

## BECOMING A TRIPLE-IMPACT COMPETITOR®

This workshop for student-athletes teaches them how to become a Triple-Impact Competitor, impacting sport on three levels by working to improve oneself, teammates and the game as a whole. These steps align with PCA principles shared with coaches in our Double-Goal Coach® workshops and with parents in our Second-Goal Parent® work-shops, essentially getting all three groups – coaches, parents and athletes – onto the same page.

For example: improving oneself draws on the principle of **Mastery of Sport**, where emphasis lies on effort, learning and bouncing back from mistakes; improving team-mates ties to **Filling Emotional Tanks** with the right mix of truthful, specific praise and constructive criticism; and improving the game as a whole means advancing the sportsmanship values by **Honoring the Game**.

The workshop can aid in competitive performance as athletes look within themselves to reach a higher level and encourage teammates to follow suit. Student-athletes leave the workshop equipped with the information and inspiration necessary to lead in your school's hallways and use their influence to set examples throughout the community that generate pride and support for your school's athletics program.

