

# Building Champion Parents and Student Athletes

Your teen has natural athletic ability and a keen interest in sports. As a parent, how do you guide and support your teen's athletic future and encourage realistic, attainable goals?

In this compelling one-day workshop, well-known experts will present ideas and strategies to needed to excel in today's highly competitive athletic world.



## On Your Mark: Being the Best Parent You Can Be

- How to become a masterful asker rather than a typical teller
- Improving your relationships with your teen and becoming a better role model
- Realizing areas where you need to grow to enhance your teen's growth
- Building your teen's desire for educational as well as athletic excellence



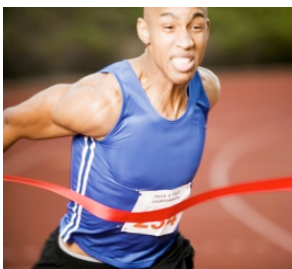
## Get Set: Are We in the Same Lane?

- Your goals for your teen's future
- Ensuring compatibility between your goals and your teen's goals
- Identifying and derailing roadblocks to your teen's success



## Go! Fueling the Fire

- The importance of nutrition in athletic excellence
- Ways to motivate your teen athlete to want to eat smart
- The synergism between food and physical activity
- Bulking up: It's not all protein
- Helping your teen athlete get leaner without losing muscle mass
- The truth about dietary supplements, protein shakes, caffeine, and alcohol



## Victory Lap: And the Winner Is...

- How teens say parents can help their athletic performance before, during, and after competition
- Clearly defining expectations for your teen and setting standards, not rules
- Building character: Defining Discipline, Teachable Spirit, Mental Toughness, Accountability, Integrity, Selflessness, Pride and Humility
- Scholarships and resources available at different levels
- Conversations with recruiters and identifying red flags



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