



STUDENT-ATHLETE WORKSHOP

“Triple-Impact Competitor®”

Anyone who plays on a team is a participant. However, it requires hard work, commitment and personal growth to become what PCA calls a "competitor."

This dynamic workshop defines what it means to be a "competitor" in terms of three important relationships: the athlete's relationship with himself, with her teammates, and with his sport.



The goal of the Positive Coaching Alliance is to provide all youth and high school athletes a positive, character-building sports experience.

Every participant will receive a copy of the new *Elevating Your Game* book from PCA
Executive Director, Jim Thompson.

This book, based on the thinking and experience of elite athletes and coaches who are part of the Positive Coaching Alliance movement, is filled with insights that can help athletes elevate their game!

WORKSHOP CONDUCT BY **Positive Coaching Alliance STAFF**

DATE: February 12, 2012 - Sunday

TIME: 10:00 AM – 11:30 AM

FEE: \$25.00

Includes price of book.

LOCATION: The Gold Room
@ Turfs Restaurant
Next to Portland Sports Center

TO REGISTER - CONTACT:

Frozen Ropes - 878-2600 or
Email us at portland@frozenropes.com



“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**