

# CHANGING THE GAME

Creating a Growth Mindset in Our Kids



Conventional wisdom holds that youth sports are a positive experience for our children, yet 70% of children are dropping out of organized athletics by the age of 13. Youth sports has become an ultra-competitive, adult centered industry that has taken the “play” out of “Play ball” for far too many kids, but we can change that. Glen Mulcahy, speaker for Changing the Game Project, will be speaking for the Nanaimo Minor Hockey and other sports groups where you will learn;

**Monday, Feb. 25<sup>th</sup>, 2019**

**6:30PM – Playing For the Love of the Game  
How Parents can support their kids in youth sports**

**7:45PM – ITAD vs. Early Sport Specialization  
Insight on the benefits of Multi-Sport Participation**

**Q&A to follow each talk**

**Location: Behan Park Social Centre  
2300 Bowen Road  
Nanaimo, BC. V9T 2B7**



Glen Mulcahy  
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Glen Mulcahy is a former youth athlete who played on provincial winning teams in Hockey, Football and Rugby, completed a degree at UBC in Physical Education (Kinesiology major) and has coached various sports for over 20 years. Since 2009 he has also been a coach mentor in his role as Hockey Canada NCCP Facilitator and has now certified thousands of coaches in the rec and competitive streams.

Glen is also a parent of two kids that have played recreational and competitive sports since 2000 and as a result of the numerous issues that he has seen first hand that has taken the “Play” out of youth sports, he founded PARADIGM Sports to work with parents, coaches and executive members so we can bring the game back to the kids ... where it belongs.