

## Active Start

### ENVIRONMENTAL AND SUPPORTING FACTORS

The following considerations refer to items that are not related to the training plan and training workload of an athlete but that will nonetheless influence an athlete's success.

Coaching and training plan considerations	Facilities	Social environment	Equipment	Parents	School / education	Personal commitment	Financial considerations
<ul style="list-style-type: none"> <li>✓ Community Coach in training (NCCP-ICC)</li> <li>✓ Good technical models used(athletes or coaches)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Kid friendly ski playground with terrain garden</li> <li>✓ Shelter in close proximity to ski playground</li> </ul>	<ul style="list-style-type: none"> <li>✓ boys and girls together but still individualistic</li> </ul>	<ul style="list-style-type: none"> <li>✓ Ensure positive experiences by using appropriate equipment (see bunnyrabbit booklet and ICC resource manual)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Supportive</li> <li>✓ varied family activities</li> <li>✓ good nutrition habits promoted and practiced</li> <li>✓ introduced to LTAD</li> </ul>	<ul style="list-style-type: none"> <li>✓ school or after-school ski program possible</li> </ul>	<ul style="list-style-type: none"> <li>✓ children need to be encouraged to participate but not pushed</li> </ul>	<ul style="list-style-type: none"> <li>✓ membership and program fees</li> <li>✓ club facilities and equipment sponsorship</li> </ul>

