



Just For Coaches!
Queen City Minor Box Lacrosse



QCMBL COACHES WORKSHOP

“Double-Goal Coach™ I: Coaching for Winning and Life Lessons”

This interactive workshop begins by defining the Double-Goal Coach™ as one who strives to win and works to prepare his/her team to play at its highest level, and, at the same time, teaches life lessons (teamwork, dedication, bouncing back from mistakes, etc.) to his/her players.

Coaches will receive a Double-Goal Coach™ certification card upon completion of the workshop



DATE: Sunday April 10, 2011

TIME: 10:00am – 12:00pm

LOCATION: Thom Collegiate
High School

ADDRESS: 255 Argyle St North
Regina, Sask

CONTACT: Bob Frei
Bobfrei@sasktel.net

"I have attended PCA workshops on 3 separate occasions. Every workshop I learned something new. I feel the program is very dynamic and vital for anyone interested in coaching and making a positive impact on today's youth."

*-- Kevin Chapman, Antelope Valley Sheriff &
Little League Coach*

