

WAHA/PCA 2025-2026

POSITIVE
COACHING
ALLIANCE®



CULTURAL DEVELOPMENT WORKSHOP PLAN

PCA workshops for coaches combine the latest in sports and educational-psychology and organizational behavior with practical advice from a National Advisory Board of top pro and college athletes and coaches who use our principles at the highest levels of competition. It is our goal this year to support a cultural transformation within all Wisconsin Hockey programs that promotes not only the best possible performance, but a safe and healthy youth hockey experience for all. Coaches who attend a PCA workshop will be eligible for CEU credits from USA Hockey.

DEVELOPING COMPETITORS AND MENTAL WELLNESS THROUGH POSITIVE COACHING

Coaches get hands on tools they can immediately use to create a Positive Sports Culture with their team. Now more than ever, athletes mental wellness needs our focus. Mental wellness affects how we think, feel, and act and determines how we handle stress, relate to others, and make choices. A positive sports experience, where athletes develop and build connections in an environment that is high on both challenge and support can contribute to athlete mental wellness.

Dec. 1, 2025 - 7:00 PM | [Click here to register >](#)

MASTERY: THE PURSUIT OF PEAK PERFORMANCE

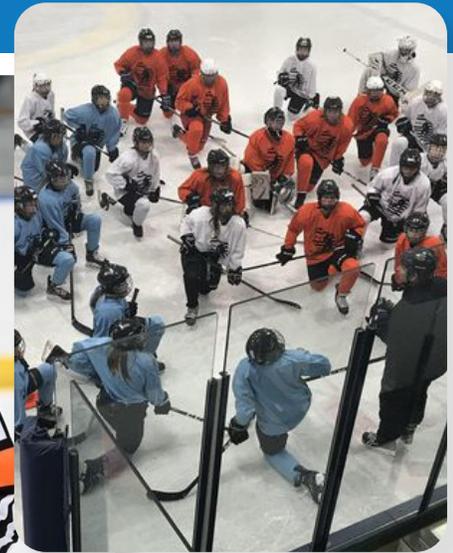
Coaches play a crucial role in helping young people gain skills and improve their performance over time. This workshop expands upon PCA's skill development principle, the ELM Tree of Mastery, and provides coaches with the research-based Pursuit of Peak Performance Framework which will help them guide athletes towards performing at their highest levels.

Dec. 14, 2025 - 7:00 PM | [Click here to register >](#)

THE POWER OF POSITIVE SPORTS PARENTING

When parents/caregivers are aligned on their role in a positive sports culture, they can provide the necessary support to their athletes, coaches, and the team community. This workshop provides parents/caregivers the tools to effectively support the life skill development and mental wellness of their athletes, form a productive parent/caregiver-coach partnership, and contribute to a welcoming team community.

Feb. 1, 2026 - 7:00 PM | [Click here to register >](#)



CULTURE BUILDING: HONORING THE GAME

Coaches will be provided with multiple tools and resources to build a positive sports culture with their athletes. In this interactive workshop we expand upon PCA's culture principle, Honoring the Game. Coaches will learn the Positive Culture Essentials - tools that help coaches intentionally build a positive sports culture which can lead to increased athlete satisfaction, sense of belonging, resilience, and performance.

Nov. 9, 2025 - 7:00 PM | [Click here to register >](#)

COACHING WITH EMPATHY

Creating a positive, developmental youth sports environment for your young athletes starts with the coach. The highly interactive Coaching with Empathy workshop provides coaches with the tools to build meaningful, understanding relationships with and amongst their team – and unlock the many benefits that sports can provide.

Jan. 11, 2026 - 7:00 PM | [Click here to register >](#)

FOR MORE INFORMATION: Contact Andy Bradford at: abradford@depere.k12.wi.us