

# Making it Easier to Work with Sport Coaches

Andy Gillham, PhD, CSCS\*D, CMPC

# Path for Today

- ▶ Background
- ▶ S&C Coach Stories
- ▶ Best Practices



# Path for Today

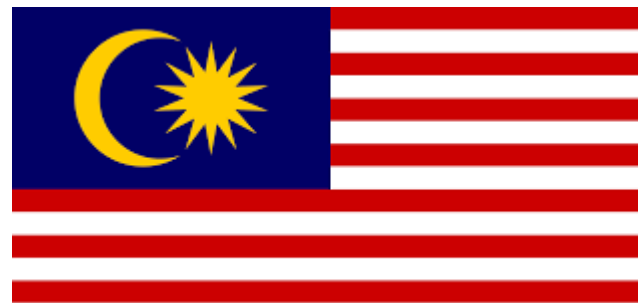
- ▶ **Background**
- ▶ S&C Coach Stories
- ▶ Best Practices



# My Background



USA GYMNASTICS.



# Roundtable Publications: S & C

- ▶ Coach Philosophy:
  - ▶ Gillham, Doscher, Schofield, Kenn, Dalrymple
- ▶ Mentorship:
  - ▶ Gillham, Doscher, Schofield, Dalrymple, Bird
- ▶ Evaluation:
  - ▶ Gillham, Doscher, Fitzgerald, Bennett, Davis, Banwarth
- ▶ Working with Sport Coaches:
  - ▶ Gillham, Doscher, Krumpos, Martin-Diltz, Moe, Allen, Bridgeman

# Background of Project

- ▶ Multidisciplinary professional collaborations
  - ▶ Sport Coach, ATC, S&C, Sport Psychology...
- ▶ LTAD -> American Developmental Model
  - ▶ Key finding: Club level sports need to make better use of S&C
- ▶ Significant growth at high school level for S&C
- ▶ Sport coaches cause stress for S&C coaches



# Complicating Factors

- ▶ Most sport coaches had to serve as S&C for their team at some point.
- ▶ McGladery et al. 2014:
  - ▶ Sport coaches rarely trained to be effective as S&C
  - ▶ 427 participants on a RT exam for hs sport coaches, hs PE teachers, students
    - ▶ Pass rate was 58%
    - ▶ Highest pass rate was 62% from PE teachers currently teaching RT
    - ▶ Lowest content scores were on safety of RT



# Path for Today

- ▶ Background
- ▶ **S&C Coach Stories**
- ▶ Best Practices





# Key Questions

- ▶ Particularly Challenging Sport Coach Demographics?
- ▶ Success and Failure Examples
- ▶ AD & ATC Involvement
- ▶ Athlete Effects
- ▶ New Sport Coach is Hired...



KEY TOPICS

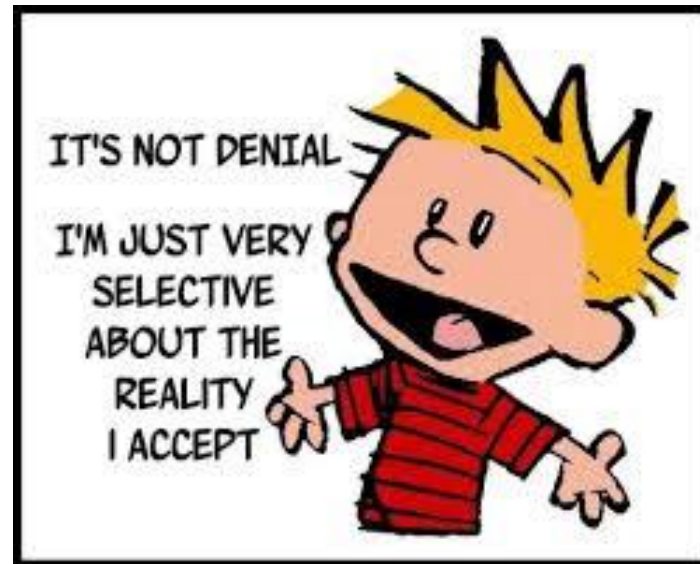
# Sport Coach Demographics

- ▶ Were their own S&C
- ▶ Strong connection to previous S&C
- ▶ Parallels sport coach experience and success
  - ▶ First time HC
- ▶ Football, track & field, wrestling, basketball (m & w)



# Success & Failures

- ▶ Long-game vs. Short-game
- ▶ Over-confidence by S&C
- ▶ Building relationships with the athletes
- ▶ Defense mechanisms: anger, frustration, sarcasm, avoidance



# AD & ATC Involvement

## ▶ AD:

- ▶ Unaware of S&C job responsibilities
- ▶ Whom is easier to replace?
- ▶ Whom costs more resources?
- ▶ Overall low knowledge of S&C

## ▶ ATC:

- ▶ Can be biggest ally of S&C
- ▶ Closest knowledge level to S&C
- ▶ Do not depend on athlete as go-between with ATC and S&C

# Athlete Effects



- ▶ Remember who recruited the athlete
- ▶ Sport coaches may use athletes as pawns, do not follow suit
- ▶ Confusion leads to loss of respect
- ▶ Dangers of being a 'hype' focused S&C
- ▶ You are there for the athletes, forget that and pack your bags

# New Sport Coach is Hired...

- ▶ Ask questions, LISTEN to answers
- ▶ Discuss coaching AND training philosophies
- ▶ Have a full season plan, anticipate adjustments
- ▶ Reach out early, but wait for sport coach's schedule
- ▶ Investigate that sport coach's background
  - ▶ Including who their last S&C was
- ▶ Acknowledge the hierarchy



If your  
**PLAN A**  
doesn't work,  
the alphabet has  
**25 more** letters!  
Stay cool!

# Path for Today

- ▶ Background
- ▶ S&C Coach Stories
- ▶ **Best Practices**

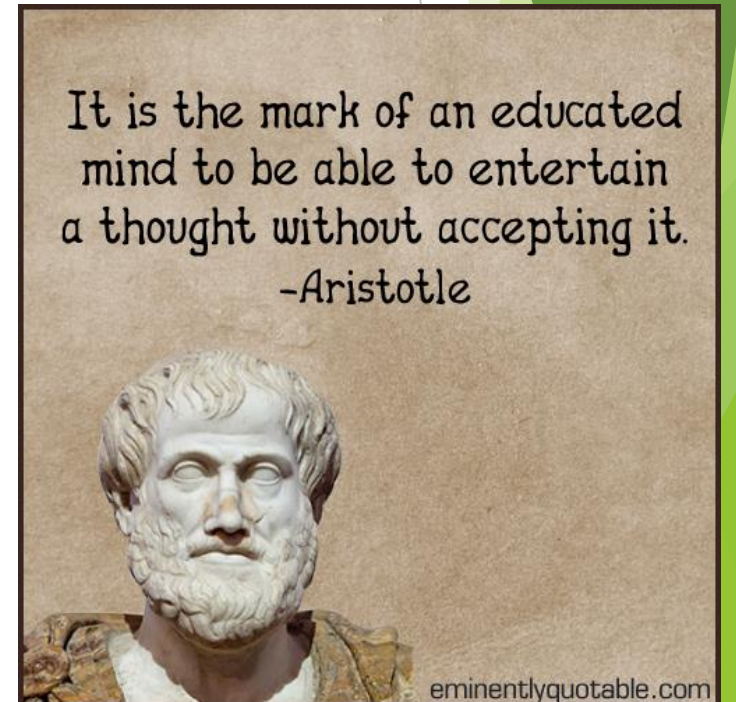
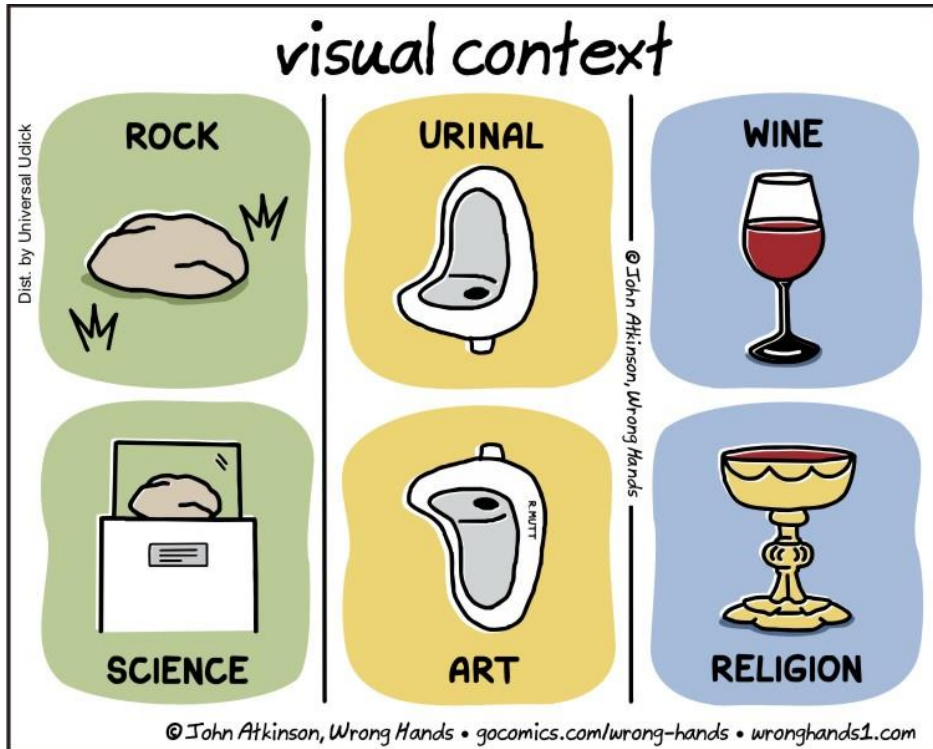
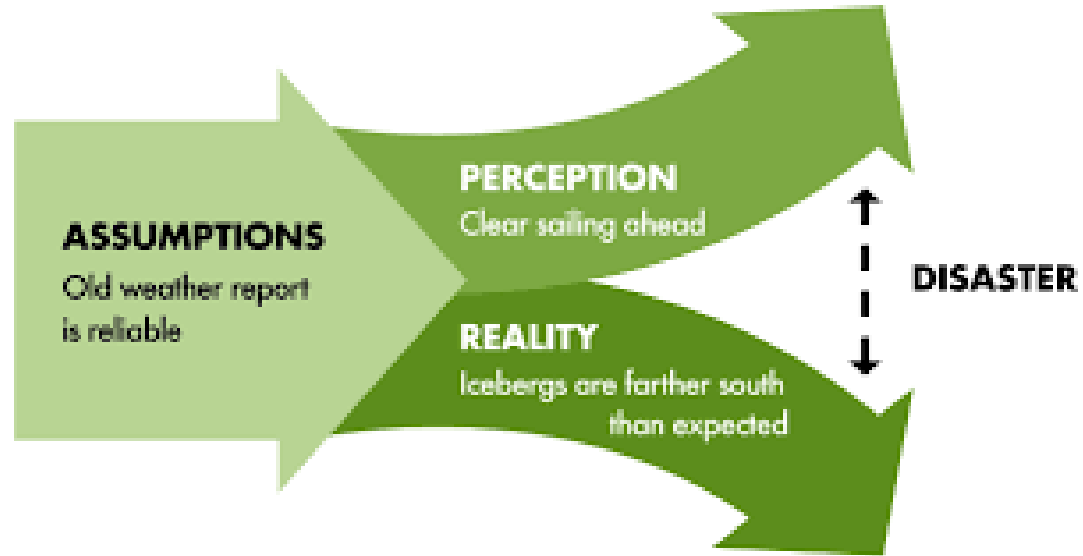


# Best Practices





# Best Practices



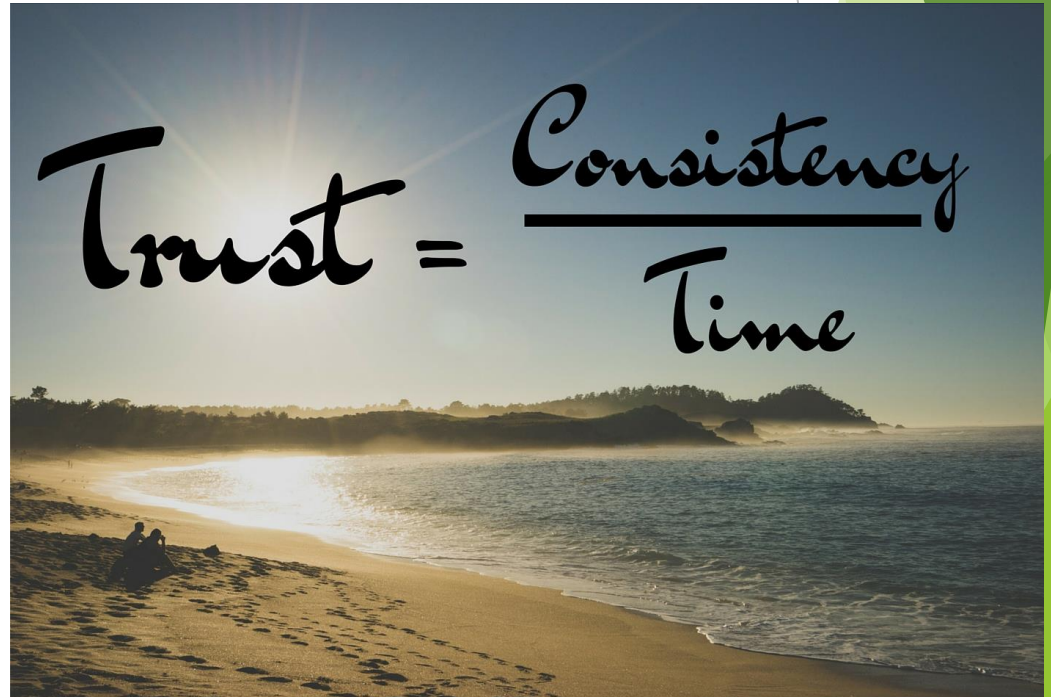
# Best Practices



Many ignore  
what they  
don't want  
to deal with.  
Ignoring doesn't  
change things.  
It doesn't make  
them go away.

EGYPT - THEGOODVIBE.CO

$$\text{Trust} = \frac{\text{Consistency}}{\text{Time}}$$



# Best Practices



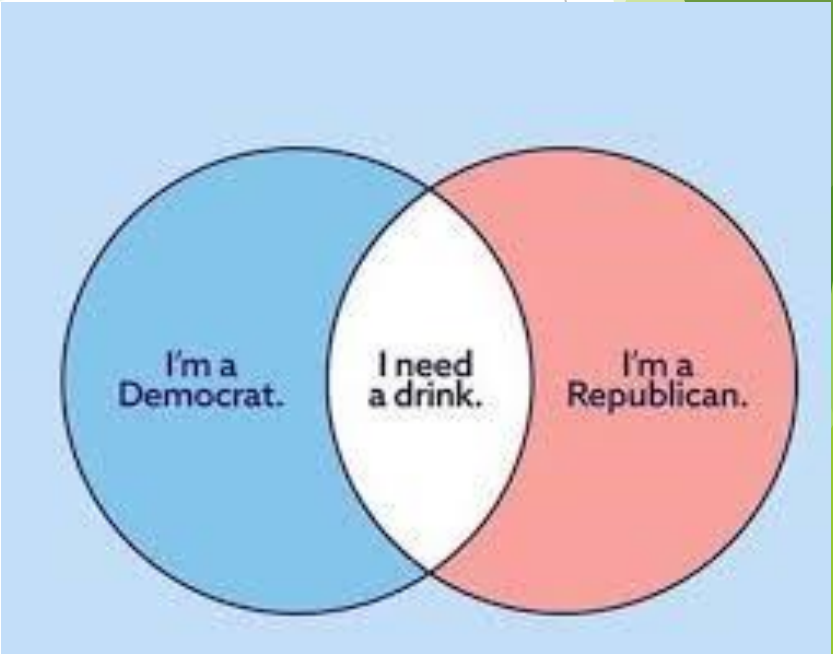
# Best Practices



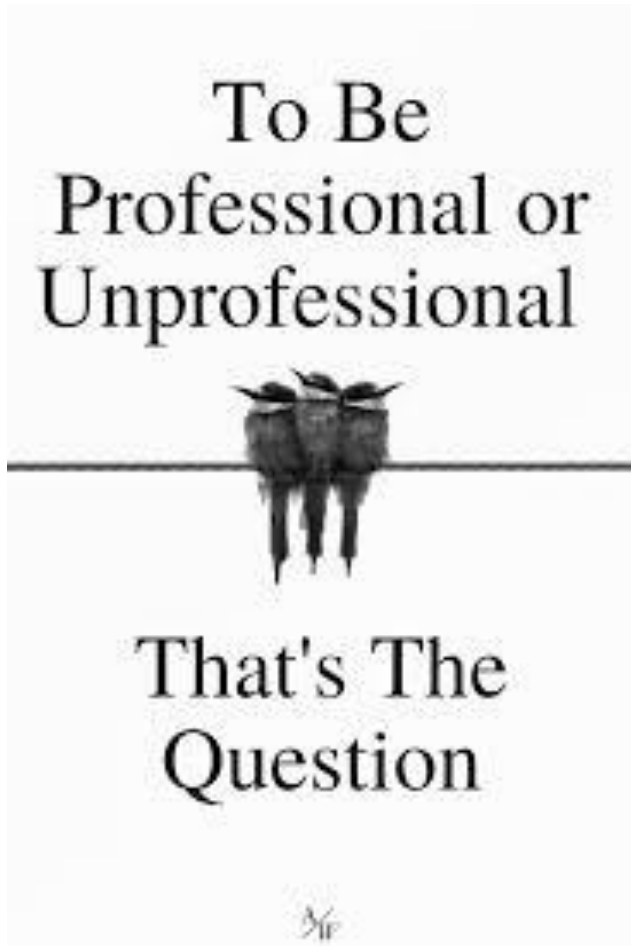
**“IT’S NOT  
HARD TO MAKE  
DECISIONS  
WHEN YOU KNOW  
WHAT YOUR  
VALUES ARE”**

**- ROY DISNEY**

PHILOSOPHY



# Best Practices



# Questions



Dr. Andy Gillham, PhD, CSCS,\*D, CMPC

[drgillham@gmail.com](mailto:drgillham@gmail.com)

[www.Ludusconsulting.biz](http://www.Ludusconsulting.biz)