
**About the authors:** Metzl is a physician and Shookhoff is an educator.

**Summary:** The authors address the physical and the psychological, as well as the social dimensions of youth participation in athletics. They describe the benefits of athletic participation for youth, and offer recommendations to parents for making their child’s sports participation positive and beneficial.

**Reviewer** Michelle Stilling has a B.A. in psychology from North Central College, and is a former graduate student in educational psychology at Northern Illinois University.