

# Develop Good Training Habits

Good training habits need to be developed starting on the first day a skater takes a group or private lesson. To be successful in a sport like figure skating, skaters must acquire self-discipline and develop the ability to focus.

## **Skaters should routinely:**

- demonstrate consistent attendance for practices and lessons
- punctuality – arriving early enough to perform off ice warm up exercises
- be appropriately groomed and dressed to skate
- respect the rink and club rules
- be willing to put out 120% effort
- be prepared to practice and take a lesson
- demonstrate self-control/self-discipline

Parents can help their children to develop good training habits by establishing themselves as role models. Children are more likely to follow guidelines that parents demonstrate are important. Parents should not ask their children “To do as I say, not as I do!”.

## **Parents should:**

- provide an adequate amount of practice and lesson time.
- plan their schedule to make it possible for their children to make their skating practices and lessons
- be punctual and arrive 10-15 minutes before the session or lesson starts.
- monitor the skating equipment to be sure that the boots fit properly, the blades are sharpened on a regular basis, and the skating outfits fit and are clean.
- provide positive support, encouragement, and praise
- avoid over committing their child to insure they receive adequate rest and proper nutrition.
- establish regular communication with the coach. Ask questions, air complaints, and provide compliments to the coach.

## **Parents should never:**

- require their child to perform supplementary exercises at home without the approval of the coach
- become a stand-in for the coach. Parents do not have the qualification to offer technical corrections.
- blame the child's lack of progress or winning on others or blame “The System”, or judges.

- compare their child's progress to other skaters.
- focus on passing tests or placing in competitions to the exclusion of building an error free solid foundation of skating skills.
- Gossip with other parents. They should never offer comments and criticisms about other skaters, parents, and coaches. Gossip can undermine and destroy relationships between coaches, parents, and skaters.