

# POSITIVE SPORTS PARENTING (HIGH SCHOOL)

## Developing Winners in Life Through Sports

Everyone wants to win. But in youth and high school sports there is a second, more important goal: **teaching life lessons through sports**. In this workshop, sports parents and guardians learn why and how to focus on that second goal.

You may opt for a full two-hour session, allowing for deeper interaction with the PCA Trainer (workshop facilitator), or for a 30-minute presentation that conveys the essence of the philosophy along with tips and tools parents and guardians can use to help their children get the most from their high sport experience.

Regardless of format, each workshop guides parents and guardians to:

- **Assess their children's goals and desires** in high school sports in comparison with their own
- Discuss how to talk with their child about practices and games, and what they are **learning through sports**
- Learn how to use PCA's principles of Positive Coaching to **best support** their children throughout their high school sport experience

