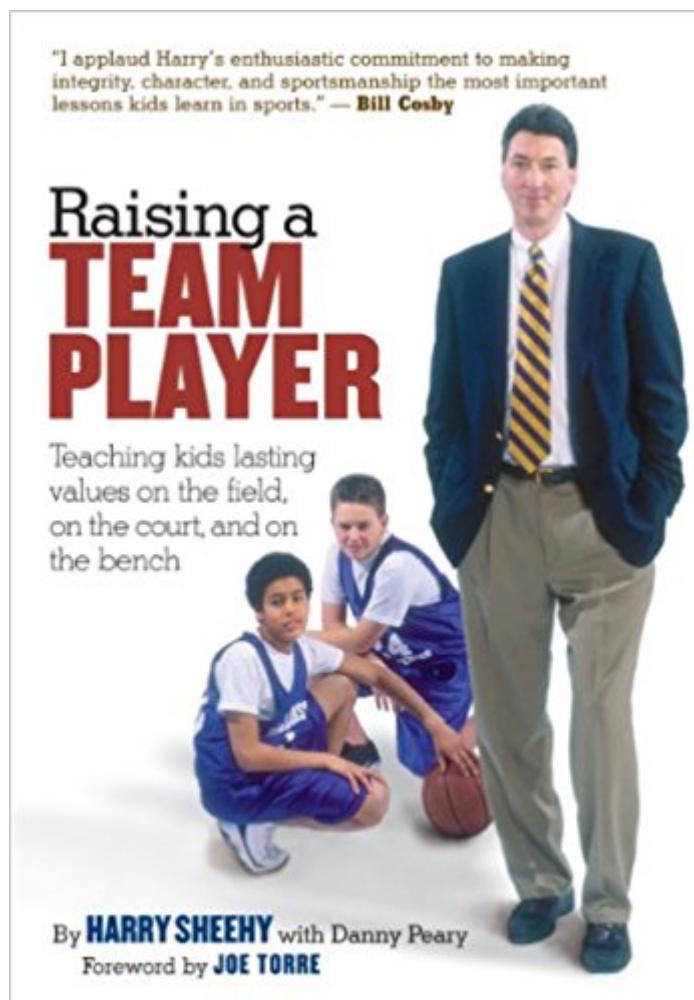


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# Raising A Team Player: Teaching Kids Lasting Values On The Field, On The Court And On The Bench



## Synopsis

In addition to developing athletic prowess, team sports present a great opportunity for nurturing critical social skills in young athletes. With plenty of advice on bestowing praise, tempering unwanted behavior, and supporting kids and teens on the field, Harry Sheehy shares lessons and wisdom learned from more than two decades of working with young athletes at Williams College and Dartmouth College. Encouraging parents to get involved, Sheehy demonstrates how sportsmanship can help instill important life values that extend beyond the game.

## Book Information

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## Customer Reviews

Sheehy is, at heart, that rare thing: a good teacher. His noble integrity, cogent observations, and experienced advice shine here. Sheehy's heartfelt, instructional work is highly recommended... • Library Journal "Raising a Team Player is insightful, challenging, and much needed. . . . Harry Sheehy and I agree that whether you're a professional athlete or a 7-year-old, it all boils down to these five simple words: Do the best you can!" • from the foreword by Joe Torre "I applaud Harry's enthusiastic commitment to making integrity, character, sportsmanship, and dedication the most important lessons kids learn through sports. Harry instills this hardworking, fair-play attitude in all his players, and with this timely book, he inspires it in parents and coaches everywhere." • Bill Cosby "Harry Sheehy writes with true conviction and makes real sense. If you're a coach or a parent whose child plays sports, then his book is essential reading." • FOX baseball analyst Tim McCarver

“Every kid should play for a coach like Harry Sheehy. He has provided parents with a primer on navigating the choppy seas of youth sports. Candidly relating his experiences as a young athlete and, later, as a highly successful coach, Sheehy cuts through the outsized emphasis that troubles kids’ games at the turn of the century and reminds us that sports can help children grow by teaching teamwork, sportsmanship, and humility. After my son’s next game, I’ll ask him Sheehy’s three most important questions: ‘Did you have fun? What do you remember about the game? Now what are you going to work on?’”

Tim Layden, columnist, Sports Illustrated

For every parent who's ever flinched at the sound of a coach screaming at their child, leapt to their feet in outrage at the sight of one young player provoking another, silently despaired as an otherwise promising young athlete stormed in tears from the playing field, or watched sadly as a youngster overwhelmed by the pressures of the game sank slowly into discouragement, "Raising a Team Player "offers hope, perspective, and life-tested wisdom. As we watch our kids compete, listen to fans sitting with us in the stands, and read the newspapers, it is evident that anger, selfishness, and win-at-all-costs attitudes pervade what was formerly known as fun and games. In response, Harry Sheehy opens our eyes to the innate purity of sports and the unmitigated enthusiasm of young athletes. Drawing from a passion that fueled twenty years of coaching, Sheehy shows parents how to turn the high-pressure situations inherent to sports into true teaching moments that endow kids with resilient life skills -- skills that will serve them for years and years to come. Fierce yet even-tempered; hard-working yet fun-loving; competitive yet sportsmanlike; proud yet humble -- if these are the qualities we wish to see in our children, now is the time to get started. "We have lost a generation of young athletes to our misguided set of values," Sheehy writes. "Let's not lose another. Let's think differently. Let's act differently. ... What's most important, parents, is that you get out there and get involved -- in the right way. You are the ones who will make a difference."

Excellent for coaches and parents.

A must-have, must-read for every coach (youth to pro) and every parent of an athlete! After over 30 years of coaching volleyball (boys & girls) at the college, high school and Jr. Olympic levels, I wish I had read this book, earlier in my career!

"Raising a Team Player" delivers solid, sometimes inspiring, advice to help coaches and parents lay

a foundation of values for young athletes. Author Harry Sheehy explains the importance of teaching kids teamwork, integrity, goal setting, and the benefits of hard work. He emphasizes that players have to learn how to handle both winning and losing graciously. "Character is revealed after a loss," Sheehy writes, adding, "If you can help kids look at losing as an opportunity to improve, you can help them make dramatic strides." Sheehy draws on his experiences as a college basketball player and coach to illustrate his points with good examples. A couple of caveats: This book is probably best for coaches and parents of kids 10 years old and up (younger children are not ready for the lessons Sheehy outlines). Also, the final chapter, called "Enthusiasm," should be moved up - I suggest reading it sometime in the first half of the book, where it fits better. This isn't a book that has to be read all at once - it could be valuable as sort of a reference book. When you run into issues related to youth sports, whether as a coach or a parent, you can turn to this book for perspective and a reminder of core values.

Harry Sheehy really nails so many critical ideas in this book. The most important for me was the concept that values are taught through sports, just as much as skills. We need to carefully evaluate what we are teaching and how we are teaching it. Both parents and coaches will benefit from reading this book and thinking about the key ideas it contains. It made me think. I especially enjoyed the chapter on enthusiasm, and the parts which talk about teams and the many ways kids need to contribute to make a team successful. The anecdote about the reserve on the basketball team who had such a powerful effect on the practices was inspiring. Good lessons for life.

Players who were coached by Dean Smith at the University of NC and John Wooden at UCLA are reverential in their respect for these two role models. After reading "Raising a Team Player" I bet Harry Sheehy's basketball alumni feel the same way about him. This book is a healthy blend of anecdotes and advice from one of Williams College's best basketball players. Watching a game coached by Sheehy is like a step back in time. Solid hustle, unselfish play and teamwork beyond compare were what you witnessed. I am biased because I watched Sheehy as both a player and a coach. I marvel at his humility and his sense of concern for both his teammates and ultimately, his players. His book captures the essence of an extraordinary athlete and human being. Don't miss it!

If you have ever seen a Harry Sheehy team play, and you know anything about basketball, you've seen a prime example of team play. Year in, year out, with a lot of talent or without, his teams get maximum results from their talent. Winning with talent is easy...winning as many games as possible,

every year requires great coaching skill. Harry has brought that same talent to writing. If you have a child or children who like sports, get this book...read it...and read it again until you REALLY understand what Harry is saying...then put his ideas into action...you and your kids will be much better for it.

I picked up this book because I have spent the last 9 months working up here at Williams College. I was pleasantly surprised with the topics and the pace of the book. Make no mistake, this is a quick read which is exactly the point - there are many lessons that one can take from this book and apply them immediately - whether it be in sports or working with young adults. I am somewhat befuddled with the first reviewer's comments - was he expecting a tome from Herman Melville, the other resident writer of the Berkshires? This book is from the heart and can be applied to the myriad of life's challenges - whether they be athletic, social or emotional.

Coming from Long Island I knew about Harry Sheehy. After reading his new book, I understand why he's been so successful as a player, coach and athletic director. I love that he writes about both girls and boys and to both mothers and fathers. The book is easy to read and not only identifies the problem with youth sports, but tells us how to rectify them in real ways. I recommend this book to parents, coaches and kids. I think it's a fun read and a valuable addition to sports writing.

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