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No More Broken Eggs

Tom Morin

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No More Broken Eggs Tom Morin
Here in the United States we are often too focused on how good our kids are in sports by the time they are twelve. Many young kids never find out how good an athlete they could have been because by the time they are sixteen years old the pressure on them over the years burns them out. They end up being "broken eggs." Drawing on his years of experience as a coach (he was Matt Biondi's personal coach at the 1992 Olympics) and in sport psychology, Tom Morin focuses on what we need to do to nurture young athletes, not burn them out. The book includes nine case study chapters devoted to athletes in a wide variety of sports as well as chapters filled with tips and guidelines specifically directed at athletes, parents, coaches, and clinicians.

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