

## LC native's recent book for parents and athletes

**BY LANCE FRANK AMERICAN PRESS**

Lake Charles native Tom Morin recently wrote a book called “No More Broken Eggs,” which encourages parents and coaches to create an enjoyable experience for athletes at an early age.

“The book is designed for the parents, coaches and the kids,” Morin said. “The message is, don’t push your kids too soon. They need to come along slowly and develop their sports careers in the long run rather than the short run.”

Morin coached swimmer Matt Biondi — a winner of 11 Olympic medals, eight of them gold — in the 1992 Olympic Games in Barcelona, Spain.

“The book really came about when I was having lunch in Barcelona with some other swim coaches,” he said. “I realized the measure of a great athlete is how they come back from setbacks and failures. Too many times they want instant success.”

Young athletes are sometimes steered away from organized sports because of pressure from anxious coaches, and the athletes cannot reach their full potential, Morin said.

“In the book, I tell parents that they need to give their kids enough time to develop. It’s OK if your kid isn’t an allstar by the time they’re 12 years old — it’s not the end,” he said. “For a lot of kids, there is a whole bunch of pressure, and they don’t know how to turn their sports experience into a good thing, and I wrote how to do that.”

Morin incorporates case studies and personal stories from athletes he’s coached, and he emphasizes the importance of self-confidence in sports and in daily life.

Morin is a psychotherapist in Oakland and Marin County, Calif. As a teenager, he was a member of the swim team at Barbe High School and placed 10th at the state swim meet. Morin, who graduated from Barbe in 1976, later swam at LSU, where he was a varsity record holder and team captain.

He began coaching at the University of California, Berkeley in 1981.

“No More Broken Eggs” is available nationwide at Barnes and Noble stores and online at [www.tommorin.net](http://www.tommorin.net).



**MORIN**