



Triple-Impact Competitors: Making Yourself, Your Teammates and the Game Better

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 workshop defines what it means to be a "competitor" in terms of three important relationships: the athlete's relationship with himself, with his teammates, and with his sport. Most importantly, the workshop also introduces tools that can be used to help one's self become a "competitor."

a) The Competitor's Relationship with Himself (Making Yourself Better)

A competitor is someone who makes him or herself better. He does not rely on the scoreboard to evaluate his performance, but instead focuses on mastery and continuous improvement. The Positive Coaching Alliance principle of the ELM Tree of Mastery is central to this. In the ELM Tree of Mastery the focus is on

- Effort
- Learning
- Mistakes are OK

b) The Competitor's Relationship with His Teammates (Making Your Teammates Better)

A competitor is someone who makes his teammates better. He focuses on playing her role on the team well, but he also looks for opportunities to encourage and support his teammates. He understands the Positive Coaching Alliance principle of filling "Emotional Tanks," and helps fill the E-tanks of his team members and coaches.

c) The Competitor's Relationship with His Sport (Making the Game Better)

A competitor understands and embodies the Positive Coaching Alliance principle of Honoring the Game. A principled competitor shows respect for the Rules, his Opponents, the Officials, his Teammates, and Self (ROOTS).

A principled competitor wants to win and competes fiercely to win, but will only strive to win within an ethical context of Honoring the Game. A principled competitor is intent on becoming a person that his team, his school and his family can be proud of.

