



JR. TRIPLE-IMPACT COMPETITOR®

Activities to Strengthen Yourself, Your Teammates, and The Game

AN ACTIVITY-BASED WORKSHOP FOR ELEMENTARY AND MIDDLE SCHOOL AGE ATHLETES THAT REINFORCES THE PRINCIPLES OF A TRIPLE-IMPACT COMPETITOR® THROUGH FUN, INTERACTIVE EXERCISES.



WHY IT MATTERS?

Sports should be fun—but for younger athletes, uncertainty and stress can take over. They may struggle with making mistakes, competing against—instead of working with teammates, or understanding how their words and actions impact their team. Without the right support, kids can lose confidence and the joy of playing.

HOW THIS WORKSHOP HELPS

This interactive, activity-based workshop introduces PCA's Triple-Impact Competitor framework in ways that elementary and middle school athletes can grasp right away. Through fun, movement-based activities and games, kids practice:

- Improving their ability to handle mistakes and bounce back
- Supporting teammates with encouragement and respect
- Honoring the game by showing positivity and good sportsmanship

WHY IT WORKS

- Confidence grows when mistakes are seen as learning opportunities
- Teams strengthen when every athlete feels supported and included
- Sports stay fun when players know they can make a positive difference

ATHLETES WALK AWAY WITH

- Practical skills to better handle mistakes
- Simple tools to build up teammates
- Confidence to positively impact their team and the sport through their actions and words

THIS WORKSHOP EQUIPS YOUNG ATHLETES TO COMPETE HARD AND LEAVE THE GAME BETTER THAN THEY FOUND IT.

SCAN FOR MORE INFO

