

Knippenberg, Patterson & Associates

Specializing in Child & Adolescent Neurobehavioral Disorders

Supporting Peak Performance:

Keys to Parenting an Excellent Athlete

Parents are an essential part of the system that helps produce outstanding athletes. They are uniquely positioned to provide the emotional and logistical support that all top tier performers need. However, it is not always clear how parents can best support their children's sport performance. This presentation is designed to clearly state tools for effective sport parenting and discuss how these tools can best be put into action.

Goals and key components of the presentation:

- 1) Provide research-based information on the developmental process of becoming a top tier athlete
- 2) Identify specific ways that parents can effectively support their children's performance
- 3) Promote discussion around how to balance family life with the increasing demands of performance activities.

Presented by Dr. Alec Baker: Dr. Baker earned his Doctoral and Masters Degrees in Clinical Psychology from the University of Denver and specializes in sport and family psychology. He now combines his experience as a family therapist, elite level youth ice hockey player, and ice hockey and lacrosse coach to give him a unique perspective on performance in a family setting.

Cost: \$10 per person*

Date & Time: Monday, January 16th, 2012 @ 6:30pm – 8:00pm

Location: Grace Methodist Church, 4905 East Yale Avenue Denver, Colorado 80222

Please RSVP to Dr. Baker by email or phone at your earliest convenience

*Attendees will be offered the chance to participate in some of Dr. Baker's research following the presentation. Those who decide to participate will be refunded \$5 of their entrance fee. Participation will take no longer than 20 minutes.

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