

What is the Positive Coaching Alliance?

Positive Coaching Alliance was established at Stanford University in 1998. PCA believes that winning is a goal in youth sports but that there is a second, more important goal of using sports to teach life lessons through positive coaching.



In the United States, youth are dropping out of sports at an alarming rate. A major contributing factor is the "win at all cost" mentality of many parents and coaches that creates a pressure filled environment for the kids and ultimately turns them away from sports. According to Michigan State University's Institute for the Study of Youth Sports, children participating in organized sports tend to achieve higher results in school, develop excellent interpersonal skills and lead healthier lives.

Positive Coaching Alliance (PCA) provides live, research-based training workshops and practical tools for coaches, parents and leaders who operate youth sports programs to get them on the same page about what it means to Honor the Game. Positive Coaching Alliance educates adults who shape the youth sports experience by offering partnership programs with YSO's, schools, cities and national sports governing bodies. PCA also provides corporations with the opportunity to offer sports parent workshops to their employees.

What Does the Grant Mean to Hills Lacrosse?

The 2005 Partnership for Excellence Grant Program is a Continuing initiative to provide a positive experience for youth lacrosse players, coaches, officials and fans. US Lacrosse offers financial support for PCA collaboration with the Partnership for Excellence Grant Program (formerly the PCA Workshop Grant). In collaboration with PCA, US Lacrosse has awarded Hills Elwood Youth Lacrosse close to 80% of the "PCA Partnership" costs for 2005-2006, which ranges (depending upon geographic location) in cost from \$2,100 to \$2,700. We will be responsible for \$500 to \$1000 of the fee (again, determined by geographic location). This fee includes: 3 workshops, individual workbooks for up to 100 participants (leaders, coaches & parents) and any related travel/lodging costs to bring out-of-town PCA facilitators to town.