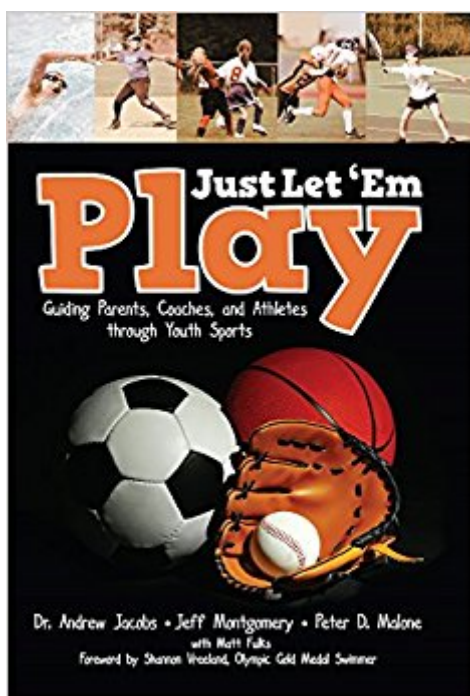


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# Just Let 'em Play: Guiding Parents, Coaches And Athletes Through Youth Sports



## Synopsis

The world of youth and high school sports has grown tremendously during the past decade, and with this growth has come a flood of questions for everyone involved - from parents to players, and coaches to administrators. Questions such as, why would I want my child involved in sports? What is the appropriate age to begin playing and competing? When should winning and losing become important? What should you do if you disagree with your child's coach about playing time? What should I do if my child wants to quit? How can the youth sports experience be fun? These questions - and many more - are addressed head-on in *Just Let 'Em Play: Guiding Parents, Coaches and Athletes Through Youth Sports*. Renowned sport psychologist Dr. Andrew Jacobs, longtime Major League Baseball pitcher Jeff Montgomery, and Hall of Fame swimming coach Peter Malone have seen first-hand the issues that are making youth sports increasingly difficult for parents, coaches, officials, and especially kids to navigate. Jacobs' clients, who range from elementary school to professional athletes, regularly talk to him about burnout - even before high school. Montgomery, who almost walked away from baseball after four years in the minor leagues, stuck with it and went on to become a three-time American League All-Star and the 1993 A.L. Reliever of the Year during a 13-year major-league career. He learned about today's win-at-all-costs mentality while coaching youth baseball for almost a decade. Peter D. Malone coached more than 10,000 swimmers during his 44-year career. During his last 35 years of coaching, he was the general manager and head coach of the Kansas City Blazers, a program featuring swimmers from recreational to Olympic levels. He coached four Olympic gold medalists. In July 2013, Time magazine published an article titled Final Four for the 4-Foot Set. The article describes a national AAU basketball tournament - for second graders. In the article, one of the coaches states he tells his kids he's going to treat them as full-grown 14-year-olds, because this isn't baby ball. Indeed, it is not. It's a group of eight-year-olds. Bucking this trend, Dr. Jacobs, Montgomery, and Malone continue to teach lessons youth sports have taught for generations - working with others for the team's sake; hard work and commitment; setting and achieving goals; learning how to win; learning how to lose or to fail; respecting coaches and officials; coaches and officials serving as strong role models for young athletes; and, most importantly, having fun. In *Just Let 'Em Play: Guiding Parents, Coaches, and Athletes through Youth Sports*, Dr. Jacobs, Montgomery, and Malone utilize decades of experience and training with amateur and professional athletes to explain the importance of winning and losing, success and failure; why it's okay that not every athlete receive a trophy; and the role of parents, coaches, officials, and athletes.

## Book Information

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## Customer Reviews

Long regarded as one of the most influential experts in his field, Dr. Jacobs has made a positive impact on youth sports in America for decades - his knowledge, expertise and passion for the mental and emotional development of our nation's young athletes resonates and comes to life in this must-read book for all participants, parents and coaches alike. Dr. Jacobs makes a difference in the lives of others - this book will make a difference in yours. --Al Saunders - Former Head Coach, San Diego Chargers

Peter D. Malone shares his years of experience in teaching and coaching young athletes from beginner to Olympic competitor in this book. Refreshingly, *Just Let 'Em Play* is about the practical realities of these evolving roles of athletes, parents, and coaches - offering tools so each can maximize their roles in achieving the highest goals of sport, not superstardom or athletic scholarships, but helping young athletes become inner-directed, dynamic people through sports. If you want to help your child become a better person through sports, *Just Let 'Em Play* is a must-read. --Mark Dean - 1988 U.S. Olympic Swimmer

Jeff Montgomery gets it. As a coach who played at the highest level possible, he understood that a successful season was defined by the development and continued passion for the game by his players. Wins at all cost were never an option. In today's world of "premier" sports, this was and is the approach that seems to be missing all too often. Monty stood out on the field not by who he was, but by his coaching style based on his love of the game. he shares that love in *Just Let 'Em Play*. --Mike Macfarlane - 12-year Major League Baseball catcher

The stories seem more prevalent today than ever: coaches and parents pushing kids to the point of

burnout before high school, parents fighting with referees and umpires, coaches berating kids in front of teammates and parents, and even kids using performance-enhancing drugs. Renowned sport psychologist Dr. Andrew Jacobs, longtime Major League Baseball pitcher Jeff Montgomery, and Hall of Fame swimming coach Peter Malone have seen first-hand the issues that are making youth sports increasingly difficult for parents, coaches, officials, and especially kids to navigate. Jacobs' clients, who range from elementary school to professional athletes, regularly talk to him about burnout - even before high school. Montgomery, who almost walked away from baseball after four years in the minor leagues, stuck with it and went on to become a three-time American League All-Star and the 1993 A.L. Reliever of the Year during a 13-year major-league career. He learned about today's win-at-all-costs mentality while coaching youth baseball for almost a decade. Peter D. Malone coached more than 10,000 swimmers during his 44-year career. During his last 35 years of coaching, he was the general manager and head coach of the Kansas City Blazers, a program featuring swimmers from recreational to Olympic levels. He coached four Olympic gold medalists. In July 2013, Time magazine published an article titled Final Four for the 4-Foot Set. The article describes a national AAU basketball tournament - for second graders. In the article, one of the coaches states he tells his kids he's going to treat them as full-grown 14-year-olds, because this isn't baby ball. Indeed, it is not. It's a group of eight-year-olds. Bucking this trend, Dr. Jacobs, Montgomery, and Malone continue to teach lessons youth sports have taught for generations - working with others for the team's sake; hard work and commitment; setting and achieving goals; learning how to win; learning how to lose or to fail; respecting coaches and officials; coaches and officials serving as strong role models for young athletes; and, most importantly, having fun. In *Just Let 'Em Play: Guiding Parents, Coaches, and Athletes through Youth Sports*, Dr. Jacobs, Montgomery, and Malone utilize decades of experience and training with amateur and professional athletes to explain the importance of winning and losing, success and failure; why it's okay that not every athlete receive a trophy; and the role of parents, coaches, officials, and athletes.

This book should be read by anyone involved with children in sports. It contains sound advice about all the issues and decisions regarding youth in sports. The topics are well organized and covered in a simple, easy to read style. By following the advice, your child will benefit from and have a much more lasting and fulfilling experience with sports.

Very good book! Read with an open mind and keep an open mind when it comes to youth sports. Dr. Joyce is a great orthopedist and has a nice section in the book. I have recommended this to lots

of my friends.

I've known two of the authors, Pete Malone and Andrew Jacobs, for nearly three decades -- and they're the real thing, knowledgeable professionals at the top of their fields. ... And some honest disclosure here: Pete and Andrew guided my daughter, Catherine, to win two gold medals at the 1996 Olympics in Atlanta. But maybe now you are thinking it was the gold medals that most satisfied my me. You'd be wrong. What Pete and Andrew taught my daughter while she worked the swimming lanes was character, to believe in herself, but to recognize winning was a team effort, to be generous in understanding and recognizing who helped bring her to the top of her sport, to live with setbacks, which were many, to take "victory" and "defeat" with equanimity. The list goes on. In other words, Pete and Andrew drew the best out of Catherine. What I learned, watching Catherine develop as a wonderful daughter and human being, that swimming had not been an "end" but rather a "means" to seizing life lessons and running with them. Alas, every parent and every coach interested in really helping to draw the best out of their children should read this book. It's written in a simple fashion. Each chapter stands on its own, to be contemplated, savored. Want to bring out the best of your children through athletic competition? This book can help show the way.

My kids are now grown. Over the years they played many organized sports, especially soccer and volleyball. We dealt with success and failure, great and not-so-great coaches. I wish I knew then what I know now, and Dr. Jacobs' book will help you to do that. It is clearly written, insightful, and fun to read. Recommended to anyone with kids involved in sports -- but read it while the kids are still young and you have a lot more to gain.

As the mother of a young athlete, this book is a must read. It reminds us to stay focused on what is important and good about youth sports...fun and an opportunity to learn invaluable life skills. I think this book should be mandatory reading for all parents and coaches. Dr. Jacobs has got it right!...KD

Wonderful, engaging guide filled with the best advice for everyone involved in youth sports.

The book provides very good insight into some of the cultural sports challenges that our kids now face when playing sports. I thought it was a fascinating outlook on when to start kids in sports and how sports education will not only help in competition, but, in life.

This is a great book for parents. Coaches ought to hand this out at the first parents meeting each season. Maybe they do! I will forever be a fan of HOF Frank White's dad. Likewise I've never met Shannon Vreeland but it sounds like she is a great example of what can go right in athletics.

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