

More than Medals

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2026-06

Synopsis

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inLanguage	english

Are sports good for kids? Does participation in athletics improve a person's life? Yes, says Betsy Mitchell 2x Olympian, 7x NCAA champion, and collegiate athletic director. But according to Mitchell, amateur sports are only beneficial when the focus remains on acquiring skills, developing sportsmanship, and having fun.

From her journey competing in sports, she learned many lessons that she applies in her daily life and career. In this inspirational memoir, Betsy writes a love letter to amateur athletes, revealing how the joy and challenges of sports shaped her life and sharing twelve pivotal lessons she learned along the way.

Reader's comments

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