



Power Training. Powerful Results!

PEAKS COACHING GROUP

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Over the last few years, multi-sport events have been the fastest growing sport in the world. With this huge interest in multi-sporting events, there has been an overwhelming response to create online coaching services. You have many different choices. Some are World Class athletes and former Champions, some have degrees in coaching and exercise physiology, and others have a true passion to motivate and inspire others to help their athletes reach their dreams and goals. Below is a list I have compiled to help you sort out and decide which online coach is right for you.

What to look for in an online coach:

- **Athletic experience** —Has your coach ever participated in the event they are coaching? Not all coaches have to be former champions or professionals to be good. However, a good coach should have first hand experience in the event that you are interested in.
- **Coaching history/experience** — What is their coaching history? A good coach should have knowledge in the event you are interested in. Talk to former clients or peers before making your decision.
- **Certifications/Credentials** —Is the coach certified in the governing body that you are interested in? What credentials does the coach have that may be an added bonus to the type of coach you are looking for?
- **Training Philosophy** —Does your coach individualize his training plans or are they cookie cutter type? Does the training style of your coach meet your needs?
- **Communication** —Does your coach offer you plenty of opportunities to ask questions? Does your coach explain the objectives of each workout so you can easily understand them? How often will your coach be available to ask questions?
- **Goals** —Is your coach goal orientated? Does the coach use this same approach when setting up his/her own training plan? Will they take your goals into consideration when developing your annual training plan?
- **Personality** —Is the coach you are interested in an effective communicator? Does the coach have a personality and sense of humor? Are they willing to admit mistakes?
- **Teacher** —Is your coach willing to help expand your knowledge of the sport you love? Are they willing to get continuing education to keep up to date on the latest information in your sport? Your coach should want you to succeed and do what ever is necessary to help you succeed.
- **Responsible** —Does your coach get your training program to you when they said they would or are they always late? Do they have integrity?
- **Trust** —Does your coach believe in you or do they just want your money? Are they more worried about losing you as a client than telling you what you need to hear? Honesty is an integral part of the coaching relationship, without which, progress can be an arduous task.
- **Support** -Is your coach supportive? This sport is hard enough without the added baggage of someone being hard on us! Most endurance athletes are hard enough on themselves without having a coach add to the problem. One of the reasons many people hire a coach to begin with transcends the simple need for a plan. Coaches are our mentors, friends, and an ear to listen at times. If your coach isn't supportive of you and your goals, then you might want to look elsewhere.

- **Fun** —Last but not least, does your coach make your workouts fun and easy to follow? Without the element of fun, what is the point? Unless we are only shooting for a National Title of the Olympics, then our training needs to be tempered with a note of levity along with the seriousness involved.

At Peaks Coaching Group, each coach possesses the above criteria to help you succeed in your goals and dreams. We have aimed at building a performance team of knowledgeable, experienced, and enthusiastic, professional coaches who's love for their sports is surpassed only by their passion for what they do. As we grow as a company and as a team, it is our mission to maintain the same level of personal interaction, service and integrity that got us to where we are today. It is the athlete who is our mission, without which the coach cannot exist. In your quest for finding the right coach for you, please use the guidelines listed above, and never hesitate to contact us to help you in this process. We are here to help.

 <p>PEAKS COACHING GROUP</p> <p>HUNTER ALLEN</p> <p>Power Training. Powerful Results!</p>	<p>Contact Us: www.peakscoaching.com info@peascoachinggroup.com Address: 414 Jackson St. Bedford, VA 24523 Phone: 540-587-9025 fax: 540-586-5715</p>
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