



## **3 PowerStrength Parent Cheat Codes**

### **1. Zen Planner Member App and Scheduling Sessions**

In order to provide an optimum training environment for everyone, we use an app called Zen Planner to schedule athlete training sessions. We require all of our athletes to reserve their training spots through this app. Parents of youth athletes should assume this role. Parents of high school athletes should ensure their athlete has this working properly, then place the responsibility on them to plan their schedule and sessions.

### **2. Communication**

There are 3 main areas of communication that must be established for the best results and experience -

1. Discuss your athlete's training schedule, and double check that they have a plan in place for training. This creates another layer of accountability and will only lead to training success.
2. Please communicate anything that may be relative to their weekly training - injuries, successes you've seen, or new areas to focus on.
3. Payments and Memberships - Please communicate with us if/when an athlete needs to adjust their training membership. This is especially important when approaching a sports season. We require changes and/or cancellations to be made 5 days before the 1st of the month. You will receive an email notification 5 days before the payment runs as a reminder. Any new payment information can be updated using the Zen Planner Member App, or contacting the PSTS Office - [info@powerstrengthpr.com](mailto:info@powerstrengthpr.com), 616-805-4054

*Reminder, if you pay with check or cash, we require payment in full for the entire training duration (various membership have payment plans available). For security reasons we require a credit card on file, even if that card will never be charged.*

*\*Please review the Terms and Conditions on the Resources Page for any further clarification*

### **3. Continued Support**

We need your help to develop healthy habits in the home, especially with the toughest part of training, NUTRITION! Take a look at the Athlete Nutrition Manual on recommended snacks and meals. Helping to provide great food options for your athletes to eat and supporting them in this area will yield incredible results and help them build healthy habits for life!



## The All-Star Village

No athlete achieves success single-handedly. It takes a village. Parents, teachers, sport coaches, and PSTS coaches all have the opportunity to positively impact each athlete - and it all adds up! We know how vital the support and trust from parents is in maximizing results in and out of the gym. When the parent, athlete, and coach are on the same page it only enhances the training experience and sets the tone for a greater results impact. It takes a village and the parents are the coaches in the home!

The next 2 pages are dedicated to having 'the village' become All-Stars for athletes!

### 10 Ways to Build an All-Star Village

1. PowerStrength Parents pay attention to what their children are learning in the gym (nutrition, core values, recovery) and reinforce their positive behavior at home. They realize as parents they are an important part of the PowerStrength team, and help their children to improve by working with the coaches and staying informed. When the parents know the goal it will create even more accountability. This will help their athlete develop perseverance and self-discipline needed to stick to commitments and achieve great personal success.
2. PowerStrength Parents never interact with their children during their training sessions. Watching is just like observing their child in regular school, and the coach is the only person in charge. Interrupting or interacting with their child would be disrespectful to instructor and distracting to other athletes. Because of this, and for safety reasons, PowerStrength Parents wait in the waiting room during training sessions if they are on site.
3. PowerStrength Parents realize that the gym is not a daycare center, so they drop off and pick up their athlete as scheduled. If an athlete must unavoidably be left for extra time, parents always alert the staff, especially past closing time. Staff cannot be responsible if athletes leave the gym. There is an athlete lounge available for use before and after sessions.
4. PowerStrength Parents know and faithfully practice all gym rules and policies. PowerStrength Parents know that they "lead by example"! They understand all gym policies and expectations. They follow and enforce these rules with their athletes. When mom and dad follow the gym expectations their child is more likely to follow their example.
5. PowerStrength Parents know their child is an individual who will progress at their own rate. They never compare a child to their sibling(s) or other athletes. They encourage and support their athletes' progress and help them to set and achieve realistic goals.
6. PowerStrength Parents remember why their child joined in the first place, not just to "workout", but to improve themselves as people. PowerStrength Parents are never harsh or pushy with coaches about how fast a child is learning. Although some kids are

# POWER STRENGTH

## TRAINING SYSTEMS

naturally gifted, attaining specific training goals is a process. Part of that process is maturing mentally as well as physically. PowerStrength Parents know that simply the size of an athlete is not the end all-be all. They take a moment to see how their child is improving as a whole person, realizing that numbers are just part of the big picture.

7. PowerStrength Parents know that if they have a concern about their child's training, progress, or about the gym, they should go directly to the coach. PowerStrength Parents never start or participate in gossip - in fact they do their best to stamp it out. Naturally, as coaches we are not perfect. However, even in our mistakes, our best intentions are always in the interest of the athletes. PowerStrength Parents know this and avoid those who are not team players. They don't support those who choose to sit around and complain without trying to make things better!
8. PowerStrength Parents are encouraging to all the athletes in the gym. They know that by leading by example, their child will also learn to encourage and support everyone in the gym. Your athlete will learn so much more than just the proper way to train and fuel their body.
9. PowerStrength Parents always make sure they remind their children to be prepared for their sessions. It is important that each athlete develop some independence and accountability for their training and nutrition. However, PowerStrength Parents know what is going on in the gym and remind their children to be prepared for their training - both physically (enough sleep, proper nutrition) and mentally. Whenever possible, the athlete themselves should communicate their schedule and be responsible for their punctuality.
10. PowerStrength Parents positively represent the gym in the stands. Our goal is to help driven athletes achieve their goals. The majority of our athletes come to us through strong word-of-mouth referrals because our PSTS Family trusts us. People know who are our athletes are and in turn, know which parents are PowerStrength Parents. All-Star PowerStrength Parents are difference-makers in their communities and positively impact those around them.

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*Be sure to watch out for our email newsletter to stay up to date! Further information, program overviews, and articles can be found on the website at <http://www.powerstrengthpro.com/>. This is also where you send interested parents and teammates if they wish to learn more about PSTS.*