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Getting in the Game: A Parent's Guide to Raising an Athlete

By Thomas Lott

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

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*****. Whether your preschooler is showing interest in soccer or your teen wants to join the football team, you should be proud to have a child interested in athletics. After all, the benefits of playing organized sports can last a lifetime—from improved health and wellness to a greater sense of confidence and self-worth. But when you're parenting an aspiring athlete, you also take on a unique set of challenges. You must learn to nurture, teach, and strengthen your child—all while coping with the extra demands the world of sports brings. As a longtime athlete, parent, and coach, Thomas Lott is familiar with the ins and outs of raising young athletes and the many life lessons that team sports can teach a child both on and off the field. In *Getting in the Game*, Lott provides a helpful primer for parents as they guide children through all the challenges and triumphs of the sporting world—teaching the everlasting importance of teamwork, dedication, and good sportsmanship along the way.



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