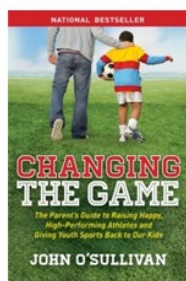




# Changing the Game: The Psychology of High-Performing Athletes

A Talk by John O’Sullivan

Author of the Bestselling Book Changing the Game: The Parents Guide to Raising Happy, High-Performing Athletes, and Giving Youth Sports Back to Our Kids



- How to Help, and not Hinder, Their Performance Through the Things You Say and Do

Clinics are hosted by EYSA as part of its Futures Initiative, which puts PLAYERS FIRST, and are **FREE** for parents and coaches.

## Fri, Sept 25, 2015

- **Parent Clinic:** 4:00 - 5:30 pm, Downtown Bellevue Library
- **Coach Clinic:** 7:00 - 8:30 pm, Mercer Island Presbyterian Church

## Sat, Sept 26, 2015

- **Board Clinic:** 9:00 - 10:30 am, North Bellevue Community Center
- **Parent Clinic:** Noon - 1:30 pm, Issaquah (Swedish Hospital Cafe)
- **Coach Clinic:** 3:00 - 4:30 pm, Newcastle Library
- **Combo Board/Coach Clinic:** 6:00 - 7:30 pm, Mercer Island Community Center

## Sun, Sept 27, 2015

- **Combo Board/Coach Clinic:** 9:00 - 10:30 am, North Bellevue Community Center
- **Coach Clinic:** 11:00 am - 12:30 pm, North Bellevue Community Center
- **Board Clinic:** 1:30 - 3:00 pm, Mercer Island Library
- **Parent Clinic:** 3:30-5:00 pm, Mercer Island Library

Conventional wisdom holds that youth sports are a positive experience for our children. This is not always true, says John O’Sullivan. Currently, 70% of children drop out of organized athletics by the age of 13. Youth sports has become an ultra-competitive, adult centered enterprise that has taken the “play” out of “Play ball” for far too many kids. In his talk, John will draw upon his research, and decades of coaching and playing experience. You will learn:

- How to Keep Your Kids in Sports!
- How to Give your Child a Competitive Edge
- To Push and Praise Your Kids to Perform Well
- 3 Ways to Change Your Kids Sports Experience for the Better
- How To Motivate Your Kids to Take Ownership for Sports