



Suck It Up!: Memoirs of a Gym Mom

Lora Coad

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Suck it Up asks the question, why do parents promote childhood sports? It attempts to answer the question, how can parents support athletics without compromising their personal values or standards of behavior? Parents and coaches of children in any competitive sport can identify with this book and use its guidance in raising young athletes. The memoir offers a glimpse inside the world of girls' gymnastics from a mother's perspective, and it includes personal reflection based on research. It entertains while educating readers about children in an athletic environment. Using both humor and tragedy, it tells the story of raising an independent, determined young girl with big dreams. By eleven years of age, Kimberly experienced her moment of glory as a State Champion. She also suffered agonies most eleven year old girls cannot comprehend. Through the years, the author continually questioned participation in a sport she found ruthless. Her reflections include thoughts about mother-daughter relationships, child development, and the culture of childhood athletics. Her research includes parenting advice from experts in human development as well as sport psychology. Lora Coad has an MA in Education. She has worked as teacher, advisor, administrator and researcher. She currently resides in Fallbrook, California.

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