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**

We Support Coaches, Parents, Athletes, and Organizational Leaders

**WHAT WE DO**

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**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.

**IMPACT**

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

**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**

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.
LETTER FROM THE CEO

Every summer, PCA publishes Momentum Magazine, giving us an occasion to celebrate the impact the organization has made over the previous 12 months. And while PCA managed to surpass nearly every goal set for the first nine months of the year, this most recent four-month period has truly been unchartered territory given the COVID-19 crisis and the Black Lives Matter Movement.

It is virtually impossible to overstate the devastation this pandemic has had on our sports community. It is also equally impossible to ignore the Black Lives Matter movement and the role that sports play in battling racism. As the sports world is impacted by the pandemic and the Black Lives Matter movement, so is PCA, as sports are embedded in the culture and fabric of America. It has been heartbreaking to witness youth sports organizations call off their spring seasons, including the Little League World Series. Professional sports leagues, tournaments, games and other sporting events have also been canceled or suspended. Never before have we seen the NBA and NHL suspend their seasons, the NCAA cancel its remaining spring and winter championships or the PGA postpone the Masters. And while COVID-19 continues, we must also turn our attention to the deadly and destructive crisis we have endured for centuries: the ugly and undeniable truth of systemic anti-Black injustice.

This has all resulted in an unprecedented level of anxiety in young people, as they find themselves grounded at home without sports, cut off from their friends, having spent the rest of the academic school year remotely with the worry of how this economic downturn may impact their families.

Because we understand that life is a team sport, it is my belief that what Positive Coaching Alliance provides to our community has never been more relevant or more needed than it is today, in order to maintain a healthy mindset for our children. Our program teaches athletes the value of being a good teammate; it builds strong character and develops leaders into something that matters. These lessons provide the fundamental social and emotional learning skills that are just as relevant to managing anxiety in life, as they are on the field, the court or the ice. During these stressful and uncertain times, PCA provided and will continue to provide support for our communities most impacted by these crises.

As we evolve towards what will be a “new normal” throughout sports, we at PCA believe there will be a tremendous opportunity to build a better future for youth, regardless of neighborhood, race, zip code or socioeconomic status. In this country, there has always been a huge divide due to anti-Black racism and between kids in low-income communities and those who come from families with greater financial means, in terms of access to sports. We intend to renew our focus on play equity by ensuring that PCA training reaches kids in underserved communities. This is a great passion of mine, and as you will read throughout this magazine, is something PCA has only started to pursue.

I am thrilled to be a part of this organization and proud to see every member of the PCA team rally together over the last few months to help our community make it through these crises. Soon, once parents feel reassured from the public health community and sports providers that the environment is safe for their kids to return to play, youth sports will be back with a vengeance. And while we return to play, we cannot ignore the anti-Black racism that has long plagued our nation. While we return, coaches in our country will need to use their platform to teach their athletes that they have innate value and dignity that are neither defined nor limited by their race, color, creed, gender, sexual orientation, or resources.

Chris Moore, CEO

“Because we understand that life is a team sport, it is my belief that what Positive Coaching Alliance provides to our community has never been more relevant or more needed than it is today, in order to maintain a healthy mindset for our children.” Pictured here: Chris Moore with his family.
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
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.
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 PCAs 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.
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**

- **Double-Goal Coach®**: Coaching for Winning and Life Lessons
- **Developing The Triple-Impact Competitor®**
- **Positive Motivation**: Getting the Best from Athletes
- **Mastery**: Coaching for Peak Performance
- **Leading Your Organization**: Developing a Positive Coaching Culture
- **Second-Goal Parent®**: Developing Winners in Life Through Sports

“I was both impressed and pleased with our virtual workshop last Tuesday night. The PCA team presenting did an excellent job!”

- Tony Bauman, Bloomington High School Athletic Director

“This was a great presentation. During this time of school closure etc it would be beneficial for PCA to publicize these workshops. Kelly and Jeaney (the PCA trainers) were outstanding. Many of my coaches emailed me after the workshop and stated what a great workshop. Great job PCA!!!”

- Dave Carli, Geneva High School Athletic Director (Illinois)

**FREE ONLINE COURSES**

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.

**FOR YOUTH ATHLETES**

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

**FOR OFFICIALS**

Honoring the Game: The Official’s Role in Creating a Positive Youth Sports Culture
CREATING “MAJOR LEAGUE CITIZENS” WITH THE CHICAGO CUBS

Cubs Charities serves as the charitable arm of the Chicago Cubs. With a guiding belief that “Every Child is an All-Star”, Cubs Charities provides year-round, quality youth development programs that engage young people with a focus on kids residing in Chicago’s under-resourced neighborhoods. Within its program continuum, (kindergarten thru college) is Cubs RBI Baseball and Softball for young people (13-18 years old).

In addition to providing high level training and playing opportunities throughout the year, Cubs RBI offers academic support and civic engagement opportunities to support the whole athlete as “major league citizens.” As a trusted community partner, PCA-Chicago has assisted Cubs Charities with their youth development initiatives in two key ways. First, PCA held a series of parent talks for All-Stars parents providing research-based findings and best practices on how to best support their kids during their baseball and softball competitions, reinforcing life lessons and teachable moments.

Secondly, PCA engaged nearly 40 young men and women involved in Cubs RBI All-Stars through PCA’s “Character & Leadership Development” program. Taking place at UIC’s Curtis Granderson Stadium, with an iconic view of the city skyline as the backdrop, Cubs RBI athletes participated in a series of discussions and activities that focused on PCA’s foundational principles and how to put those principles to use every day.

Keri Blackwell, Assistant Director of Community Affairs & Cubs Charities said,

“It is the purpose and intent of Cubs RBI to offer quality opportunities to build skills on and off the field. We were proud to partner with PCA this year to promote character and leadership development among program participants.”
CURRENT PARTNERS

Amateur Hockey Association Illinois
AYSO Region 399
Barrington Youth Baseball and Softball
Bloomington High School (IL)
Bolingbrook Soccer Club
Boys & Girls Club of Chicago
Brookfield Academy
Byron High School
 Cary Junior Trojans
Champaign Centennial High School
Chicago Archery Coaches
Chicago Bears
Chicago Blackhawks
Chicago Cubs
Chicago Fire FC
Chicago International Charter School- Northtown Academy
Chicagoland Youth Football League
CITY Club Gymnastics Academy
City of Palos Heights Parks and Recreation
Communities in Schools of Chicago
Elite Soccer
Elmhurst Knights Basketball
Evanston Baseball Softball Association
Evanston Youth Hockey Association
Evanston Youth Lacrosse Association
Francis W. Parker School
Francis Xavier Warde School
Fremont High School
Geneva High School
Glen Ellyn Park District
Grayslake Central High School
Hamlin Park Baseball Association
Huntley Park District
Illinois Athletic Directors Association
Illinois Boys Lacrosse Association/ True Lacrosse
Immaculate Conception School
Jones College Prep Water Polo
Lake Zurich High School
Lake Zurich Lacrosse
Lane Tech High School
Larkin High School
Latin School of Chicago
Metea Valley High School
Midway Aviators Baseball
Milwaukee Area Youth Lacrosse Association
Mundelein High School
Munster Little League (IN)
Nicolet High School
Northside Basketball League
Oak Forest High School
Orland Park Soccer Club
Orland Park Youth Association
Oz Park Baseball Association
Palatine Park District
Park Ridge Baseball/Softball
Piano High School
Regina Dominican High School
Sandwich Boys Baseball
Solorio Academy High School
St Benedict Preparatory School
St Celestine School
St Clement School
St Matthias Elementary School
Township High School District 211
Valpo Parks
Village of Romeoville Parks and Recreation Department
Wasco American Legion Baseball
West Aurora High School
Wilmette Baseball Association
Wisconsin Lacrosse Federation
YWCA- Flying Fish
Over 230 people – our largest crowd ever – gathered at iconic Soldier Field on March 5 to honor Chicagoland coaches, student-athletes and community leaders at the 2020 PCA-Chicago Positive Coach Celebration.

Hosted by the Big Ten Network’s Dave Revsine at the home of the Chicago Bears and Chicago Fire FC, we began the evening by honoring five Double-Goal Coach Award recipients. These coaches exemplify PCA principles in creating a positive youth sports culture, and excel at preparing their student-athletes to win on the scoreboard while also teaching life lessons.

- **Coach Justin Georgacakis**, Glenbrook North HS – Football/Lacrosse
- **Coach Keiya Square**, Wilmot Union HS - Football
- **Coach John Szabo**, Bloomington HS – Cross Country/Track & Field
- **Coach Donna Terrasi**, St. Clement School – Basketball/Volleyball
- **Coach Jason Welch**, Central Catholic HS – Boys Basketball
Our coaches also produce Triple-Impact Competitors: student-athletes who make themselves, their teammates and the game better. Five high school seniors received our Triple-Impact Competitor Scholarship Award for their remarkable on-field and off-field accomplishments that make their families, school and community proud of them. PCA-Chicago recognized:

- **Markus Becton**, St. Joseph HS - Basketball
- **Montala Carruthers**, Gwendolyn Brooks College Prep - Cheerleading
- **Anna Gruvberger**, Hinsdale Central HS - Swimming
- **Jack Oliveira**, Loyola Academy - Rowing
- **Kate Rost**, Providence Catholic – Basketball

Former US Secretary of Education and CEO of Chicago Public Schools Arne Duncan received PCA-Chicago’s Triple-Impact Executive award to recognize his accomplishments as an educational and community leader, and Kamau Murray, CEO and Founder of XS Tennis & Education Foundation, was honored with PCA-Chicago’s Excellence in Sports Leadership award. Kamau was unable to attend the event because tournament he was attending was delayed due to the Covid-19 virus.

The highlight of the evening was a panel discussion with Arne and Dave that covered Arne’s own youth sports experience playing basketball that took him from Chicago’s Hyde Park to being co-captain of the Harvard men’s basketball team and eventually to playing professionally in Australia. They discussed the state of youth sports today, the importance of positive coaching and how it relates to the work he’s doing today at Chicago CRED to address the city’s gun violence issues.

Guests also experienced PCA’s mission through an activity led by PCA Trainers Leigh Podlesny and Troy Pearson that gives coaches perspective on their students’ learning curve, followed by a paddle raise that was generously supported by our guests.

PCA-Chicago’s annual celebration raises vital annual operating dollars necessary to deliver positive coaching programs and resources to over 70 Chicagoland schools, park districts and youth sports organizations.
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!

Athletes representing several Chicago pro teams joined PCA on Social Media to share thoughts on PCA principles, sports parenting, coaching at home during COVID-19 and more. Special thanks to Olympic medalist Aja Evans, Chicago Blackhawks’ Jamal Mayers and Chicago Fire FC’s Micheal Azira for sharing their time and thought leadership with the Positive Coaching community.
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.

### Meet a few of our 150 Scholarship Winners:

- Alicia Ing (WA)
- Olivia Mast (OH)
- Kyle Perkins (OR)
- Sinead Henry (NY)
- Oluwatobi Alagbe (TX)
- Sanjana Jha (MD)
- Meiling Milgrim (AZ)
- Joseph Nizich (OR)
- Chelsi Bridgewater (FL)

This year, the recipients will be attending these colleges and universities, thanks in part to support from Positive Coaching Alliance!

- Cornell University
- US Naval Academy
- University of Iowa
- University of Nebraska-Lincoln
- University of Alabama
- Lehigh University
- Harvey Mudd College
- New Mexico State University
- University of California-Davis
- University of California-Santa Barbara
- San Diego State University
- Embry-Riddle Aeronautical University
- Vanderbilt University
- University of California-Merced
- Chowan University
- James Madison University
- Georgia Tech
- LaSalle University
- University of Pittsburgh-Johnstown
- University of Maryland-Baltimore County
- Spelman College
- University of North Carolina
- University of Maryland
- Norfolk State University
- Bates College
- Rhode Island School of Design
- Nixon College
- Union College
- University of Massachusetts-Amherst
- Rice University
- University of Leeds
- Florida International University
- Lindenwood University
- Eastern Oregon University
- Point Loma Nazarene University
- Air Force Academy
- Carroll College
- Linn-Benton Community College
- University of Washington
- Saint Mary’s College of California
- University of California-Los Angeles
- University of Southern California
- University of Rochester
- Brown University
- University of Miami
- Yale College
- Florida State University
- University of South Florida
- Valencia College
- Florida Gulf Coast University
- Nova Southeastern University
- University of Florida
- University of North Florida
- Webber International University
- Covenant College
- Baylor University
- Trinity University
- Texas Tech University
- University of Houston
- Louisiana State University
- St. Edward’s University
- Texas A&M University
- University of Texas-San Antonio
- United States Military Academy
- University of Michigan
- East Texas Baptist University
- University of Findlay
- The Ohio State University
- Clemson University
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.

- **Becky Alcox**
  Hilliard Bradley H.S. (OH), Soccer

- **Jorge Buret**
  Hoops & Sports 4All (NY), Basketball

- **Chris Cutcliffe**
  Oxford School District (MS), Football

- **Antonio DelVecchio**
  Titletown Wrestling Academy (GA), Wrestling

- **James Ford**
  LA’s Best After School Program (CA), Basketball/Football/Soccer/Softball

- **Heather Frushour**
  Empire H.S. (AZ), Track & Field

- **Justin Georgacakis**
  Glenbrook North H.S. (IL), Lacrosse

- **John Hallead**
  Columbia H.S. (WA), Baseball

- **Maurice Henriques**
  R.E.A.L. Training Colorado (CO), Track & Field

- **Charles "Chic" Hess**
  Little Dribblers (HI), Basketball

- **Shirley Hinton**
  Owings Mills Track Club (MD), Track & Field

- **Devon Holmes**
  The Cindy Platt Boys & Girls Club of Transylvania County (NC), Multiple Sports

- **Savannah Linhares**
  Chowchilla H.S. (CA), Basketball

- **Thomas McPherson**
  Katy High School (TX), Baseball

- **Jacob Michaels**
  Franklin H.S. (OR), Cross Country, Track & Field

- **Brad Murphy**
  West H.S. (WI), Football

- **Antonio Rosito**
  Wildcats Midlothian TX AAU (TX), Basketball

- **Josh Saunders**
  T.R.Robinson H.S. (FL), Girls’ Flag Football/Volleyball

- **Bill Tantillo**
  Leigh H.S. (CA), Football

- **Cory Tennison**
  Langford Park Rec Center (MN), Baseball, Basketball, Soccer

- **Christina Urbina**
  McCollum H.S. (TX), Soccer

- **Patty Waldron**
  Charlotte Latin School (NC), Swimming

- **Richard Ward**
  Red Sox Foundation RBI (MA), Softball

- **Eryk Watson**
  E33 Eagles (GA), Basketball

- **Monia Wong**
  Sacramento Soccer Alliance Girls Soccer (CA), Soccer

The National Scholarship program is available in all 50 states.
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.

“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

“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

Hear from his supporters:
NORTHBROOK – Being a coach takes on a pair of roles, whether in youth sports or the pros.

This person must first figure out a strategic plan to give players an edge in the particular sport of their choosing. At the same time, he or she must provide emotional support to the athlete to give them the chance to mentally navigate challenges on and off the field of play.

Justin Georgacakis of Glenbrook North High School has managed to do both, and it’s earned him a major honor.

The head Lacrosse and assistant football head for the Spartans was named one of 25 recipients of the “Double-Goal Coach Award” presented by the Positive Coaching Alliance. It’s given to those who are able to balance the desire to win with the importance of instilling the right attitude in their athletes.

WGN9 News caught up with Georgacakis to talk about the award, and you can watch that segment in the video below.
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 national corporate partners and trusted resources]
“Youth sports and coaching had an enormous impact on my growth, development and discipline. I still believe that youth sports offer an amazing opportunity to teach, mentor, and build individual character in our future generations.

But we may have lost sight of some of the most important reasons to play sports — to build community, develop lifetime habits of fitness, and most of all, the emphasis on teamwork. This is why PCA has been so important to our communities for the last 20 years and why moving forward, it will be even more important as we embrace this opportunity to ‘reset’ sports.”

- Dr. Kevin Shea,
PCA Leadership Council Member, M.D.,
Stanford University Medical Center &
Lucile Packard Children’s Hospital