

ARCH Presents

**GUEST SPEAKER:
BOB RIGBY**

**COMPETITIVE PRESSURE &
BURNOUT: HELPING OUR KIDS
NAVIGATE STRESS & DEFINE
HOW THEY MEASURE SUCCESS**

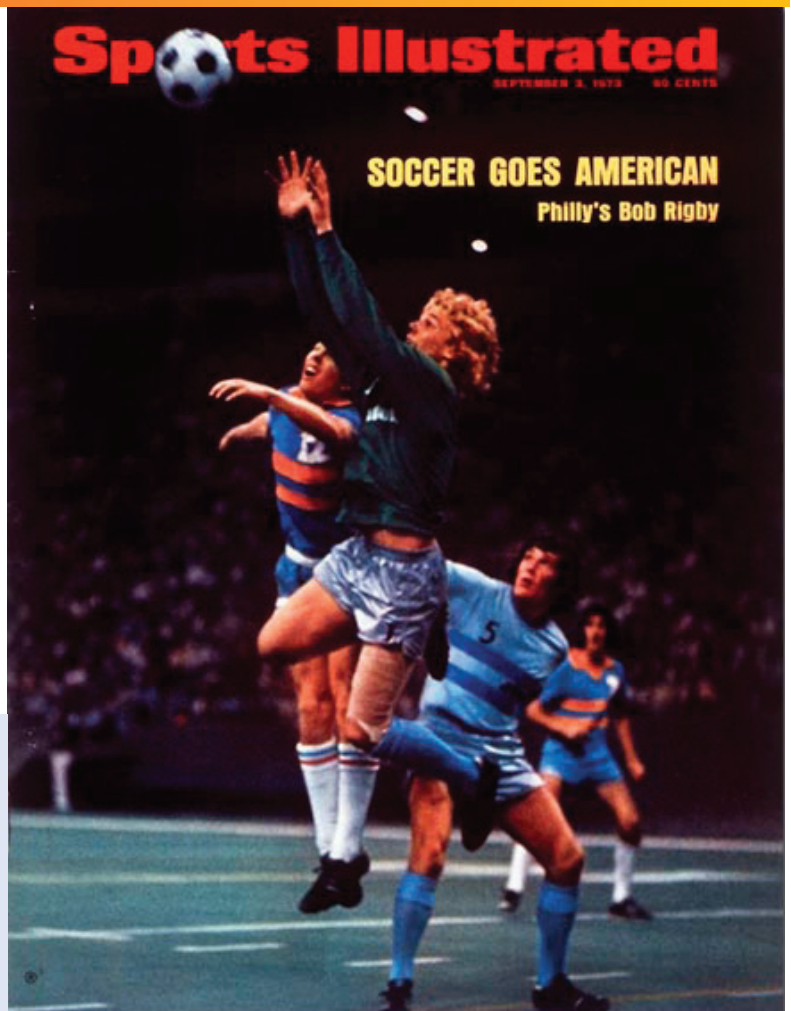
**April 7th @ 7 PM
Conestoga High School
All Parents Welcome!**

**RSVP Requested by Friday, March 26, 2010
to tropes@tesd.net or (610) 240-1019**

Across the playing fields of academics and activities such as sports, music and dance, our kids have more opportunities than ever before to "take it to the next level" of achievement.

How much is too much?

Bob Rigby, a private therapist and the Student Assistance Program (SAP) Administrator for the Ridley School District, will offer his insight into the stress, competitive pressure and burnout experienced by many of today's kids. A former All American soccer goalie, who played for the U.S. Olympic and National teams as well as professionally for 13 years, Bob will share his unique perspective on how parents can help their kids navigate stress, achieve balance and avoid burnout.



ACHIEVE COMPETE EXCEL SUCCEED SCORE ACE STAND
OUT PERFORM WIN DOMINATE PUSH PRACTICE
SPORTS MUSIC ART DANCE THEATER
SCOUTS SPORTS ACADEMICS MUSIC ART THEATER
SOCCER LACROSSE FOOTBALL BASEBALL HOCKEY TRACK TENNIS WRESTLING
BASKETBALL NEW GOLF ICE HOCKEY VOLLEYBALL WIMBLEDON SQUASH
CROSS COUNTRY GYMNASTICS SWIMMING TRACK AND FIELD TRAIN TU-
TOR COACHING RECREATION VARSITY TRAVEL CLUB TOWNSHIP PREMIER J.V.
ACHIEVE EXCEL SUCCEED STAND OUT SCORE START WIN PRACTICE TRAIN-
ING LESSON REHEARSE PERFORM INSTRUMENTS BAND ORCHESTRA THEATER RECITALS VOICE LESSONS ACTING
NAMEDS PRACTICE TRAINING SYSTEMS HANDS ON QUALITY TRAINING REP-
ETITION VARSITY TRAVEL PREMIER CLUB TRAIN COMPLETE ACHIEVE PRACTICE
DANCE: BALLET JAZZ MODERN TAP HIP HOP IRISH CONTEMPORARY PRACTICE RE-
HEARSE EXCEL PERFORM SINGING: CHORUS CHOIR SECTIONALS PRACTICE REHEARSE
PERFORM INSTRUMENTS: BAND ORCHESTRA THEATER RECITALS VOICE LESSONS ACTING
LESSONS DANCE LESSONS PERFORM PRACTICE REHEARSE PERFORM TRAINING COACH-
ING CAMPS ACADEMIC EXCELLENCE AP COURSES SAT PREPARATION COURSES TUTORS
COLLEGE ESSAY COACHES HONOR ROLE CLASS RANK GRADE POINT AVERAGE NATIONAL
HONOR SOCIETY TUTORS COLLEGE RESUME ACHIEVE EXCEL SUCCEED COMPETE WIN

Finding Balance

ARCH (Area Residents Caring and Helping) is a 501(c)(3) non profit community coalition of volunteer parents, educators and community members committed to promoting the well being of TE youth by helping them form a positive self-image, make healthy choices and reduce the use of alcohol, tobacco and other drugs.

Visit ARCH at www.archcares.org