



## Welcoming back Goalies with tips to get your season off to the right start

As you settle in with your new teams, Attitude Goaltending and WYHA want to tell you how excited we are to be working with you. Throughout the course of the year, we will offer you development opportunities – both on and off the ice.

**A great way to start your season out right is to think about **communications** from the beginning.**

As a goalie, you might be reluctant to speak to coaches. In a perfect world, coaches would begin the conversation. Often, this is not the case. Goalies that do not engage their coach, however, are far less likely to receive feedback and know how to improve. How can you start communicating?

### **1. Work with your parents to think about the strengths and weakness you have**

Your parents can help you think about it in a different way. It is very important that you write these down. Owning the process gives you a winning mindset and a reminder that you are doing this because you want to improve on your current skills. Parents, listen to your goalie's short and long-term goals. Goalies that set proper goals have a greater chance of finding meaning in every single practice.

### **2. Write down 3 things you are working on, and talk about them with your coach**

Coaches want to help but some don't know how or where to start with goalies. You can explain what you need help with to focus efforts. By seeking out your coach, you take your development into your own hands. This starts the season off right by communicating your desire to improve.

### **3. Finally, remember why you started playing this game and this position**

Attitude Goaltending believes that most of us start playing goalie because it is FUN! Enjoy your opportunities on the rink fully by taking care of the following:

#### **ATTITUDE**

Be optimistic and ready to get back up when you fail. You grow the most in difficult situations. When you are able to keep your emotions in check, you can find the silver lining in the hardest of situations. Remember, your attitude is your choice!

#### **EFFORT**

Give your personal best effort day-in and day-out. If you do, you will never have to be upset, no matter the outcome. Effort is key to growth both as a goalie and as a teammate!

Pete Samargia – Founder and Lead Instructor

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