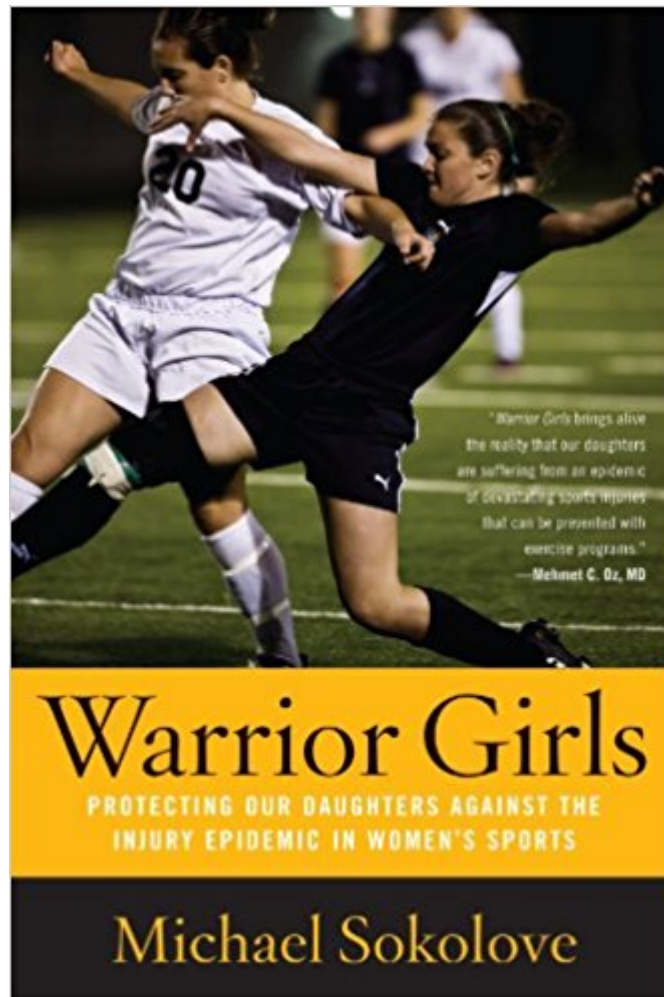


The book was found

Warrior Girls: Protecting Our Daughters Against The Injury Epidemic In Women's Sports



Synopsis

Now available in paperback, the urgent argument for saving the futures of female athletes • (USA TODAY). • Controversial and compelling: The Warrior Girls excerpts in The New York Times Magazine and The Washington Post received an overwhelming response. Warrior Girls has spurred a relevant debate that continues on websites devoted to sports, parenting, and women's health. • The ignored injury epidemic: Well over one million girls play high school soccer, basketball, lacrosse, and volleyball. But women's collegiate soccer players suffer concussions at the same rate as college football players. most alarming are the high rates of knee injuries involving the anterior cruciate ligament, or ACL, which girls tear eight times more often than boys. • A crucial look at a culture in denial: Advocates of women's sports worry that acknowledging the injury epidemic will threaten our daughters' hard-won opportunities on the field. Warrior Girls examines these shocking truths and offers hopeful solutions for encouraging female athletes to play well—and safely.

Book Information

Paperback: 320 pages

Publisher: Simon & Schuster; 1 Reprint edition (September 21, 2009)

Language: English

ISBN-10: 0743297563

ISBN-13: 978-0743297561

Product Dimensions: 5.5 x 1.1 x 8.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews • (32 customer reviews)

Best Sellers Rank: #654,838 in Books (See Top 100 in Books) #60 in Books > Sports & Outdoors > Miscellaneous > Women in Sports #463 in Books > Reference > Encyclopedias & Subject Guides > Sports #524 in Books > Parenting & Relationships > Parenting > Parenting Girls

Customer Reviews

Girls are suffering ACL injuries (which can take as much as year to recover from) at an alarming rate in soccer games and similar sports. Sokolove reviews the evidence about these injuries and suggests valuable training reforms that might spare these girls from such devastating injuries. This is a "must read" for any dad or mom whose teenage daughter is in competitive soccer, basketball, lacrosse, or similar sport.

This book will help you protect your daughter from over zealous coaches. It's an incredibly interesting story. It's wonderful that girls are able to participate in sports like never before. It's not wonderful when they're on the sidelines in crutches. This book will show you how to prevent your daughter from becoming an injury statistic. It will empower parents who are not familiar with the modern sports culture to protect their children. You'll learn how to recognize when your child is doing too much and a coach is demanding too much. It's a wonderful story and very interesting to read.

Unfortunately, the book is mostly comprised of anecdotal stories and interviews which the author uses to convince us that there is a problem with ACL injuries in women's athletics. There are about three pages in the end that suggest solutions to this problem. The author himself seems conflicted as to whether the problem is truly over-participation in a single sport or just a factor of the number of "exposures" a female has to any sport that causes them to change directions quickly or land on their heels. I was hoping for specific help in what I can do as a coach to help my U11 soccer team avoid ACL injuries. A full chapter on specific preventative training methods and exercises would have made this book complete. But I appreciate his efforts at calling attention to the problem.

My daughter recently tore her ACL playing soccer at the club level. She was a freshman in HS, at the time. I wish I had come across this book before that fateful day and not a month after. *Warrior Girls* is well-written, well thought out, and well-researched. The first chapters are grim with cautionary tales of promising female athletes who were forced to give up their dream of a career in sports because of serial injuries. Fortunately, as the book progresses, the author passes on information about research that is being conducted and prevention programs that are being adopted for the prevention of these serious, debilitating, and purposely ignored injuries to our teen-aged daughters! My daughter's surgeon told us it is very unlikely that she will tear her ACL again. However, after reading this book, I've learned that my daughter may have a pre-disposition to knee injuries and without some sort of training and prevention program, she may likely do it again! More parents and coaches should be aware of the terrible risks to our daughters' health and sports careers and insist that schools and clubs institute an injury prevention program. A must-read for parents, coaches and club-directors!

I have four daughters, all who play soccer and basketball. To top it off, I had an ACL replacement almost 20 years ago. So I read this book with high expectations. It's not that it's a bad book - just not

very helpful. Most people already know that ACL injuries for girls is a big problem. Sokolove simply wrote a book with some anecdotal stories of girls with chronic injuries. The first couple were marginally interesting; but it quickly bogged down to just another story of an injured girl. He could have found many girls/women who had ACL replacements and went on to successful high level play. If you're expecting any guidance as to either preventing ACL injuries or good insight as to where the research is headed, you'll be disappointed. Sokolove presents a few people doing research; but each one is wedded to conflicting theories as to why girls suffer so many ACL injuries. You come away with no better idea as to the reason for the problem or how to prevent it.

Great book if you a parent or coaching girls teams - especially at the premiere level. USA is supersizing everything and in sports - the girls ACLs are paying the price - 4-8xs the injury rate. Should be a must read for any premiere or HS level coach

This is a well written and well-researched book. It contains great data and compelling stories. It cautions against early specialization and overuse through repeated movements. I'm ready for an updated edition that shares more recent data regarding contributing factors.

I heard the author interviewed on NPR and have been meaning to buy the book ever since. Sports have become so much more competitive, SO much earlier in children's lives, which I believe is a travesty to childhood. This book truly helps understand the situation for parents that are educated and not so much educated about sports, sport's injuries, and where our country is today regarding children's sports. The story of Amy interwoven with the analysis of what is going wrong in training and rehab is perfect.

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