

# Develop Good Training Habits

It should be the goal of every coach to establish guidelines to assist skaters and parents in developing good training habits from the very first lesson.

It is never too soon for a skater to acquire the discipline necessary to be successful.

Skaters should display:

- Consistent attendance
- Punctuality
- Appropriately dressed to skate
- Respect for the rules, others, and themselves.
- Maximum Effort
- Ready to learn and focus
- Self-control/self-discipline

Parents should lead by setting good examples to help their children develop good training habits. Parents should:

- Schedule an adequate amount of practice and lesson time.
- Have their skater attend practice session.
- Strive to be punctual. Plan ahead to arrive 10-15 minutes before the session.
- Insure skater has the appropriate equipment that is properly maintained, and arrives at sessions dressed in the proper skating attire.
- Be supportive.
- Ensure their child receives adequate rest and proper nutrition.
- Ask coaches questions, discuss complaints, and deliver compliments
- Support supplementary home exercises recommended by the coach.
- Never offer technical corrections to your child.

- Suggest failures are the fault of others or "The System".
- Never compare their child's progress to that of others. There are far too many variables to make meaningful comparisons.
- Focus on building a solid foundation will foster winning or passing tests or badges.
- Never Gossip with other parents. Gossip is hurtful and can undermine coach-parent-skater relationships.