

danger of taking sport too seriously, "having no patience with yourself. You want to be good today — or preferably yesterday."

Lynn says it's important for any athlete, adult or child, to take a break for rest and perspective, to stop and take account of successes.

She may be uniquely suited to help the too-serious child or his parents recognize when it's time for a pat on the back, a shared laugh or a day of just plain play.

More than once in her competitive career, Lynn says, she has "overtrained", spending her physical energy and mental grit before the racing season came along.

### **Why sport for kids?**

Suppose your child is doing well in school, and keeps moderately active and healthy. Isn't that enough?

Lynn sees sport as "just another area in which people can excel. It's a place to

develop our skills as a person." Besides academic and social life, sport is another sphere in which a child can grow in terms of discipline, enjoyment and fulfillment.

Sport can help people "become more balanced. And it's hard for me to say that, because I was very unbalanced," Lynn admits.

And why skiing? "For me, it's important in a sport to be outside. In the wintertime in Alaska, this is the best sport there is."

Aware that basketball is the most popular sport among youngsters in Bush villages, Lynn says, "That's too bad, because those kids are so tough, and they would be such great skiers."

Someday, she hopes, programs like the Anchorage Junior Nordic League may spread to the Bush and the villages could begin producing some real stars.