

FAQs on Coaching

The most frequent queries we receive from skating families relate to coaching. Here are some frequently asked questions to guide you through and help you understand the coaching process at Calalta.

Q: Why does my skater need a coach?

A: A coach is crucial in a skater's journey for the following reasons:

- Create a yearly plan that starts with basic skills and fundamentals. Over time, this plan progresses to include choreography for competitive programs and assessments (tests) in skating skills, dance, artistic and free skate.
- Guiding progress – the coaches main role is to set the pace and structure of training based on the skater's progress.

**Coaches help navigate the complex world of skating.
They will work with your skater to teach, support, assist, guide, direct and mentor them as they learn the many skills, jumps and spins that make up the beautiful sport of figure skating.**

Q: When is my skater ready for a coach?

A: As your skater progresses through the CanSkate program, you may consider hiring a private coach to help with their skating. If your skater is in one of the Star 1-5 groups (Prestige Performance or GroupStar Skate), a coach is required. If your skater is in Pre-Star Performance a coach is recommended.

Q: How do I go about getting a coach?

A: The best way to get your first coach is to email either Jaime-Lyn Jackson (Interim Director of Skating) at calaltagroupprogramsdirector@gmail.com or Natalie in the office at info@calalta.net. You can view the coaches' bios on-line at <https://calalta.net/meet-our-coaches/> and contact them directly as well.

All of Calalta's coaches can be found on our [website](#) and on the bulletin board at Jimmie Condon arena.

Feel free to contact them directly via email or phone.

Q: How much do coaches cost?

A: Coaches can charge anywhere from \$12.00 to \$20.00 for a 15 minute coaching session. The difference in rates is dependent upon the experience, training and certifications of the coach you

are hiring. Coaches will invoice you directly and you will need to pay them directly. This does not go through Calalta.

If you are concerned with cost, please speak to your coach directly and discuss a budget with them – how many lessons can you afford per week?

Q: What is the role of the head coach? How many coaches can my child have?

A: The primary or head coach is responsible for your skater's training. Your head coach determines your skater's progress. They may ask another coach to provide training in another discipline such as dance, skills or another area. If this happens, you will be required to pay for this additional coach and the lessons they provide to your child.

If you are interested in having your skater work with an additional coach, speak to your head coach! They need to be involved in bringing in more coaches to assist with your skater's development. If your primary coach plans to be away they will typically arrange substitute coaches should the occasion arise.

Q: If my child is only being coached for 15 minutes, why does my child have to stay on the ice for the entire 45 or 60 minute session?

A: Before or after the lesson with the coach, the skater is expected to warm up and practice what they have learned to date. The more practice your skater gets, the more progress they will make.

Q: How many times a week does my child need to work with a coach?

A: It depends – one 15 min lesson per session is typical. If your skater is training for a competition or a skating test, your coach may recommend more sessions. If your skater is just beginning, one or two 15-minute sessions a week may be adequate. This is a conversation you should have with your head coach and is dependent upon your budget and what level your skater is at.

Q: As a parent I have been told that I need to stop coaching from the boards – what does that mean?

A: Basically it means that the parent/guardian is not to direct the skater during the session.

Your skater is encouraged to manage their own time on the ice – they have plenty of skills they can practice without a parent telling them what to do, or telling them why a jump is wrong or that they are skating too slow etc.

Q: What is the best way to support my child as they progress through skating?

A: Every skater is different and will require different types of support as they mature. Remain positive with your child and don't dwell on asking questions about skating.

A few tidbits that we learned from the 'How to Build a More Resilient Child' seminar held in 2018:

- After the session say 'I love watching you skate' rather than 'I see you didn't land your axel'

- If your child is upset because they didn't do well in a competition say 'I'm really sorry you're upset' and give them a big hug. If they did something wrong, trust their coach will handle it
- Kids want to know that if they fail, they will know that their mom/dad still loves them – even when they mess up. Kids need parental support in times of defeat and disappointment
- Failure is a gift so let them learn how to deal with it graciously
- Parents need to stay away from outcomes such as 'did you land your double axel?' and focus more on 'did you enjoy yourself today?'
- When a skater 'has' to skate they feel pressure, dread and stress, when a skater 'wants' to skate they have fun and make friends at the rink
- Don't compare your child to other skaters – every child progresses at their own pace. Remember comparison is the thief of joy
- # 1 reason kids stop skating is they are no longer having fun!

**A child's belief in their self is largely a reflection of the extent
to which they see significant others
believing in them.**

Q: Why do I pay my coach directly for skating lessons?

A: Coaches are independent contractors to Calalta and are registered with Skate Canada and not Calalta. Being a Calalta coach means they are permitted to run their coaching business on Calalta ice. When a parent hires a coach to teach their skater, they will be invoiced directly by the coach and the parent will pay the coach. Calalta is not involved in this relationship.

Q: Can I pre-pay for skating lessons? Can I use my credit card?

A: This is a question for your coach. Payment methods should be discussed with your coach prior to beginning lessons.

Q: What if the relationship between my skater and coach is not working?

A: The bond that exists between a skater and a coach is special and if it isn't working, Calalta encourages you to speak directly with your coach to clear up any issues. If the issues cannot be resolved to your satisfaction, you may need to switch coaches. Before you switch coaches, it is expected that all bills be paid (you may have to request your final bill) and you part on good terms.

Q: What is the proper way to switch coaches?

A: As a parent, you and your skater may choose to switch head coaches (primary coach) over the course of the skater's career. Please note there is a **right way** to switch or change coaches.

Think about why you want to switch or change your head coach. Is there an issue that can be dealt with by communicating face to face with your coach? If so, we encourage you to start with that. If you feel that avenue will not work, proceed as follows:

1. Contact the new coach to inquire as to availability of them taking on your skater
2. Meet with the new coach and decide if you would like them to coach your child
 - a. Ensure you discuss expectations around lessons (when and on what sessions), costs (how much per 15 min lesson) and how to pay the coach
 - b. Understand their philosophy and their coaching style – depending on what they see, they may take the kids back to basics. This is their call as a coach and not yours so you will need to let them do their job
 - c. Ask what is expected of your child (nutrition, sleep, stretching, off ice sessions, exercises etc)
 - d. Ask what is expected of you as parents (questions, communication channels etc)
 - e. Share your expectations with the coach
3. If the new coach decides to take on your child, contact your head coach immediately and advise them as to your decision to move on.
 - a. Pay any outstanding invoices immediately
 - b. Confirm with your new coach that you have spoken with the former one and there are no outstanding payments. Your new coach has an obligation to reach out to your former coach and ensure that everyone is on the same page regarding the transition.

Remember the key to success for you as a parent or guardian

and for your skater is

open and honest communication with your coach.