

# NEWSLETTER

## COACHES SUPPORTING COACHES

### Tips to help our athletes (part 3)

1. Take control - it is a frustrating time when you feel powerless over a situation but that does not mean you can not make conscious decisions to help stay on track. Do not let what is currently happening have power over you. Instead own the situation the best you can. It is up to you to do your best during this time for you.....
2. Athletes need to be aware that with a decline in training there will be changes to their bodies. If they understand this they will be able to make changes to their daily routines to ensure the least amount of change as possible and be in a better physical and mental state to rebuild on once back on the ice.
3. They should expect muscle tone to reduce, even with off ice exercises they may not be using their muscles in the same way as they do on the ice.
4. Metabolic rate will begin to decline depending on their new training regime. Work with them to make changes to their diet during this time.
5. VO2 max will possibly drop - they need to be prepared that they will not necessarily step back on to the ice in the same condition and thats ok. Everyone around the World is in the same boat.

### Coaches working together.

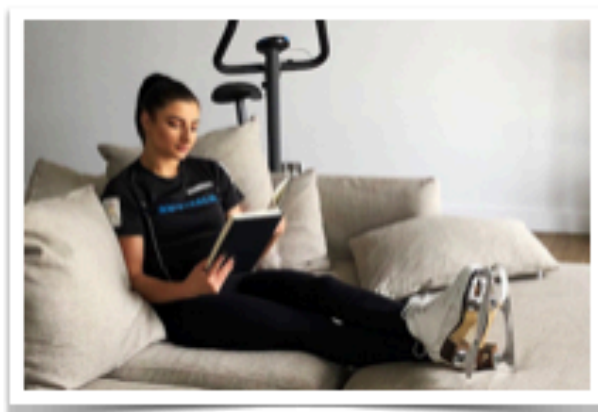
It is important for coaches to find healthy ways to destress.

Allow time for personal exercise - whilst coaches spend most of their time working with athletes to keep them in physical shape it can be hard to remember to take care of themselves. Many coaches were once competitive athletes and know what it feels like to have to stay in shape. Doing some exercise has many benefits. Exercise releases endorphins that keep people happy while loosening up the muscles to receive stress and frustration. Your exercise regime does not have to be complicated. Go for a walk around the block (if your body is still able to after all your years on the ice).

Breathing techniques can also be a great help. Breathing in deeply allows for maximal expansion and deflation. This helps to stretch and release muscles that are commonly used to carry stress. As the fibres move across each other, substances such as lactic acid are released from the muscles and help you to relax. this releases hormones that create happiness and relieve stress. After a few breathes, it will slow down the hard rate and allow the stress dissipate.

the above is from (<https://onlinemasters.ohio.edu/blog/10-stress-management-techniques-for-sport-coaches/>)

Avoid too much sugar or caffeine - well anyone who knows me knows avoiding my morning tea and sugar fix is just not happening - so lets skip that one.



Skates up and a good book. Time to relax for a while.

