



## Just Let 'Em Play

*Andrew Jacobs, Jeff Montgomery, Peter Malone*

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The stories seem more prevalent today than ever: coaches, and parents pushing kids to the point of "burnout" before high school, parents fighting with referees and umpires, coaches berating kids in front of teammates and parents, and even kids using performance-enhancing drugs.

Renowned sport psychologist Dr. Andrew Jacobs, longtime Major League pitcher Jeff Montgomery, and Hall of Fame swimming coach Peter Malone have seen first-hand the issues that are making youth sports increasingly difficult for parents, coaches, officials, and especially kids to navigate. Jacobs' clients, who range from elementary school to professional athletes, regularly talk to him about "burnout"-even before high school. Montgomery, who almost walked away from baseball after four years in the minor leagues, stuck with it and went on to become a three-time American League All-Star and the 1993 A.L. Reliever of the Year during a 13-year major-league career. He learned about today's "win-at-all-costs" mentality while coaching youth baseball for almost a decade. Peter D. Malone coached more than 10,000 swimmers during his 44-year career. During his last 35 years of coaching, he was the general manager and head coach of the Kansas City Blazers, a program featuring swimmers from recreational to Olympic levels. He coached four Olympic gold medalists.

In *Just Let 'Em Play: Guiding Parents, Coaches, and Athletes through Youth Sports*, Dr. Jacobs, Montgomery, and Malone utilize decades of experience and training with amateur and professional athletes to explain the importance of winning and losing, success and failure; why it's okay that not every athlete receive a trophy; and the role of parents, coaches, officials, and athletes.

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