

# HORMONES HAIR ELASTICS AND HELMETS

THE ART AND SCIENCE OF  
SUCCESSFULLY COACHING  
FEMALE ATHLETES

Dr. Jeffrey R. LaCure, Psy.D, M.S.W., LICSW



*Hormones, Hair Elastics, and Helmets* is the first book of its kind that combines an extensive review of the literature and research with practical, hands-on coaching advice and recommendations. Readers will appreciate the historical and social context of coaching female athletes. Successfully coaching female athletes is a unique, challenging, and rewarding experience. Dr. Jeff LaCure calls upon over twenty five years of experience successfully coaching female athletes to create this important guide for coaches, athletic administrators, and parents alike.

*Hormones, Hair Elastics, and Helmets* serves as a personal coaching G.P.S., helping the coaches of female athletes of all ages to navigate several potentially bumpy roads in life including:

- Dealing successfully with parents
- Understanding what motivates female athletes to participate in athletics
- Becoming a coach who is suited to bring the best out of their female athletes
- Fostering team building and creating a “team first” dynamic

Whether you are an experienced coach or just starting in the profession, you will find so many nuggets of wisdom in Dr. LaCure’s ground-breaking book.



Coach LaCure is the Varsity Girls Basketball Coach at Hopkins Academy and the Girls Varsity Softball Coach For Ludlow High School.

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“Dr. Jeff LaCure’s book, *Hormones, Hair Elastics, and Helmets*, is the definitive resource in helping coaches understand and motivate female athletes at all levels.”

~ Tim Brillo, Head Girls Basketball Coach and Athletic Director at Ludlow High School

“In a succinct, yet comprehensive manner, Dr. LaCure addresses everything from why female athletes join teams and play sports, to the physical and psychological differences between males and females, to gender-based differences in coaching women.”

~ Brian Wilson, Head Women’s Basketball Coach at Connecticut College

“Dr. LaCure has written an amazingly thoughtful, inspiring, and complete book that will help all coaches and athletic administrators rise to the challenge of being successful mentors and role-models for all female athletes.”

~ Dr. Andrew J. Pittington, Ph.D, Former Head Women’s Basketball Coach at Mount Ida College

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