



# Sports: The Ultimate Teen Guide (It Happened to Me)

*Gail Fay*

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## **Sports: The Ultimate Teen Guide (It Happened to Me)** Gail Fay

Whether playing baseball, basketball, field hockey, football, lacrosse, tennis, soccer, softball, volleyball, or wrestling, millions of teens all over the country participate in some sporting activity. Despite widespread enthusiasm for such activities, not all teens know how to make the most out of their interests, and some teens who might want to get involved don't know which sports are right for them.

For high school athletes of all levels, this book provides up-to-date information on sports-related issues, practical tips, and valuable resources. Each chapter features quotes from current and former high school athletes who share their experiences related to the given topic. Issues discussed include

- choosing a sport to play
- balancing all aspects of life as a student-athlete
- dealing with the pressures of competition
- improving athletic performance
- consequences of performance-enhancing drugs and supplements
- common injuries and prevention measures
- training during the off-season
- playing in college
- sports-related careers and opportunities

Throughout the book, readers will find sidebars containing various sports-related tidbits: high school sports stories, the history of various sports, interesting facts, short biographies, and sports-themed young adult novels. Filled with useful information, *Sports: The Ultimate Teen Guide* will help high school athletes of all levels, from freshman novices to highly competitive seniors.

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