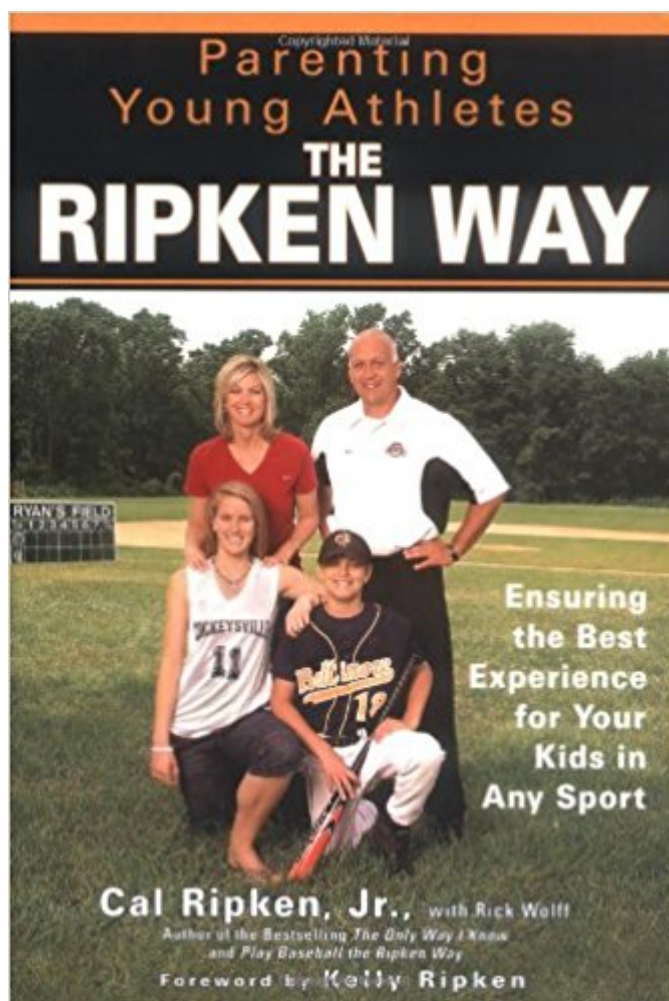


The book was found

Parenting Young Athletes The Ripken Way: Ensuring The Best Experience For Your Kids In Any Sport



Synopsis

Since he retired from baseball in 2001, Cal Ripken, Jr., has devoted his time to coaching kids, including his own son and daughter, who play baseball and basketball, among other sports. With a baseball league of nearly 700,000 kids, ages 5-12, named for him, he has also had a chance to meet and work with countless young athletes. Cal Ripken's simple yet effective philosophy for helping kids get the most out of playing sports is to keep it simple, explain the "why," celebrate the individual, and make it fun! But Ripken is troubled by what he sees in youth sports: a competitive intensity that removes the element of fun from playing. Now, drawing on his experiences as a father, a player, and a coach to his charges at his youth baseball based organization, Ripken Baseball, the legend offers his insights and advice on how to approach organized sports with your kids to ensure they have the best experience possible, stay fit, and enjoy themselves. Whether you were a star player or a kid who never learned to throw, this book will tell you everything you need to know about sports parenting from the pre-school years to middle school. It covers all the bases, including:

- * Teaching the basics of sportsmanship
- * How an overemphasis on technique or winning can harm your child's game
- * How to develop a good relationship with your child's coach
- * The pros and cons of travel teams and club teams
- * The importance of returning the games to the kids and how best to behave as a parent
- * The latest on performance and nutrition
- * Fun games and exercises to do with your kids to encourage them
- * Why most kids burn out on team sports by middle school and how to avoid it

Few athletes embody sportsmanship and fair play as perfectly as Cal Ripken. His advice will inspire confidence in kids and parents alike.

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Customer Reviews

As parents of kids who love sports, Janet and I know that there are many factors that contribute to children having a positive sports experience. Cal Ripken offers a unique perspective on the issues surrounding youth sports today and this book provides great tips and advice for all parents with kids who have a passion for any sport. -- Wayne Gretzky, hockey legend and sports parent

At no other time in the history of youth sports is a book about parenting more valuable. It's uncanny how Cal is able to bring his experience at the highest level of sports down to the grassroots in this book. This is because he is a parent who knows the importance of all of us keeping things in perspective; in reality he really cares. -- Fred Engh , founder and President , The National Alliance for Youth Sports

I couldn't think of anyone more qualified to teach kids, parents and coaches than Cal. -- Alex Rodriguez, 2003 American League Most Valuable Player

In a world where genuinely admirable men and women are in short supply, Cal Ripken, Jr. is clearly and indisputably one of them; -- Washington Post Book World

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Praise for Cal Ripken: "As parents of kids who love sports, Janet and I know that there are many factors that contribute to children having a positive sports experience. Cal Ripken offers a unique perspective on the issues surrounding youth sports today and this book provides great tips and advice for all parents with kids who have a passion for any sport." --Hockey legend and sports parent Wayne Gretzky

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Ripken's book offers great advice for the athletic parents of young athletes, to wit: "Don't try to relive your glory years or, worse yet, live your dreams through your children. Just let them be children." While this is manifestly good advice, the book assumes that its reader's childhood athletic adventures consisted of more than standing in right field and praying nobody would hit the ball

toward him. It offers no advice or insight for the bookish parent who looks at his little jock and figures those genes came from his or her spouse. For example, there's a whole section about not getting too wrapped up in Junior's games, but no advice about how to feign interest during those interminable hours in the stands. Had the authors not assumed that their readers were cut from their cloth, this book may have had great value for a wider audience: one including baffled parents who want to do right by their kids, but would rather be home with a book. As it is, *Parenting Young Athletes the Ripken Way* is a great book for aging jocks who need to remember: your kids aren't some potentially better version of you. They're kids and they need your support, but they have to find their own paths.

As expected.

Highly recommend!

This book is a must read for any parent who has kids starting out in sports. It is a very honest and balanced presentation of what young athletes need and what youth athletics today provides. There are plenty of mistakes to make as a parent and if you really do want to make better ones, Cal's book does a great job helping with those choices. The book reads like Cal is sitting next to you as a best friend and is so interesting and easy to read, you won't be able to put it down. About the time I got the book, our 8 yo son was trying out for travel baseball and the discussion on travel sports really helped me to understand travel sports, the questions to ask, and the "Pros and Cons of Travel Teams".

I'm a coach. In another life, I think that I'd do that as a profession. In this life however, I've been coaching my 2 girls in a variety of sports and learning so many lessons. As they have gotten older, more and more issues have come up that have pushed me past those easy tee-ball days. Suddenly, drafts and organizational politics have come into play - neither of which I could care about all that much. I'm still more concerned with my singular goal for each season: How many of these kids will have so much fun that they will come back and play another season? There was a study done recently that showed that 75% of all kids who play sports stop completely by age 13. Athletics was such an important part of shaping who I am today and for my girls, I feel that it is extremely important for them to keep playing (something, anything) and having fun. I picked up a copy of *"Parenting Young Athletes The Ripken Way"* from the library this weekend and blew through it's

pages in one sitting. What I read reconfirmed: * Cal Ripken is a class act * Youth Sports today is very different than it was when I was a kid (not so long ago) * Youth Sports are GAMES... and games are meant to be fun * Parents and coaches may be hurting their kids inadvertently by pushing and not praising at all times. I jotted down a few notes as I read this book (I read with one eye on the Patriots playoff and their 17th victory this season - all those guys played youth sports I bet). Cal talks a lot about praise and how to use praise to really build up a kid's confidence. I do an OK job of this, but am realizing how important it is to not be critical - especially in the car on the way home from a game. My instinct is to keep coaching on the way home, giving my girls tips and pointers on what to work on. What I should be doing is going gaga over their performance and asking them about what they thought. If my goal is to get my kids to keep playing a sport from season to season, I think a little less criticism and a ton more praise might just do the trick. A lot of parents have asked me if I think travel teams and specialization is something they should be considering for their athletes - I get these questions more and more now that my older kid is approaching middle school. While I'm not an expert quite yet, Cal's book made some great points that are worth considering. * By playing as many different sports as possible, your athlete develops cross-compatible skills that will help them in every sport they play. The quickness they get from playing aggressive defense in basketball will certainly help their footwork on a soccer field or on a baseball diamond. * Cal also mentions that the college coaches he knows actually tend to favor well-rounded athletes - their thought being that a player who specialized at a young age is at risk for an injury (overuse of particular muscles) and burn out. * The book also talks about travel teams and how for most kids, lack of playing time on a team focused only on winning can actually end up making no difference athletically for that child - and even worse can create other issues. The demands that travel teams make on families creates issues with school work, missing family time and meals and at it's worst, can create animosity or dislike for the game. At 7 or 8 years old, is this really necessary? In the end, Cal makes a startlingly simple and powerful statement that I 100% agree with: It's not about your dreams, it's about your child's dreams. I'd agree. Sports may not be your kid's dream - but giving them an opportunity to stay fit, learn a new game and make friends is worthy enough a goal!

I thought this book was excellent. It made a lot of references to baseball but it can be applied to any sport. He does mention other sports and uses examples with them. This book is great for any parent that has a child in sports. It covers, the basics of sportsmanship and how an overemphasis on technique or winning can harm your child. It also covers how to develop a good relationship with

your child's coach and why most kids burn out on team sports by middle school and how to avoid it. My 2 daughters swim on a swim team and one of them also plays soccer. I found myself thinking of myself in many of the examples and also of the other parents that I know on our team. I think it is a good down to earth book and it gives a lot of helpful advice on how to deal with various things that come up when your children play sports. I think it should be required for any parent that has a child in youth sports.

I am not a coach or seriously into sports, but I have to say this was a great book. I learned about things I had never thought about. Ripkin is at times nostalgic for his youth and points out some warnings about increasingly competitive modern American sports culture. So even if you think you know all about sports, there is something in here for you. The writing is also very good, not too long and full of great advice.

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