



Ice 'n' Go: Score in Sports and Life

Jenny Moshak, Debby Schriver

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The 1972 passage of Title IX, the federal law that prohibits sex discrimination

in education, was a gamechanger for women and girls in athletics. In the forty years since the law was enacted, participation in sports—especially of girls and women—has grown dramatically. With that growth have come challenges. In *Ice-n-Go: A Perspective on Sports and Life*, Jenny Moshak, celebrated trainer of the legendary Lady Vols basketball team and associate athletic director for sports medicine at the University of Tennessee, Knoxville, reflects on the role of sports in society and addresses the high stakes and costs of winning in sports today.

Ice-n-Go is a culmination of the breadth of knowledge and unique insight from Moshak's more than twenty-five years of work in major college sports. In this highly readable new book, she covers social issues, medical concerns, motivational techniques, gender roles and expectations, the impact of sports on our children, and how the body works, heals, and recovers. Though she writes on serious subjects in a serious way, Moshak's tone is always upbeat and positive with surprisingly simple strategies for improving the athletic experience for all, especially kids.

An outstanding athlete herself, she shares lessons learned on her own demanding coast-to-coast bicycle ride across the United States. In sharing her stories, sound advice and fresh ideas, Moshak seeks to do for us what she has always done for the players in her care: to help protect, nurture, and grow the athlete who is in each one of us.

Jenny Moshak is the celebrated trainer of the legendary Lady Vols basketball team and associate athletic director for sports medicine at the University of Tennessee, Knoxville. A frequent speaker at workshops and conferences across the country, Moshak is an adjunct professor in the exercise science department at the University of Tennessee. The U.S.A. Olympic Committee cited Moshak for "Outstanding athletic training support" at the United States Olympic Festival.

Now retired from the University of Tennessee, Knoxville, Debby Schriver was the first woman to be elected president of the National Orientation Directors Association. She is the author of *In the Footsteps of Champions: The University of Tennessee Lady Volunteers, the First Three Decades*.

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