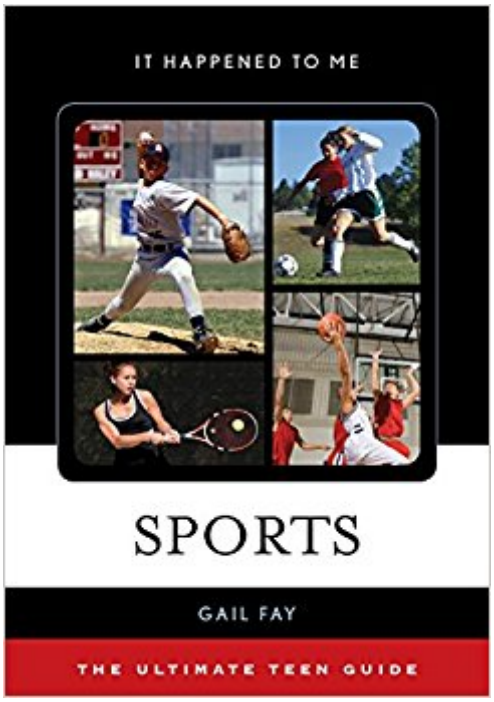
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Sports: The Ultimate Teen Guide (It Happened To Me)



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Synopsis

Whether playing baseball, basketball, field hockey, football, lacrosse, tennis, soccer, softball, volleyball, or wrestling, millions of teens all over the country participate in some sporting activity. Despite widespread enthusiasm for such activities, not all teens know how to make the most out of their interests, and some teens who might want to get involved donÃ¢â ¬â„¢t know which sports are right for them.For high school athletes of all levels, this book provides up-to-date information on sports-related issues, practical tips, and valuable resources. Each chapter features quotes from current and former high school athletes who share their experiences related to the given topic. Issues discussed includechoosing a sport to playbalancing all aspects of life as a student-athletedealing with the pressures of competitionimproving athletic performanceconsequences of performance-enhancing drugs and supplementscommon injuries and prevention measurestraining during the off-seasonplaying in collegesports-related careers and opportunitiesThroughout the book, readers will find sidebars containing various sports-related tidbits: high school sports stories, the history of various sports, interesting facts, short biographies, and sports-themed young adult novels. Filled with useful information, Sports: The Ultimate Teen Guide will help high school athletes of all levels, from freshman novices to highly competitive seniors.

Book Information

Series: It Happened to Me (Book 33)

Paperback: 356 pages

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Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Whether through interviews or brief biographies, the comprehensive It Happened to Me series ties each topic directly to teens. Sports describes clear benefits to playing sports and then continues on with a look at the lives of student athletes, developing Ã¢â ¬Å“mental toughness,Ã¢â ¬Â• nutrition (and the repercussions of eating disorders), avoiding injuries, the dangers of performance-enhancing drugs, and options for playing in college and throughout life. Descriptions are not generalized but detailed for each major sport. The author also includes histories of sports, charts, statistics, and young adult literature connections in every chapter. Each title comprises a good blend of opinion and current research, making the series an excellent resource for both individual and curricular research. Grades 7-12. --Angela Leeper --This text refers to the Hardcover edition.

Sports describes clear benefits to playing sports and then continues on with a look at the lives of student athletes, developing 'mental toughness,' nutrition (and the repercussions of eating disorders), and options for playing in college and throughout life. ... comprises a good blend of opinion and current research, making the series an excellent resource for both individual and curricular research. (Booklist)Sports: The Ultimate Teen Guide is designed with the high school age student in mind who wants a broad overview of the high school sports experience and an introduction to competing on the high school level. While not focusing on any one sport, this volume is designed to help students figure out which sport they might like to compete in and healthful tips on training. Chapter topics discuss balancing life as a student with the life of an athlete, dealing with the mental pressures of competition, the pitfalls of performance-enhancing drugs and supplements, common injuries and how to prevent them, training during the off-season, planning to play in college, and sports-related career opportunities. Interspersed throughout are quotes from student athletes, high school sports stories, facts on the history of various sports, short biographies, and even sports-themed young adult novels. (American Reference Books Annual)Sports: The Ultimate Teen Guide covers a variety of sports and topics for the high school athlete. The book is broken up into nine chapters discussing such topics as being a student athlete, eating right, steroids, and playing in college. While it is a great book for athletes, it is also good for students considering joining a sport. ... The bookÃ¢â ¬â„¢s layout makes it easy to read the parts which hold interest for a particular reader. Mixed in with the text are tables on various sports, history of sports, quotes from teens, and fiction books recommended. This is an easy-to-read, approachable book about sports and why they matter for high school students. (VOYA)

Obviously Gail has a great background in sports and writing. As a wife of a former High School coach and a parent of two sons who received scholarships to play college sports, I was extremely impressed by Gail's research and perspective in many areas. SPORTS: THE ULTIMATE TEEN GUIDE is very organized and easy to read and understand. My sons graduated from high school twelve years apart. The second time around was so much easier, and this book would have been a tremendous resource with the older one. There are so many parents out there that have many misconceptions on how to help a young person become a better athlete and prepare for their future. Thanks Gail, you hit a homerun!!!!

Very useful guide for parents trying to help their teenagers make good decisions about sports, particularly in their high school years.

Excellent guide for teachers, sports trainers and parents.

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