

Hi and thanks for visiting our *Raising Winners* website.

When it first crossed my mind to write a book on developing kids through sports experiences, I found my many hats as a parent, volunteer, wife, sport's fan, college professor, and research psychologist created an unusual perspective on a very important process. Did you know that currently 1 in 2 boys and 1 in 3 girls now plays sports?

I am glad to say my kids and our experiences have taught us all a lot. It is my hope to share what we've learned along the journey with other parents who, like I, are just trying to do the best they can with their children.

The paths leading to *Raising Winners* included some wonderful opportunities and people along the way, all who contributed mightily to where we are now.

Journeying in my mom hat, the people and experiences include raising three children, Katherine, Kristopher, and Karalyn, who play or have played a variety of sports -- soccer, basketball, football, baseball, and volleyball. In my parent volunteer hat, I am AYSO Region 69 Trophy and SPIFFI chairman and also the wife of a lifelong athlete and college scholarship basketball player.

Wearing my sport's fan hat, I had the privilege of watching Coach John Wooden as he led his teams to ten NCAA championships. He was and continues to be a role model to us all through his books *They Call me Coach* and *Wooden: Reflections*. With the ongoing success of Phil Jackson, the Lakers' Zen coach, rising through the NBA this first play-off of the new millennium, his on court behavior consistently demonstrates excellent psychology and his book, *Sacred Hoops*, (1995) is a great read.

Journeying in my academic hat, I am a research psychologist at Loyola Marymount University in Los Angeles where my LMU students have worked successfully on numerous studies contributing to our understanding of kids, coaches, playing and more. I was lucky to attend Stanford University as an undergrad and UCLA for the doctorate. Professors at all places generously contributed their support and feedback including Albert Bandura, Eleanor Maccoby, Norma Feshbach, Trish Walsh, Leland Swenson, Mike O'Sullivan, Renee Harrangue, Ron Barrett and many more.

While my formal resume follows, please know all of the kids, coaches, parents, educators, students, and friends who have all contributed mightily to this journey deserve a tip from each of my hats ...

and I thank you all.