

# Brooke de Lench

## Youth Sports Expert and Author

Brooke de Lench is the author of *Home Team Advantage: The Critical Role of Mothers in Youth Sports* (HarperCollins 2006). Brooke is also the founder and editor-in-chief of [www.MomsTeam.com](http://www.MomsTeam.com), a popular Web site for mothers of children who play youth sports. [www.MomsTeam.com](http://www.MomsTeam.com) provides information on a wide array of youth sports topics from health, safety and nutrition to the psychology of parenting a young athlete, to ways in which parents can make youth sports less focused on winning games and more about having fun, skill development and inclusion.

Brooke is a past International Institute of Sports Ethics Fellow and is on the Board of Advisors for the Institute for Preventive Sports Medicine and the Matthew Colby Head Injury Foundation. She also established and currently serves on the Board of Directors of the Teams of Angels, a non-profit charitable organization dedicated to reducing catastrophic injury in youth sports.



Brooke writes a monthly syndicated newspaper column, *Our Kids, Their Sports*. Her feature articles have appeared in parenting publications across the country. She is a sought-after lecturer on a wide range of youth sport parenting topics. She is also a featured speaker in the Harper Collins Speakers Bureau.

Brooke has been featured on major TV networks — ABC, NBC, CBS and Fox — and has contributed to two documentaries on youth sports, which aired on HBO and A&E. She has consulted for HBO Real Sports and ESPN youth sports-related shows. She is quoted frequently in the print press,

including Time, Reader's Digest, The Boston Globe, The Los Angeles Times and The Washington Post, and her articles have appeared on the op-ed pages of major newspapers nationwide, including The Washington Post and Long Island Newsday.

A former high school and college athlete and ranked squash player, Brooke is the mother and past coach of three sons. She lives in the Boston area.

