



THE POWER OF POSITIVE SPORTS PARENTING

Parents/caregivers play a vital role in fostering a positive youth sports culture. When aligned with coaches and program administrators in their approach, they can better support athletes, coaches, and the broader team community. The Power of Positive Sports Parenting offers practical strategies to help parents/caregivers contribute to a positive and welcoming sports experience for everyone involved.

Parents/Caregivers who attend this workshop will be given tools to:

- Align their goals with those of their athletes
- Support their athlete's mental wellness through empathy
- Model and reinforce a positive sports culture
- Build an effective coach-parent partnership
- Foster a sense of belonging amongst the team community



Following the workshop, PCA will continue to provide support to reinforce and build upon the workshop content through a workshop summary toolkit, follow-up emails, and additional resources. Parents will also receive a monthly resource-focused newsletter called PCA Picks and have access to Ask PCA, PCA's Q&A service monitored by staff.

