

Springstreet

Springstreet Communications Presents

Developing the Young Athlete's Mind:

COACHING FOR COMMUNICATION AND CAPABILITY

Dr. Adam Cox, PhD



A different kind of coaching workshop that can't be missed!

Monday, May 17, 2010 5:30pm - 9:00pm

Richmond Hill Country Club 8905 Bathurst Street, Richmond Hill, ON

\$65.00 plus GST (includes workshop, dinner, coffee break, and gift bag)

Online registration www.springstreet.ca/coachingworkshop.html

This workshop is NOT about skills and drills.

Developing the Young Athlete's Minds is a workshop for coaches of all levels and all sports and reveals the core abilities coaches can use to develop great teams and confident, happy players.

Coaches bring much to the table when they volunteer their time: years of playing experience, an understanding of the game, and tried and true drills and skills. But many coaches need help in translating their knowledge into strategies young players can use on the ice, field and court.

Dr. Adam Cox has combined his expert knowledge of child development and strategies for inspiring and motivating kids in an **unprecedented workshop for coaches**. After the workshop, participants will understand:

- **how to take what they know and present it effectively to their players**
- **how young minds work and the psychology of skills and drills**
- **how to motivate kids from the inside out**
- **how to establish leadership and avoid conflict, frustration, and yelling**
- **how to accommodate a range of abilities and challenges within a team**
- **how to talk so players will listen, focus, and remain attentive**
- **how to help players remember what they've been taught**
- **how to close the gap between ability and achievement**



About

Dr. Adam Cox

Adam Cox, PhD, is a leading advocate for fostering the cognitive abilities and emotional wellbeing of children and youth. He is a licensed and board certified clinical psychologist, mentor, and family psychologist. Dr. Cox is the author of **No Mind Left Behind: Understanding and Fostering Executive Control - The Eight Essential Brain Skills Every Child Needs to Thrive** and **Boys of Few Words: Raising Our Sons to Communicate and Connect**. As an advocate for children's mental health, he lectures regularly at national and international conferences. Dr. Cox is a frequent source for media reporting on psychological issues affecting families and youth, including the **New York Times**, **Philadelphia Inquirer**, **Time**, **Family Circle**, **Child**, and National Public Radio's **Voices in the Family** and **Radio Times**.

EXHIBITOR HALL:

Visit our exhibitor hall where you can find everything from coaching tools and resources to equipment, apparel and fundraising programs.

Dinner sponsored by:



in support of:

CARDIAC KIDS
In support of SickKids Foundation

(a portion of registration fees will be donated to Cardiac Kids at The Hospital for Sick Children)

For further information or sponsorship opportunities please contact:

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**Special appearance
by professional athletes
including NHL goaltender
Curtis Joseph
(CUJO)**