



## THE SECOND-GOAL PARENT®

### Developing Winners in Life Through Sports

Everyone wants to win. That's the first goal in sports. But in youth and high school sports there is a second, more important goal: **teaching life lessons through sports**. In this workshop, sports parents 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 can use to help their children get the most from youth sports. PCA also offers versions for high school sports parents.

Regardless of format, each workshop guides parents to:

- **Assess their children's goals and desires** in youth sports in comparison with their own
- Talk with your child about practices and games, and what they are **learning through sports**
- Enact and reinforce PCA's main principles:

**Mastery of Sport** (Not Just Scoreboard Results), which values effort, learning and bouncing back from mistakes and adversity;

**Filling Emotional Tanks**, with the correct mix of truthful, specific praise and constructive criticism; and

**Honoring the Game** through appropriate sideline behavior and interaction with coaches.

