



TRIPLE-IMPACT COMPETITOR

This workshop for student-athletes teaches them how to become a Triple-Impact Competitor, impacting sport on three levels by working to improve oneself, teammates, and the game as a whole. For example: improving oneself draws on the principle of **Mastery of Sport**, where emphasis lies on effort, learning, and bouncing back from mistakes; improving teammates ties to **Filling Emotional Tanks** with the right mix of truthful, specific praise and constructive criticism; and improving the game as a whole means advancing the sportsmanship values by **Honoring the Game**.

"The best part of the Student-Athlete workshop was the self reflection on whether they were participants or competitors. The students had to think seriously about their own goals for playing a sport. The discussion of the scenarios was stimulating."

- Ted Gott, A.D., Southern High School, Harwood, Maryland

This dynamic workshop defines what it means to be a competitor in terms of three important goals: make yourself better, make your teammates better, and make your sport better.

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DATE:

TIME:

LOCATION:

CONTACT:

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