



For Immediate Release

Championship Fathering -

***New Book is a Coaching Manual on How to **Win Big** at Being a Dad
.....and Why This is **One Contest that No Man Can Afford to Lose!*****

“As fathers...we’ve got to stop the momentum against us and then turn it in a better direction and start gaining ground.”

- from the Foreword by Coach Tony Dungy

Kansas City, MO --Carey Casey is chief executive officer at the National Center for Fathering ... and he’s an “average” dad. That’s how his son scored him recently on a fathering profile. “But,” he says, “the great part is that our kids think we’re great even when we’re average.” In his new book, *Championship Fathering*, Casey encourages all imperfect fathers like himself to aim for constant improvement as they strive to be the fathers their children need. Casey also stresses the need for ‘positive male role models’ in a society that has lost its moral compass.

“There is no greater reward or challenge for a man than to take on the role of being a father,” Casey says. “But for most of us fatherhood turned out to be different from the way we thought it would be. Some of the difference was good, and some was not so good. Most of us wish someone had sat us down and schooled us about what it was like to suddenly be Dad.”

Based on the research of the National Center for Fathering and illustrated by Casey’s own experiences as a son and a father, *Championship Fathering: How to Win at Being a Dad* (May 2009, Focus on the Family/Tyndale), explores the three principles of successful fathering: Loving, Coaching and Modeling. The book is full of humorous, poignant, and memorable stories that illustrate each principle. Each chapter includes “Action Points” to help dads put their new knowledge to work in concrete ways with their own children. There are suggestions for dads of preschoolers, elementary-age children, and teenagers.

Casey also calls for dads to stand up and make a difference in a culture full of fatherless kids and the negative consequences it has on our society.

“The real vision for *Championship Fathering* goes beyond the goal of each dad becoming a Championship Father in the eyes of his children. With almost one-third of children living away from their fathers, we need to change the culture of fathering in America so that *every* child has a father, grandfather or father figure involved in their lives.”

In recognition of the 100th anniversary of the first Father's Day this June 21st, we're calling all dads to commit to join together to make and live the following commitment:

- I will love my children.
- I will coach my children.
- I will model for my children.
- I will encourage another child.
- I will enlist other dads to join the *Championship Fathering* team.

It's no secret that there is a crisis in the U.S. stemming from a lack of a responsible father figure in the home. The statistics are staggering and sobering. **

**** Some pertinent statistics on the importance of Fathers -**

• Children with involved Fathers are more confident, better able to deal with frustration, better able to gain independence and their own identity, more likely to mature into compassionate adults, more likely to have a high self esteem, more sociable, more secure as infants, less likely to show signs of depression, less likely to commit suicide, more empathetic, boys have been shown to be less aggressive and adolescent girls are less likely to engage in sex.

• 63% of teen suicides come from fatherless homes. That's 5 times the national average.

SOURCE: *U.S. Dept of Health*

• 90% of all runaways and homeless children are from fatherless homes. That's 32 times the national average.

• 80% of rapists with anger problems come from fatherless homes. 14 times the national average.

SOURCE: *Justice and Behavior*

• 85% of children with behavioral problems come from fatherless homes. 20 times the national average.

SOURCE: *Center for Disease Control*

• 71% of all high school dropouts come from fatherless homes. 9 times the national average.

SOURCE: *National Principals Association Report*

- **85% of all youths in prison come from fatherless homes. 20 times the national average.**

SOURCE: *U.S. Dept. of Justice*

- **Adolescent girls raised in a 2 parent home with involved Fathers are significantly less likely to be sexually active than girls raised without involved Fathers.**

SOURCE: *Journal of Marriage and Family, 1994*

About the Author

Carey Casey is Chief Executive Officer of the Kansas City-based National Center for Fathering. Casey has earned a reputation as a dynamic communicator and compassionate ambassador, especially among men, fathers, and those in the sports community. His career has included serving as chaplain for the 1988 Summer Olympic Games and several NFL teams. He was also co-pastor of a church in inner-city Chicago and spent 18 years in various roles with the Fellowship of Christian Athletes. Carey Casey and his wife, Melanie, have been married for 31 years and have four children and two grandchildren. The Caseys make their home in Lee's Summit, MO.

About the National Center for Fathering

The National Center for Fathering was founded in 1990 by Dr. Ken Canfield to address the growing trend toward fatherlessness in America. The Center works with dads, schools and others to help men become the fathers, grandfathers and father figures their children need.

The National Center for Fathering is a leading national organization focused primarily on educating and encouraging men to be better fathers. The group serves fathers through its Web site, <http://www.fathers.com/>; through email distributions, and with a nationwide radio program. The radio program and the Web site provide daily encouragement and practical tips, helpful articles and information for fathers in a variety of fathering stages and situations. The Center also offers live seminars and small-group materials to help men develop and deepen their fathering skills.