Record Nr. UNINA9910463534103321 Autore Steidinger Joan **Titolo** Sisterhood in sports: how female athletes collaborate and compete // Joan Steidinger Pubbl/distr/stampa Lanham, Maryland;; London, England:,: Rowman & Littlefield,, 2014 ©2014 **ISBN** 1-4422-7586-3 1-4422-3034-7 Descrizione fisica 1 online resource (217 p.) Disciplina 796.082 Soggetti Sports for women Women athletes Women athletes - Psychology Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Monografia Livello bibliografico Note generali Description based upon print version of record. Includes bibliographical references and index. Nota di bibliografia Nota di contenuto Sisterhood in sports: talking, relationships, and the unique qualities of female athletes -- Best friends forever: teenage trials and building long-lasting friendships -- The family that plays together stays together -- Athletic moms' challenges -- Romantic relationships --Body image of female athletes -- Team spirit: practicing collaboration and camaraderie -- Coaches are cornerstones -- Pioneering female athletes laid the foundation -- Female collaborative competition: girls just wanna have fun. Sommario/riassunto Sisterhood in Sports: How Female Athletes Collaborate and Compete tells the stories of all kinds of female athletes in a variety of sports. Their natural tendency to use talking as a primary form of communication is essential to their experiences and successes in sports. Women and girls tend to have BFFs, collaborate during periods of stress, express empathy for one another, worry about themselves and others, and desire to have fun in sports, which makes their experiences of sports and competition different from those of their male counterparts. Female strengths are grounded in both mind and

body, and they take these strengths onto the court, field, and track.