The First-Practice Welcome Map

Make the first visit easy to navigate.

A welcome becomes useful when a newcomer knows where to go, what to do, and whom to ask.

Example: a beginner meets the arrival coach, stores a bag by the marked bench, follows a partner to the first station, and asks about the stop signal before the next drill.

01 Prepare arrival

Plan the first five minutes.

Arrival adult and location

Equipment storage directions

First task to explain

Pickup instruction to give

02 Set the partner duty

Give the helper a specific job.

Partner name or role

Routine to demonstrate

Coach supervision point

Check after first transition

The First-Practice Welcome Map / Review & follow-through

03 Listen privately

Ask about a real moment of confusion.

Question to ask the athlete

Direction still unclear

Team behavior to address

Instruction to repeat

04 Prepare the return

Carry the useful details forward.

Task actually attempted

What to bring next time

Parent question to answer

Next arrival check