study of injuries, perhaps over priced considering some of the other books available for reading up on sports injuries and care.

Excellent book! Mark raises a great question about adult in youth sports.

As a parent of a teenage baseball player this book was very eye opening. I would recommend it for anyone with a child involved in organized sports. It is a very easy read and very informative.

Having no children of my own, I recently attended a friend's child's Little League game, and was taken aback at the intensity and unhappiness of the whole experience: Coaches yelling at players constantly, parents yelling and agonizing about their kids, kids outright bawling following a strikeout. Wow. I thought sports was supposed to be fun.My experiences with youth sports were largely similar. I can say that pickup games, backyard basketball, endless wiffleball games with other kids

on my street, these are the best sports memories from my youth. Not organized games with annoying coaches and cloying parents.This is an outstanding book that all parents, umpires, and coaches of young kids need to read and think about. Sports are supposed to be fun. Ask yourself this question: does my son or daughter actually enjoy and look forward to playing basketball, baseball, soccer, etc? If not, maybe they, and you, should look to put their energies in another direction.Highly recommended.

Great

trite

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