

Jr. Triple-Impact Competitor®

Activities to Develop Better Athletes, Better People



BETTER ATHLETES
BETTER PEOPLE

For more than a decade, Positive Coaching Alliance has 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.

We're excited to now expand this offering 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**

Parents and coaches in attendance will receive a handout with tips and tools to reinforce the Triple-Impact Competitor concepts at home and in practices/games.

