



*JUST FOR THE PLAYERS!*  
*Queen City Minor Box Lacrosse*

# ATHLETE WORKSHOP

## ***“Triple-Impact Competitor”***

*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 dynamic workshop defines what it means to be a "competitor" in terms of three important relationships: the athlete's relationship with himself, with her teammates, and with his sport.*



**DATE:** Saturday April 9, 2011

**TIME:** 10:30am – 11:45am

**LOCATION:** Thom Collegiate  
High School

**ADDRESS:** 265 Argyle St North

**CONTACT:** Wendi Goebel

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PH: 306-924-3153

**RSVP By:** Monday April 4, 2011

**Attention:** This workshop is for **Bantam , Midget and Junior aged players**. Peewee players will be given consideration if open spots are available.

**The first 50 applicants only..will be issued a workshop booklet and reference sheet.**

*“The best part of the Athlete workshop was the self reflection on whether they were participants or competitors. The students had to think seriously about their own goals for playing a sport. The discussion of the scenarios was stimulating.”*

***--Ted Gott, A.D., Southern High School,  
Harwood Maryland***