



# **Raising Your Game: Over 100 Accomplished Athletes Help You Guide Your Girls and Boys Through Sports**

*Ethan J. Skolnick*

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America's children are joining-and quitting-youth sports in record numbers. If kids can't find the fun in an activity, they may try to find the way out. If an adult can't find the right tools, they may not know the right words to say or the right actions to take. In *Raising Your Game*, authors Ethan J. Skolnick and Dr. Andrea Corn present a guide adults can use to ensure the most enjoyable and enriching youth sports experience for a child. Through a combination of advice from more than 100 elite athletes and time-tested sports psychology concepts, *Raising Your Game* prompts parents to consider what really matters when it comes to their kids and sports. From LeBron James to Shannon Miller, Brandi Chastain to Jason Taylor, John Smoltz to Mary Joe Fernandez, Sanya Richards-Ross to Torii Hunter, athletes from across the sports spectrum discuss their setbacks and successes-what worked for them and what didn't. *Raising Your Game* discusses the types of guidance that can ignite inspiration and foster participation, practice, and progress, and which methods can create frustration and dejection. It shows the difference a supportive parent can make by showing up, showing interest and, at times, showing restraint"

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