



## A Moms Guide to Surviving High School Athletics (Paperback)

By Michelle Whitaker Winfrey

Hobby House Publishing Group, United States, 2010. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A Mom s Guide to Surviving High School Athletics Helps Every Parent Maneuver the Obstacle Course that is High School Sports Every year, more than seven million students participate in high school sports. Parents take on many new roles as they involuntarily become personal trainers, nutritionists, chauffeurs, agents, and cheerleaders. In her book, A Mom s Guide to Surviving High School Athletics, author and proud parent of a high school student athlete, Michelle Winfrey, delivers a roadmap for parents raising student-athletes in a sports-crazed society. Leveling the playing field for parents everywhere, A Mom s Guide to Surviving High School Athletics, helps parents navigate through unfamiliar territory and defines the role of the parent. Offering practical advice, the guide covers everything from nutrition, commitment, performing under stress, and sportsmanship, to dealing with injuries and financial obligations. An extension of the classroom, high school sports teach important life lessons, said Winfrey. Every student athlete deserves to have a meaningful developmental experience and this guide promises to help parents be positive role models. Special features of...



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