



## JR. TRIPLE-IMPACT COMPETITOR®

### Activities to Develop Better Athletes, Better People

For more than a decade, Positive Coaching Alliance has worked with athletes at the high school level and above to improve their performance and love of the game through the introduction of the Triple-Impact Competitor model. A Triple-Impact Competitor works to improve oneself, ones teammates and the game as a whole by the way they compete.

This offering is targeted towards even the youngest participants, as we plant the seeds of the Triple-Impact Competitor in elementary and middle school age athletes.

*This is NOT a typical PCA workshop!* Taking place in a gym, on a field or anywhere else with space for athletes to move, certified PCA trainers take small groups through a series of brief **activities** designed to get them thinking about:

- **Not fearing mistakes**, but using them to learn and improve
- Treating their teammates, opponents and officials with **respect**
- Understanding the **power of positivity** and how it can lead to success for teams and individuals.

