

# ELEVATING YOUR GAME: BECOMING A TRIPLE-IMPACT COMPETITOR BY JIM THOMPSON



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## Review

Jim Thompson's latest work offers compelling, concise concepts that empower young athletes to elevate their game through a combination of personal ritual and selfless reflection. The teachings within Elevating Your Game are directed primarily to the athlete, but this book should be at the top of the syllabus for parents, as well. No one understands the cultural obstacles that face developing young athletes better than Jim, and no one offers more valuable perspective on how to overcome them. Steve Stenersen President & CEO US Lacrosse --Steve Stenersen, President, US Lacrosse

## About the Author

Jim Thompson is the founder and Executive Director for Positive Coaching Alliance. He was named by the Institute for International Sport as one of the nation's top Sports Educators, has written eight books on youth sports, coaching, and leadership, including *The Power of Double-Goal Coaching*, *Shooting in the Dark*, and *The High School Sports Parent*. An Ashoka Fellow, he teaches classes in coaching, leadership, and sport and spirituality at Stanford University.

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# **ELEVATING YOUR GAME: BECOMING A TRIPLE-IMPACT COMPETITOR BY JIM THOMPSON PDF**

The latest book by Positive Coaching Alliance Founder Jim Thompson gives high school athletes easy-to-read information and inspiration to improve their performance in sports and beyond. Insights and exercises guide student-athletes to the ideal of a Triple-Impact Competitor, committed to improving oneself, teammates and the game as a whole. It includes valuable insights from sports psychologists and professional athletes about how to achieve peak performances, develop leadership skills, and compete with class. The book contains nine innovative, practical exercises that help improve athletes performance, including Goal-Setting; Building Team Chemistry; Honoring the Game: Competing with Class; and Using Your Power to Improve Your School Community. Sections also address common challenges, such as resolving issues with coaches and teammates, time management, nutrition and preparing for college. Coaches who use this book will create a common language that helps establish a culture of excellence, unselfish play, and improved teamwork.

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This was definitely a great and easy read

By Amazon Customer

This was definitely a great and easy read. I enjoyed the different exercises, activities within the book, the great examples and I enjoyed that it wasn't a long read. This book offers great explanations on how to get athletic performers to become BETTER at what they enjoy and love to do. I would definitely recommend

this to coaches, athletes and sports consultants.

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By P. Buck

Excellent motivational read for any athlete. Great clear examples, fun stories, short by full of meaningful stories. Well worth the time to read. Teaches your athlete to strive to get "better" but to also honor the game.

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Great resource for coaches and athletes

By mathcoach

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