

# FALL 2024 SUCCESS MEETING SUMMARY & NEXT STEPS

## *How to have a successful season!*

### TRAINING TOOLS

- ★ Ensure your skater has what they need for all on and off-ice classes (encourage your skater to utilize their training book!)
  - More Info: [Success Package](#)
  - Rent a locker: email [info@skatecampbellriver.ca](mailto:info@skatecampbellriver.ca)
  - Be in the know about upcoming events and deadlines: [Calendar of Events](#) (print and post at home)

### SCHEDULING

- ★ Build a “time buffer” when dropping your skater off and picking them up to allow them the opportunity to warm-up and cool down. Encouragement also goes a long way!
- ★ Sharpen skates every 12 - 15 hrs to avoid a drastic adjustment
- ★ Session Selection - pick days in between whenever possible (eg Mon/Thu is better than Wed/Thu)

### ADDITIONAL BEST PRACTICES

- ★ Encourage participation in events such as Competitions, Simulations, Assessments and Seminars
- ★ Develop an "athletic lifestyle" mentality (and in actions). Example: Encourage your skater to practice off-ice activities such as flexibility and spinner work at home
- ★ Promote team spirit - encourage your skater to be supportive while leading by example!
- ★ Continue to respond to emails from the coaching team in a timely fashion



**Skate  
Canada**