MOMENTUM
YEAR IN REVIEW 2020

#LifeisATeamSport
The Positive Coaching Alliance mission is to transform the youth sports culture into a Development Zone® where all youth and high school athletes have a positive, character-building experience that results in **Better Athletes, Better People.**

**WHO WE ARE**

The Positive Coaching Alliance mission is to transform the youth sports culture into a Development Zone® where all youth and high school athletes have a positive, character-building experience that results in **Better Athletes, Better People.**

**WHAT WE DO**

We Support Coaches, Parents, Athletes, and Organizational Leaders

**WHAT WE DO**

We Support Coaches, Parents, Athletes, and Organizational Leaders

**Results**

- **96%** of PCA trained coaches believe PCA training gives them the tools to help them improve their players as individuals and as teammates.
- **72%** of PCA trained athletes believe their sportsmanship improved after training.
- **70%** of PCA trained coaches feel PCA programming reinforced their desire to teach life lessons.
- **60%** reduction in arguments with officials, reported by PCA partners.

**WE PROVIDE:**

- **TOOLS & RESOURCES**
- **LIVE WORKSHOPS**
- **ONLINE WORKSHOPS**

**WHY WE DO IT**

40 Million kids play sports nationwide. We help maximize this Positive Youth Development opportunity by impacting sport on three levels: **YOUTH, COACHING & CULTURE.**

resulting in increased...

- Resilience
- Growth Mindset
- Teamwork
- Empathy
- Leadership
- Character
- Fun
- Life Lessons
- Grit
- Perseverance

**DONE RIGHT, SPORTS TEACH**

**IMPACT**

- # of partner organizations: 3,500
- # of yearly workshops: 3,400
- # of kids reached: 20+ million

This year's cover photo features Coach Tawanna Flowers, Trinity Valley School (Fort Worth, TX), who won PCA's 2018 Double-Goal Coach Award Presented by TeamSnap.
As I write this in June 2020, COVID-19 health crisis has changed our daily lives—impacting our work and family, and fundamentally altering how we live and play. It has created a global economic shock unlike any other in our lifetime. Notably, despite these far-reaching impacts if you asked people to describe how they have been most impacted—many would cite the loss of youth sports at or near the top of their list.

That’s because youth sports are one of the best things in life. And it has been a loss. You start with the high school seniors robbed of the last season of a high school or club career—deprived of the culmination of a lifetime of progressing skills, hopes and dreams on the soccer pitch, track, tennis court, baseball and softball diamonds, and beyond.

The loss is not limited to high school seniors (or their parents or coaches) because every Spring season is the next season some child or adolescent has been looking forward to all winter and dreaming of taking their next steps as an athlete. All of those youngsters felt the loss of that season. For adults, the pandemic is hard to comprehend. For kids, it’s a confusing, unfair and invisible adversary that has inexplicably ripped away their fun, competitive, team environment.

So what can we take away from this? I can think of at least 4 things.

First, the loss we feel from youth sports reflects the importance it holds in family life. Youth sports is truly the nexus of fun, growth, and family dynamics. We have been starkly reminded that youth sports are a pillar of family life.

Second, the chance to re-connect with family play has been a bonus. The fun and bonding of playing with our kids in the yard or drive-way should not be underestimated. What’s more is putting a badminton racquet in your teenager’s hand is a good way to make sure they’re not holding a cell phone in that same hand for every waking moment.

Third, this is an obstacle and a setback of epic, global proportions. And therefore it’s a chance to teach kids that all obstacles really do offer a choice to respond and a chance to grow. While an organized individual or team sport season has been taken away, the chance to develop and grow as an athlete and a person absolutely has not.

The burden of choosing to stop feeling bad about it, and deciding how to respond shifts to the youngster and can be supported by the family. While practices and games have been eliminated or restricted, the chance to set individual development goals and to pursue those with self-awareness and self-direction has been enhanced. It’s time to consider and commit to individual goals with pencil and paper!

Fourth, the life lessons offered through youth sports can and must be more clearly understood when we re-emerge ready to play. The pause in play afforded us the chance to consider what’s most important in the experience? Striking out or fumbling a hot grounder should not be a source of angst and shame; it should be a chance to learn to shake it off, get ready for the next play and learn how to be mentally tough. You might need that mental toughness when you’re a full blown adult in the middle of a pandemic.

Surely there are more than these 4 lessons from COVID for youth sports. I’d invite you to consider them for yourself. One more thing I would like to share. PCA is not only adding value and helping leaders, coaches, parents and athletes through the crisis, it will emerge stronger and better positioned to be a difference maker—but we can only do so with your help. We need you to join us in delivering on the promise and opportunity of youth sports, and to work with you to develop kids into Better Athletes, Better People!

Sincerely,

Jeff Dale
Executive Director, PCA-Colorado
SPORTS CAN BATTLE RACISM

As a force in education through sports, we vow not to stop at condemnation, but to strive to be a force for reconciliation, through the collaborative actions with coaches throughout our country.

George Floyd was murdered. Our hearts mourn for not only his family, but for those of Ahmaud Arbery, Breonna Taylor, Tony McDade, and every other Black family that has experienced the devastating loss of a loved one due to senseless police violence and anti-Black racism. These past few weeks have succeeded in shining a light on a deadly and destructive crisis we have endured for centuries: the ugly and undeniable truth of systemic anti-Black injustice. We hope the rest of the sports community will join us in fighting anti-Black racism.

PCA has openly and decisively condemned all forms of bigotry, hatred, and violence. Black Lives Matter. Sports has the intrinsic power to transform lives and unify communities. When sports are done right, they cannot fix anti-Black racism alone, but the positive and inclusive actions of coaches, parents, student-athletes, organizational and school leaders throughout the country can start to reverse an age-old trend of systemic racism.

As a force in education through sports, we vow not to stop at condemnation. PCA will instead strive to be a driving force for reconciliation by partnering with coaches and leaders across the country, providing them with tools needed to foster a culture of diversity, equity and inclusion. We know that athletes and coaches can play a substantive role in furthering racial equality and social justice. The successful development of ANY athlete includes parallel development of courage, resilience, and character not limited to a field, court, pool or rink.

"Sport has the power to change the world, it has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand."

- NELSON MANDELA

Read PCA’s Commitment to Change
While sports were on hiatus, it was important for us to be intentional about the ways in which we all work together to build the character that fulfills potential and develops leaders—across the globe, across the country and in every way we can. Spectator, parent, coach, and athlete, everyone has a role to play.

And that’s why we’re an alliance. 
A Positive Coaching Alliance.

Because we believe life is a team sport, PCA, through our evidence-based curriculum, cultivates a positive, character-building environment that actively involves youth’s social and emotional growth to ensure they take away the many life lessons that can be learned from sports done right.

As we return to Youth Sports, it is critical Coaches have the skills to deal with the social and emotional needs of our athletes as they emerge from the trauma of COVID-19.
PCA Partners with Susan Crown Exchange to Train 400,000 Coaches in Youth Development

Mountain View, CA, July 7, 2020 – Over the next four years, Positive Coaching Alliance (PCA), the leading national non-profit dedicated to providing a positive, character-building experience for youth athletes, will partner with Chicago-based foundation Susan Crown Exchange (SCE) to train over 400,000 youth coaches to foster the social and emotional needs of youth athletes.

After seven years of funding initiatives in social and emotional learning (SEL), this partnership marks SCE’s largest investment yet into youth sports. Combining physical activity, play, and collaboration, sports have near-limitless potential to help young athletes develop social and emotional skills like teamwork, empathy, and problem solving. These foundational skills boost young people’s academic, career and life outcomes; they help young athletes succeed, both on and off the field.

Since late February, youth across the country have endured unprecedented challenges: virtual learning, racial injustice, and the health and economic impacts of COVID-19, to name a few. Many of those young people feel powerless and hopeless, and express both a desire for structure and uncertainty around the future. The magnitude of the impact this has had on kids is yet to be measured—but as young people return to play, coaches will need the tools to meet kids’ social and emotional needs as they process this tumultuous time.

“Across the United States, forty million young people play sports each year. The coaches that make youth sports possible have a major impact on those young people’s lives,” says Haviland Rummel, Executive Director of the Susan Crown Exchange. “This partnership will help coaches across the country promote positive youth development, changing the lives of young athletes. As young people return to play after an incredibly tumultuous few months, this work will be more important than ever.”

For more than two decades, PCA’s mission has been to create a positive, character-building youth sports environment that results in “Better Athletes, Better People.” It’s clear that social and emotional development is critical for young people, and it’s equally clear that coaches are important role models for the athletes they serve. By bringing training on SEL and youth development to coaches across the country, we can help them transform the lives of the millions of kids who play sports.

“Regardless of zip code or socioeconomic status, our children need and deserve all the support they can access during this incredibly complex and confusing time,” said Chris Moore, CEO of PCA. “We’ve known for years that PCA’s social and emotional training empowers coaches to develop athletes of character who will be good teammates to one another. With this partnership, and in this moment, we’re looking to leverage PCA’s partnership with coaches across the country to provide the training they need to support young people as they return to schools and youth sports.”

In keeping with the organization’s core belief that life is a team sport, PCA is actively looking for like-minded organizations and individuals to join its mission of addressing the social and emotional needs of youth athletes everywhere. To align with both organizations’ commitment to ensuring a level playing field for the rising generation, regardless of access to resources, at least 50% of this training will support coaches in underserved communities.

Learn about ways to support and help grow this initiative.
I believe the presentation made a significant impact in a time when there is less certainty of how our off-season and summer will look in comparison to past years. The topic of setbacks and fail harder was quite accurate...we all tend to forget it is not about being perfect. It is about being persistent and resilient because the desire to succeed is too strong to be anything less!! ABSOLUTELY LOVED IT!"

- Jim French, Head Coach, Brighton Lady Bulldogs Varsity Basketball

PCA’s online Triple-Impact Competitor® course included Doc Rivers, Julie Foudy, Shane Battier and other top coaches, athletes, and experts.

Honoring the Game: The Official’s Role in Creating a Positive Youth Sports Culture

To serve the sports community while they were at home, PCA opened up our athlete and officials courses to be free. Nearly 7,000 athletes and more than 200 officials completed these free courses.

During the last three months of the COVID-19 pandemic, PCA pivoted to host over 150 Zoom Workshops! If you represent a school or youth sports organization or are interested in bringing PCA to your community with Zoom during these uncertain times, please click below for more information. PCA is here to help serve all communities during this time of school closures and sports cancelations.

Visit positivecoach.org/zoom
Thunder Baseball, located in Broomfield, CO, has partnered with PCA-Colorado since 2012. That is the year that PCA founded its Colorado Chapter and the two organizations have worked together since.

Thunder has trained its coaches on the PCA curriculum – including PCA's base level coaching workshop, Double-Goal Coach—Coaching for Winning & Life Lessons, several times over the years as coaches have turned over. Additionally, Thunder has taken higher level workshops such as Culture, Practices and Games, Leading Your Organization and Positive Motivation.

“PCA is part of Thunder’s DNA. We expect every team to have a ‘Culture Keeper’ and a team manager to help our coaches focus on coaching the Thunder Way. This includes using ELM principals and ROOTS to guide our actions in practice and in games. PCA differentiates Thunder from other competitive programs in our market,” said Shawn Williamson Executive Director of Thunder Baseball.

“PCA provided the basis for doing things the “Thunder Way” and helped establish a culture of using baseball to teach life lessons. We let families know that Thunder Baseball is not for everyone. If you become part of our membership, we have expectations for coaches, players and families. Our culture drives our decision making process and helps us in challenging times.”

Shawn has also participated in PCA’s Leadership Council as a youth sports representative and a business leader. Thunder Baseball has consistently put forth Coaches for PCA’s Double-Goal Coach award, and has had players apply for PCA’s Triple-Impact Competitor college scholarship. One of Thunder’s player’s Kyle Holbrook, was a scholarship recipient and spoke at PCA’s annual scholarship dinner prior to moving on to Dartmouth College. PCA values the relationship with Thunder Baseball and looks forward to continuing the decade-long relationship into shaping and maintaining a positive youth sports culture.
In October 2019, PCA-Colorado launched a Leadership Council to help grow the PCA Movement in Colorado. Leaders from spheres of professional sports, business, non-profit and academia are invited to take part in discussions about trends in youth sports. Leadership Council members then provide input and strategic direction to PCA-Colorado as well as taking part in the Movement through contributions to program execution, growth and awareness working groups.

Former Denver Bronco Quarterback Jake Plummer spoke at the first leadership council meeting in October. Professor emeritus at University of Colorado-Colorado Springs Jay Coakley spoke at the second meeting in early March. Dr. Coakley is a PCA National Advisory Board Member and author of Sociology of Sport. The Leadership Council is growing and PCA-Colorado welcomes those interested to reach out to Executive Director, Jeff Dale, to learn more about this opportunity.
DONOR SPOTLIGHTS

Traci Lounsbury, CEO and Owner, Elements

Traci Lounsbury is an active PCA-Colorado Leadership Council member. She joined Leadership Council in October 2019. “I was drawn to the Positive Coaching Alliance because so many of the life lessons that I learned as an athlete in high school and college has helped me in my professional career.”

Traci is CEO and Owner of ELEMENTS, a company of inspired place makers who enhance the built environment with a focus on brand and culture. Also one of the largest women-owned businesses in the state, ELEMENTS is on a mission to transform the interior built environment through products, technology, construction and design.

“Work ethic, grit, teamwork and leadership are some of the skills I gained in athletics. I believe in the work PCA-Colorado is doing to transform our youth into the leaders of tomorrow. I want to be a part of growing PCA and making it a success in Colorado.”

Traci was a two-sport athlete at Colorado State University, basketball and softball, and credits sports with giving her the qualities that have led to her career as an entrepreneur, teammate and leader.

SUPPORTING FOUNDATIONS

Daniels Fund

The Anschutz Foundation
FACEBOOK LIVE SERIES

In an effort to connect with our community while we were home during the Coronavirus pandemic, PCA launched a weekly Facebook Live series with National Advisory Board Members. To serve the sports community while they were at home, PCA had over 250,000 views of our Facebook live sessions!

Thank you to Lindsay Gottlieb, Greg Dale, Dr. Colleen Hacker, Julie Foudy, Herm Edwards, R.C. Buford, Steve Smith, Lionel Hollins, Steve Stenersen, Brad Stevens and Aja Evans for already going Live. Thank you also to Ted Robinson for doing a voiceover for this video, to Barry Mano for helping spread the word about our free officials course, and to Kristine Lilly for participating in our #High5Challenge.

“I’m gonna develop that whole person into a superhero, into this amazing human being.”
- Miss Val Kondos Field, Former UCLA Gymnastics Head Coach

“We control nothing except our attitude. That’s all we control every day we wake up.”
- Herm Edwards, PCA National Advisory Board Member, Head Football Coach, Arizona State

“We learn more from mistakes than we do from executing perfection.”
- R.C. Buford, PCA National Advisory Board Member, CEO – San Antonio Spurs
We are proud to have awarded over 150 student-athletes from the class of 2020 with scholarships to assist them with college expenses. Each year, PCA awards scholarships ranging from $500-$2,000, depending on the region, to high school athletes based on their responses to questions pertaining to how they meet the standard defined in Elevating Your Game: Becoming a Triple-Impact Competitor by PCA Founder Jim Thompson.

PERSONAL MASTERY: Making oneself better
LEADERSHIP: Making one’s teammates better
HONORING THE GAME: Making the game better

Meet a few of our 150 Scholarship Winners:

This year, the recipients will be attending these colleges and universities, thanks in part to support from Positive Coaching Alliance!
Each year PCA recognizes coaches from across the US who embody the ideals of a Double-Goal Coach® who strives to win, but more importantly, teaches life lessons through sports. This year, we named 25 National Winners who all received $1,000 thanks to the generosity of TeamSnap and Taube Philanthropies. One PCA National Coach of the Year was selected and awarded $10,000 for the Taube Family Prize in Recognition of Excellence in Coaching.
Please see our outstanding winners below.
Positive Coaching Alliance is proud to announce our 2020 Double-Goal Coach® National Coach of the Year and winner of the $10,000 Taube Family Prize in Recognition of Excellence in Coaching, DeVon Holmes, from the Cindy Platt Boys & Girls Club of Transylvania County.

Holmes came to coaching after a college football career at Brevard College in North Carolina where the team often volunteered at the Boys & Girls Club. He grew up in Conyers, Georgia, 20 minutes east of Atlanta, where he was a standout football player on the Heritage High School football team. He received his Bachelor’s Degree from Brevard in 2014 majoring in Political Science & Education with a minor in Business & Organizational Leadership.

“Boys & Girls Clubs of America is thrilled to learn that DeVon Holmes, an employee, and coach with the Cindy Platt Boys & Girls Club of Transylvania County, has been selected as Positive Coaching Alliance’s National Coach of the Year. DeVon leads by example for all youth sports coaches, making sure kids and teens are learning competencies and gaining confidence while having fun playing sports. Community heroes don’t always get recognized; we are proud Positive Coaching Alliance is highlighting him and his work at the Club. We thank DeVon for the time and energy he gives to the youth in his community and to the Boys & Girls Club.”

- Heather Campbell, Senior Director, Youth Development Programs, Boys & Girls Clubs of America

“We are proud to recognize DeVon Holmes with the National Coach of the Year Award for his tremendous impact on the youth of his community. Now, more than ever, we need coaches who help educate, mentor and positively impact youth and Holmes is doing his part to ensure that sports helps bring people together. It is coaches like DeVon who help youth succeed in and out of sports, creating better athletes and better people.”

- Chris Moore, CEO of Positive Coaching Alliance

PCA’s Coach of the Year is made possible thanks to the generous support of Taube Philanthropies.
2019 LIVE WORKSHOPS COMPLETED: 3,338
2019 ONLINE COURSES COMPLETED: 16,334

PCA PROGRAMMING IS AVAILABLE IN ALL 50 STATES

PCA is proud to partner with the National Hockey League, National Basketball Association, Major League Baseball and over 35 professional teams across the United States.
NATIONAL PARTNERS

[Logos of various national partners]

NATIONAL CORPORATE PARTNERS
& TRUSTED RESOURCES

[Logos of various corporate partners]
Health One and Rocky Mountain Hospital for Children were thrilled to forge this partnership with Positive Coaching Alliance. Our passion is for the health of youth, and we are a community resource to youth athletes and families. We have a strong youth sports medicine program, and we work with PCA because we are aligned on our missions to serve Colorado communities.

- Brooke Pengel, MD
Medical Director, Rocky Mountain Pediatric OrthoONE