

## Katya's Coaching Philosophy

As a coach, I am concerned with developing the three elements we are given in life: the head, the body, and the heart. The head requires mental training, the body physical training, and the heart depends on what coaches and students put into it. It could be ambition, effort, personal goal or motivation. I believe that if I inspire my athletes to put heart into their fencing, it will help them to succeed.

My coaching philosophy is to create a challenging environment and teamwork that helps students develop a passion for the sport, grow as athletes and individuals, and go beyond their dreams. Therefore my coaching values are *passion, challenge, teamwork and the will to achieve*.

### Passion

**Passion** is the great motivator that gives you the drive to succeed.

I show my students how passionate I am about fencing and when I see my students become passionate about the sport – it's very rewarding. I try to engage my students by telling them what makes this sport so unique and often ask them to "use their heart" on the piste.

### Challenge

It's better to accept and embrace a **challenge**, rather than being frightened by it.

I always seek out challenge. I encourage my students to step out their comfort zone and go beyond their expectations and dreams, so they not only accept the challenge but also anticipate it.

I help students to set up personal goals and once they achieve them, I remind them that it is the beginning of a new goal.

### Teamwork

I grew up as part of a team, surrounded by athletes and learned how to be a team player. Though fencing is an individual sport, I believe that if students all work together, they will achieve much more than any of them would individually.

Teamwork is when older students help younger ones; when teammates support each other at the tournament; when fencers share their unique talents and abilities; when students have a common goal and achieve it through the team effort.

### The will to achieve

I believe in the will to achieve in the form of *giving our best*. Athletes who are inspired to give their best can never fail in sport or in the greater game of life.

I strive to focus students' attention on the skills, the spirit, and the attitudes that will help them improve as fencers and grow as human beings. I tell them they can achieve even while losing a bout and that a winner is just a loser who tries differently one more time.