

**The Play Like a Champion:
MYSA/PACT™ program is unique!**

MYSA/PACT™ is

- *Based on the latest research*
- *Developed by experts in sport, developmental and educational psychology*
- *Delivered by MYSA/PACT™ Trainers*
- *Blended learning with includes a customized training video*
- *Evaluated for effectiveness through an online survey*
- *Supported by University of Notre Dame faculty*
- *Customized educational materials designed specifically to meet the needs of the MYSA.*

The MYSA/PACT™ program redefines success in a way that includes *more* than winning. It helps adults develop youth soccer players into **Champions**.

Champions develop slowly over time under the right conditions, deliberately created by coaches and parents.

A **Champion** is an individual who pursues winning, and winning is important, but *more* importantly a Champion pursues winning in the *right* way.

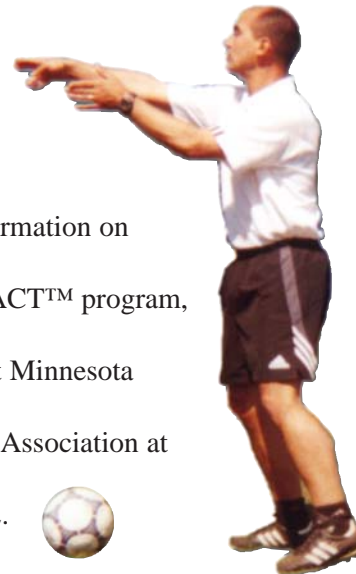
All youth soccer players have the potential to be *Champions*, defined by the **3C's**:

Competence: *Champions* give full effort, they never give up, and always strive to get better.

Care: *Champions* care about their teammates and respect others.

Choice: *Champions* make responsible decisions, think for themselves, own the game and focus on those things which can be controlled.

3 C's



For more information on
the MYSA/PACT™ program,
please contact Minnesota
Youth Soccer Association at
800-366-6972.



**Play Like A
Champion Today**
Educational Series™



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Parents and Coaches Together (PACT™)

is an educational program developed at the University of Notre Dame's Center for Ethical Education and Development.



The program is based on the latest research from developmental and sports psychology

and is designed to help coaches and parents to get on the same page in successfully creating a positive and nurturing climate in Minnesota youth soccer.

MYSA/PACT™ helps coaches and parents realize their unique roles in fostering athlete intrinsic motivation, developing character, optimal performance, well-being and satisfaction.

This program helps develop the potential of youth soccer to all it can, and should be!



The need for developing Champions:

Currently over 18 million children in the United States under the age of 18 play soccer.¹

More than 75,000 youth play soccer in MYSA programming.

Despite these impressive statistics, research shows that by age 13, 70% of children drop out of organized youth sport², and participation trends in soccer are no exception.

We can do better!!!

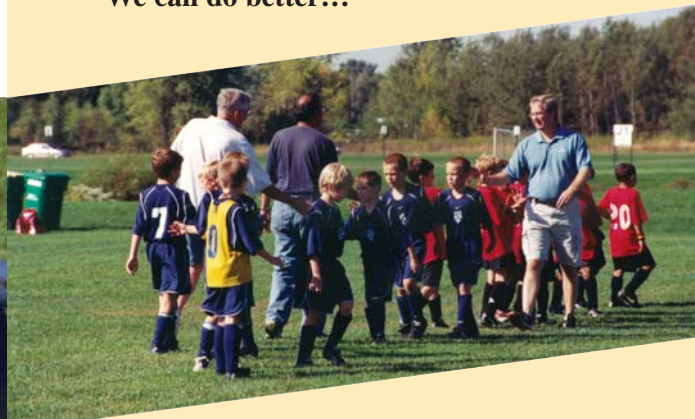
Unfortunately, sometimes the climate is toxic, rather than positive and nurturing which can lead to burnout, dropout, competitive anxiety, loss of self-esteem, and poor sportsmanship.

Adults are a critical part in ensuring youth continue to play soccer and more importantly enjoy soccer.



Through educational efforts, PACT™ increases the likelihood that all youth will do just that...continue to play and enjoy soccer, as well as develop into Champions!

PACT™ is helping to change the climate of Minnesota youth soccer.



Young athletes participate in sports because it is fun, and they learn new skills, make friends, improve fitness and enjoy the competition.³

Coaches and parents create a **climate** that influences young athletes' sport enjoyment and participation.

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¹ U.S. Soccer Federation

² National Alliance for Youth Sports

³ The Institute for Study of Youth Sports