

MORE THAN THE GAME:

SUPPORTING YOUR ATHLETE MENTALLY AND PHYSICALLY DURING THE SEASON

Join **Dr. Jeremy Alland**, **Dr. Brett Haskell**, and **Jason Sacks** on September 30th for a must-attend webinar.

Youth sports can be an incredible opportunity for athletes to grow, build confidence, and develop lifelong skills—but supporting an athlete means looking beyond performance and the scoreboard.

Join Positive Coaching Alliance CEO **Jason Sacks**, **Dr. Jeremy Alland**, and **Dr. Brett Haskell** for a conversation about how parents can support the mental and physical well-being of their athletes throughout the season. They'll explore practical ways to help young athletes manage the demands of sports, stay healthy, navigate challenges, and enjoy the experience along the way.

Whether your athlete is having a great season or facing challenges, this conversation will offer insights to help you support the whole athlete—both on and off the field.

WEBINAR DETAILS

DATE/TIME:

Wednesday, September 30, 2026
12PM PT / 2PM CT / 3PM ET

PANELISTS:



Dr. Jeremy Alland
Sports Medicine Physician,
Team Physician, Chicago
Bulls & Chicago White Sox



Dr. Brett Haskell
Performance Psychologist,
with experience in the NFL,
MLB, NCAA, and NWSL



Jason Sacks
CEO
Positive Coaching Alliance

PCA'S MISSION

Positive Coaching Alliance's mission is to change the culture of youth sports so that every child, regardless of social or economic circumstance, has access to a positive youth sports experience. We hope you'll join us to support our efforts.

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