



What is a Triple-Impact Competitor®?

Positive Coaching Alliance's mission is to change the culture of youth sports so that every child, regardless of social or economic circumstance, has access to a positive youth sports experience where coaches develop competitors and life skills. There are many key stakeholders involved in creating a Positive Youth Sports Experience, from the coaches, parents, sports administrators and leaders to the athletes. PCA's Triple-Impact Competitor® model is designed to help athletes make the most out of their time playing sports.

1. **Self:** Make oneself better by:

- Developing a growth-focused mindset by being open and hungry for feedback
- Pursuing mastery by giving maximum effort at workouts, practices, and competitions
- Improving one's "mental game" with tools like visualization, positive self-talk, and a Mistake Ritual to increase resiliency and more quickly bounce back from mistakes
- Setting goals, tracking progress, and making adjustments when facing the inevitable setback
- Focusing on improving diet, hydration, and sleep in a way that will positively affect performance on and off the field

2. **Teammates:** Become a leader who makes those teammates better by:

- Paying attention to and improving the emotional well-being of teammates through encouragement and support
- Seeking opportunities to help team members improve
- Developing empathy to be able to put oneself in his or her teammates' shoes
- Learning to give constructive criticism - at the right time in the right way
- Being a team player who prioritizes team success and builds team chemistry
- Learning to manage and resolve conflicts.

3. **The Game:** Strive to make the game better behaving respectfully towards the **ROOTS** of Honoring the Game (**R**ules of Competition, **O**pponents, **O**fficials, **T**eammates, and **S**elf). They use their status and influence as an athlete to improve their school community including helping to prevent hazing and bullying.

The Challenge

Being a Triple-Impact Competitor is not easy. It requires mental discipline and knowing your values so well you don't sacrifice them under pressure. But if you build a commitment to being a Triple-Impact Competitor into who you are as a person, you will find it can provide a larger meaning for your involvement in sports. And it will pay off for you in meaningful ways in the rest of your life.

