

NEWSLETTER

COACHES SUPPORTING COACHES

Tips to help our athletes (part 1)

1. Athletes tend to be goal orientated. Try setting them SMART goals - specific, measurable, attainable, relevant and time-bound.

Have them download the "map my run" app or something similar. They can share the data from this app with you.

Start them off with a simple short jog and set them a goal they have to achieve by the end of the month.

See how long they can hold plank for, set a goal that this time is increased by the end of the month etc.

Do not set too many, but enough that they have goals to focus on rather than thinking about what they can't be doing during this time.

2. Visualisation - Studies have shown that when we visualise and perform a skill the same regions of the brain are stimulated. Many athletes use this when they are off with injuries or as part of competition preparation. So why not use it now. Include it as part of their daily off ice workout.

3. Stay positive - It is easy for our minds to become full of negative thoughts. Have your skaters send you a positive thought that they will read every time doubts set in.

LET'S SUPPORT EACH OTHER



One thing Aussie's are great at is supporting each other in times of crisis. Through all of the uncertainty at the moment we as a coaching community have an opportunity to band together and support each other and our athletes. Sharing ideas on how to keep ourselves and our athletes motivated during this time, how to plan for the future when our rinks re-open, staying mentally and physically strong etc.

APSA newsletters

As APSA president I have decided this a great time to communicate more with each other. I will be sharing information on the new accreditation system, any information I can find to assist our coaches during these difficult times and general ideas to help support each other and our skaters. I would love coaches to send me links to articles they find, ideas they have for off ice training, keeping athletes motivated etc. If you have concerns and questions you would like to put out to the coaching community or would like me to look into for you please share them.

If you know of any coaches who are not a part of our Facebook group please invite them to join.

You can private message me or email at president@apsa.net.au

"Attitude is the first step towards to success....."

