

PACT defines success as more than winning and helps adults develop youth soccer athletes into *Champions*.

Champions...

- develop slowly.
- emerge under the right conditions.
- pursue winning in the right way.

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

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.



The PACT Program is unique because it is...

- based on the latest research.
- developed by experts in sports, developmental and educational psychology.
- delivered by Notre Dame-trained presenters.
- supported by testimonials from youth athletes.
- taught using blended learning and a customized training video.
- evaluated through an online survey.
- customized educational materials.
- supported by the University of Notre Dame faculty.

For more information on the PACT program and how we can share it with you and your organization, please contact Minnesota Youth Soccer Association at 800-366-6972

or visit
www.mnyouthsoccer.org



Parents
and
Coaches
Together



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



**UNIVERSITY OF
NOTRE DAME™**

PACT is...

- an educational program developed by the University of Notre Dame and Minnesota Youth Soccer Association.
- research based.
- designed to help adults create a positive environment for youth athletes.

PACT helps coaches and parents...

- realize their unique roles in motivating athletes.
- utilize sport in building character.
- achieve optimal performance in our youth athletes.
- create a safe and fun environment.

PACT fosters champions!



Research shows...

- by age 13, 70% of children drop out of organized sport.¹
- high school female athletes report higher grades and standardized test scores and lower dropout rates than non-athletes.²
- 42% of at-risk students do not participate in any extra-curricular activities.³



Why the need for developing *Champions*?

- Youth athletes join sports to have fun.
- Lack of enjoyment is a major factor in a youth's decision to drop out of sport.
- In a recent study, 34% of the youth soccer players reported being yelled at or teased by a fan.⁴

When the sport environment is less than positive athletes experience...

- burnout.
- competitive anxiety.
- loss of self-esteem.

We can do better!



Through PACT we increase the likelihood that our youth...

- continue to enjoy youth sport.
- experience increased self-esteem.
- perform better on the field.
- develop into *Champions*.

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

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¹ National Alliance for Youth Sports

² The President's Council on Physical Fitness and Sports

³ Fuller, Carole G. & Sabatino, David A. (1996) *Who attends alternative high schools?* *The High School Journal*, 79, (4), 293-297.

⁴ University of Notre Dame and Minnesota Youth Soccer Association Research; 2006