

# "HOW TO BE A BETTER COACH"



## **★ PARK CITY HIGH SCHOOL LECTURE HALL ★**TUESDAY, DEC 3 ★ 7 TO 8:30 PM ★ FREE ADMISSION

#### **Keynote Presenter:**

Finn Gundersen, renowned high performance and sports education consultant

#### FOR COACHES OF YOUTH SPORT ATHLETES!

Finn will present to coaches on the latest research in how athlete's learn new sport skills. Take-Aways + Tools include: better training sessions and execution plus different coaching skills for improved results.























### www.PCSportandWellness.org