

# Finding a Good Coach

## TOP TIPS

Your coach has a significant impact on your performance. Your coach should be your teacher, mentor, counsellor and protector of your health and integrity. Here are some tips on choosing the right coach for you.

1

The best coach is someone who can help you be the best you can be.

6

Speak to other athletes about who they recommend and why, but ultimately choosing a coach is your decision.

2

Meet several coaches, so you can assess their services and decide which one is right for you.

7

Have a trial period with your coach, so you can see first-hand how they work and whether they're a good fit.

3

Coaches are there to help you succeed, so ask as many questions as you like.

8

Like every athlete, every coach is different. The style of their coaching needs to work for you.

4

Research the profile of your coach and ask the coach to tell you about their previous experiences.

9

Trust your judgment. The coach has to be right for you, not anyone else.

5

It's important that you make sure your coach has no link with any match-fixing or doping cases.