

## BECOMING A TRIPLE-IMPACT COMPETITOR®

This workshop for student-athletes teaches them how to become a Triple-Impact Competitor, impacting sport on three levels: working to **improve oneself, teammates and the game as a whole**. These PCA principles are shared with coaches in our Double-Goal Coach® workshops and with parents in our Second-Goal Parent® workshops, getting all three groups – coaches, parents and athletes – on the same page.

**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 workshop can also **improve competitive performance**, as athletes look within themselves to reach a higher level while encouraging teammates to follow suit. Student-athletes leave the workshop equipped with:

- The **information and inspiration** necessary to lead in your school's hallways
- **Guidance** in using their influence to **set examples** throughout the community that generate pride and support for your school's athletics program.

