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**Good Sports: Plain Talk about Health and Fitness for Teens**

As a good sports parent, you can help promote sportsmanship from the sidelines and in the stands. Be respectful of your child; her teammates, coach, and opponents; the officials; and the game itself, its rules and traditions.

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Fitness --Before starting --Nutrition for the sports-conscious teenager --Warming up and cooling down --Stretching --The psychological side of sports --Common physical problems --Lower-body injuries --Upper-body injuries --Weather extremes and exercise --Drugs.

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Parent Handout (PDF) This handout will help your athlete's parents reinforce what it means to be a good sport and how to incorporate those lessons into everyday life. Athlete Handout (PDF) Have your athletes learn the basics of what being a Good Sport means in their sport and to incorporate those teachings into their everyday life.

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While much of the talk was about the young backcourt the Lady Eagles utilized a year ago, Cosby's transfer forward, Megan Miller, made her presence felt throughout her junior campaign. Returning for her final season on The Hill, Miller will again be a focal point this season.

### **Lady Eagles eager to return to hardwood | Sports**

Repeat after me: Alan Alda continues his quest to get scientists to speak plain talk with a five-part online series that teams the actor's Stony Brook-based communicating school with Scientific American magazine.

### **No. 249: Plain talk, the Amazon HQ thing and how to look**

"Mentally it's a good thing." Yankton's Shea Rumsey won the JV girls' race, finishing the 4,000-meter course in 16:53.88. Aberdeen Central's Aby Lang was second in 17:08.14.

### **Ryan, Wentzy Win Titles In Yankton | Sports | [plaintalk.net](http://plaintalk.net)**

Good Sports: Plain Talk about Health and Fitness for Teens by Nissa Simon, Patricia Tobin (Illustrator) starting at \$1.99. Good Sports: Plain Talk about Health and Fitness for Teens has 2 available editions to buy at Alibris. 2-Day Sale | Save \$15.

### **Good Sports: Plain Talk about Health and Fitness for Teens**

"They are really good basketball players," Carson-Newman coach Mike Mincey said. "I am a very lucky coach where Mika makes a tough shot, Kayla had a double-double tonight and Byrd trust the process of hard work.

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