



## JR. TRIPLE-IMPACT COMPETITOR

Our newest student-athlete workshop is now being offered to include even the youngest athletes as we plant the seeds of being a Triple-Impact Competitor® with elementary and middle school age athletes. This offering 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**

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**DATE:**

**TIME:**

**LOCATION:**

**CONTACT:**

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*Before, we 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.*



Parents and coaches in attendance have access to a handout containing valuable tips and reminders about best practices shared from the workshop to reinforce the concepts at home. This flyer can be accessed from the PCA Partner Site and distributed by your Athletic Director or PCA Coordinator.