

Developing Competitors: A Workshop for High School Coaches



BETTER ATHLETES
BETTER PEOPLE

While drawing on the same principles that underlie PCA's Double-Goal Coach® workshops, this workshop recognizes that coaching in high school is worlds apart from coaching youth sports. Winning takes on greater importance, and the more important goal of a Double-Goal Coach – teaching life lessons through sports – is critical as student-athletes mature toward adulthood.

This workshop also takes on issues that impact high school sports, such as the possibility of steroid use; hazing and bullying; concerns with nutrition, sleep and time management; sensible use of social media; and many other social pressures unique to high school sports. With an extra wealth of scenarios that an athletic director or coach can ask the PCA Trainer (workshop facilitator) to explore, your coaches gain **deeper insight into how to tackle what matters most in your school.**

Coaches who complete the workshop are versed in how to help each of their athletes become a Triple-Impact Competitor®, committed to impacting sport on three levels by improving oneself, teammates and the game as a whole.

Coaches attending this workshop will receive the book *Elevating Your Game: Becoming a Triple-Impact Competitor* and gain free online access to the *Elevating Your Game Coach's Guide*, which aids coaches in using the book with their athletes.

