



## Go Girl!: Raising Healthy, Confident and Successful Girls through Sports

By Hannah Storm, Mark Jenkins

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#### **Create the ultimate sports-positive environment for your daughter.**

There's no doubt that sports are good for girls, but there is often a major lack of appreciation for just how critical participation in sports is for our daughters' development. Despite the numerous benefits that come from athletics, adolescent girls are still not encouraged to participate in sports nearly as much as boys are.

So how can you motivate your daughter to stick with the sport she loves?

In *Go Girl!*, ESPN sportscaster and mother to three daughters Hannah Storm lays out a roadmap for parents who want to encourage their daughters' continued participation in sports at an age where more and more girls pass athletics up. Hannah helps you take an active role in fostering and supporting your daughter's athletic interests, giving her the edge she needs to excel in life.

*Go Girl!* is the ultimate guide to making sure that young girls take on life with confidence, passion, and a love of the game.

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**Go Girl!: Raising Healthy, Confident and Successful Girls through Sports** By Hannah Storm, Mark Jenkins **Bibliography**

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### Editorial Review

From Publishers Weekly

NBC sportscaster Storm, mother of three daughters, believes that participating in sports is a crucial part of maturation. Not only is the physical activity important for children, but playing sports allows them to develop self-confidence, learn about teamwork and perform better academically. In chronological order from babies through teens Storm offers advice on raising fitter and more active children, including baby exercise through stretches for older girls. In addition to pointers on participation for the kids, the author offers guidelines for parents such as how they should be supportive but not assume the role of a coach. Storm, writing with Jenkins (*Sports Medicine Bible for Young Athletes*), also includes tips on how to evaluate athletic programs and what to look for in coaches. Nutritional information, weight issues and other health concerns are also discussed. She concludes with a detailed look at the rules of various sports including basketball, rugby and field hockey. There's also a section on working out with weights, which would have been more useful had there been illustrations. This is a breezy primer on sports with practical information. However, much of the information especially the general parenting and health advice will be familiar to most parents. The book will be most useful to parents who have never participated in sports themselves and are uncomfortable with athletic activities.

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From [Booklist](#)

Storm, a groundbreaking NBC sportscaster and mother of three girls, and writer Jenkins offer an information-packed resource in this guide to nurturing active girls. A convincing introduction demonstrates that fitness benefits not only girls' physical health, but also their academic performance, self-esteem, and overall well-being. Subsequent chapters give practical tips for encouraging girls' physical activity from birth through adolescence. Topics covered include teaching a daughter how to ride a bike or to monitor her heart rate; evaluating a sports program (and how to spot abusive coaches); choosing a sports bra; dealing with sibling rivalry; developing good training habits; and learning about Title IX. Parents well-versed in fitness will still find plenty of useful hints here, while nonathletic parents will appreciate the basic introduction to various sports as well as Storm's charge to motivate through example: "When I get moving, I can usually get my daughters moving, too." *Gillian Engberg*

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Review

"ESPN newscaster and mother of three Storm here makes a strong case for incorporating sports into young women's lives, revising her 2002 title to coincide with the 2011 ESPN women's initiative. The research is clear on many fronts: female athletes have higher GPAs, score better on the SATs, and have lower school drop-out rates and higher college-admission rates. Dividing "fitness" into three categories (health, academic, and emotional/psychological), Storm addresses the benefits of athletics within each. Because sports are only relevant to school-aged children and up, Storm should have foregone her early chapters on babies and toddlers and jumped right into the "formative years" instead. That said, her book will be helpful for parents who need someone to coach them along. Considering ESPN's initiative for women's programming, this title should get heavy play." - *Library Journal*

### Users Review

**From reader reviews:**

**Grady Meraz:**

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