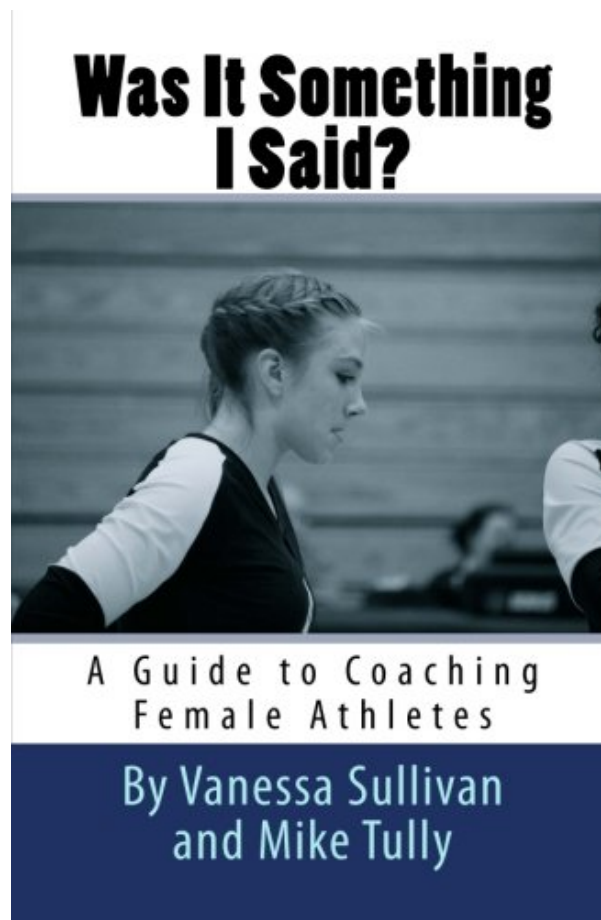


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Was It Something I Said?



A Guide to Coaching
Female Athletes

By Vanessa Sullivan
and Mike Tully

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About the Author

Mike Tully has studied peak performance for four decades, first as an international sports writer, then as a high school and NCAA coach, and now as an author, speaker and blogger. He covered four Olympics, including the 1980 Miracle on Ice, more than 100 consecutive World Series games and several Stanley Cup playoffs. His teams have won two state titles and many conference championships. They would have won more if he had met Vanessa Sullivan sooner. Vanessa Sullivan owns a degree in Psychology from Southern Connecticut State University, where she played volleyball on scholarship and set school records for digs. She is entering into her third season coaching in the NCAA. Her high school won the state championship and the Tournament of Champions, finishing No. 1 in the state. Vanessa has often looked at coaches and thought, "What game are they watching?" Vanessa and Mike are both members of the Center for Sport Success.

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WAS IT SOMETHING I SAID? A GUIDE TO COACHING FEMALE ATHLETES BY MISS VANESSA SULLIVAN PDF

"Why is she crying?" Many times a coach has looked down the bench in the heat of a game and asked that question. This book is the answer to that question. It helps coaches understand and respect how females process and respond to information. Vanessa Sullivan, a Southern Connecticut State University graduate with a degree in Psychology, has played and coached enough to know what so many coaches don't, namely, that girls are different. Not weaker, just different. The stories in this book will provide examples of how females process the feedback a coach gives, while advising the adjustment needed to effectively communicate with your athletes.

- Sales Rank: #313300 in Books
- Published on: 2015-02-18
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .30" w x 5.25" l, .31 pounds
- Binding: Paperback
- 118 pages

About the Author

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4 of 5 people found the following review helpful.

Great read for Male & FEMALE coaches

By Alexa Scriv

I have been a female athlete for most of my life, starting with rec sports at a very young age. This book brings points out the struggles of a female athlete so coaches are more aware of what can be going through their female athletes mind. Chapter like "Why is she crying" and "He thinks I'm fat" are excellent examples of what sometimes goes through the female athlete's mind. There have been multiple time in my athletic life I've cried on the court during practice or a game. One of my fellow teammates had an eating disorder because the coach at the time flat out told her she was fat. This book bring the worst situation of being a female athlete out but it also tells the reader how to cope and deal with it.

As a female athlete, collegiate coach, a middle school coach, and a high school coach I have seen the struggle of a female athlete from all perspectives. This book is a great guide not only for male coaches but for female coaches. This book is a reminder that yes as a female we are naturally sensitive people and take everything that is said to heart.

I would recommend this book to anyone, it was well written and said the things that needed to be said a long time ago.

2 of 2 people found the following review helpful.

Loved this book

By stal

Loved this book. It's a fun, quick read that touches on many of the feelings I struggled with and encountered as a highly competitive, collegiate athlete and coach. I personally related to many of these stories and hope the overall message enlightens other coaches to the complexities of female athletes and their psyche.

2 of 2 people found the following review helpful.

A MUST READ!!

By Robin Furman

After being a female athlete for years and now raising two daughters that are athletes, I find that Coach Mike Tully has truly hit his mark with this book. It shows, love, compassion and the way things truly are! If coaching anyone from girls to women, this is a must read! Love it!

See all 26 customer reviews...

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Your perception of this book **Was It Something I Said? A Guide To Coaching Female Athletes By Miss Vanessa Sullivan** will certainly lead you to obtain what you precisely need. As one of the motivating books, this publication will certainly supply the existence of this leaded Was It Something I Said? A Guide To Coaching Female Athletes By Miss Vanessa Sullivan to accumulate. Also it is just soft documents; it can be your collective data in gizmo and other gadget. The important is that usage this soft file publication Was It Something I Said? A Guide To Coaching Female Athletes By Miss Vanessa Sullivan to read and take the benefits. It is what we mean as publication Was It Something I Said? A Guide To Coaching Female Athletes By Miss Vanessa Sullivan will certainly improve your thoughts as well as mind. Then, reading publication will additionally boost your life top quality a lot better by taking good activity in balanced.

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