

## How to Register

To schedule a parent workshop at your school, please call or email:  
Erin Barnhill,  
310-650-8612  
ebarnhill@ccharities.org



## Sponsoring Organizations:

Play Like A Champion  
Today™ of the  
University of Notre Dame

Los Angeles CYO/ Catholic  
Charities

LA 84 Foundation



Parent Like A Champion Today(TM)

Parent Workshop

**A comprehensive approach designed to elevate the culture of youth sports and enhance the life of each child.**

**PLAY LIKE  
A CHAMPION  
TODAY**

**"The Ultimate Game Plan"**

## PLC Educational Parent Workshops

Parent Like A Champion Today™ of the University of Notre Dame has teamed up with LACYO/ Catholic Charities and the LA 84 Foundation to offer workshops for sport parents.

To Schedule  
A Workshop At Your  
School Community

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[ebarnhill@ccharities.org](mailto:ebarnhill@ccharities.org)

English and Spanish Manual  
and Program Available

**Parent Like A Champion Today™** was crafted by leaders in the fields of educational development and sport psychology. It deals with the tough sport issues and supports parents in understanding: athletics as ministry to youth and families, building teams as Christian communities, intrinsic motivation, spiritual growth, and responsible decision-making.



PLC Parent Workshop curriculum and materials aim to:

- Identify what to look for in a youth sports program and what parents can expect from a youth sport coach.
- Alert parents to behaviors that contribute to toxic sport climates and provide alternative behaviors.
- Assist parents in connecting their child's sport experience with Catholic spirituality.
- Emphasize character development in sport and provide best practice strategies for ensuring a child's positive sporting experience.
- Provide parents with practical advice on nutrition, exercise, and motivation that can help their children not only be more successful on the athletic field but also develop habits of wellness to last a lifetime.