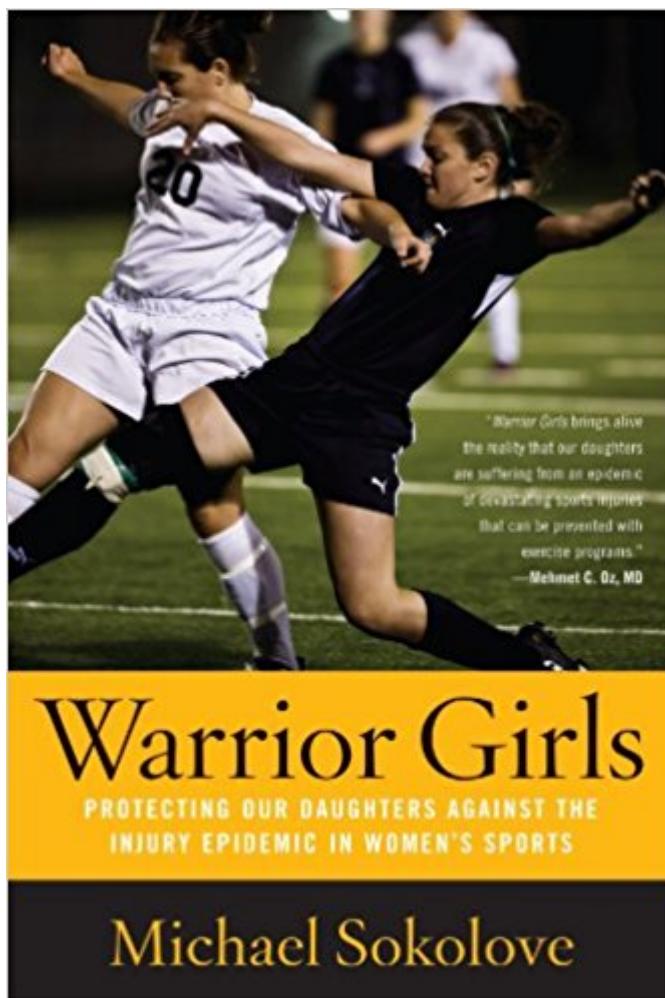


The book was found

# 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: 4.4 out of 5 stars 32 customer reviews

Best Sellers Rank: #153,604 in Books (See Top 100 in Books) #17 in Books > Sports & Outdoors > Miscellaneous > Women in Sports #121 in Books > Reference > Encyclopedias & Subject Guides > Sports #133 in Books > Sports & Outdoors > Miscellaneous > Reference

## Customer Reviews

"Warrior Girls brings alive the reality that our daughters are suffering from an epidemic of devastating sports injuries that can be prevented with exercise programs." - Mehmet C. Oz, M.D.

Michael Sokolove is a contributing writer for The New York Times Magazine and the author of Hustle and The Ticket Out. He lives with his family in Bethesda, Maryland.

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 originally purchased this book after reading a blog exchange between the Author and a Senior person at the Tucker Institute at the University of Minnesota in which I felt that Tucker was very dismissive of Sokolove's work in general and his conclusions in particular. That didn't make sense to me which is why I read the book. From my perspective Sokolove was very "Title IX" friendly in his approach to his research. In spite of the startling data presented, here we are in 2010 and I can't see that it has been effectively validated or dealt with by the substantial government and university funded women's sports establishment. It appears to me that those in power are concerned that if this information became commonly known there would be a backlash against Title IX. Seems they have some explaining to do. It's one thing to expand sports participation opportunities for girls via Title IX, but frankly if an issue this basic has not been effectively dealt with over the past three decades it makes one wonder if the right people are in charge from a directional standpoint. Torn ACLs and concussions are very serious injuries at any age and the earlier in life they occur the higher the potential for negative quality of life issues for these women down the road.

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.

A very insightful look into the disproportionate injuries suffered by female athletes. ACL injuries for female athletes occur at rates as high as 8 to 1 versus their male counterparts. Everyone seems far more concerned with being labeled as chauvinistic rather than facing the truths that male and female anatomies differ in their strengths and weaknesses. Because female legs are not as sturdy for athletics requiring planting and turning hard (like soccer, basketball, and volleyball) doesn't devalue women, it only points out a need to do intense biomechanical studies to reduce the risks

and protect our daughters from painful injuries and a lifetime of pain and discomfort in adulthood. It's a good read. I'm glad I bought it.

This is a must read for parents, coaches and trainers who work with females in basketball, soccer and volleyball. What makes this even more pathetic than the numbers of serious injuries to female athletes indicate is that the solution is so simple. Parents must demand this attention because coaches are just too focused on competition and skill development and not on general physical preparation of the athlete

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.

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!

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

[Download to continue reading...](#)

Warrior Girls: Protecting Our Daughters Against the Injury Epidemic in Women's Sports Winning Personal Injury Cases: A Personal Injury Lawyerâ™s Guide to Compensation in Personal Injury Litigation Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Softball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Basketball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Vaccine Epidemic: How Corporate Greed, Biased Science, and Coercive Government Threaten Our Human Rights, Our Health, and Our Children Texting Women: 7 Simple Steps From Text to Sex (Flirty Texts, Texting Girls, How To Text Girls, Art Seduction, How to Seduce a Woman, Funny Text, Pick Up Women, Funny Pick Up Lines, Picking Up Women) Perfect Daughters: Adult Daughters of Alcoholics Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics Daughters of the Faith SET #2 (four books) (Daughters of the Faith Series) Dixie's Daughters: The United Daughters of the Confederacy and the Preservation of Confederate Culture (New Perspectives on the History of the South) You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers (Daughters Of Narcissistic Mothers Book 1) Daughters of Faith SET #1 (four books) (Daughters of the Faith Series) The Wonder of Girls: Understanding the Hidden Nature of Our Daughters All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Denial: How Refusing to Face the Facts about Our Autism Epidemic Hurts Children, Families, and Our Future We Are Daughters of Our Heavenly Father: Striving to Live the Young Women Values

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)