

# SKATE MANITOBA

## VIDEO 1 - ENVIRONMENTAL REQUIRMENTS



### AUTONOMY

1. What are some ways in which you observe your skaters taking accountability for their preparation and performance? How would you like to see this grow/change?

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2. Write down some areas where building in routines could be helpful to promote independence in your skaters (e.g., pre-competition, warm up, independent ice time, dry-land training)?

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3. Take a look at the skating checklist attached. Consider how this tool might be helpful to promote productivity and self-monitoring in their practice time.

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## Pre-Season Mental Skills Questionnaire for a Skater

Name \_\_\_\_\_

Date \_\_\_\_\_

(by elements, we mean jumps, spins, steps, spirals, lifts, throws, or dance steps)

Would you say you need to improve:	Check here if not sure	Definitely No	To Some Extent			Definitely Yes
<b>Regarding Practices, to:</b>						
1. Set specific goals for every practice?		1	2	3	4	5
2. Arrive at every practice totally committed to doing your best?		1	2	3	4	5
3. Consistently be stretched and warmed up <u>before</u> stepping on the ice at practice?		1	2	3	4	5
4. Be more focused when doing your elements? (Answer "yes" if you frequently just do the elements in a haphazard way without trying to do your best.)		1	2	3	4	5
5. Stay positive and not get down on yourself when you're having a bad practice?		1	2	3	4	5
6. Make better use of the <u>full</u> practice time?		1	2	3	4	5
7. Overcome fear of doing difficult elements?		1	2	3	4	5
8. Improve consistency of elements you can already do?		1	2	3	4	5
9. Feel more confident about your ability to do difficult elements?		1	2	3	4	5
10. Not worry about what other skaters are doing?		1	2	3	4	5
11. Figure out how to monitor progress on a new element that you are learning so that you don't get discouraged when progress seems slow?		1	2	3	4	5
12. Do more <u>complete</u> program run throughs (and try everything in your program)?		1	2	3	4	5
13. Score your elements during program run throughs?		1	2	3	4	5
14. Score your program components during program run throughs?		1	2	3	4	5
15. Make better use of mental imagery to improve your elements and program components?		1	2	3	4	5
16. Make better use of key words for elements and program components?		1	2	3	4	5
17. Practice more positive self-talk during program run throughs?		1	2	3	4	5
18. Keep a written record of your progress in meeting your goals?		1	2	3	4	5

Would you say you need to improve:	Check here if not sure	Definitely No	To Some Extent	Definitely Yes		
<b><u>At Competitions, to:</u></b>						
1. Stay confident at practices when you see what the other skaters are doing?		1	2	3	4	5
2. At practices, forget about other skaters and just focus on your own skating?		1	2	3	4	5
3. Avoid putting excess pressure on yourself when you see what other skaters are doing at practices?		1	2	3	4	5
4. Learn how to <u>not</u> worry about other skaters?		1	2	3	4	5
5. Learn how to <u>not</u> worry about where you will place?		1	2	3	4	5
6. Have a better time management plan for the entire competition so that you are well organized, eat healthy, and get lots of rest?		1	2	3	4	5
7. Skate as well during a competition as during the last 2 or 3 weeks before the competition (in other words, to skate up to your potential)?		1	2	3	4	5
8. Not be psyched out by other skaters?		1	2	3	4	5
9. Stay loose (not too tense) during the last half-hour or so before the 6' warmup?		1	2	3	4	5
10. Feel confident about your skating while stretching before the 6' warmup?		1	2	3	4	5
11. Stay loose (not too tense) during the 6' warmup?		1	2	3	4	5
12. Feel confident about your skating during the 6' warmup?		1	2	3	4	5
13. Stay loose (not too tense) after the 6' warmup while waiting for your turn?		1	2	3	4	5
14. Feel confident about your skating after the 6' warmup, while waiting for your turn to skate?		1	2	3	4	5
15. Stay loose (not too tense) when you step on the ice for your turn?		1	2	3	4	5
16. Take it one element at a time during your program (and not get ahead of yourself or think only about difficult elements)?		1	2	3	4	5
17. Concentrate on the easy elements as well as the hard ones?		1	2	3	4	5
18. Stay positive and skate well for the rest of your program, even if you miss an element?		1	2	3	4	5

# COMPETENCE

1. What is something you feel competent in (whether it be skating-related or in your life more broadly)? How do you know you are competent? What does competence feel like? Look like?

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2. What about something that you struggle with, or have struggled with in the past? What does that look like? Feel like? What are the thoughts that come to your mind in those moments?

This can be a great activity to go over with your athletes. You can share your experience too- that can be really powerful.

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3. Consider a common skill you teach to your athletes. How can you prep them- whether you are sharing the reality of the progression or breaking things down into smaller pieces- to help support their willingness to try and struggle along the way?

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## CONNECTION

1. In what ways do you intentionally create opportunities for connection amongst your athletes? Are there things you'd like to try or implement to support a culture of inclusion and community?

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2. What are some questions or scenarios you could ask your athlete about to get to know their needs for connection?

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## CHALLENGES

1. What challenges can you predict for your athletes this upcoming season?  
(ex. learning technical skills, pressure, certain competitions, etc..)

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What about for yourself as a coach?

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2. Knowing what challenges may arise for your athletes; what strategies can you put in place to help in these moments?

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What about for yourself?

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