



**ANNUAL COACHES WORKSHOP  
& CONFERENCE // MAY 10-11, 2019**

# **SPORT PARENT'S WORKSHOP**

**Saturday, May 11, 2019**

**9:00 - 13:30**

**International School of Geneva //**  
**Centre des Arts**

**Geneva, Switzerland**



**Ecole Internationale de Genève  
International School of Geneva**





INSIDE GAME COACHING NETWORK

# SPORT PARENT'S WORKSHOP



As part of its annual sport coaches conference, the Inside Game Coaching Network is once again hosting a workshop specifically for parents of athletes in sport.

Hosted at the International school of Geneva, and featuring Gordon MacLelland of Working With Parents in Sport of the UK, this conference will give parents insight, information, and tools so that parents can provide the best support for their young athlete in sport!

Do you ever wonder how do you motivate your child when they have a bad performance or are feeling bad about themselves?

What do you say when they get cut from the team or conversely, how do you manage a big ego or bad attitude?

How can you help your child get over a lack of confidence or motivate them so he or she can perform at their best?

How much sleep does your child need and does he/she really need extra supplements?

And importantly, how do you communicate with the coach when you disagree with something?

We have an international line-up of experts, authors, sport psychologists, communication leaders and ex-athletes who will answer your most burning questions and guide you in better helping your child achieve his or her best.

This is a unique opportunity to learn from the best so you can support your child in the best way possible!



# Program - Tentative

SATURDAY, MAY 11



## 9AM INTRODUCTION: GREAT SPORTS PARENTING

While it may seem obvious, so many of us make mistakes when it comes to encouraging or supporting our child. **Gordon MacLelland of Working with Parents in Sport** will take you through a lively presentation explaining what you should and should not do before, during or after a practice or game, what is really important to kids and how best to communicate with them and encourage them.



## 10:30AM HOW TO BETTER MANAGE THE COACH RELATIONSHIP

How many of us feel a little bit intimidated when we need to speak to our child's coach?

Let's face it, sometimes we don't always do what's in the best interest of our child for fear of a bad reaction from the coach, or compromising our kid's playing time or their relationship with the coach.

In this workshop, Amy Carroll, a communication coach and consultant will take you through a lively and interactive workshop and give you the insight and tools to empower you for that next coach's meeting!



## 12:00AM THE STUDENT ATHLETE

### ***"The best performance enhancer is sleep!"***

Youth development programmes should have a strong emphasis on developing both an athlete and a student. Understanding the effects of nutrition, sleep, cognitive performance and training will have a huge benefit on achievement in both areas.

Presented by Lee Eldridge, Msc in sport and exercise science, this talk will identify the foundational understanding of how parents, guardians, and coaches can support their players both at school and in the sport.



## 12:45AM EDUCATION OPTIONS & SPORT

School, practice, homework - juggling it all can be a challenge. And what happens after high school? What are the options for my child?

Quit school and focus on Sport?

Go to University in the USA where you can do both? And how do you make that work?

Our panel of accomplished athletes, educators and coaches will answer all these questions and more!







# PRACTICAL INFORMATION

## WHO SHOULD ATTEND?

- The workshop is ideal for parents of adolescent athletes (13-18) from all sport disciplines and at all levels, however parents of younger kids will also greatly benefit.
- NOTE: Parents are also welcome to register for the full 2-day coaching course and attend the Parents sessions on Saturday morning.



## HOW MUCH AND HOW TO REGISTER?

- The 1/2 day course is 60CHF including a coffee break and materials.
- To Register click the link or go to: [www.insidegameconference.com/register](http://www.insidegameconference.com/register)

**Register**

## TIMING & LOCATION:

- The Parent's Workshop takes place at the Art Centre on the Campus of the International school of Geneva.
- It starts at 9am and finishes at 1:30 pm
- 62, route de Chêne - CH-1208 Genève



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