



Throw Like a Girl: How to Dream Big Believe in Yourself

Jennie Finch , Ann Killion

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The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

Throw Like a Girl: How to Dream Big Believe in Yourself Details

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Emma says

Okay, Jennie Finch is officially the coolest person in the universe. This isn't just a memoir or an autobiography. It's more like a shout out to athletic girls all over the country (that includes me), encouraging us to "Dream and Believe" (Finch's motto). In between these inspirational chapters, Finch inserts small bits of her incredible life, and shares what she was thinking as her life unfolded. She tells the reader how excited she was when she got her first pair of metal cleats. She talks about when she was a pitcher/first baseman for the Arizona Wildcats, and describes how a sports psychologist ended up installing a "tiny toilet" in the U of A dugout.

This is an absolute must read for any girl interested in softball, or girls who play any athletics.

Makenzie Riggs says

i loved thos book. Even though i dont play softball i still really liked it! i would read this book again. It gave alot of information that i did not know about her.

Taylor Stephens says

my book throw like a girl , was awesome but i already knew that it was going to be awesome because its about one of the most awesome softball players. its about a girl named jennie finch and it talks about her life and how she got to be such an awesome softball player. i would definetly recommend this book to number one , girls who like softball , number two , girls who looove reading books that are about people who have struggles growing up but grow up to be an accomplished girl and a girl who little girls look up too. the ending of this story really has a great purpose because it really gives us girls confidence to do what we really try to do and work hard to be able to do. so this is my critiqe about this book and i really look up to this book because it is awesome and i think that it gives girls some good confidence to do what we want to do and i just think that its awesome !

Grace Punke says

" Dream big and Believe in yourself" Jennie Finch is a famous softball player who no one believed in her at the beginning. Jenny lived in California. Her parents were fans of the Los Angeles Dodgers. Her dream and her mothers dream was for her to play on the baseball team from when she was five years old. One winter day Jennie and her parents went to Jennie's grandparents house and they were all throwing the snow around and having fun when all of the sudden Jennie threw a snowball so hard and fast that no one even knew where it landed. Her parents just looked at her in awe. I admire Jenny's father for enrolling Jennie in softball. He knew that Jennie was an strong, eager to learn, and persistent girl.

I think anyone that likes sports should read this book because It is not just about softball. It is about a girl who had a big dream and make it come true with hard work. It also teaches us that people in sports are more successful in life because in sports we gain teamwork skills, healthier eating, inner confidence, and many more positive things. Sports also develop some of our society leaders.

Jennie is a great girl who can teach many people many things from her experience of becoming a better softball player and a better person from her years of highschool softball all of the way up to the olompix. I would recomend this book to anyone. Everyone should read this book because the story of Jennie is increadinble and it leaves people feeling like they want to be like Jennie and make a dream and achieve it.

Eva L says

I would definitely recommend this book to other girls. It is very inspirational for young girls especially those into sports. Jennie Finch has many inspirational quotes and tips in the book which can help girls in rough times. This book could be inspirational to anyone, but it is based off of Jennie Finch's life and is mainly inspirational to girls.

Marisol says

The book Throw like A girl by Jennie Finich a book about sports. Its 224 pages long, and it talks about hard work a passion. I learned a lot from this book, because I love sports and she talks about passion for the game. Jennie is a big role model for girls that play softball all around the world. Se played for team Usa, but before she played for the University of Arizona. She played softball all her life, and it talks about what she went through when she was a kid.

Mariella says

'Throw like a girl' by Jennie Finch with Ann Killion, is an autobiography about famous softball player Jennie Finch. It's all about her journey, her accomplishments and struggles. I was taken along with the fears. The excitement. This is a wonderful book

Payton Chiddix says

This was a really good book to teach you that if someone knock you down you kave to pick yourself up and keep going. The one thing I don't really like is that it's not in chronological order but other than that it was a amazing book.

Madelyn E. says

I think that this book is a very inspiring book for young girls or athletes. It really helps someone know how you can work hard for something you love. It shows readers that any dream can come true if you work for it. Jennie Finch says in the reading how her dream was to play on the Dodger's stadium field and it came true when she was asked to pitch at their field for a T.V. show. She also writes about her tough times when one of her travel ball team coaches didn't believe in her to pitch in a game, so she proved him wrong when she played his team on a different travel ball team. Her coach gave her the chance to pitch for them in that game, and she took the chance and played the best she could by striking their batters out. Jennie was also able to play on the USA Olympic softball team with the woman that was her hero ever since she was a little girl. To sum it all up, these are all of the ways that Jennie Finch was able to inspire young girls with her softball.

Bri says

In the young adult non fiction book *Throw Like a Girl* by Jennie Finch, Jennie is an amazing gold medalist softball player. Jennie learns if you put your mind to something and you really want it to happen it will happen. Jennie's dad told her that all during her life. She also knows that being competitive in life is a great thing it will help you in life. Jennie was wanting to be just like her brothers who both played MLB and so did her dad.

Jennie is a wonderful softball player as well as a mom and a wife. Growing up Jennie and her family were huge LA Dodgers fans and they went to every game they possibly could. Jennie started pitching when she was just 7 years old and she was the fastest on the team. No one really believed that she would be a big softball star except for her dad. He was the only one and she didn't let that stop her that pushed her even farther to set out for what she wanted to do in life. jennie Finch has literally done and accomplished everything there is to do on a softball field, yet her fire for the sport and the girls who play it continues to burn bright. Today, outside of time spent with family, Finch focuses the bulk of energy on promoting the sport that has given her so much, and she continues to have a passion for helping younger players improve their games as well as their confidence. She also runs camps, tournaments and makes special appearances across the country, all in the name of fastpitch.

For most anyone else, the responsibility of all this may seem a bit daunting, but for Finch, now a mother of three, she wouldn't have it any other way. Recently, Finch sat down with DICK'S Sporting Goods to talk about her past, her present and the future of fastpitch softball. she is one of the best softball players of all. she struck out a MLB player. with her 70 Mph fastball that does not seem fast but that is crazy fast for softball. In my opinion Jennie Finch is the greatest softball player out there right now and she does not let anyone stand in her way when she puts her mind to things.

Addy says

Vicki Peterson said: Okay, Jennie Finch is officially the coolest person in the universe. This isn't just a memoir or an autobiography. It's more like a shout out to athletic girls all over the country (that includes me), encouraging us to "Dream and Believe" (Finch's motto). In between these inspirational chapters, Finch inserts small bits of her incredible life, and shares what she was thinking as her life unfolded. She tells the reader how excited she was when she got her first pair of metal cleats. She talks about when she was a pitcher/first baseman for the Arizona Wildcats, and describes how a sports psychologist ended up installing a "tiny toilet" in the U of A dugout.

This is an absolute must read for any girl interested in softball, or girls who play any athletics.

Addy Smith: I totally agree! I have found out so much about jennie, as well as her viewpoints and character! She is my role model. There is SO much encouraging advice and words of wisdom coming from someone who has fought our struggles! I <3 Jennie Finch and I would LOVEEE to meet her or go to one of her camps someday!...someday

5+++++++ STARS!!!!!!!!!!!!

Abby says

I play softball and this was very motivating for me to continue and push myself to get better

Rita KHALIL says

This book is about sports and how girls get confident into playing sports and competing and growing as a person. It motivates girls and inspires girls to never be afraid. Sports gains girls self confidence and it makes girls healthier physically and emotionally. Jennie a girl who does sports, she is also a leader a mentor, an older sister, and a girlfriend. Jennie is a very inspiring girl who wrote this book to tell other girls to go for it and to be confident. I really enjoyed reading this book because it inspired me never to be scared and to always do what I want no matter if I am good at it or not and Jennie also explains how sports has such a positive impact to it such as being healthier and being stronger and making better choices in life etc. It really opened my eyes and sent the message to me that other girls and myself should join a type of sport that we are interested in whether is soccer or basket ball or tennis etc. It seems to me that so many girls like doing sports and are interested in being part of a team and learning different things but the one thing that's stopping them is that they are scared, they are scared that they are not good enough, they are scared to lose, they are scared to be made fun of because the way they play and so many other things and I really think that this book gives them that extra little push that they need to be motivated and start their journey with sports. This book really made an impact in my life and not just sports, it also tells girls in general to do what they love and to not be scared of anything. I rate this book a 5/5.

Megan Summerfield says

A great book for young, female athletes especially those who play softball. It is an easy read, and one can find themselves finishing it within a few days!

Sharon Heavenly Machuga French says

I bought this book for my grand-daughter, but I had to read it first.

I would highly recommend this book for any parent or coach of a female in any sport, as well as the young athlete herself.

Jennie Finch is a wonderful example of strength in both the physical and mental game. She has great advice for the athlete, parent and coach. She discusses her background, her upbringing, her adversities, and her support during her amazing career. Her advice is exemplary, not just in the physical game but in every aspect

of a young girl's life. She encourages all young girls to "Dream and Believe".
