



Making Your School Community Better

Triple-Impact Competitors recognize the power and influence they have as athletes and seek ways to improve their school community. There are a number of ways, large and small, that you can wield your status and influence to make your school a better place. These include:

- Mentoring, coaching, or running clinics for younger athletes.
- Including classmates who otherwise feel excluded. Like Joe Ehrmann says, "No one eats alone."
- Getting involved with anti-bullying activities.
- Supporting other classmates' activities by showing up and cheering them on. This works best at events few attend, like junior varsity games.
- Participating in community service activities as a team or on your own.

1 List what you, your team, or you and a group of teammates can do this season to make a positive contribution to your school community.

2 Create an action plan. As you do, talk to your coach. Bring this topic up at a team meeting. Involve teammates. You'll make a bigger impact with more people involved. Then follow through and make it happen.

Adapted from "Elevating Your Game: Becoming a Triple-Impact Competitor®" by PCA Founder Jim Thompson

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