



**Essex Middle School**  
 life-long learning excellence  
 compassion honesty community respect

**VPA** Vermont Principals' Association  
 Supporting Learners and Leaders

**Community Sponsors:**  
 Essex Youth Lacrosse  
 Essex Jct. Little League  
 Essex Youth Football  
 VT Lightning AAU Girls Bball  
 Essex Youth Soccer  
 Essex United Soccer Club  
 Essex Youth Wrestling  
 Essex Mini-Metro Basketball

[www.positivecoach.org](http://www.positivecoach.org)

**ESSEX HIGH SCHOOL HORNETS  
 ATHLETIC BOOSTER CLUB**



## FOR ALL COACHES

### Double-Goal Coach

#### *Coaching for Winning and Life Lessons*

This FREE workshop introduces PCA's Double-Goal Coach model and provides an in depth review of the three Principles around which it is built:

- Honor the Game
- Fill Emotional Tanks
- Redefine "Winner"

Supporting research is presented from experts in coaching, education and sports psychology. Every participant gains access to dozens of practical, proven tools to increase success during their next practice or competition.

**Wednesday, 11/7**

ADL Intermediate School Cafeteria  
 6:30-8:30p.m.

Free! No pre-registration required.

Appropriate for coaches of all levels, ages, and sports

## FOR ALL PARENTS

### The Second-Goal Parent

#### *Developing Winners in Life Through Sports*

This FREE workshop explores the role of a "Second-Goal" parent. Topics discussed include:

- How parents can help ensure their athletes' experiences yield healthy, developmental (physical, social, mental) outcomes that will serve them far beyond the playing field
- Understanding the research-based three stages of Talent Development
- Engaging children in constructive, meaningful conversations
- Guidelines for developing a positive Coach/Parent Relationship

**Thursday, 11/8**

Essex High School Auditorium  
 7:00-8:30p.m.

Free! No pre-registration required.  
 Appropriate for parents with children of all levels, ages, and sports