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### Profile Piece for Mayfield Senior School's *Postscripts* (2007)

#### REGAN MCMAHON '70: CREATING A REVOLUTION

Regan McMahon's '70 timely new book is receiving national attention. *Revolution in the Bleachers: How Parents Can Take Back Family Life in a World Gone Crazy over Youth Sports* grew out of a March 2005 cover story she wrote for the *San Francisco Chronicle Magazine*. The article investigated the over-the-top youth sports culture, traced its origins and evolution, and explored its effect on children and families.

"As parents, we have important questions to ask ourselves," Regan says. "We have created this sports-dominated version of childhood—is it the best version? Are we raising balanced, creative human beings? Or just kids who know how to juggle a highly stressful life? Holidays are given over to tournament games, vacations to sports, and the bonding ritual of family dinners is a thing of the past. There is so much of life that kids are missing!"

An athlete herself, Regan is not bashing sports per se, "They teach many good values, such as striving for excellence, how to be a gracious winner and a good loser, teamwork, discipline, and focus." She absorbed these values in her youth as a competitive figure skater, and playing basketball and swimming for Mayfield.

In addition to enjoying sports at Mayfield, Regan credits the school with giving her the strong academic foundation that helped her be a good writer. A Mayfield lifer, Regan believes that "my Mayfield education is one of the greatest gifts my parents gave me—it helped make me the person I am today."

After graduating from Mayfield, Regan received a B.A. in French, a teaching credential and an M.A. in the Teaching of French, all from UC Berkeley. She briefly taught French before finding her way into journalism. She first worked at *BAM*, a California pop music magazine, where she met her husband, Blair Jackson. After a brief stint at *The San Francisco Examiner*, she joined the *San Francisco Chronicle*, where she has worked for twenty-three years. She has been an editor in Book Review for thirteen years and is now Deputy Book Editor, as well as the children's book editor and a features writer.

Regan and Blair live in Oakland, CA, with their two teenage children, Kyle and Hayley, who both play sports, but their parents try to help them lead balanced, centered lives.