BECOMING A TRIPLE-IMPACT COMPETITOR®

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

Improving oneself draws on the principle of Mastery of Sport, where emphasis lies on effort, learning and bouncing back from mistakes.

Improving teammates 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 also improve competitive performance, as athletes look within themselves to reach a higher level while encouraging teammates to follow suit. Student-athletes leave the workshop equipped with:

• The information and inspiration necessary to lead in your school’s hallways

• Guidance in using their influence to set examples throughout the community that generate pride and support for your school’s athletics program.