



The Competitive Edge

Get The Edge!

October - December 2015

**Sign up NOW for
Classes!**

Daily On – Ice and
Off – Ice Training

**Adult Strength
and Conditioning
Classes offered!**

Mon/Fri 8:30am and
Tue/ Wed/TH 6:30pm
Saturday at 10:00am

New Yoga Class!

Wednesdays 8:30am

Contact Us:

Website:
<http://www.ceskating.com>

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Competitive Edge Skating
38273 Remington Park
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Coaching from the Heart

By: Jennifer Matras, Owner of Competitive Edge Skating, Inc.

I can remember the looks of disappointment and the feeling of shame as my coach left my lesson as if it was yesterday. Actually this happened multiple times. If I didn't perform up to my coaches standards or lost focus in my lesson my coaches would leave my lesson without any explanation and move on to another figure skater more worthy of their time. Not only was this devastating to a 12 year old girl, but it was nothing compared to having to deal with the even bigger disappointment and reactions from my parents. Rightfully so. My parents sacrificed so much for my sister and I to work towards our dream of making the Olympics. There were the several loans taken out, the 4 jobs my dad worked, the time spent in ice rinks so my sister and I could work to one day hopefully be one of the best in the world. But what still lingers in my stomach is the sick feeling of only being valued as a kid, as a person, only if I performed up to others people standards.

Now don't get me wrong, I wouldn't give up what competitive figure skating taught me such as hard work, focus, accountability, responsibility, etc. Unfortunately it also taught me that the only way my coaches and parents would make me feel loved or worthy is if I landed a double axel, or skated a clean program, or if I was at the top of the podium at a competition.

Fast forward 5 to 7 years at the age of 19, I retired from my skating career. But as one door closed, another opened and God blessed me an opportunity to help young skaters work on their skating development. The tables are now turned. I'm now the coach in charge. I'm now the one who can yell at players, look at them with disgust or leave their lesson with no explanation because they couldn't perform to my standards. Ever hear the words, "when I become a parent I swear I will not do what my parents did!"? Unfortunately it seems inevitable that we become like our parents and even worse coaches that carry over the same characteristics of what our parents or any authority figure acted like in front of us. UNLESS, by some miracle you have a mentor in your life, like I did, who pulls you aside and tells you to stop repeating these bad actions towards kids. the history of bad coaching *doesn't* have to repeat itself.

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CES is helping Big Brothers and Big Sisters of Livingston County!

Every year we stuff back packs with back to school supplies for kids in need! We are always collecting the following supplies which are in need.

We hope you can help!!

Backpacks

Notebooks

Binders/Folders

Calculators

Pens/pencils

Highlighters

Glue

Erasers

Protractors

Rulers

Hand Sanitizer

If you are interested in helping with donations, please contact Jennifer at 248-752-4470 or icejen9@aol.com.

Hallmark of True Greatness

By: Jennifer Matras, Owner and Head Skating Instructor of CES

Steve Yzerman. Barry Sanders. Wayne Gretzky. What comes to mind when you read those names? Arrogance? Selfishness? Money hungry? I highly doubt it. Those are names of the select few in sports history who seem to understand the definition of true greatness. So what is it that separates them from those who never reach extraordinary athletic achievement? Or from those who fall once they do get to the top?

Many of our students at CES have heard us talk about the importance of grit, mental toughness and having a growth mindset in order to become the best version of oneself. These are topics that seem to be well received and accepted by our athletes as characteristics one must have in order to become their best. Yet, though the previous names of the athletes mentioned above are amazing examples of showing consistent mental toughness in their careers, our culture and media fail to explain two of the top characteristics that athletes like Yzerman, Sanders and Gretzky exuberate making them legendary.

In his book, *Power vs. Force*, Dr. David R. Hawkins says, "Hallmark of true greatness in athletic achievement is always humility." Yes, you read it correctly. Humility. We all know the common verse in scripture which tells us that pride comes before the fall, but Hawkins goes on to explain in more depth how pride cannot provide the motivational power like that of "love, honor, or dedication to a higher principal." He continues on that it actually makes an athlete weaker if one only focuses on defeating an opponent, or hopes to become a star, or make millions of dollars one day. I agree with Hawkins 100% in that true athletic power is characterized by grace, sensitivity, inner quiet and gentleness. "Great become legendary when they teach by example." Amen Dr. Hawkins. Let's all do our best to be great examples and teach humility and gratitude towards the gifts God has given us and to quest for excellence in all we do for the sheer joy of pushing ourselves towards unrealized greatness.



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Player:

Wyatt Bongiovanni



Congratulations CES student, Wyatt Bongiovanni, who is playing his first season in the USHL with Des Moines Buccaneers. Not only has Wyatt been a successful AAA player for many years, he also received a spot this past summer on the USA U-16 team which went over to Switzerland and won Gold a gold medal at the World Tournament!

Wyatt is one of the most focused and dedicated players at CES who is always diligently working to improve his performance. He shows great character and always has a smile on his face. Good luck this season Wyatt!

From the Heart (cont. from pg 1)

I am now over 15 years into helping hockey players become better skaters, but my focus is not the skating development. My number one goal and the reason why I continue to teach is to help players develop into better people. *I build relationships.* Over the years I have been given a passion to read books. I do feel that the drive I have to learn and become a better person and better coach does come from my figure skating career. Every day I love to read, especially books on leadership or books written from great coaches such as Tony Dungy, John Wooden, or world renowned pastors like Rick Warren and John Maxwell. The book I am currently reading is *InsideOut Coaching* by Joe Erhmann. Joe states in his book that if you want to become a better *coach* you have to become a better *you*. I couldn't agree with this more. Erhmann continues to talk about the coaches that he had in his life through his high school and NFL career and how they shaped the way he currently coaches and lives. Through the mentors I have found in books along with my passion to become better at life and coaching, I agree with Erhmann when he says that players don't care how much we know until they know how much we care.

Over the years, it's unfortunate how many bad coaches I have witnessed and too often it's about the X's and O's and the wins and losses. Coaches need to understand players are kids who come from broken homes, or bad days at school, or break-ups with their girlfriends or boyfriends. We need to follow in Joe Erhmann's example, along with other great leaders in this world, who get to know their players, get to know their troops, and help them learn about themselves and let them know we are safe authority figures who will always love them no matter if they skate a hard lap, score a goal or lift a certain weight in the weight room. It's about building relationships, but more importantly building the next generation of kind, caring, successful people. Coaches are the next in line, 2nd to parents, to help kids with their positive self-esteem and learn how to believe in themselves. I encourage all coaches to reflect on their style of coaching and to ask themselves if they could do a better job at building better relationships with their players.

Recommended Reading –

- 1) Maxwell, John. *"Becoming a Person of Influence"* : How to Positively Impact the Lives of Others.
- 2) Dungy, Tony. *"The Mentor Leader"* : Secrets to Building People and Teams that Win Consistently.
- 3) Carnegie, Dale. *"How to Win Friends and Influence People"*.



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Inspirational Quotes:

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

~ Joshua J. Marine

"Set a goal so big you can't achieve it.....until you grow into the person who can."

~Anonymous

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Is Showing Up Enough?

By: Josh Coenen, CSCS and Assistant Strength Coach at CES

If two athletes did the same workout would both get the same results? Theoretically yes, however there is one key component that athletes who continually improve have which makes them get even more out of their training.

This is simply a *growth* mindset to find their weaknesses and continually work to improve versus just coming in to "punch a timecard". This is a very important concept that I wish I had paid more attention to when I was competing, because while I was training hard I only focused on what I was typically good at resulting in marginal improvements which ended up doing more to hurt my performance than improve it.

To begin to shift your mindset to get the most out of your training here are three things to remember:

- 1.) **Be Inspired by the Greatness in Others:** Most people see what other athletes are doing and compare themselves causing them to get down on themselves. Instead, be inspired to focus on pushing oneself to improve even more!
- 2.) **Get Better Throughout the Workout:** Training is simply practice. I like to use the example of target practice. You don't get further away from the target as you shoot, but rather you get closer. Using this metaphor in the gym helps to use every rep of an exercise as an opportunity to improve technique and efficiency.
- 3.) **Focus on the Bigger Picture:** This is the notion that what you do each day will get you closer to your goal whether in the gym, or in life. As Hall of Fame quarterback Steve Young said, "The principle is competing against yourself. It's about self-improvement, about being better than you were the day before."

Here's to being inspired by the greatness in others, improving through a workout session and to focusing on getting better each day! See you in the weight room!