



Welcome Triple-Impact Competitors™

Positive Coaching Alliance (PCA) hopes all CIF Student-Athletes become Triple-Impact Competitors. A Triple-Impact Competitor works as hard as possible to make an impact on three levels:

- Improving yourself as a player and person
- Helping your teammates improve
- Improving the sport as a whole.

Below are tips on each aspect of becoming a Triple-Impact Competitor.

Triple-Impact Competitor™: Improving Yourself

Here are a few ways you can work to improve yourself, one of the three levels of impact of a Triple-Impact Competitor:

Focus not just on winning but on mastering your sport by tending to the “ELM” Tree of Mastery, where “ELM” stands for Effort, Learning and bouncing back from Mistakes.

Put forth your best **Effort** in every practice and game.

Learn by studying your sport, seeking advice from coaches, parents and teammates and watching others perform.

Bounce back from **Mistakes** by understanding mistakes are OK, that they are how we learn and improve and that mistakes mean nothing more than that you are trying things that you do not already know how to do.

This information is brought to you by Positive Coaching Alliance. To learn more, please visit www.positivecoach.org



Triple-Impact Competitor™: Improving Teammates

Here are a few ways you can work to improve your teammates, one of the three levels of impact of a Triple-Impact Competitor:

Fill the “Emotional Tanks” of your teammates. They have “emotional tanks” just as cars have gas tanks: an empty tank can take us nowhere, but a full tank can take us anywhere. So fill your teammates’ tanks with plenty of truthful, specific praise about how well they are playing or even just how hard they are trying.

Use a “Buddy System.” Find the teammate at each practice or game who needs a little extra lift and make sure you fill his or her emotional tank.

If you can help some of your teammates improve their skills, ask them if they are open to some advice. If they say “no,” respect that, and let them know your offer stands if they ever change their minds. If they say “yes,” then demonstrate the proper technique, but be sure they know you are only trying to help and not trying to seem better than they are.

Triple-Impact Competitor™: Improving the Game

Here are a few ways you can work to improve the game as a whole, one of the three levels of impact of a Triple-Impact Competitor:

Get to the “ROOTS” of a positive high school sports experience, where “ROOTS” stands for respecting Rules, Opponents, Officials, Teammates and Self.

Compete by the **Rules**, even when it's possible to break them without getting caught, because victory without honor has no value.

Remember that without a worthy **Opponent**, we would have no game, that a worthy Opponent is a person, who like me, is out for fun, challenge and improvement.

Treat **Officials** respectfully, because it is important that they can properly enforce rules.

Hold your **Teammates** in the highest esteem, because without them you are alone, and as a teammate you represent something larger than yourself, so you will never do anything to embarrass your team.

Show **Self**-respect by living up to your own personal standards even if those around you do not.

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