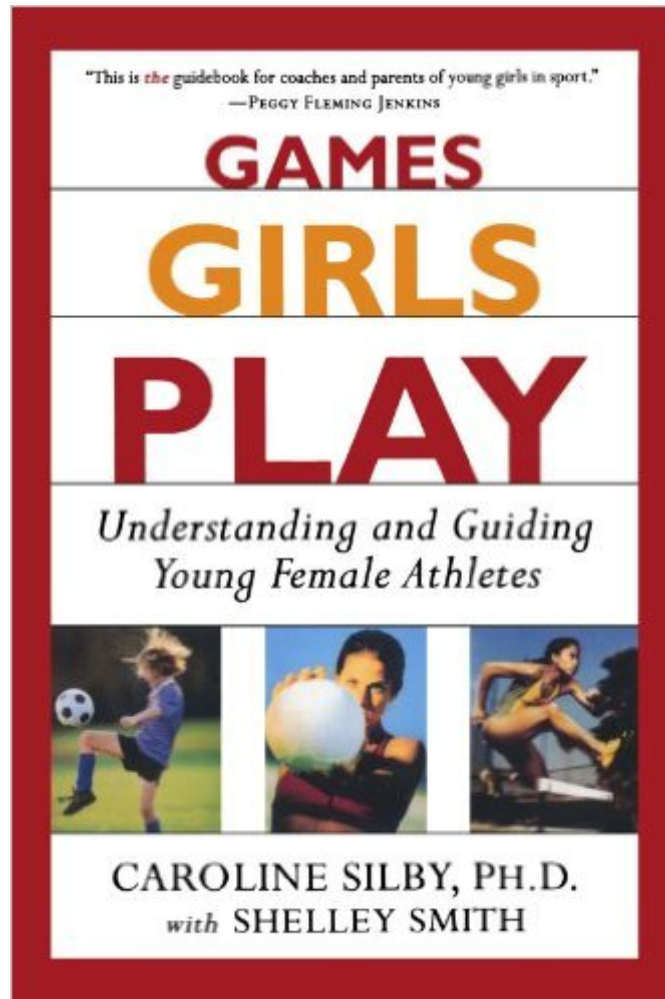


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# Games Girls Play: Understanding And Guiding Young Female Athletes



## 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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Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (12 customer reviews)

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## Customer Reviews

Be aware, this book is more like Sports Psychology 101 than it is understanding and guiding female athletes. If you are a coach working with female athletes and you are looking at better ways to coach, read some of the UNC Womens National Team Soccer books. If you are looking for an intermediate book on Sports Psychology with examples using female athletes, this is what you get. It deals with individual issues for specific athletes with little applications to team sports. Parents who are looking to help their daughters with some psychology issues will find this book helpful. However, the remedy is usually seek professional help. This is an unique and rare sports psychology book geared towards female athletes.

This book is a must read for parents of young girls. Through her experience as a competitive figure skater and sports psychologist, she clearly has the knowledge necessary to aid parents of girls

interested in sports. I found this book to be extremely helpful as our family began to navigate the road to competitive sport for our 7 year old daughter. This is a must read for all families with daughters who are playing sports either competitively or recreationally!

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.

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!!

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.

What an incredible book! As a skaters mom, I found it insightful,informative, and amazingly DEAD ON! My 12 year old daughter has gone through all the doubts and anxiety that comes with the sport of Figure Skating. This book has been a wonderful guide to handling all the situations that arise. Even if your skater is an amazing talent and you never come across the problems of self-esteem, performance anxiety, or "bad skate days", you must, MUST BY THIS BOOK ANYWAY...JUST IN CASE!

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