



7 p.m. February 27, Mercer Island High School PAC

For Parents & Coaches of Athletes of All Ages

CHANGING THE GAME

Creating a High-Performing Mindset in Our Kids

A fascinating talk with national keynote speaker, John O'Sullivan, author of *Changing the Game*. Conventional wisdom holds that youth sports are a positive experience for our children, yet 70% drop out of organized athletics by age 13. Youth sports have become an ultra-competitive, adult-centered enterprise that has taken the "play" out of "play ball" for far too many kids. O'Sullivan will discuss ways we can help our athletes perform to their potential, while at the same time giving children ownership of their sports experience.

- Why Kids Really Play Sports
- 3 Ways to Change Your Kid's Sports Experience for the Better
- How to Give Your Child a Competitive Edge
- Potential Pitfalls of Early Specialization
- How to Help and Not Hinder Their Performance Through the Things You Say and Do
- Great for Both Parent and Professional Coaches



Go to
MIParentEdge.org
for FREE PDF
version of
"Changing the Game."

**FREE for PTA members in the Mercer Island School District.
For non-Mercer Island PTA members, \$10 at the door.**

John O'Sullivan is the founder of the *Changing the Game* Project, and author of the bestseller *Changing the Game: The Parents Guide to Raising Happy, High Performing Athletes, and Giving Youth Sports Back to Our Kids*. He has three decades of playing and coaching experience in youth, high school, college and professional soccer, and consults with US Youth Soccer, USA Football, US Lacrosse, and other sports organizations across the US, Canada and Europe. Visit www.changingthegameproject.com.



Jointly sponsored by the PTAs of MIHS, IMS, Island Park, Lakeridge, West Mercer, Northwood & MIPA.