

# Raising Teen Athletes

Sports loom large in our world and while there are many insidious aspects to this, the value of sports, particularly team sports, in a child's life cannot be overstated.

One of the good things about sports is that many bad things will happen. Games will be lost. Your child might be benched, demoted, or not perform up to his/her abilities. Your child might hate his coach and feel that he is incapable or unfair. And all of this will be good. Responding, adapting and dealing with all of this will be the solid foundation upon which his later life will rest.

Kirsten will lead a discussion about the challenges of not only raising strong athletes but also (and more importantly) extraordinary people. Let's turn the obsession with success on its head and embrace the path of learning. We speak about love vs fear. You can't have both at the same time so start with gratitude. For your teammates, for the opportunity, for this day. Embrace THIS moment. Enjoy this moment. Let's do this (together)!



Kirsten, a Hall of Fame DI volleyball player from The College of William and Mary in Virginia and fourteen-year NIKE executive, is now a motivational speaker, writer and Peak Performance Coach. Her clients include teen athletes (and their parents), where she helps them learn how to reach their goals and release their limitations. She co-hosts the #RaisingAthletes Podcast with Susie Walton on iTunes and is working on her first parenting book about raising empowered athletes. Kirsten and her husband are raising three athletes themselves (ages 21, 19, & 15) in Los Angeles. Kirsten also coaches club volleyball and enjoys hiking in the Santa Monica mountains with her white lab puppy, Poppy. Please sign up receive updates & hear the podcast at [kirstenjonesinc.com](http://kirstenjonesinc.com), @kirstenjonesinc (Facebook and Twitter), or @kirstenjonescoach (Instagram and LinkedIn).

*Kirsten Jones*

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