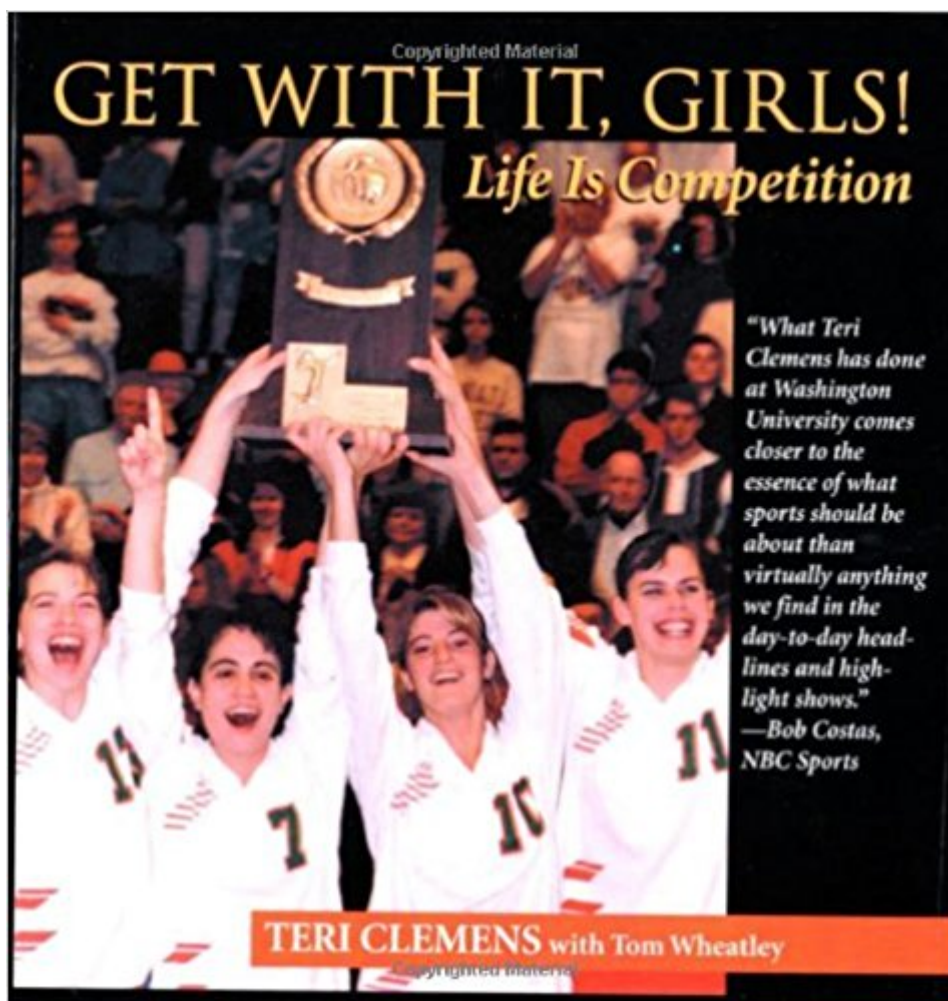


The book was found

Get With It, Girls!: Life Is Competition



Synopsis

The winningest coach in all NCAA Collegiate Volleyball history at all levels, Teri Clemens and award-winning sportswriter Tom Wheatley offer insight and instruction to young women ages 14-21 on how to be an effective competitor in all aspects of life.

Book Information

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Customer Reviews

"...a great teaching manual to help you with life's lessons on and off the field. What great insight..." -- Jackie Joyner-Kersey, three-time Olympic champion"...comes closer to the essence of what sports should be about than virtually anything we find in the day-to-day headlines..." -- Bob Costas, NBC Sports"Teri focused on all the right things for girls who aspire to be successful as athletes." -- Val Ackerman, WNBA president

In 14 years at Washington University in St. Louis, Coach Teri Clemens won seven NCAA III national volleyball championships. She was named the NCAA III national coach of the year six times and was the USA Volleyball Coach of the Year in 1997. She coached 19 different All-America players, seven national players of the year, and two players chosen as Division III All-Sports Female Athlete of the Year. Teri's players also excelled in the classroom. Five were named to the Academic All-America team and two were chosen as Academic All-America of the Year. Teri, a graduate and Hall-of-Famer of Truman State University has coached in two Olympic Festivals, and speaks on motivation and competition all across America. She and Tom Clemens, both lifelong residents of St. Louis, have been married for 20 years and have adopted six children: Terri Renee, Will, Elliott,

Manda, Carly and Gabrielle. Tom Wheatley, a graduate of Bucknell University and four-time Missouri Sportswriter of the Year, writes for the St. Louis Post-Dispatch. He met his wife Suzanne when both were Marine Corps lieutenants. Married for 24 years, they have three children: Tom, Katie, and Carrie.

The first surprise upon receiving this book is the physical size of it. It's about 5 by 5 square inches and about 100 pages with very widely spaced printing. In other words, there is not very much material in this book. I think the average reader could read cover to cover in under 2 hours. The first 10 pages were very exciting to read, with many quotes similar to the subtitle of life is competition. As the pages wear on, the density of quality information decreases very quickly. As you get further into the book, it becomes less how to coach female athletes and turns more into a speech at a senior night banquet talking about how great Cassidy or Monica was to have on the team. She was such a great athlete and never gave up, I loved coaching her and she will be greatly missed. She made the program what it is today. I'm not saying it's not worth reading, but I certainly would not buy it again. What I think is missing on the market, and what I was hoping this book would be, is a set of stories about coachable moments that she encountered in her many years of coaching and how she handled them. That would be something very worthwhile for many coaches to apply to their teams.

For those who have kept track of collegiate volleyball during the 1990's, the name Teri Clemens should bring a smile and a look of appreciation to your face. For those of us who are lucky enough to live in St. Louis in that period, it was a golden time for volleyball in this region. Coach Teri Clemens coached the Washington University Bears to seven NCAA Division III volleyball titles in her tenure as coach. She did this with non-scholarship athletes attending one of the premier institutions of higher learning and one of the most demanding liberal arts institutions in the nation, and she did it with a myriad of very different groups of personalities. Her motivation skills are on a par with Pat Summitt and John Wooden, it is no wonder that she is considered to be on that same echelon of collegiate coaches. Now, after reading her book, I know what gives her the edge over other coaches in Division III. The sense of fun, competition, and excitement that explodes into your mind as you read this book is contagious. I now know why every single one of Coach Clemens' players that I have ever met all have the same three attributes: a love of the game of volleyball, a take charge attitude about life, and an undying love and respect for Teri. You can feel her love for the game, her players, and competition coming through each page of this very short book. Her lessons are simple, almost obvious, but never obvious enough for the rest of us to understand by ourselves, because

we if we did, we should be applying the things she elucidates in the book by ourselves. Her comments are always timeless and to the point. No time to pussyfoot around the point, just get to the lesson. Every single Wash U team I have seen are well prepared, confident, fun loving, disciplined, and incredible to watch. I have seen better athletes and better volleyball in college volleyball, but rarely have I seen a TEAM that cared for each other so much AND win so much at the same time. Coach Clemens has laid out her philosophy and touchstone, now it is for each and every athlete to devour this book and come up with their own success story. I have had the good fortune of attending one of Coach Clemens coaching seminars recently, I never laughed so hard in my life, and I learned a lot in the period of fun and exchange. This book is an extension of her philosophy and it is a great reference point for her way of motivating athletes. Each of the chapters contain one idea that she expounds on, she uses her player's experience as examples and she makes an excellent case for each one of her points. She is never preachy and always humorous. I will have this book with me all the time as I coach my junior select club team because everything she mentions is important for all ages. She has rejuvenated me and recharged my thought process this season. I can not express how important this book is to the female athletes that are out there striving for excellence. This is one heck of a blueprint to help them get started.

What a great book! As a head high school volleyball coach, head girls track coach, summer traveling fast-pitch softball coach, PE and Health teacher, I get the opportunity to interact with/coach girls of all ages. This book reiterated a lot of what I am doing and it also inspired me and helped me to understand ways to positively influence young athletes. As soon as I was done reading it, I handed it to my 15 yr old daughter, whom I have the opportunity to coach. When she was done reading it she said to me, "Now I understand why you do and say the things you do when coaching. I get it now." A must read for any coach trying to understand and make a difference in the lives of our young generation.

This book is fabulous! Well written and easy to follow. I got this book for my 11 yr old daughter, who loves playing volleyball; she enjoyed reading it and took some great lessons from it. I also enjoyed reading it! This is a great read for all ages.

I play volleyball and softball and this book works for all kinds of sports. Sometimes I would wonder why I would play. This book really showed me what my drive in life is and how I need to light the fire. I enjoy competing now and love all sorts of sports. This book made me think of how women today

don't need to be the person putting the food on the table. Everyone is equal now. Women shouldn't be put down as a "tom-boy" in the 2000s. This book all in all showed me how sports have an impact on women today. And how women should become independent and not be scared to fail.

This is a very small book. I was expecting larger and more pictures. I don't know that it got much attention from my granddaughter. At some point she may sit and read it.

Everyone can benefit from this, but young girls to young ladies will be stronger for reading it. It teaches more than my writing has the power to explain. I bought it for my daughter...thought I'd read a chapter to check it out first and ended up reading it through. It gives great insight to what it takes to be better than readers may have dared to dream...to push past the insecurities.

excellent book to share with your female athletes. very inspirational and motivational. get read it you will enjoy it.

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