

HELP YOUNG ATHLETES THRIVE IN SPORT



FREE Online Workshops for Parents, Coaches & Club Volunteers

Supporting young people in sport isn't always easy.

That's why Valley Sport has partnered with registered sports psychologist Joel Curtis from Endeavour Wellness to deliver two practical online workshops.

Learn how to better support young athletes through:

- ✓ Building confidence
- ✓ Managing pressure and expectations
- ✓ Motivation and resilience
- ✓ Burnout and wellbeing
- ✓ Positive sporting experiences
- ✓ Keeping kids involved in sport for longer



Workshop Details:

Whether you're coaching from the sidelines or supporting your own child, discover practical strategies to help young athletes thrive.

What Every Coach Should Know About Young Athletes For coaches, volunteers & club leaders

Date: Monday 3rd August 2026

Time: 6:30pm – 8:00pm

SCAN
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to register or head to
www.trybooking.com/DNBXO

Helping Kids Thrive in Sport For parents & caregivers

Date: Monday 17th August 2026

Time: 6:30pm – 8:00pm

SCAN
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to register or head to
www.trybooking.com/DNCBO

If you have any questions please contact us on
clubsupport@valleysport.net.au

