

Recipe for Success



The key to a successful outcome and a healthy relationship is becoming a strong team. Athletes, parents, and coaches must work together at all times. Our priority and focus of attention must be the athlete, your child. Our main objective must be to achieve the best possible experiences and results.

The athletes are on the team to learn from their coaches, from their teammates and from themselves. The athletes must make mistakes, make corrections and drive themselves beyond their perceived limitations. The athletes compete individually, against themselves. However, they are not alone; coaches, teammates and parents are by their side to lend their support.

Coaches perform a delicate balancing act day after day. Our ability to walk this fine line comes from years of experience, education, planning, success and learning from our mistakes. Some days, coaches will be tough, others more lenient. Many times, the focus will be technical; other times it will be on strength, speed, or grace. Overall, the training plan is a complete picture not a snapshot.

Parents play a vital role as the supporter of both the athlete and the coach. Parents must be a source of encouragement and support. It is your challenge to help and assist your daughter from the sidelines; to watch her succeed and to watch her make mistakes at times. **Always leave the training up to the coach!**