

# *Raising Our Athletic Daughters*



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

*Jean Zimmerman and Gil Reavill*

# Raising Our Athletic Daughters

**Barbara Dafoe Whitehead**



## **Raising Our Athletic Daughters:**

**Raising Our Athletic Daughters** Jean Zimmerman, 1999-10-19 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.

**Raising Our Athletic Daughters** Jean Zimmerman, Gil Reavill, 1998 If *Ophelia* had been on the swim team, write Jean Zimmerman and Gil Reavill in this eye-opening report on the state of female athletics, she might not have needed reviving. *Raising Our Athletic Daughters* represents the first comprehensive look at the impact of sports in girls' lives as well as a guide for parents eager to see their daughters succeed. This book arrives at a time when women in sports are achieving record breakthroughs. Witness the twenty-fifth anniversary of Title IX civil rights legislation, the 1996 Summer Olympic Games, and 1998 Winter Olympic Games where female athletes captured our hearts with their guts and glory and the first spectacular seasons of the WNBA. The popularity of Rebecca Lobo, Mia Hamm, Gabrielle Reece, and Jackie Joyner Kersee has given rise to a new media darling, the female athlete. It seems almost paradoxical that just as we are witnessing an explosion of female athletics, books and studies attest to a very different picture of girls' lives, charting the loss of confidence and self-esteem with the onset of puberty. 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 out. Journalists Zimmerman and Reavill set out to talk with girls and their parents, exploring how sports can counteract this disturbing trend and transform girls' lives. Here are first-hand stories from the inner cities and rural playing fields across our country, 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. Indeed, sports may be the most powerful resource that parents can tap in order to raise strong girls. A clarion call for all those eager to help their children succeed and level the

playing field at last      **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 acheiving 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 loose 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      *How To Say It (R) To Girls* Nancy Gruver,2004-10-05 The expert guide to girl talk *How to Say It r to Girls* provides a wellspring of practical advice for parents on how to broach uncomfortable subjects with girls of all ages or how to simply open the lines of communication This book offers concrete words phrases and sample dialogues to help parents figure out what to say and how best to say it      *Sporting Cultures* David Wood,P Louise Johnson,2013-09-13 The essays that comprise this book mark new territory in the study of sport in the Hispanic world a key

site of cultural experience for the populations of Latin America the United States and the Iberian Peninsula The scope of the volume is the exploration of the representation and interaction of sport text body in a variety of cultural forms in Latin America Spain and the chicano population of the USA As such it opens a path for further study of an area that is experiencing significant growth in the international academic community The book consists of 11 chapters by different authors and an introduction totalling c 85 000 words The essays deal with the key sporting practices of the Hispanic world including boxing baseball athletics Olympic movements and football approaching them as physical manifestations in their own right and as cultural representations via media images poetry narrative fiction murals through the research methodologies of the humanities and social sciences This book was previously published as a special issue of the International Journal of the History of Sport

**Sports for Her** Penny Hastings, 1999-11-30 Today one in every three high school girls plays sports and the number of sports offered to these young women has increased dramatically in the past decade This unique resource explores these sports from a girl's perspective while examining sports issues as they pertain to young women Individual chapters cover the most popular sports offered at the high school level such as basketball field hockey and track and provides practical advice on training and practicing techniques trying out for the team and organizing school teams Other sports possibly less familiar such as badminton and crew are also explored each in a chapter of its own as are sports like football and baseball which are typically offered only to boys Students can find detailed information for each of the eight most popular sports at the high school level basketball field hockey soccer softball swimming and diving tennis track and field and volleyball This information includes the history of the sport rules common injuries to the sport similar sports to try and advice from coaches about making the team Young female students are encouraged to try other sports that may not be offered by their high school and to get high schools to sponsor teams where there are none as well as to participate on boys teams if a particular sport is not offered to girls Advice is also provided on possible sports related problems for girls including overtraining drug use eating disorders and abuse from coaches as well as information about sports related careers to provide a well rounded comprehensive guide for young female athletes

**Everyday Ways to Raise Smart, Strong, Confident Girls** Barbara Littman, 1999-09-18 Offers practical advice to parents concerned about self esteem in their daughters

*Library Materials and Services for Teen Girls* Katie O'Dell, 2002-08-14 Libraries can define their service goals to better serve and empower teen girls This book shows how you can make a difference in your community by establishing partnerships with organizations offering developmentally appropriate programming and providing timely reader's advisory services tailored to this population A short history of girl power collection development guidelines library programming ideas and issues regarding girls and technology volunteering collaboration and outreach are provided An introduction epilogue bibliography and index complete the book Make a difference in your community improve your library services to teen girls This book describes how libraries can define their service goals to better serve and even empower young women Author O

Dell describes how to establish partnerships with organizations offer developmentally appropriate programming and provide timely reader s advisory services Everything you need to know is presented here a short history of girl power collection development guidelines library programming ideas and issues regarding girls and technology volunteering collaboration and outreach An introduction epilogue bibliography and index complete the book *SPORTS PSYCHOLOGICAL APPLICATIONS FOR FOOTBALL AND HOCKEY PLAYERS* Dr. Srinivas Nallella & Prof. B. Sunil Kumar,2021-03-23 Introduction Our body is a mass of muscle and nerves linked together into the central processing system unit that is our brain Any movement of the body and thinking is symbolic in human life Even to achieve life s goal one has to be physically fit Mentally Sound spiritually Enrich Emotionally Balance and Socially Adjustable To get all these achievement the body will act as media Shariram Madhyankukam Dharma Sadanam Though the human body is vital and important it has to be developed through physical activities only Any physical activity which has the character of play and takes the form of a struggle within oneself or competition among others is called sport **Sports in America** ,1982 **Examining Identity in Sports Media** Heather L. Hundley,Andrew C. Billings,2009-05-12 Including the work of top sports communication researchers Examining Identity in Sports Media explores identity issues including gender ethnicity nationality sexual orientation and dis ability as well as the intersections within these various identity issues This co edited twelve chapter book investigates how various identity groups are framed treated affected and shaped by a ubiquitous sports media including television magazines film the Internet and newspapers While other books may devote a chapter or section to issues of identity in sports media this book offers a complete examination of identity from cover to cover allowing identity variables to be both isolated and intermingled to capture how identity is negotiated within sports media platforms Far more than a series of case studies this book surveys the current state of the field while providing insight on future directions for identity scholarship in sports communication Examining Identity in Sports Media is ideal for undergraduate or graduate level courses in Sports Communication Sports Media Media Criticism Sports Sociology Gender Communication and Identity Politics *Learning with Adults* Peter Mayo,2014-01-06 This anthology brings together some of the finest writers on different aspects of adult education and related areas to provide a complementary reader to the introductory text by Leona English and Peter Mayo Learning with Adults A Critical Introduction Areas tackled include Disability Prisons Third Age Universities Lifelong Learning Policy Learning Society Poverty LGBTQ Sport Women Literacy Transformative Learning Community Arts Aesthetics Consumption Migration Libraries Folk High Schools Adult Education Policy Subaltern Southern Social Movements Social Creation Community Radio Social Film Contexts focused on include Africa Caribbean Europe Latin America Asia India small island states Over thirty authors involved including Zygmunt Bauman Rosa Maria Torres Oskar Negt Antonia Darder Jim Elmborg D W Livingstone Palle Rasmussen Mae Shaw Leona English Asoke Bhattacharya Cynthia L Pemberton Eileen Casey White Daniel Schugurensky Dip Kapoor Peter Rule John Myers Joseph Giordmaina Antonia De Vita Alexis Kokkos Marvin Formosa

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**Women's Studies** Linda Krikos,Cindy Ingold,2004-08-30 This truly monumental work maps the literature of women s studies covering thousands of titles and Web sites in 19 subject areas published between 1985 and 1999 Intended as a reference and collection development tool this bibliography provides a guide for women s studies information for each title along with a detailed often evaluative review The annotations summarize each work s content its importance or contribution to women s studies and its relationship to other titles on the subject Core titles and titles that are out of print are noted and reviews indicate which titles are appropriate as texts or supplemental texts This definitive guide to the literature of women s studies is a must purchase for academic libraries that support women s studies programs and it is a useful addition to any academic or public library that endeavors to represent the field A team of subject specialists has taken on the immense task of documenting publications in the area of women s studies in the last decades of the 20th century The result is this truly monumental work which maps the field covering thousands of titles and Web sites in 19 subject areas published between 1985 and 1999 Intended as a reference and collection development tool this bibliography provides a guide for women s studies information for each title along with a detailed often evaluative review The annotations summarize each work s content its importance or contribution to women s studies and its relationship to other titles on the subject Most reviews cite and describe similar and contrasting titles substantially extending the coverage Core titles and titles that are out of print are noted and reviews indicate which titles are appropriate as texts or supplemental texts Taking up where the previous volume by Loeb Searing and Stineman left off this is the definitive guide to the literature of women s studies It is a must purchase for academic libraries that support women s studies programs and a welcome addition to any academic or public library that endeavors to represent the field **Changing Children's Behavior by Changing the People, Places, and Activities in Their Lives** Richard Munger,2011-01-01 Without going through the experience no one can really know how it feels to have to look for a job The pain and uncertainty of putting yourself out there having to ask total strangers to take a chance on you

and the crushing defeat one feels when that dreaded rejection letter or email shows up Even if you are completely qualified for the position the lack of certainty can wear on you like nothing else Hunting for a job simply isn't fun In this book you will learn nine powerful ways to find and get jobs even if your background includes some criminal activity You may think there's no hope but if you read and follow these secrets you will find that jobs are easier to find than you ever thought An incredibly powerful resource for finding a job especially if you have a felony I cannot recommend this book more highly I found a job in record time using just a couple of these secrets John Klien Former Inmate FCI Sheridan **What's the Score?** Bonnie J. Morris, 2022-06-07 Who is the first female athlete you admired Were male and female athletes treated differently in your high school Is there a natural limit to women's athletic ability How has Title IX opened up opportunities for women athletes Every semester since 1996 Bonnie Morris has encouraged students to confront questions like these in one of the most provocative college courses in America Athletics and Gender A History of Women's Sports What's the Score Morris's energetic teaching memoir is a peek inside that class and features a decades-long dialogue with student athletes about the greater opportunities for women on the playing field as coaches and in sports media From corsets to segregated schoolyards to the WNBA we find women athletes the world over conquering unique barriers to success What's the Score is not only an insider's look at sports education but also an engaging guide to turning points in women's sports history that everyone should know **Surfer Girls in the New World Order** Krista Comer, 2010-09-28 Explores surfing as a local and global subculture looking at how the culture of surfing has affected and been affected by girls from baby boomers to members of Generation Y *Girl Gangs, Zines, and Powerslides* Natalie Porter, 2025-09-16 All thriller no filler Dr Indigo Willing sociologist and lead researcher of Skate Create Educate and Regenerate and co-author of Skateboarding Power and Change A vibrant meticulously researched celebration of the women and non-binary skateboarders who defied a hostile industry and redefined skateboarding around the world With enthusiasm and empathy Girl Gangs Zines and Powerslides celebrates the relentless participation of women in skateboarding from the 1960s onward who defied a hostile industry to carve out their own space through underground networks Skater librarian Natalie Porter presents interviews and meticulous research including the DIY zines created by female and non-binary skaters as a means of communication to expose this unacknowledged story while offering a personal narrative about the importance of community building and validation with or without your own video game Girl Gangs Zines and Powerslides disrupts the image of skateboarding as an exclusive male domain offering historical context for the seemingly rapid progress of female skaters today seen competing on the Olympic stage Discover how the collective action of a grassroots movement in the 1980s established meaningful change building a foundation that has led to greater inclusion and diversity which has inspired women girls and non-binary youth worldwide to roll on a skateboard for the first time or rediscover their youthful obsession as an adult and feel inspired to drop once again *"Glimpse of Women in sport"* Capt. Dr. (Mrs.) Satpal Kaur, 2015-11-21 A critical analysis of women's participation in sports has not received the proper attention



which it deserves from most of the Indian scholars Men have played their dominant role in society as well as in sports which smacks of masculine superiority whereas women have been sidelined to lay a minor role They were considered delicate submissive and emotional For these clinging vine creatures to compete in sports was unthinkable because they occupy a secondary status in Indian society Moreover society does not attach value to bring women into the sports field The evidence of what the status of women was in the earliest history is found in the sacred Hindu texts the Vedas namely Rig Veda Yajur Veda Atharva Veda and Saam Veda Each one of these texts is quite voluminous the Rig Veda being the largest and the oldest It is important to note that the hymns contained in these texts were composed by various eminent sages and during different time periods

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## **Table of Contents Raising Our Athletic Daughters**

1. Understanding the eBook Raising Our Athletic Daughters
  - The Rise of Digital Reading Raising Our Athletic Daughters
  - Advantages of eBooks Over Traditional Books
2. Identifying Raising Our Athletic Daughters
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Raising Our Athletic Daughters
  - User-Friendly Interface
4. Exploring eBook Recommendations from Raising Our Athletic Daughters
  - Personalized Recommendations
  - Raising Our Athletic Daughters User Reviews and Ratings
  - Raising Our Athletic Daughters and Bestseller Lists
5. Accessing Raising Our Athletic Daughters Free and Paid eBooks
  - Raising Our Athletic Daughters Public Domain eBooks
  - Raising Our Athletic Daughters eBook Subscription Services

- Raising Our Athletic Daughters Budget-Friendly Options
- 6. Navigating Raising Our Athletic Daughters eBook Formats
  - ePub, PDF, MOBI, and More
  - Raising Our Athletic Daughters Compatibility with Devices
  - Raising Our Athletic Daughters Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Raising Our Athletic Daughters
  - Highlighting and Note-Taking Raising Our Athletic Daughters
  - Interactive Elements Raising Our Athletic Daughters
- 8. Staying Engaged with Raising Our Athletic Daughters
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Raising Our Athletic Daughters
- 9. Balancing eBooks and Physical Books Raising Our Athletic Daughters
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Raising Our Athletic Daughters
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Raising Our Athletic Daughters
  - Setting Reading Goals Raising Our Athletic Daughters
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Raising Our Athletic Daughters
  - Fact-Checking eBook Content of Raising Our Athletic Daughters
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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