General Message

Morning all,

We are in week two of the regular school year and of the 2026/27 competitive athlete school season. I hope all your respective training and competing is going well and you are all locked in and feeling confident.

As we are now in week 2, I have seen school progress from lots of you, while some of you need to get going. Ask yourself, do I need to do more? And answer yourself honestly. Remember, do not let yourself go days without doing school! Creating your good habits now means sustained success through the year.

Remember, success in online school means:

1. Setting a weekly schedule

2. Sticking to that schedule

3. Reaching out if you are stuck

4. Translating those skills that make you a successful athlete to school.

With number 4 in your brain, use the link below and listen to Wayne Gretzky discuss the athlete's mindset: https://youtu.be/jM8dsk-zwIc?si=qkf1XXy44T-WTV0V