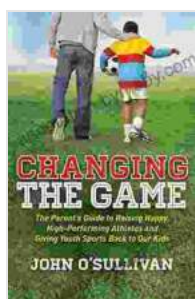


The Parent Guide to Raising Happy, High-Performing Athletes and Giving Youth

As a parent, you want what is best for your child. You want them to be happy, healthy, and successful. If your child is an athlete, you may wonder how you can help them reach their full potential. The good news is that there are many things you can do to support your child's athletic journey.



Changing the Game: The Parent's Guide to Raising Happy, High-Performing Athletes and Giving Youth Sports Back to Our Kids by John O'Sullivan

★★★★☆ 4.7 out of 5

Language	: English
File size	: 612 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 203 pages
Lending	: Enabled



The Parent Guide to Raising Happy, High-Performing Athletes and Giving Youth is a comprehensive guide for parents of young athletes. It covers everything from how to choose the right sport for your child to how to deal with the challenges of competition. The book is full of practical advice and tips that will help parents raise happy, healthy, and successful athletes.

What's Inside the Book?

The Parent Guide to Raising Happy, High-Performing Athletes and Giving Youth is divided into four sections:

1. **Getting Started** - This section covers the basics of parenting a young athlete, including how to choose the right sport, set realistic expectations, and create a positive environment for your child.
2. **The Journey** - This section follows your child's athletic journey from the early years through adolescence. It covers the challenges and rewards of each stage, and provides advice on how to support your child along the way.
3. **Competition** - This section covers the ins and outs of competition, from preparing your child for their first race or game to dealing with the pressures of winning and losing. It also provides tips on how to help your child learn from both their successes and their failures.
4. **Giving Youth** - This section is about the importance of giving back to the community. It provides ideas for how your child can use their athletic skills to make a difference in the world.

Who is the Book For?

The Parent Guide to Raising Happy, High-Performing Athletes and Giving Youth is for any parent who wants to help their child succeed in sports. It is also a valuable resource for coaches, teachers, and other adults who work with young athletes.

What People Are Saying

"This book is a must-read for any parent of a young athlete. It is full of practical advice and tips that will help you raise a happy, healthy, and

successful athlete." - **Joe Mauer, Minnesota Twins catcher**

"The Parent Guide to Raising Happy, High-Performing Athletes and Giving Youth is a great resource for parents. It provides a wealth of information on how to support your child's athletic journey." - **Dawn Staley, South Carolina women's basketball coach**

Free Download Your Copy Today!

Don't miss out on this valuable resource. Free Download your copy of The Parent Guide to Raising Happy, High-Performing Athletes and Giving Youth today!

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