

**PLAY LIKE  
A CHAMPION  
TODAY**

## **Play Like a Champion Today**

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Dear St. Catharine Sport Parents,

This year St. Catharine will be partnering with the *Play Like a Champion Today* educational series. *Play Like a Champion Today* is a national coach and parent education program designed specifically to elevate the culture of Catholic school-sponsored sports. Crafted by leaders in the fields of sport psychology, coaching education, Catholic theology and moral development, *Play Like a Champion* works in partnership with our schools to enable the athletic experience to be a missionary tool to develop our youth physically, socially, morally and spiritually.

*Play Like a Champion Today* incorporates all the stakeholders in Catholic education – athletic administrators, coaches, parents and athletes. The goal is for all members of a school/diocesan community to work together to make sports at St. Catharine the spiritual and character-building experience that it is meant to be. The bottom line: athletes receiving the best benefits that catholic sports have to offer.

St. Catharine will provide a *Parent Like a Champion Today* workshop for sport parents. The workshop includes an examination of parent expectations in sports programs. Parents receive resources that will help them contribute to building the positive culture that is the focus of the St. Catharine and the *Play Like a Champion* program. Parents also receive practical guidance on how they can help their children to form habits of perseverance, responsible decision-making, teamwork, prayer, and whole health.

The *Parent Like a Champion Today* workshops are as follows:

Coaches Training:

Wednesday, 11/14/18 6PM in the gymnasium of St Timothy School, please register online at <https://columbuscatholic.org/coach-training-registration> , please bring \$10 cash (exact change please) or a check for \$10 written out to St. Timothy Church.

Parent Class:

St Catharine Athletic Department will be holding a session in the lower level of St Catharine Church prior to Thanksgiving, date TBD. You may also register online to attend classes in surrounding parishes at <https://columbuscatholic.org/calendar-of-parent-sessions> when they become available.

Sincerely,

Paul Keiffer  
Director of Athletics  
St. Catharine School