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## Raising an Athlete: How to Instill Confidence, Build Skills and Inspire a Love of Sport

By Jack Perconte

Second Base Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Raising an Athlete: How to Instill Confidence, Build Skills and Inspire a Love of Sport, Jack Perconte, Through real-life examples and time-tested advice, this guide provides parents and coaches insights into how to deal with the challenges and pitfalls that arise as children progress in sports. From handling the inevitable tears and frustrations and honing the appropriate message for varying age ranges and skill levels to recognizing the real performance enhancers and how to keep burnout at bay, this handbook emphasizes integrity, hard work, and practice as well as the importance of teamwork, sportsmanship, and leadership in players. Advice on using humor to relieve stress, overcoming adversity, and how to handle troublesome coaches is also included.



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