
**About the authors:** Sheehy is the varsity men’s basketball coach at Williams College in Williamstown, Massachusetts and the athletic director. Peary is a freelance sports and cinema writer.

**Summary of the book:** Youth sports are ideal activities for introducing values such as character, sportsmanship, and hard work. However, these values are not being taught well by adults—coaches and parents—today, according to the authors. They call for a “new conversation” about the youth sports experience and urge parents and younger players to become involved in sports in ways that teach good moral, ethical, and character values. The authors emphasize what parents need to know about their children’s needs for participating in sports, and what they can do to provide these experiences to their children. By absorbing the different “life lessons” that sports can teach (e.g. developing a work ethic, coping with pressure, celebrating winning with a sense of humility, dealing with losing gracefully) parents can turn sports activities into teaching moments.

The authors provide numerous suggestions for parents to guide the development of their child’s sport experience. According to Coach Sheehy, there are four simple rules for parents: (1) Take an active, participatory interest in your child’s sports experience, (2) support your child’s coach, (3) make realistic appraisals of your motivation for enrolling your child in a sports program, the child’s motivation for playing, and their skill level, and (4) develop the same healthy perspective on sports that you want your child to have. Advice about working with different types of coaches and coaching styles, helping the child adjust to the varying personalities of teammates, and showing respect to game officials and referees is given.

**About the reviewer:** Kerry Krystosek has a B.S. in physical education and is a former graduate student in sport and exercise psychology at Northern Illinois University. She has taught physical education and is a former Division I intercollegiate volleyball player. Kerry also coaches a high school volleyball team in Wheaton, Illinois.