

CHANGING THE GAME

COCHRANE



Education
Series
Part

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Sport 4 Life Cochrane is excited to announce a special talk by author & speaker

JOHN O'SULLIVAN

Beyond X's & O's: Developing a Positive Coaching & Parenting Legacy

**SATURDAY, OCTOBER 15, 2016
7:00 - 9:00 PM
FRANK WILLS MEMORIAL HALL
405 1ST ST E, COCHRANE**

**Doors open at 6:30pm,
cash bar to follow
Public registration: \$20,
discount for Cochrane Sport Clubs**

John is the author of the national bestselling book *Changing the Game: The Parents Guide to Raising Happy, High-Performing Athletes and Giving Youth Sports Back to Our Kids*, as well as a contributing writer for the Huffington Post, Soccer America, and NSCAA Soccer Journal.

He is a nationally recognized speaker, presenting across the country for organizations such as the TEDx Talks, NSCAA, IMG Academy, United Soccer Leagues, and more. He is a former college and professional soccer player, and has spent the past 20 years coaching on the youth, high school and college level. In early 2013 he left his position with the Portland Timbers of MLS to concentrate full time on the Changing the Game Project, his initiative to educate parents and coaches on creating a "player-first" environment that creates a more positive experience for athletes.

John will be discussing the ways we can help our athletes perform to their potential, while at the same time giving children ownership and enjoyment of their sports experience.



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www.sport4lifecochrane.com**



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