

# *Raising Our Athletic Daughters*



—~—  
How  
Sports  
Can  
Build  
Self-Esteem  
and Save  
Girls'  
Lives  
—~—

*Jean Zimmerman and Gil Reavill*

# Raising Our Athletic Daughters

**Nameeta Mathur**



## **Raising Our Athletic Daughters:**

**Raising Our Athletic Daughters** Jean Zimmerman, 2011-11-23 Now in paperback the first book to document how participating in sports changes young girls lives during the difficult years of adolescence From high profile women s professional leagues to high school level champions girl athletes are achieving record breakthroughs Witness for example the first spectacular season of the WNBA or the celebrated victories of women s teams at the 1996 Olympics The female athlete is a new media darling especially beloved of today s teenage girls who are almost as likely to have pictures of Rebecca Lobo Mia Hamm or Gabrielle Reece on their walls as posters of Leonardo DiCaprio So it seems paradoxical that many books and studies attest to a truly sobering picture of girls lives With her book *Reviving Ophelia* Mary Pipher was only the latest in a string of theorists to describe the dramatic ways in which girls lose self esteem during the critical years of adolescence contributing to eating disorders drug problems and chronic depression in many young women In *Raising Our Athletic Daughters* journalists Zimmerman and Reavill set out to talk with girls and their parents about how sports can transform girls lives Here are firsthand stories from the inner cities and rural playing fields across the nation offering compelling evidence that participation in athletics makes an extraordinary difference in the lives of young girls from reducing pregnancy rates and substance abuse to increasing college attendance *Raising Our Athletic Daughters* is a clarion call for all those eager to help their children succeed and level the playing field at last

**Why There Are No Good Men Left** Barbara Dafoe Whitehead, 2008-12-24 A hard hitting groundbreaking exploration of the new mating conditions that are changing the face of love commitment and marriage as we know it A double revolution is at work in modern American love A revolution in higher education has created the most professionally accomplished and independent generation of young women in history and a revolution in mating has created a prolonged and perplexing search for Mr Right Based on extensive research and interviews *Why There Are No Good Men Left* explores the romantic plight of this high status woman with findings that are sure to rouse debate Cultural historian Barbara Dafoe Whitehead documents the new social climate in which the demands of work the epidemic of cohabitation the disappearance of courtship and the exacting standards of educated women are leading them to stay single longer and to find the search for a mate even harder when the time is right From the frontlines of college where dating is dead to the trenches of corporate solitude Whitehead reports on a wholesale shift that has stacked the marriage deck against the best and brightest women The thirty something perplexed single woman is today s new cultural icon *Why There Are No Good Men Left* is the first book to take a serious approach to analyzing where she came from and to ask how she can realize her dreams of lasting love

*Brentwood Academy V. Tennessee Secondary School Athletic Association (2001)*. , 2002 [Landmark Briefs and Arguments of the Supreme Court of the United States](#) United States. Supreme Court, 1975

**Marriages and Families** Mary Ann Schwartz, Barbara Marliene Scott, 2003 Taking an historical cross cultural and global approach this book focuses on the link between social structure and the everyday lives of people s

diverse experiences of marriages families and intimate relationships It shows how contemporary families go well beyond the traditional heterosexual two parent white middle class family and heterosexual legally sanctioned marriage challenges the assumption that one culture s way of doing things is the natural or right way shows how marriage and family life have changed historically over time and from place to place and how political and economic globalization impacts families worldwide Features extensive boxed material accompanied by questions for personal reflection Marriages and Families Over Time Ways of Studying and Explaining Marriages and Families Understanding Gender Its Influence In Intimate Relationships The Many Faces of Love Dating Coupling and Mate Selection Sexuality and Intimate Relationships Nonmarital Lifestyles The Marriage Experience Reproduction and Parenting Evolving Work and Family Structures Violence and Abuse The Process of Uncoupling Divorce in the United States Remarriage and Remarried Families Families in Later Life Marriages and Families in the Twenty first Century U S and World Trends For anyone interested in marriage and family dynamics including individuals counselors nurses social workers home economists etc

**Bulletin** Michigan High School Athletic Association,1999

**Child Athletes** Christine Watkins,2008 Collects fifteen articles that present positive and negative viewpoints on childhood sports exploring such aspects as physical and mental benefits and harmfulness neglect of academics and financial costs and includes an annotated list of related organizations

**Feminist Periodicals** ,1999

**Sports for Her** Penny Hastings,1999-11-30 Discusses issues related to girls participation in sports and provides information on the rules equipment training and more for eight sports which high school girls are most likely to play

**Iowa Journal of Communication** ,2000

*Feminist Bookstore News* ,1998

[Our Last Best Shot](#) Laura Sessions Stepp,2001-08-01 Our Last Best Shot presents the personal stories of twelve girls and boys from across America Their stories and Laura Sessions Stepp s extensive research provide real insight for parents trying to raise well adjusted children in this difficult age Filled with wisdom and common sense based on cutting edge research and featuring an invaluable resource list this is a book that parents and educators cannot afford to be without

**Social Psychological Aspects of Physical Activity: For SUNY at Cortland** ,2004

**A Sportive Matka Polka** Nameeta Mathur,2009 This book examines the interaction between nationalism and feminism in modern Polish women s physical culture from the late nineteenth century until the end of the twentieth century Unlike most western countries where sportswomen were typically marginalized in their athletic endeavors Polish female athletes earned greater respect and recognition in their physical culture On many occasions and for varied reasons women s athleticism in Poland was a source of immense pride and prestige for both the state and society This form of acceptance however does not suggest that sportswomen faced no discrimination in their efforts to become sportive Women s physicality remained the subject of intense debate particularly when the socio economic conditions worsened and threatened the survival of families Still despite the patriarchal and other barricades the Polish national struggles for independence and the emergence of the New Woman created significant institutional and ideological spaces for sportswomen

to build their physical culture Accordingly this book enriches the histories of Poland and modern Europe as well as women s and sports studies **Glamour** ,1998 **The Publishers Weekly** ,1999 **New Books on Women and Feminism** ,1999 **Sports and Athletes** Laura K. Egendorf,1999 The 30 essays in this critical anthology cover children in sports college athletics reform racial discrimination gender inequality drugs Presents articles reflecting a range of viewpoints on various aspects of sports including the use of drugs racial discrimination and sexual equality *The Cumulative Book Index* ,1999 *When the Body Is the Target* Sharon Klayman Farber,2002-11-05 In this comprehensive and insightful work Dr Sharon K Farber provides an invaluable resource for the mental health professional who is struggling to understand self harm and its origins Using attachment theory to explain how addictive connections to pain and suffering develop she discusses various kinds and functions of self harm behavior From eating disorders to body modifications such as tattooing Dr Farber explores the language of self harm and the translation of that language and its psychic functions in the therapeutic setting She tells us When the body weeps tears of blood we need to wonder what terrible sorrows cannot be spoken Brilliantly illustrated with rich clinical material this book offers a practical approach to the diagnosis assessment and treatment of the increasing number of patients whose emotions are expressed through bodily harm The challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing Finally she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind body psyche and soul and can serve as the cornerstone of therapeutic change A Jason Aronson Book

The Top Books of the Year Raising Our Athletic Daughters The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. Raising Our Athletic Daughters : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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