

# Want to help your kids get the most from their sports experience?

**What:** Sport Parent Workshop  
**Who:** Experts from the Positive Coaching Alliance [positivecoach.org](http://positivecoach.org)  
**When:** Sunday, September 9  
**Time:** 4:00–6:00PM  
**Where:** Judge Memorial Catholic High School Auditorium  
**Admission:** Free



Sponsored by the Judge Parent Association.

The Judge Memorial Catholic High School Athletic Department and Judge Parent Association are excited to bring you this one-time workshop. Learn how you as parents, along with your children's coaches, can work to establish and maintain a positive competitive environment. This fun and informative free workshop will cover the following core concepts and more.

## **PRINCIPLE #1 - REDEFINING "WINNER"**

Is the first question you ask your young athlete after a game, "Did you win?" What message does that send to them? Help your child redefine what it means to be a "Winner." In this section we'll talk about better questions to ask.

## **PRINCIPLE #2 - "FILLING THE EMOTIONAL TANK"**

Like coaches, parents need to meet the 5:1 ratio of positive to negative interactions so that your child will have fun and perform better. We discuss specific steps parents you can take to achieve this 5:1 ratio to improve your child's emotional mindset.

## **PRINCIPLE #3 - "HONORING THE GAME"**

Learn how to seize teachable moments with your kids. Discuss instances of honoring and dishonoring the game that they see live, or on TV. Learn how to find the right opportunity for discussion, the strategy of asking open-ended questions, and listening to your child.