

NEWSLETTER

COACHES SUPPORTING COACHES

Tips to help our athletes (part 2)

1. Focus on the present and not the future - no athlete wants to take forced time off, whether through injury, illness and or in this case a truly exceptional circumstance. It is important we all focus on the here and now and not on the future of which we currently have no control of. But we can control what we do now to prepare for the future. Stay fit, healthy, positive. Keep routines if you can. If athletes trained early in the morning have them do their off ice at that time instead.
2. It is ok to feel down at times - athletes will be missing the interaction with their training buddies, coaches, friends. They may feel isolated, disappointed and feel a sense of loss of not being able to currently participate in the sport they love. They may go through the stages of grief, recognising this is the first step to owning it. Encourage them to share how they are feeling with others that are going through the same thing.
3. Reach out for help and support - if your athletes do not use a sports psychologist this may be a good time for them to contact one. All athletes are different and their goals may also determine what affect the current crisis has on them. As a coach you may wish to contact one for ideas to help you with dealing

Coaches working together.



Don't forget you....

The tips to help your athletes are just as important for you as a coach as well. As coaches our own losses are huge... Loss of income, uncertainty, the pressures of keeping our athletes going as well as staying positive ourselves. It is just as important to look after yourself mentally and physically as it is to look after your athletes.

This is a time you can be listening to music for the future, designing costumes, watching videos for choreography ideas (and not just skating videos) making plans for if we return to the ice in 3 months or 6 months. Researching new developments in the sport, in off ice training and of course do all those things at home that we never seem to find the time for.

Find time for you. Set your own personal goals as well as work goals, and remember you are not in this alone.

For those of us who are crazy enough to be up at 5am most mornings, enjoy that extra sleep in. You don't know how long that will last for.

